

In addition, posters related to this conversation will be placed around the church November 6-14 to invite your feedback.

We look forward to hearing of your experience of the past and present, and your vision for the future of ORUUC.

Depression & Anxiety Support Group

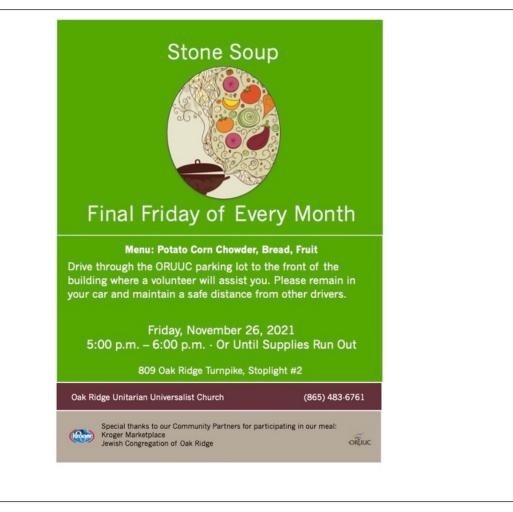
Tuesday, November 16, 6pm – 7pm

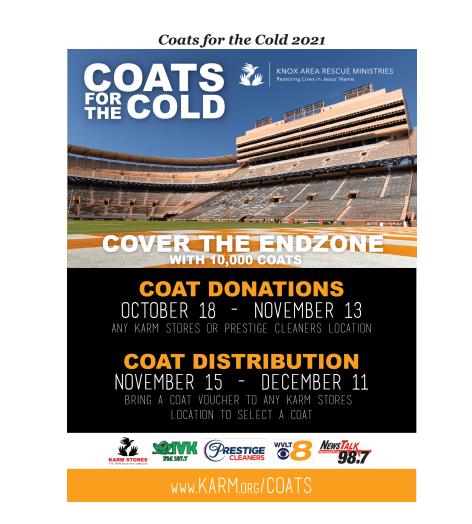
https://zoom.us/j/96275167480?pwd=UkxQNmkvQjVqWTYxWmxJR1Qxc3krZz09

Please join us Tuesdays 6-7pm to check in and support each other. The first Tuesday of the month, we are joined by ORUUC's own Freddie Nechtow, a retired doctor, who speaks to us about medical aspects of depression and anxiety. To be added to our email list and get a weekly reminder, contact Bill Moore (<u>akitaz@mac.com</u>). Leaders: Bill Moore, Dennis McGetrick.

You don't have to be alone.

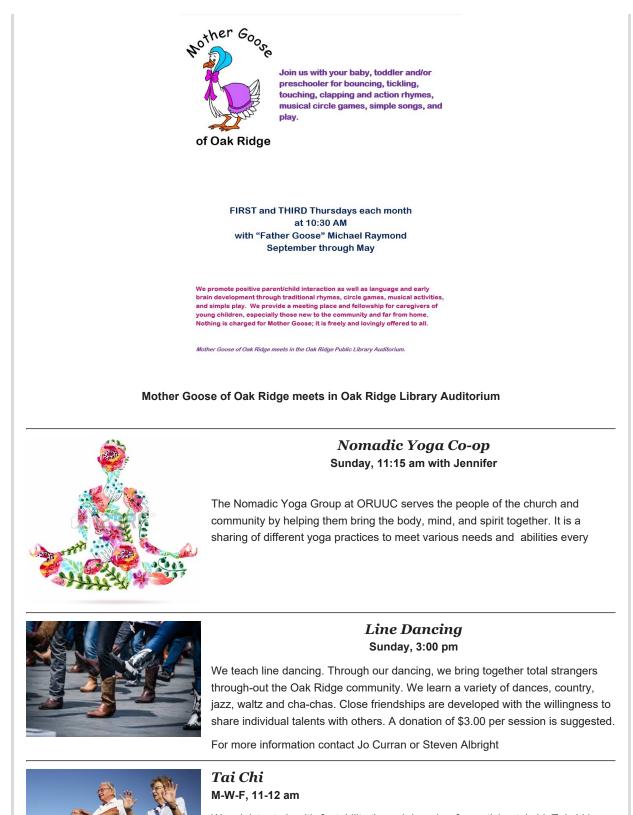
Meeting ID: 962 7516 7480 One tap mobile +16468769923,,96275167480# US (New York) +13017158592,,96275167480# US (Germantown) Dial by your location +1 646 876 9923 US (New York).





From November 15 to December 11, anyone with a voucher may select a cleaned and prepared for distribution coat from any KARM store. Jeannie now has the vouchers in the church office.

FYI – In the 3rd quarter of 2021, KARM stores received 38 donations from those connected to ORUUC. Those donations included household items as well as donations of time. In return, we received \$100 in gift cards to share. Over the past 12 months churches and other partners received nearly \$500,000 in gift cards to share with the East Tennessee community; since January 1, 2001, 80,000 nights of safe shelter were provided to men, women, and children and 135,000 meals have been served at KARM.



We minister to health & stability through learning & practicing tai chi. Tai chi has helped individuals maintain & improve their balance, strength, & blood pressure, & reduce knee, arm, shoulder & back pain. It has helped with MS, Alzheimers, dropped cervix, bunions, & more.

For more information call Janet Hoegler at 865-963-5115

ANNOUNCEMENTS

Youth Faith Formation Programming Update (updated November 3, 2021)

Under the guidance of the PALs framework, we are updating our Sunday morning programming. We will continue to use this framework and the guidelines set by the COVID Task Force to keep our children and youth safe and engaged. We will continue to utilize outdoor space as much as possible, weather permitting, so please remember to dress accordingly as the temperatures drop. The Faith Formation Staff thanks you for your patience and flexibility as we navigate these uncertain times. As always, thank you for sharing your family with us.



