

Unity of Fairfax presents...



Unity Awakening 2025:

The Inspiring Music of Denise Rosier



Workbook by
Rev. Russell Heiland

A seven-week series based on
the music of Denise Rosier

October 5 – November 16, 2025

This workbook belongs to:

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Introduction

Welcome to Unity Awakening 2025!

Dear friends,

This year marks our 12th year of the annual Unity Awakening series of Sunday talks and small groups that highlight Unity or New Thought teachings. This year we're doing something completely different, as our focus will be on the spiritual power found in music—most notably the inspiring music of Denise Rosier!

I first became aware of Denise's music at Unity of Fairfax. Our Director of Music and Arts, Amy Conley, discovered the power and tenderness of Denise's music and began integrating Denise's contributions to humanity's conscious evolution into our Sunday services. Amy and I are blessed to have had the opportunity to connect with Denise personally. We look forward to sharing this year's Unity Awakening in music with you.

Our group study each week will draw inspiration from one of seven songs Denise has selected for this experience at Unity of Fairfax. In her own words, she provides the backstory to each song. Amy has created a playlist for the series that you can find at [YouTube](#) and [Spotify](#).

Be sure to familiarize yourself with the songs and visit Denise's website, deniserosier.com. She's a prolific songwriter, and you will definitely want to hear her latest output.

You might be thinking that with so much turmoil in the world now, why are we focusing on music? I'm glad you asked! Because in music, there is healing. In music, there is restoration. In music, there is connection to Divinity. Whether hymns or protest songs, music has the power to soothe the soul, build community, and bring people together—timeless gifts that music offers to everyone.

Unity Awakening 2025 beckons you into an experience of heart and soul that will uplift not only your spirit, but your consciousness as well!

Yours in the awakening,

Rev. Russell Heiland

Rev. Russell Heiland

The “Rhythm” of Unity Awakening 2025

Week	Date	Sunday Message
1	October 5	I Know God
2	October 12	God Within Me
3	October 19	Today
4	October 26	You Are the Light
5	November 2	Between Us
6	November 9	Hallelujah Today
7	November 16	Vessel

NOTE: Throughout the text, there are references to songs by Denise Rosier. You may find them at: deniserosier.com.

Playlist

YouTube

Spotify

Getting Started!



Awaken is a verb conveying a variety of meanings such as “to waken” or “to rouse.” It can also mean “to stir up and excite.” It comes from the Old English verb *awæcnan* meaning “to spring into being” and, less often, “to wake up.”¹

Describe a time in which you have experienced an awakening—a springing into being—in your life. Be prepared to share this experience with your group.

¹ “awaken” and “waken.” Dictionary.reference.com *Dictionary.com - Free Online English Dictionary*. 2013, <<http://www.dictionary.reference.com>> (16 July 2013).

Week 1, October 5: I Know God

Welcome to the first week of your seven-week small group study! In the first meeting, your facilitator will lead you in a conversation of group dynamics and practices including such things as opening and closing prayer, late arrival and absences, refreshments, restroom breaks and overall facilitation. Your active participation in the discussion will enrich this experience for you and the other members of your group.

Group members will be at different levels of comfort with small group processing. Below you will find a listing of group agreements with space to add any others that your group creates. Following these agreements will foster a sense of trust that will add to the vitality of your group.

Our Small Group Agreements

The intention for this Small Group Exploration is:

We will start and end on time, meeting _____ (day) from _____ to _____ for the next _____ weeks.

We agree to be a _____ (open/closed) group for the duration of this agreement. ("Open" means allowing new people to join the group at any time during the seven weeks.)

We agree to the following values (check those the group agrees on):

- ☐ **Confidentiality:** I will keep anything that is said strictly confidential.
- ☐ **Attendance:** I will give priority to the group meetings for the agreed number of weeks.
- ☐ **Acceptance:** We accept each other unconditionally. We are not here to “fix” each other.
- ☐ **Feelings:** We respect each other’s feelings.
- ☐ **Okay to Pass:** No one is required to share.
- ☐ **Okay to Disagree:** I accept that others may not hold the same view.
- ☐ **Participation:** I speak for myself only, and I listen to others attentively.
- ☐ **Balance:** We seek a balance in our sharing times. Everyone is welcome to share, and no one dominates.
- ☐ **Prayer Support:** I am willing to pray for others.

