

# Rewsletter The Exponent

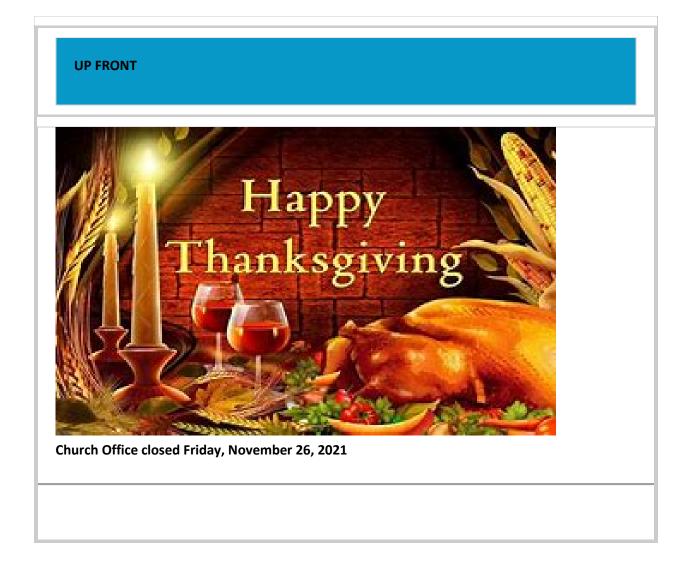
November 26-December 2, 2021

### WORSHIP

### November 28, 10:00 AM

Today is the first Sunday in our six-week worship series, "God Bless Us Every One (The Redemption of Scrooge)." The Reflection title is, "More than enough to go around and not enough to go around." Steven Barker is speaking.

Order of Service <u>here</u> Go to <u>ORUUC</u> for zoom information.





Members and friends of ORUUC are invited to attend a memorial service for Becky Bryant, a much-loved local teacher, to be held in our sanctuary on Saturday, Nov. 27, at 2:00 p.m. Rev. Jake Morrill is leading the service.

### Helpful Tools for the Holiday Season

Dear Friends,

I hope this note finds you preparing for a time of resting and feasting through this holiday weekend. As I turn toward what I'm grateful for, I think of you. As a congregation, ORUUC is a powerful blessing in countless lives, within the walls of 809 Oak Ridge Turnpike, and far beyond, in the world. If you're reading this, you play a part in that blessing. On behalf of its recipients, which includes me, personally, thank you.

For some, along with the sweet rewards of peace and reconnection, the holiday season that starts with Thanksgiving can be a tense time. It can mean stressful encounters with family-members. It can mean the old ache of grief. It can mean financial stress. It can mean feeling lonely.

If you foresee a challenging time in the weeks up ahead, I'd like to invite you to an online session this coming **Monday evening**, **November 29**, at **7:15**. Lasting one hour, it will be a refresher on two tools which have proven helpful to ORUUC-ians (and to us, as a congregation) over the last twenty years, especially with regard to challenging conversations and problem-saturated perspectives.

One of the tools is Non-Violent Communication. The other is Appreciative Inquiry. I'll present briefly on each, then we'll have time to engage each other with reflection and practice (in breakout rooms, if attendance is high).

You can look them up online for an introduction or refresher. There's no registration required for you to attend. You are welcome to invite friends outside of ORUUC. The Zoom link is below. If you're planning to attend, I'll look forward to seeing you next Monday evening, November 29, at 7:15.

Until then, Happy Thanksgiving!

Gratefully,

Jake

ZOOM LINK FOR MONDAY EVENING NOV 29 @ 7:15 PM NVC + APPRECIATIVE INQUIRY SESSION

Join Zoom

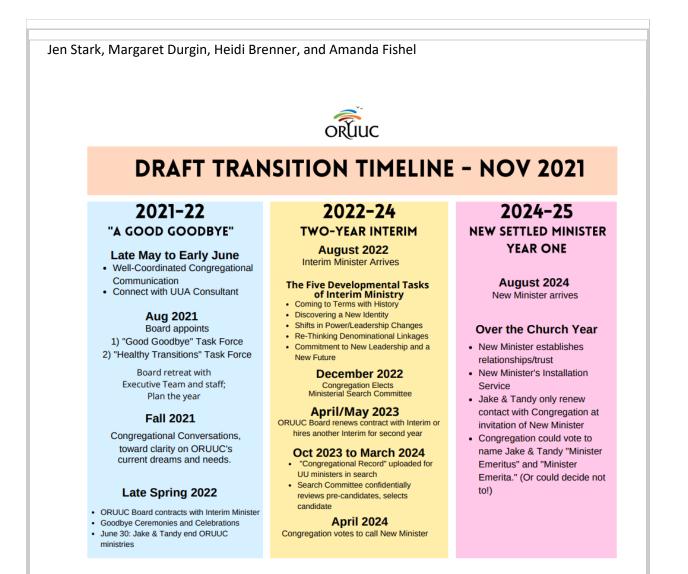
Meeting <a href="https://us02web.zoom.us/j/86546479361?pwd=K3c2M21sdTg4ZjIndG5yUnZtUDFaUT09">https://us02web.zoom.us/j/86546479361?pwd=K3c2M21sdTg4ZjIndG5yUnZtUDFaUT09</a>

### **Youth Fundraiser**

Youth going on the East Coast Heritage Trip in June 2022 are rolling in it--cornmeal, that is. Fundraising for the trip is underway with our 2nd (not quite annual) Tamale Sale! Under the leadership of logistics guru and master chef Brandon White, the tamale preparation is organized, efficient, and fun. And the final product is, in the words of renowned ORUUC food critic Hal Hoyt, "the best I've ever had, even better than last time." Cost is \$20 per dozen, and flavors are Chicken and Cheese, or Green Pepper and Cheese. **Orders will be taken in the church lobby the next two Sunday mornings, November 28 and December 5, or online here:** <u>Tamale Order</u> Form Tamales will be distributed in the Social Hall on Saturday, Dec. 18 from 3 to 5 p.m. to coincide with Cookies and Caroling, and on Sunday, Dec. 19 before and after the No Rehearse Pageant. Supplies are limited, so get your orders in ASAP! Thanks, in advance, for supporting the Youth and keeping this tasty tradition alive.