Preschool/Nursery - Our youngest ORUUCians will continue to meet in person with beloved Nursery Coordinator Susan Rosenbaum and her helpers to play and love together.

Spirit Play will resume a hybrid format of meeting in person and online. The online <u>https://zoom.us/j/99224336010?</u> pwd=WFFKMnIVL2tnSjIWU1FsWXhuMnY4Zz09_





Create and Connect will remain outside as long as weather permits, but will move indoors as colder weather

approaches. Multiage Coordinator Whitney Cole and her team of assistants will lead a variety of interactive experiences connected with the themes of Worship.

Middle School - Middle Schoolers will continue

their hybrid format, exploring the themes of Worship together and learning through community. They will also continue their partnership with the Groundskeeping Crew on the 4th Sunday of every month. Click here for the Middle School Zoom link: <u>https://zoom.us/ij/94450682777?</u> pwd=RkcvTUdhb0p5bTB4OWI0akIDTDJFdz09





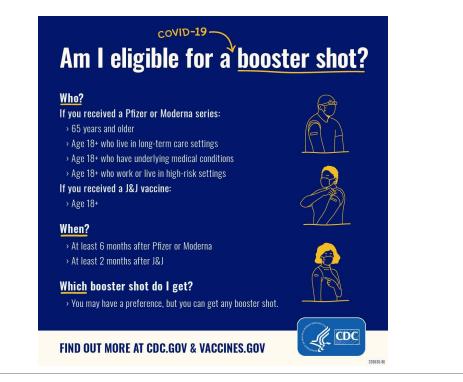
High School - The Senior High will also continue their hybrid format, meeting both in person and virtually. The Group has begun planning for an East Coast Heritage Trip in June and will meet in the Hearth Room the1st Sunday of each month for the remainder of the year with 8th Grade trip participants to learn about UU history and foundational values and ideas in preparation for it. The Group meets virtually on Discord. Please contact Jason Fishel @ <u>solarmanj@gmail.com</u> to be added to the group server.

Updated Covid Policies PALS Framework

Pandemic Action Levels - PAL — ORUUC

We are all excited about returning to our beautiful facility ... but we must do it safely! The ORUUC Task Force was chartered by the Executive Team, beginning in May 2020, to provide a framework for a Phased Reopening Plan.

You can see the framework for November 10, 2021 HERE



Split the Plate for November Blossom Center for Child Excellence



Education and Children's Family Services

Blossom Center is a non-profit childcare facility serving Oak Ridge and surrounding areas. The Center's program is academically orientated, intended to bridge the gap between home and school in order to improve education outcomes, especially for underprivileged children.

Blossom Center is open during extended hours when other childcare facilities are closed, and allows children to attend based on a sliding tuition scale commensurate with family income, making it the premier facility of its sort in the area.

OUR ORUUC FAMILY

Caring for Each Other

If you are going through difficult times and would like emotional support, or are in any situation where support and

caring are needed, contact

Rev. Tandy Scheffler, Minister of Care and Connection Jeannie Cuevas, Office Administrator

(865) 483-6761 Office Hours M-F 10 AM to 4 PM office@oruuc.org

Caring Coordinators for November

Diane Nelson <u>Mona_Nelson@att.net</u> 512-878-7705 Nancy Lain Highfill <u>highfillnancy@gmail.com</u> 483-1935 Amanda Fishel <u>amsfishel@gmail.com</u> 865-804-7033

Please call at least two days in advance to allow time for Caring Coordinators to find a volunteer to provide the care that you need. Our ability to provide transportation is limited. If your appointment is routine and/or can wait, please reschedule it rather than call a Caring Coordinator. Thank you for reserving our Caring Volunteers for those situations that address serious needs that cannot wait.

ORUUC LEADERSHIP

The ORUUC Board of Officers

President: Jim Nutaro Past President: Val Herd President-Elect: Michele Thornton Secretary: Jason Fishel Treasurer: Brandon White Members-at-Large: Shelaine Curd Regina Guy Nathaniel Bass Ethan Coon

The ORUUC Executive Team Rev. Jake Morrill

Christine Rehder Christina Elliott Debra Oscarson

Community/UU



& ends on Sunday the 28th.

Register at: TheMountainRLC.org

Friday, November 12	Monday, November 15
11:00am Tai Chi Practice	11:00am Tai Chi Practice
	6:50pm Meditation Learning and
Saturday, November 13	Practice Group
2:00pm Tabletop Adventures Group	
3:00pm (RENTAL) Wedding Recepti	on Tuesday, November 16
	6:00pm Board Meeting
Sunday, November 14	6:00pm Depression & Anxiety Support
8:15am Circles of Trust VII	Group
10:00am Worship Service	
11:00am Family Group	Wednesday, November 17
11:00am High School	6:30am Breakfast Rotary
11:00am Reflections	11:00am Tai Chi
11:00am Together in Spirit	11:00am Circle of Trust VIII
11:00am Yoga	6:45pm Choir Practice
11:15am Circle of Trust II	7:45pm Band Rehearsal
11:15am Healthy Transitions Task	8:00pm Evening Prayer
Force	
12:00pm Circle of Trust V	Thursday, November 18
12:30pm OWL 10-12 Grade	2:00pm (Rental) Friends of Literacy
12:30pm OWL 7-9 grades	3:00pm Executive Team Meeting
12:30pm Buddhism Study Group	5:00pm Potluck
1:00pm Good Goodbye Task Force	6:50pm Meditation Learning and
Meeting	Practice Group
1:30pm Book Club	
2:00pm (3-5pm) Line Dancing	
3:00pm OWL (7-9 Grades)	

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