.

Other agreement:

Other agreement:

With God as my guide, I, _____ intend to uphold the above agreement to the best of my ability.

Group Members

This information is confidential. Please use it only for intra-group communication.

Name: Phone: Email:	Name: Phone: Email:
Name: Phone: Email:	Name: Phone: Email:
Name: Phone: Email:	Name: Phone: Email:
Name: Phone: Email:	Name: Phone: Email:
Name: Phone: Email:	Name: Phone: Email:

Listen to the song, I KNOW GOD. You can find it on either of these playlists:

[YouTube](#)

[Spotify](#)

You might enjoy singing along. Here are the lyrics.

I Know God

by Denise Rosier

VERSE 1: I am one, simple and plain, No super powers, no famous name, But I stand tall, 'cause I believe Something greater has come alive inside of me. I have felt the Spirit stirring in my soul, Deep in my soul.

CHORUS 1: I will give love, I will speak peace, All because of the love that got ahold of me. So wide open, so amazing, It takes my breath away when it occurs to me. In a world where so many feel lost, I know God.

VERSE 2: I am one, but I'm not alone. When I'm with you I am whole. Side by side, we find the truth. When the Spirit in me meets the same in you, I have felt this fire burning in my soul. Deep in my soul.

INSTRUMENTAL

CHORUS 1: I will give love, I will speak peace, All because of the love that got ahold of me. So wide open, so amazing, It takes my breath away when it occurs to me. In a world where so many feel lost, (3x) I know God. (2x)

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The backstory to the song I KNOW GOD by Denise Rosier in her own words:

I was sitting at a stoplight on the way to work. While I sat there, I thought about the struggle I'd been having in my heart over church. I'd spent the majority of my life active in a big evangelical church in California, and there I was sitting at a stoplight in my 40s thinking it just didn't feel like a match anymore. All those beliefs I'd held onto for so long no longer rang true, but setting them aside made me feel like I was betraying something that would have dire consequences. But I couldn't ignore the nagging feeling that my spirit was heading in a different direction. It took me a long time to be willing to say that out loud, but I did right there at the light. While I waited to see if lightning bolts would rain down on me, I felt something new: Lightness. Openness. A sense of freedom I hadn't known before.

In the midst of that freedom, a question stirred in my heart: Where will my Spirit go now?

Even as that question lingered, one truth rang loud and clear—I knew that God was far bigger than a Book, or a building, or a list of rules. God couldn't be confined. God was for everyone. God lived in the Love we're meant to share, without condition, without exception.

In that moment, God and I made a silent agreement: we'd go our own way, together.

At that time, people like Oprah and Bono were getting a lot of press for their good deeds and using their platforms to lift others up. But I realized something even more powerful: it doesn't take elected officials or global celebrities to inspire change or spread love.

Ordinary people do it all the time. Teachers do it in classrooms, office workers do it among their coworkers, ministers do it from the pulpit, and families do it at the dinner table.

This chorus took me no time to come up with. This declaration came out as a complete lyric the first time I sang it through:

I will give Love. I will speak Peace all because of the Love that's got a hold of me. So wide open, so amazing, it takes my breath away when it occurs to me: in a world where so many feel lost. I Know God.

Reflect on this and describe a time when you stood tall and felt something come alive within you and deep in your soul.

Describe the experience of “knowing God.”

How do you give your love to the world?

“In a world where so many feel lost, I know God.”

~ Denise Rosier

Week 2, October 12: God Within Me

Insights from last week's discussion. Describe your insights or "a-ha's" based on last week's meeting.

Listen to the song GOD WITHIN ME. You can find it on either of these playlists:

[YouTube](#)

[Spotify](#)

You might enjoy singing along. Here are the lyrics.

God Within Me

By Denise Rosier

VERSE 1: I love with the heart of God within me. I sing with the voice of God within me. I rest in the peace of God within me. Ev'rything, ev'rything, praises God within me.

VERSE 2: I know with the mind of God within me. I pray with the faith of God within me. I trust in the power of God within me. Ev'rything, ev'rything, praises God within me.

BRIDGE: I am a safe and loving place, Born of beauty and amazing grace. I am, I am.

VERSE 3: I laugh with the joy of God within me. I shine with the light of God within me. I am who I am 'cause of God within me. Ev'rything, ev'rything, praises God.

