



The Exponent

November 5-11, 2021

WORSHIP

November 7, 10:00 AM "Deciding to Start, Deciding to Depart"

Rev. Jake Preaching

An important part of going on a quest is to decide to launch off from the comfort of home and familiarity into the unknown. Humans are inordinately oriented toward comfort. What happens when we renounce it in favor of a quest? And what does a quest promise that home and familiarity can't?

Order of Service [here](#).

UP FRONT

The Healthy Transition Task Force

The Healthy Transition Task Force invites you to participate in a conversation about ORUUC's strengths, needs, and challenges. We will be holding three meetings to start this conversation. Please try to attend one:

- Saturday, November 6, 2pm, in the Social hall
- Tuesday, November 9, 2pm, in the Social hall
- Sunday, November 14, 11:15-12:15, HYBRID: in the Conference room & on Zoom

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 9, 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 (akitaz@mac.com). 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).

Coats for the Cold 2021

COATS FOR THE COLD KNOX AREA RESCUE MINISTRIES
Restoring Lives in Jesus' Name

COVER THE ENDZONE
WITH 10,000 COATS

COAT DONATIONS
OCTOBER 18 - NOVEMBER 13
ANY KARM STORES OR PRESTIGE CLEANERS LOCATION

COAT DISTRIBUTION
NOVEMBER 15 - DECEMBER 11
BRING A COAT VOUCHER TO ANY KARM STORES
LOCATION TO SELECT A COAT

KARM STORES THE KNOX AREA RESCUE MINISTRIES
WKV 98.7
PRESTIGE CLEANERS
WVLT 8
NEWS TALK 98.7

www.KARM.ORG/COATS

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.



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, 11:15 am with Jennifer
Tuesday, 5:45 with Melissa
In the Pavilion

The Nomadic Yoga Group at ORUUC serves the people of the church and community by helping them bring the body, mind, and spirit together. It is a sharing of different yoga practices to meet various needs and abilities every **Sunday at 11:15 and Tuesday at 5:45**.

Yoga is meeting outside in the pavilion so masks will not be an issue for vaccinated individuals. Mats will not be provided at this time however.



Line Dancing
Sunday, 3:00 pm

We teach line dancing. Through our dancing, we bring together total strangers through-out the Oak Ridge community. We learn a variety of dances, country, jazz, waltz and cha-chas. Close friendships are developed with the willingness to share individual talents with others. A donation of \$3.00 per session is suggested.

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

Youth Faith Formation Programming Update (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=WFFKMnlVL2tnSjIWU1FsWXhuMnY4Zz09>



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=RkcvTUdhd0p5bTB4OWI0aklDfDZ09>



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

Dear Friends,

The hard-working COVID Task Force rolled up their sleeves to develop such a framework. After much research, they have delivered the product of that work to the Executive Team. It is the "Pandemic Action Levels," or PALs, framework. On Thursday, the Executive Team received and adopted it. This new PALs framework is now the operative policy framework for ORUUC, with respect to COVID.

Each level--"Max," "High," "Moderate," and "Low"--describes a set of conditions: Level of Community Transmission in Anderson County; Daily Case Rate in Anderson County (7 days, 14 days, and the change between); Anderson County test positivity; and average local Intensive Care Unit capacity. Those conditions will be assessed each week, on Wednesdays, to assess community risk. Based on that information, the level of risk--Max, High, Moderate, and Low--will be clear. The level of risk (Max, High, Moderate, Low) will determine a particular set of operational responses. These operational responses include things like whether and when masks will be required, where eating is allowed, and so forth.

You can see the framework yourself by going

to: <https://static1.squarespace.com/static/560438eae4b0f8ec46be242c/t/617abfb0d6da0513eca7a698/1635434416448/PALs+Updated+10-28-21+pdf.pdf>

Gratefully,
Jake

COVID-19 →

Am I eligible for a booster shot?

Who?
If you received a Pfizer or Moderna series:

- > 65 years and older
- > Age 18+ who live in long-term care settings
- > Age 18+ who have underlying medical conditions
- > Age 18+ who work or live in high-risk settings

If you received a J&J vaccine:

- > Age 18+


When?

