



September 14, 2025
“Doing the Next Right Thing”

The First Parish Church in Billerica,
Unitarian Universalist
On the Common - Billerica, Massachusetts

ORDER OF SERVICE

FIRST PARISH CHURCH BILLERICA

Worship Leader:

Reb. Yaakov Trek Reef

MUSIC FOR GATHERING

Liz Cardenas

GATHERING SONG

#188 Come, Come, Whoever You Are

CALL TO WORSHIP

One: Come, beloveds, as we gather in hope.

Left: We come with questions and wonder.

Right: We come with doubts and longings.

One: Come, as we turn toward one another.

Left: We bring our stories, our mistakes, our learnings.

Right: We bring our joys, our sorrows, our prayers

One: Come, as we open to the Great Mystery that holds us all.

Left: Here we discover the courage for the next right thing.

Right: Here we discover the love that sustains us.

All: Come, let us worship together!

CHALICE LIGHTING

Love is the doctrine of this church.
The quest of truth is its sacrament,
and service is its prayer.
To dwell together in peace,
to seek knowledge in freedom,
to serve humanity in fellowship,
to the end that all souls shall grow
into harmony with the Divine:
thus we covenant with each other
and with God.

SHARING OUR GIFTS

#402 From You I Receive

From you I receive, to you I give,
together we share, and from this we live

EXPLORING

STORY FOR OUR TIMES

“What’s In Your Toolbox”
Adapted from Tara Humphries

CO-CREATING THE STORY

Words adapted from C. Buice

One: May we become instruments of peace

Many: Where there is indifference may we bring
justice

One: May we become instruments of peace

Many: Where there is selfishness may we bring
equity

One: May we become instruments of peace

Many: Where there is stagnation may we bring transformation

One: May we become instruments of peace

Many: Where there is homogeneity may we bring pluralism

One: May we become instruments of peace

Many: Where there is isolation may we bring interdependence

One: May we become instruments of peace

Many: Where there is greed may we bring generosity

One: May we become instruments of peace

Many: And where there is hatred may we bring love

One: May we become instruments of peace

All:with love at the center of everything we do

EXPLORING SONG

“The Next Right Thing”

(see page 5)

words & music by Kristen Anderson-Lopez & Robert Lopez

REFLECTIO

Lisa O’Connor

N

EXPLORING SONG

“Loosen, Loosen”

words & music by Aly Halpert

Loosen, loosen, baby

You don’t have to carry

the weight of the world in your muscles and bones

Let go, let go, let go

HOMILY

“Doing the Next Right Thing”

-Reb Yaakov Trek Reef

GROUNDING

GROUNDING RITUAL

JOYS & SORROWS

PASTORAL PRAYER

Reb. Yaakov Trek Reef

GROUNDING SONG

“Unknown Blessings”

(see page 6)

Words & music by Ben Bochner

RETURNING

ANNOUNCEMENTS

EXTINGUISHING THE CHALICE

Words by Reb Yaakov Trek Reef

One: Flame to ember, ember to heart

Many: May we carry this fire forward into all we
do

RETURNING SONG

“A Little Help From
My Friends

(see page 7)

words & music by Paul McCartney & John Lennon

BLESSING FOR GOING FORTH

Reb Yaakov Trek Reef

MUSIC FOR GOING FORTH

Liz Cardenas

EXPLORING SONG LYRICS

The Next Right Thing – From Disney's Frozen 2

I've seen dark before
But not like this
This is cold This is empty This is numb
The life I knew is over
The lights are out
Hello, darkness I'm ready to succumb
I follow you around I always have
But you've gone to a place I cannot find
This grief has a gravity It pulls me down
But a tiny voice whispers in my mind
"You are lost, hope is gone
But you must go on And do the next right thing"
Can there be a day beyond this night?
I don't know anymore what is true
I can't find my direction, I'm all alone
The only star that guided me was you
How to rise from the floor
When it's not you I'm rising for?
Just do the next right thing
Take a step, step again
It is all that I can to do The next right thing
I won't look too far ahead
It's too much for me to take
But break it down to this next breath
This next step This next choice is one that I can make
So I'll walk through this night
Stumbling blindly toward the light
And do the next right thing
And with the dawn, what comes then
When it's clear that everything will never be the same again?
Then I'll make the choice
To hear that voice
And do the next right thing

GROUNDING SONG LYRICS

Unknown Blessings - *by Ben Bochner*

O, the stars above us twinkle
Yeah, they put on quite a show
They say the light that meets our eyes today
Was born a million years ago
And it spells out quite a story
In strands of DNA
The same spark that birthed the universe
Is borne in us today.

(Refrain)

***And they're already on their way,
already on their way
Give thanks for unknown blessings
Already on their way***

O, the world is a funhouse mirror
Sometimes you feel just like a clown
Everything's distorted
Everything seems upside down
And the truth it just gets twisted
Like a rope gets torn and frayed

Til it feels like you can't hold on no more
Til you just might slip away

(Refrain)

History's a spiral
Sometimes it's hard to see
Through the smoke and the blood and the tear-gas
That it's the path of victory
It's a crooked road we walk upon
Strung with miracles on the way
But like raindrops to the ocean
We'll make it there someday

(Refrain)

RETURNING SONG LYRICS

A Little Help From My Friends – *McCartney & Lennon*

What would you think if I sang out of tune?
Would you stand up and walk out on me?
Lend me your ears and I'll sing you a song
And I'll try not to sing out of key

Oh, I get by with a little help from my friends
Mm, I get high with a little help from my friends
Mm, gonna try with a little help from my friends

What do I do when my love is away?
Does it worry you to be alone?
How do I feel by the end of the day?
Are you sad because you're on your own?

No, I get by with a little help from my friends
Mm, get high with a little help from my friends
Mm, gonna try with a little help from my friends

Do you need anybody? I need somebody to love
Could it be anybody? I want somebody to love

Would you believe in a love at first sight?
Yes, I'm certain that it happens all the time
What do you see when you turn out the light?
I can't tell you, but I know it's mine

Oh, I get by with a little help from my friends
Mm, get high with a little help from my friends
Oh, I'm gonna try with a little help from my friends

Do you need anybody? I just need someone to love
Could it be anybody? I want somebody to love

Oh, I get by with a little help from my friends
Mm, gonna try with a little help from my friends
Oh, I get high with a little help from my friends
Yes, I get by with a little help from my friends
With a little help from my friends