CODA: Ev'rything, ev'rything, praises God. Ev'rything, ev'rything, praises God within me.
Ev'rything, ev'rything, ev'rything praises God. Ev'rything, ev'rything, praises God.
Ev'rything, ev'rything, ev'rything, praises God within me.

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Backstory to the song GOD WITHIN ME by Denise Rosier in her own words.

"God Within Me" is a meditation, an affirmation, a prayer all rolled into one.

A while back, when I still had my corporate job, I was sitting at my desk thinking about my recent performance at a Unity church and wanted to know more about Unity. So I selected a random Unity podcast to listen to while I was working. At the end of the service, the minister had the congregation repeat a couple of affirmations before closing.

I had never heard anything like that before. It was like hearing quick truths I'd always known, but spoken out loud. I stopped what I was doing, and started typing to keep the list going, and that became this song.

I love the simplicity of this tune, and I love knowing that anyone who sings it is hearing themselves affirm these truths about themselves.

I also had fun with the refrain, "Everything praises God within Me."

That line can be taken two ways:

1. Everything within me praises God.
2. Everything praises (the) God within me.

Both are true.

What would you add to keep this list going?

In answer to Denise's question, what would you add to keep this list going?

Focusing on Verse 3, what in your heart and spirit resonates with these words?

Denise writes about her Unity experience. What about Unity inspires you to lead a spiritual life?

“I laugh with the joy of God within me. I shine with the light of God within me. I am who I am 'cause of God within me.”

~ Denise Rosier

Week 3, October 19: Today

Insights from last week's discussion. Describe your insights or "a-ha's" based on last week's meeting.

Listen to the song TODAY. You can find it on either of these playlists:

[YouTube](#)

[Spotify](#)

You might enjoy singing along. Here are the lyrics.

Today

VERSE 1: She stood frozen in the doorway staring straight ahead
Reaching deep inside for strength but couldn't catch her breath
She was fighting all the voices telling her to run
Counting all reasons why it can't be done
But she couldn't stop from thinking
How she promised she'd quit drinking
And wondered when she'd finally trust herself

CHORUS: She asked for help
Today, Today
Today I'm gonna do it
Today I'm breaking through
Today nothing's standing in my way

Maybe no one's coming with me, but I'm not gonna break
Today these steps are mine to take
Today

VERSE 2: His letter said I quit, his ticket said one way
He shut the door to his office - he just walked away
Countless sleepless nights and endless to-do's
Felt less like being useful, and more like being used
In his mind he had a picture
Of a different kind of richer
Than the one drawn upon the bottom line
It was time

CHORUS: Today, Today
Today I'm gonna do it
Today I'm breaking through
Today nothing's standing in my way
Maybe no one's coming with me, but I'm not gonna break
Today these steps are mine to take
Today

BRIDGE: From the single mom going back to college
To the little boy giving up his training wheels
We all hear that tiny voice within us
We all know exactly how it feels

CHORUS: Today
Oh today I'm gonna do it
Today I'm breaking through
Today nothing's standing in my way
Maybe no one's coming with me, but I'm not gonna break
Today these steps are mine to take
Today I'm not gonna wait
Today

Backstory to the song TODAY by Denise Rosier:

Big changes in our lives aren't usually precipitated by bright lightbulbs popping up over our heads, or an explosion of triumphant fanfare. At least they aren't for me. Big life decisions usually begin with a quiet, persistent knowing in my soul followed by middle-of-the-night obsessing, and many rounds of weighing options and evaluating consequences. When I finally make a move, it's a careful walk into the light followed by a giant exhale, and an internal fist pump. There's quick reflection on all the care I put in to taking the step, and a triumph in knowing I was right about it all along.

TODAY was born out of that space—that sacred space between discomfort and courage. I started writing the song in 2010, but I couldn't dial it in. The character in the second verse walks away from his job, but I didn't know what would make him say, "Enough."

And then—thirteen years later—my wife, Christy, and I were sitting in the car, looking out over the mountains, talking about her work and the pressure she and her colleagues were under. Their professional worlds had become little more than a countdown of ridiculously unsustainable day-to-days. Everyone was heading into the New Year, evaluating the mental and emotional cost of success, and getting clearer on how much they were willing to take—and what really mattered.