### The Healthy Transition Task Force

The Healthy Transitions Task Force thanks everyone for their input at the recent round table discussions. Stay tuned for future news!" ~ Healthy Transitions Task Force Members Nancy Starr,

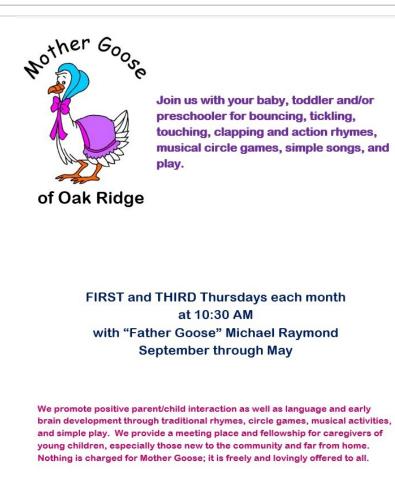


Coats for the Cold 2021



**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 3<sup>rd</sup> 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.



Mother Goose of Oak Ridge meets in the Oak Ridge Public Library Auditorium.

Mother Goose of Oak Ridge meets in Oak Ridge Library Auditorium



### Nomadic Yoga Co-op

Sunday Morning yoga will be on hiatus until further notice, due to the cold weather and Covid restrictions for inside the building. Please continue your home practice and consider joining me on Monday evenings at Ascension Yoga for a Gentle Flow class. We hope to be able to gather again soon. Namaste. ~Jennifer Yarrow Alexander

### Sunday, 3:00 pm

We teach line dancing. Through our bring together total strangers through-Ridge community. We learn a variety of country, jazz, waltz and cha-chas. Close are developed with the willingness to individual talents with others. A donation session is suggested.



Line Dancing

dancing, we out the Oak dances, friendships share of \$3.00 per

For more information contact Jo Curran or Steven Albright



### *Tai Chi* M-W-F, 11-12 am

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** 



### Oak Ridge 2021 Christmas Parade

Getting in the holiday spirit? Want to work with some friends on an entry for ORUUC for the Oak Ridge Christmas Parade Saturday, Dec. 11? This year's parade is themed, "The Twelve Days of Christmas." The deadline to register an entry is December 7. Anyone interested in creating an SMA, please contact Rachel at <u>communications@oruuc.org</u> and fill out a form here: <u>Shared Ministry Agreement form</u> For more information on the parade, visit <u>Oak Ridge Chamber</u> Christmas Parade 2021.

### Update

signed up to fulfill Angel Tree wishes! All been claimed. **Wrapped and tagged gifts church by December 12.** Questions? Rosenbaum at 865-591-4037 or drop by the nursery. *(If you chose #7: please let the church office or Susan* Anderson County Grandparents as thank you!



### ORUUC Angel Tree

Thanks to all who of the names have **are due back to the** Contact Susan <u>msclued@aol.com</u>, or *Kasen M., could you know? Thanks!)* The Resident Caregivers

### Challenge!!

Louise McKown and her sister, Ann Childs, offer us each a challenge! They donate to organizations that send them, in turn, a calendar for the upcoming year. To date, they've received so many that they'd like to offer these wonderful freebies to our Stone Soup diners.

Here's how to join their effort: Please bring your excess calendars for 2022 to ORUUC and put them in the box we leave outside the main door. We will give them out on Friday, December 31, New Year's Eve when we offer our Final Friday community meal.

We appreciate the thought and the diners will love this extra gift!

### 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 https://zoom.us/i/99224336010?pwd=WFFKMnlVL2tnSjlWU1FsWXhuMnY4Zz09



**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:



https://zoom.us/j/94450682777?pwd=RkcvTUdhb0p5bTB4OWl0aklDTDJFdz09



**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

The PALs level for this week is high, so masks required, no food or drink inside the building. See this <u>link</u> for more details

## <u>Everyone</u> 18+ years who is fully vaccinated against COVID-19 is eligible for a booster.

### When?

At least 2 months after a 1-dose vaccine, Johnson & Johnson/Janssen or At least 6 months after a 2-dose vaccine, Pfizer-BioNTech or Moderna  $\overrightarrow{OOP}$ 

Split the Plate for November

permitted inside the building. Please see the link for details.

### 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

### **Caring Coordinators for December**

Amanda Fishel <u>amsfishel@gmail.com</u> 865-804-7033 Mary Thornburgh <u>ttae1@comcast.net</u> 567-9535

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



Standing on the Side of Love and Women's Reproductive Rights: Mark Lucian Mohundro, a TVUUC staff member and long-time Planned Parenthood volunteer, and Angelina Carpenter, medical chaplain and Counselor/Educator at Knoxville Center for Reproductive Health, are spearheading local efforts to educate our community on upcoming legislation involving women's reproductive rights and actions to be taken. They are seeking a liaison (or two) from ORUUC to work with them, and other faith communities, to reach our corner of East Tennessee on this issue. If interested, please call or text Angelina at 865-207-3166 or

email etn\_community@yahoo.com or Mark at 865-292-4000 markm667@gmail.com