



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 [here](#) Go to [ORUUC](#) for zoom information.

UP FRONT



Church Office closed Friday, November 26, 2021

Stone Soup



Final Friday of Every Month

Menu: Potato Corn Chowder, Bread, Fruit

Drive through the ORUUC parking lot to the front of the building where a volunteer will assist you. Please remain in your car and maintain a safe distance from other drivers.

Friday, November 26, 2021
5:00 p.m. – 6:00 p.m. - Or Until Supplies Run Out

809 Oak Ridge Turnpike, Stoplight #2

Oak Ridge Unitarian Universalist Church

(865) 483-6761



Special thanks to our Community Partners for participating in our meal:
Kroger Marketplace
Jewish Congregation of Oak Ridge



Memorial Service

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 break-out 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 <https://us02web.zoom.us/j/86546479361?pwd=K3c2M21sdTg4ZjlnRG5yUnZtUDFaUT09>

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: [Tamale Order 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,

Jen Stark, Margaret Durgin, Heidi Brenner, and Amanda Fishel



DRAFT TRANSITION TIMELINE - NOV 2021

2021-22

"A GOOD GOODBYE"

Late May to Early June

- Well-Coordinated Congregational Communication
- Connect with UUA Consultant

Aug 2021

Board appoints

- 1) "Good Goodbye" Task Force
- 2) "Healthy Transitions" Task Force

Board retreat with Executive Team and staff; Plan the year

Fall 2021

Congregational Conversations, toward clarity on ORUUC's current dreams and needs.

Late Spring 2022

- ORUUC Board contracts with Interim Minister
- Goodbye Ceremonies and Celebrations
- June 30: Jake & Tandy end ORUUC ministries

2022-24

TWO-YEAR INTERIM

August 2022

Interim Minister Arrives

The Five Developmental Tasks of Interim Ministry

- Coming to Terms with History
- Discovering a New Identity
- Shifts in Power/Leadership Changes
- Re-Thinking Denominational Linkages
- Commitment to New Leadership and a New Future

December 2022

Congregation Elects Ministerial Search Committee

April/May 2023

ORUUC Board renews contract with Interim or hires another Interim for second year

Oct 2023 to March 2024

- "Congregational Record" uploaded for UU ministers in search
- Search Committee confidentially reviews pre-candidates, selects candidate

April 2024

Congregation votes to call New Minister

2024-25

NEW SETTLED MINISTER YEAR ONE

August 2024

New Minister arrives

Over the Church Year

- New Minister establishes relationships/trust
- New Minister's Installation Service
- Jake & Tandy only renew contact with Congregation at invitation of New Minister
- Congregation could vote to name Jake & Tandy "Minister Emeritus" and "Minister Emerita." (Or could decide not to!)

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 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.

Mother Goose



of Oak Ridge

Join us with your baby, toddler and/or preschooler for bouncing, tickling, touching, clapping and action rhymes, musical circle games, simple songs, and play.

**FIRST and THIRD Thursdays each month
at 10:30 AM
with "Father Goose" Michael Raymond
September through May**

We promote positive parent/child interaction as well as language and early brain development through traditional rhymes, circle games, musical activities, and simple play. We provide a meeting place and fellowship for caregivers of young children, especially those new to the community and far from home. Nothing is charged for Mother Goose; it is freely and lovingly offered to all.

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 communications@oruuc.org and fill out a form here: [Shared Ministry Agreement form](#) For more information on the parade, visit [Oak Ridge Chamber 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 msclued@aol.com, 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/j/99224336010?pwd=WFFKMnIVL2tnSjlWU1FsWXhuMnY4Zz09>



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=RkcvTUdhd0p5bTB4OWI0aklDTDJFdz09>



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 the 1st 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 @

solarmanj@gmail.com 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 [link](#) for more details

Everyone 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



FIND OUT MORE AT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)



325530-CW

The PALs level for this week is HIGH. Masks are required in the building. No food or drink permitted inside the building. Please see the link for details.

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 Mona_Nelson@att.net 512-878-7705
Nancy Lain Highfill highfillnancy@gmail.com 483-1935
Amanda Fishel amsfishel@gmail.com 865-804-7033

Caring Coordinators for December

Amanda Fishel amsfishel@gmail.com 865-804-7033
Mary Thornburgh ttae1@comcast.net 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***

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