Thanks to the stories of these real, living, breathing, stressed-out humans, I finally had the composite for my character. Christy is a co-writer, not because she wrote part of the lyric, but because she *is* the lyric. Without our morning coffee convo, I wouldn't have had the real-life perspective that brought my character to life and ended the thirteen-year wait to finish this song.

This is a song for anyone who's wrestled with the unknown but trusted that small voice anyway. It's for anyone who's ever felt the pull to step away from what's breaking them... and toward what's healing them.

Describe an experience where the "still, small voice" guided you to embrace the courage to make a significant change in your life.

As you followed that “still, small voice,” what did you learn?

Is the “still, small voice” prompting you to do something now? If so, what is it?

How do you describe the “still, small voice”? Use words, music, or draw a picture.

“Today nothing's standing in my way.”

~ Denise Rosier

Week 4, October 26: You Are the Light

Insights from last week's discussion. Elaborate on the a-ha's you are having as this group study is progressing.

Listen to the song YOU ARE THE LIGHT. You can find it on either of these playlists:

[YouTube](#)

[Spotify](#)

You might enjoy singing along. Here are the lyrics.

You Are the Light

VERSE 1: You change dust into gardens

Pieces into peace

Tears into fountains

Chains into release

VERSE 2: You are doubt into action

Vision renewed

Perfect creation

Unfolding in view

PRE-CHORUS: You hold all of Heaven inside you

No matter what you go through

And if your dreams burn down to ashes

You rise again

CHORUS: You are the Light

The Light of God

The power of prayer lifted up

Every breath testifies

You are the Light

You are the Light

PRE-CHORUS: You hold all of Heaven inside you

No matter what you go through

And if your dreams burn down to ashes

Rise again!

CHORUS: You are the Light

The Light of God

The power of prayer lifted up

Every breath testifies

You are the Light

You are the Light

INTERLUDE: Hallelujah, Hallelujah, Hallelujah

Hallelujah, Hallelujah, Hallelujah

CHORUS: You are the Light
The Light of God
The power of prayer lifted up
Every breath testifies
You are the Light
You are the Light
CODA: Dust into gardens
Pieces into peace© 2021 Denise Rosier

Backstory to YOU ARE THE LIGHT by Denise Rosier:

This song began as a nudging to write an Easter song. I would feel it every morning when I woke up. It persisted for weeks, and I finally told the voice "It's too late in the year. I don't want to write an Easter song!"

But it wouldn't stop. Finally, I said, "Fine! I'll write the song!"

As I worked through the lyric, another feeling settled on me. I left my studio and walked into my wife, Christy's, office and said, "Hey, you know what? I have a feeling this song will also be used for memorials." I had no idea why I said that or felt that way.

A few weeks later, I got a message from my friend, Rev. Robin Reiter of Unity of Venice, Florida asking if I'd sing a song at her mom's memorial. Robin's mom, Rev. Patricia Reiter, was also a Unity Minister and a fan of my music. When I got that message, I got chills.

I also had to laugh because, in that moment, I could totally imagine Patricia saying, "Hey, my memorial's coming up. I need you to write me a song."

And I thought, "Wherever they are, ministers gonna minister." (lol)

The message of this song is a reminder—a testament—to the light, the strength, and the divine presence that lives within each of us.

We are not weak.

Every quality we honor in God—love, peace, courage, goodness

Those aren't distant ideals.

They're alive in us.

They are us.

That's the truth of who we are.

Describe a time when you knew “you were the light.”

Share about a faith leader (or faith-filled person) who is or has been the light to you. Explain how their influence has been a blessing to you.

Describe an experience of a memorial or celebration of life service that was uplifting or meaningful to you.

It's easy to "see the light" reflected in some people, but not so easy with others. How do you reconcile this disparity?

"You are the light."
~ Denise Rosier

Week 5, November 2: Between Us

Insights from last week's discussion. Describe your insights or "a-ha's" based on last week's meeting.

Listen to the song BETWEEN US. You can find it on either of these playlists:

[YouTube](#)

[Spotify](#)

You might enjoy singing along. Here are the lyrics.