- > At least 6 months after Pfizer or Moderna
- > At least 2 months after J&J

Which booster shot do I get?

- > You may have a preference, but you can get any booster shot.

FIND OUT MORE AT [CDC.GOV](https://www.cdc.gov) & [VACCINES.GOV](https://www.vaccines.gov)



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Food Pantry



Stone Soup is restocking the pantry. The most needed is Black Beans, Kidney Beans, Pinto Beans, Mac & Cheese, Canned Vegetables and Peanut Butter and any items you would like to donate. All items can be dropped off at the church lobby and we will take care of it from there. Thanks Steven Albright.

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

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



Calling all military, veteran and active duty!

Mark your calendars and plan to join us for your free lunch on Friday, November 12th. Our goal is to honor you and your service to our country, while at the same time providing a delicious meal for you. In order to ensure your safety, we're giving our veterans the option to come inside our building for their meal, or drive by for a packaged lunch to go. We will have social distancing measures in place inside. If you decide on the drive-through option, you will not have to leave the comfort of your own vehicle.

- Who:** ORUD Customers who have served in the US armed forces
- What:** A free lunch to honor the men and women of our Nation's Armed Forces, past and present
- Where:** ORUD, 120 South Jefferson Circle, Oak Ridge, TN
- When:** Friday, November 12, 2020 between 11:30am - 1:00pm
- How:** To register please RSVP by November 5, 2020

Once you fill out the information below, there are 3 ways to RSVP.

- ♦ **Mail it to:**
ORUD Veterans Day Lunch
102 S. Jefferson Circle
Oak Ridge, TN 37830
- ♦ **Email your information to:** RSVP@orud.org
- ♦ **Call with your information:**
Whitley Myers at (865) 220-6061

Name of Veteran or Active Duty: _____

Branch of Service: _____

I'll be attending (please check one): in person by drive-thru pick up

ON THE CALENDAR THIS WEEK

Friday, November 5

10:00am Viewing Service (renter)
11:00am Tai Chi Practice

Saturday, November 6

2:00pm Healthy Transitions Taskforce Workshop
3:00pm Ukulele

Sunday, November 7

10:00am Worship Service
11:00am E. Coast Heritage Trip Youth Meeting
11:00am Circle of Trust 1
11:00am Family Group
11:00am High School
11:00am Reflections
11:00am Together in Spirit
11:00am Yoga
11:15am Circle IX
12:30pm OWL 10-12 Grade
12:30pm OWL 7-9 grades
12:30pm Buddhism Study Group
12:30pm Circle of Trust IV
1:00pm Good Goodbye Task Force Meeting
2:30pm East Coast Heritage Trip Meeting
3:00pm Line Dancing
3:00pm OWL (7-9 Grades)
4:00pm Birthday Party Janet H.
4:30pm Circle of Trust XI

Monday, November 8

11:00am Tai Chi Practice
6:50pm Meditation Learning and Practice Group
7:00pm Red Tent Temple

Tuesday, November 9

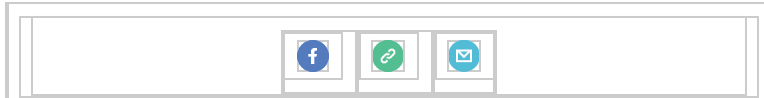
2:00pm Healthy Transitions Task Force Meeting
6:00pm Presidents Council
6:00pm Depression & Anxiety Support Group
6:00pm Nomadic Yoga

Wednesday, November 10

6:30am Breakfast Rotary
11:00am Tai Chi
5:15pm Circles of Trust III
6:00pm Circles of Trust VI
6:45pm Choir Practice
7:45pm Band Rehearsal

Thursday, November 11

Office Closed
12:00pm
NWUUC & Launchpad Meeting
2:00pm (Rental) Friends of Literacy
5:00pm Potluck
6:50pm Meditation Learning and Practice Group



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Our mailing address is:
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Oak Ridge, TN 37830

oruuc.org | 865-483-6761 | office@oruuc.org

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