

**FIRST PARISH CHURCH
UNITARIAN UNIVERSALIST**

7 Concord Road, P.O. Box 96

Billerica, MA 01821

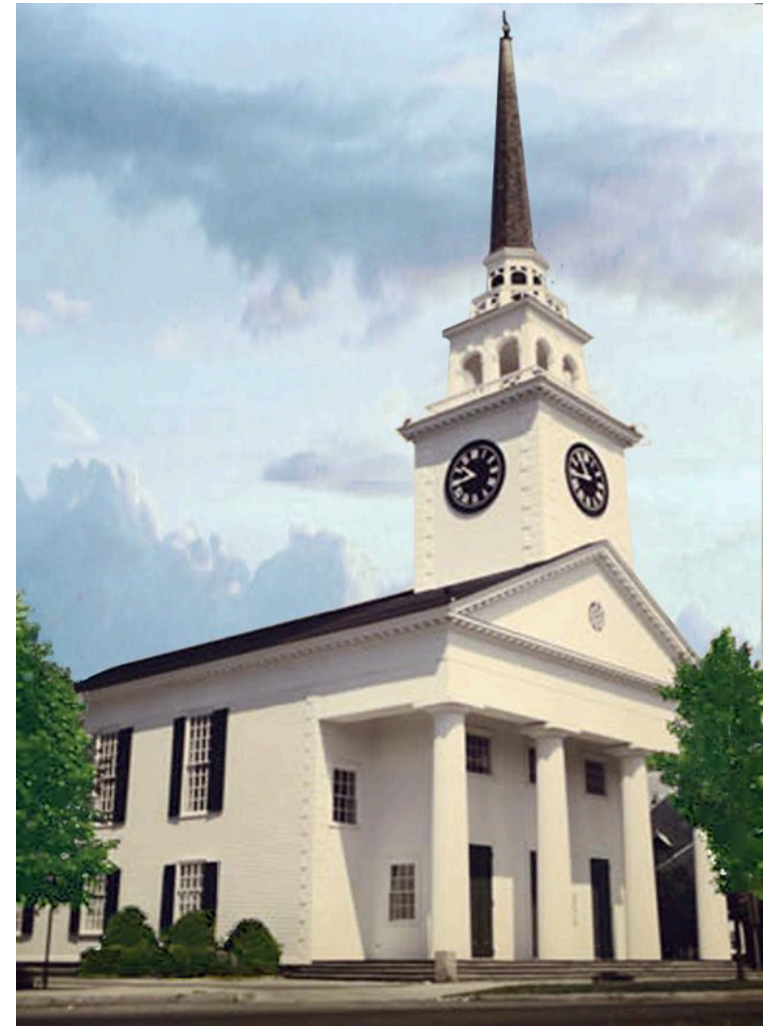
978-663-2293

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As Unitarian Universalists, we covenant, congregation-to-congregation and through our Association, to support and assist one another in our ministries. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love. Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love. Inseparable from one another, these shared values are: Interdependence, Equity, Transformation, Pluralism, Generosity, and Justice.



September 21, 2025

The Importance of Prayer and Spiritual Practice

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

Worship Leaders: Stephanie Trudel, Lay Minister
Musician: Liz Cardenas
Worship Assistant: Brita Learned

PRELUDE

WELCOME AND ANNOUNCEMENTS

LAND ACKNOWLEDGEMENT

OPENING WORDS: To Remind Ourselves What Is
Real

CHALICE LIGHTING: I Breathe

AFFIRMATION OF FAITH:

*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.*

TIME FOR ALL AGES: A Toolbox for Hard Times

SINGING OUT THE CHILDREN

CANDLES OF JOY AND CONCERN

READING: "Our Sacred Fire"

MUSICAL INTERLUDE

MEDITATION: The One Who Holds Our Hope and
Grief

HYMN: STJ # 1009 Meditation on Breathing

SERMON: Building Our Prayers

CHORAL RESPONSE: SLT# 352 Find a Stillness

REFLECTIONS: "To Bless and Be Blessed"

OFFERTORY

DOXOLOGY*: STLT# 375

As Saffron trees now capture fire
and memories our hopes inspire
We'll praise imaginations grace –
the human heart's best resting place. Amen.

EXTINGUISHING THE CHALICE*

(all are invited to say the words together)

As we extinguish this chalice flame, may the warmth of
its light remain within us, guiding our steps and our hearts.
Let us carry forward the strength of this community, the
courage to speak truth, and the hope that transformation is
possible. In each breath we take, may we remember that the
work of love, justice, and healing is ours to continue – both
here and beyond these walls. Go in peace, with the light of
this gathering to illuminate your way.

HYMN*: #413 Go Now In Peace
(it is our tradition to sing facing the world we are about to enter)

BENEDICTION* Let Our Lives Be A Prayer

POSTLUDE: *Holy Now* by Peter Mayer

*Please join us for refreshments and conversation downstairs
immediately after the service.*

**Please rise in body or spirit.*