Between Us

VERSE 1: Love is alive in the space between us

Feel that love right now

God speaks out in the words between us

Hear those words right now

CHORUS: I am holy

You are holy

There is beauty

Between us

VERSE 2: Spirit shines in the light between us

See that light right now

Peace is born in the good between us

Be that peace right now

CHORUS: I am holy

You are holy

There is beauty

Oh between us

VERSE 3: Faith is the bond that we share between us

Hold that faith right now

Truth is the life in the breath between us

Live that Truth right now

CODA: We are holy

WE are holy

Love is alive in the space between us

Love is alive in the space between us ©2019 Denise Rosier

Backstory to the song BETWEEN US by Denise Rosier:

I live in Colorado Springs. On November 20, 2022, I was scheduled to perform this song during a Sunday morning service in Denver for Transgender Day of Remembrance. During our early morning rehearsal, Christy kept trying to get my attention. When I was finally able to speak with her, she told me there had been a mass shooting at Club Q—our local LGBTQ+ nightclub in Colorado Springs.

The news left the band, the ministers, and me stunned. The service was about to begin and we were scrambling to get our wits about us as the livestream was about to begin.

Whenever I perform this song, I invite the audience to join me in triumphantly singing the chorus together. But that day, the song became something greater than its lyrics. I felt small and alone on stage crying through the song. I just couldn't calm down. I can't begin to describe what it felt like when I invited the congregation to sing with me, and they stood, joined hands, and sang—and cried—together. That moment of unity and shared grief is something I'll never forget.

Love is alive in the space between us - We are Holy

Share a song or piece of music that has empowered you to move through a challenging time. Consider bringing lyrics to share.

Share about a time when you were moved to support a person or population very unlike yourself.

Injustice and violence are part of the human experience. How do you respond to it? Cite a specific example.

Share about a time in which you experienced or witnessed reconciliation between individuals or groups of people.

“Love is alive in the space between us.”

~ Denise Rosier

Week 6, November 9: Hallelujah Today

Insights from last week's discussion. When were you aware this week of giving and receiving in a more conscious way than before?

Listen to the song HALLELUJAH TODAY. You can find it on either of these playlists:

[YouTube](#)

[Spotify](#)

You might enjoy singing along. Here are the lyrics.

Hallelujah Today

VERSE 1: Runnin' till my bones are achin'

Pushin' past the point of breakin'

The road is long but I will make it

That's who I am

It's not this race but how I'm running

Not who I was - who I'm becoming

Steady on, I'll finish strong

On this path

CHORUS: Hallelujah, Hallelujah, Hallelujah

Every breath in me proclaims

Hallelujah, Hallelujah
Hallelujah Today

VERSE 2: With every mile I'm reminded
I never go empty handed
God is my strength I'm never stranded
I'm not alone
Calling out like a siren
Of good and peace and joy resoundin'
Hear me now, I'm ringing out
Around the world.

CHORUS: Hallelujah, Hallelujah, Hallelujah
Every breath in me proclaims
Hallelujah, Hallelujah
Hallelujah Today

CODA: In every song I sing
In every part of me
In everything

CHORUS: Hallelujah, Hallelujah, Hallelujah
Every breath in me proclaims
Hallelujah, Hallelujah
Hallelujah Today©2016 Denise Rosier

Backstory to HALLELUJAH TODAY by Denise Rosier

It's funny how the things you least expect can have the biggest impact on your life.
I've never considered myself a sporty person, but at one point, I decided I wanted at least one athletic accomplishment under my belt. So I signed up for a 5K. I was pretty stressed about getting ready for it, so I reached out to a couple of friends who run marathons for advice.

My friend Steven gave me the best piece of wisdom. He said, “Feel your feet.” In other words: don’t waste energy obsessing over how far you’ve come or how much farther you have to go. Just focus on where you are.

My first thought was, “That’s a song.” (lol)

During the race, I kept thinking about Steven’s words. I made an effort to really take in my surroundings, check in with how I was feeling in each moment, and stay present. And to my surprise, I didn’t poop out. I ran the entire course and finished the race.

“Feeling your feet” is a mindset we can return to whenever we feel overwhelmed by how far we’ve come and how far we think we still have to go.

It applies in so many moments across all kinds of life experiences:

- When you’re an artist, pouring your heart into your work and wondering if anyone will ever notice.
- When you’re in recovery, and the path ahead feels long and uneven.
- When you’ve been caregiving for a loved one, and you’re not sure how much more strength you have left.
- When you’re navigating a transition—career, identity, gender—and the road feels endless.
- When you’re starting over after loss of a relationship, a home, a job, or a dream.

In those moments, it’s so easy to get stuck in the question: “How much longer until I get there?”

In those moments, remind yourself: don’t get caught up in the finish line. Feel your feet. Stay present, trust the training life has given you, and keep your focus on where you are right now. I promise you’ll discover that you have the strength, the skill, and the stamina to go the distance. All the way to the finish line.

Hallelujah today – and every day!

Share an experience of receiving an unexpected, yet significant, piece of advice.

Describe an experience in your own life of having to “feel your feet” to complete an important task or attain a desired goal.

In what ways might “feeling your feet” evolve to a spiritual practice?

Describe a time of doing something outside of your comfort zone that brought you joy or a sense of satisfaction.

“Hallelujah today!”
~ Denise Rosier

Week 7, November 9: Vessel

This is the final session for your group to meet and share your experience of the Unity Awakening 2025 material. Be sure to leave ample time for the group processing questions at the end of this lesson.

Insights from last week's discussion. In light of last week's material, have you had any a-ha's or observations you would like to share?

Listen to the song VESSEL. You can find it on either of these playlists:

[YouTube](#)

[Spotify](#)

You might enjoy singing along. Here are the lyrics.

Vessel

VERSE 1: My love is a river overflowing

My soul is a fire with embers glowing

I am the essence of Divine expression

I am a vessel of God

I am a vessel of God

VERSE 2: My hands reach down to the meek and the helpless

My legs stand up for the ones without voices

I march to the beat of a servant's heart

I am a vessel of God

I am a vessel of God

VERSE 3: My words speak of comfort and acceptance

My actions spring from a place of wholeness

My light shines on and on

I am a vessel of God

I am a vessel of God

I am a vessel of God

BRIDGE: Fill me with that Spirit

Fill me with that goodness

Fill me with that power

Fill me with that love

CODA: I am a vessel of God

I am a vessel of God

I am a vessel of God

© 2013 Denise Rosier

Backstory to the song VESSEL by Denise Rosier:

This song came from an exercise of deep reflection on what it really means to live a spiritual life, not just believe in one. We aren't here chasing after something outside ourselves. We embody it. We are the hands, the heart, and the voice of Divine. Divine Love flows through us into the world.

So this song is a declaration that each of us is a Vessel. Not empty, but filled with something holy. When we love, serve, speak truth, or simply shine. We're doing what we were made to do.

What does it mean to you to be a "vessel of God"?

What is the role of self-care in being a vessel? What do you do for self-care?

\

What role does music, and/or the arts in general, play in your spiritual life?

“I am a vessel of God.”
~ Denise Rosier

Conclusion

We hope you have found Unity Awakening 2025 to be a meaningful addition to your spiritual life. By exploring the richness of these songs together, you have had opportunities to gain fresh perspectives and insights you might not have had by studying on your own.

If you had to name only one idea or concept that really made a deep impact on you during the Unity Awakening series, what would it be and why? Be prepared to share with your group.

Make a list of the members of your group and list at least one thing each person has said or shared that you found especially thought-provoking or that touched your heart. Share your list with your group, and be sure to thank your group members for their sharing.

Is there anything else you would like to share with your group? If so, jot some notes here as a reminder of what you would like to say.

It is said that we come together in relationship “for a reason, a season, or a lifetime.” Your group may want to meet again either for discussion or dinner or some other reason. Take a few moments to discuss what future activities, if any, your group may pursue. It is perfectly okay if this meeting is the natural conclusion for your group.

Acknowledgments & Gratitudes

Unity Awakening 2025 would not be possible without the generous contributions of the following individuals:

Denise Rosier – Singer Songwriter whose generous spirit inspired this study

Amy Conley – Unity of Fairfax Director of Music and Arts, small group facilitator

Fran Patchett - curriculum consultant, small group facilitator

Steve Marcom – website registration

Gaye Newton - graphic design layout

Small Group Facilitators:

- ✦ Amy Conley
- ✦ Nina Gibson
- ✦ Rev. Todd Humphrey
- ✦ Bowman Kell
- ✦ Sam Lee

All the participants whose involvement have made for an amazing experience.



Unity Awakening 2025:
The Inspiring Music of Denise Rosier

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