



# The Exponent

**April 1-7, 2022**

**WORSHIP**

*April Series Theme*



*Good Enough:*  
Embracing the Imperfections  
of Life and Faith

*A Worship Series based on  
the work of Kate Bowler  
and Jessica Richie.*

**March 6 - April 17, 2022**

*Bloom where you are planted!*



**Sunday, April 3, 10:00 AM "We Are Fragile "**

**The Rev. Dr. Gaye Morris, leading worship service**

When we read the New Testament, we can find many women who showed strength in fragility: from the nameless women who challenged Jesus to help them, opening his eyes to new insights on his ministry, to his close friends and disciples, like Mary Magdalene, Mary and Martha, who stood by Jesus when others deserted him. These women were 'good enough' – imperfect but authentic, and able to add something valuable to our understanding of Jesus.

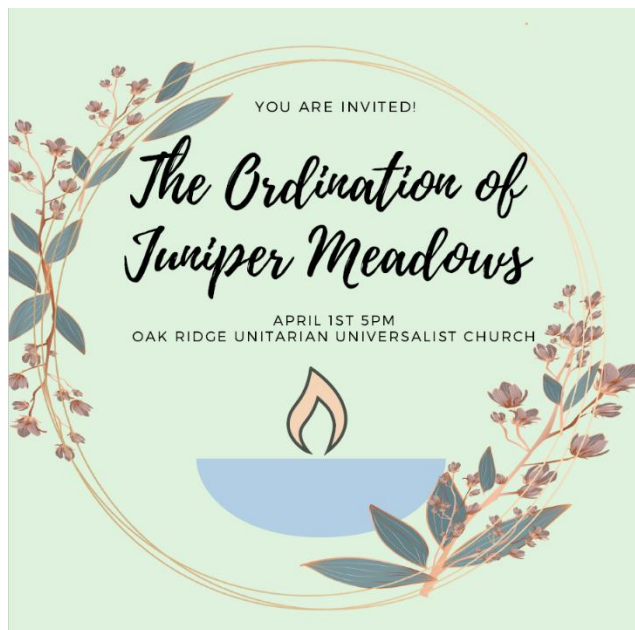
**In-Service and Zoom. ZOOM door opens at 9:45 am. See link below.**

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

**Send Prayer Requests: [prayers@oruuc.org](mailto:prayers@oruuc.org) or Text 865-224-6388**

## UP FRONT

***TODAY at 5:00pm***



Dear Friends,

Are you as excited as I am about the ordination of Juniper Meadows today (Friday, April 1) at 5:00 PM, outside, under the willow oak tree, with the outdoor reception under the pavilion, afterward? I'm grateful to a lot of people who've been working hard to make it happen. Can't make it in person? Show up on Zoom, by going here: <http://www.oruuc.org/juniper>

If that wasn't enough good news, there's MORE GOOD NEWS!

According to the "PALS" framework, based on local COVID numbers this week, this coming weekend, ORUUC will move to "Moderate" level for the first time since all of this started. What does that mean? Well, for one, masks aren't required in the building. For another, eating and drinking is allowed in the building. Does that mean that we can sing out loud together this Sunday morning in the service, without masks on? Yes! Does it mean we can enjoy coffee hour afterward in the social hall? Yes! Does it mean that, for the first time since early March 2020, ORUUC can experience what it's like to show up on Sunday with a semblance of normalcy? Yes! If you still want to attend via Zoom, can you attend by Zoom? Yes!

ORUUC has some good news this weekend. Juniper's ordination today at 5:00. And then a maskless Sunday service, this Sunday.

Thank you for your forbearance and for keeping the hope, on the way.

Faithfully,  
Jake

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### ***Faith Formation Update for this Sunday***

There will be a special Congregational Meeting (FY 2022 Budget Update and VOTE) immediately following morning worship at 11:15 a.m. in the Sanctuary and on Zoom this Sunday, April 3; **if you attend worship via Zoom, simply stay online after the service ends.** There will be no Adult Faith Formation on Sunday. Youth Faith Formation will continue as usual: Children under age 5 will be with Susan Rosenbaum. All elementary-age children will be in the Create and Connect room with Whitney Cole and Christine Rehder. Middle School youth will be in their regular classroom. High

Schoolers (and the 8th graders going on the East Coast Heritage Trip this summer) will meet in the Hearth Room as they continue to learn about UU History.

***Oak Ridge  
Unitarian Universalist  
Church***

**CONGREGATIONAL  
MEETING**

SUNDAY, APRIL 3, 2022  
11:15 A.M.  
IN THE SANCTUARY  
AND ON ZOOM

**TOPIC: FY22 BUDGET  
UPDATE AND VOTE**

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You are strongly encouraged to participate in discussions concerning budgetary spending for the remainder of this fiscal year. **A revised budget will be presented at this meeting for approval by a vote of the congregation.** Thank you for your participation in our congregation's democratic process.

The Board of Trustees

At the Congregational Meeting Sunday, April 3, a revised budget will be presented for approval by a vote of the congregation. We look forward to seeing you this Sunday and thank you for your participation in our congregation's democratic process.  
-The Board of Trustees



## ***Change for Change***

Bring your extra coins to church on Sunday, April 3 and 10 and leave them in the basket in the church lobby. These coins will be used to fill plastic eggs for our Bunny Trail on Easter Sunday, April 17. After the egg hunt, the children will donate these coins to our Split-the-Plate recipients. Thanks!

## ***ORUUC T-shirts from the East Coast***

### ***Heritage Trip Fundraiser***

Shirts will be available for pick up this **Sunday, April 3** on a table in the lobby following Morning Worship. To make arrangements to pick up your t-shirt during the week, please contact Christine Rehder at [crehder@oruuc.org](mailto:crehder@oruuc.org)



## ***Endowment Fund Grant***

### **Application Deadline April 7, 5pm**

The objective of the Oak Ridge Unitarian Universalist Church Endowment Fund is to provide objects of enduring value to the church or support activities that promote, provide, or enhance the church experience of the members of ORUUC, or ORUUC's reputation in the community. The Endowment Committee asks that requests for support not overlap normally existing church activities or operations. Proposals should be consistent with the goals and objectives of the church and positively affect the community.

**The application deadline for the current year is April 7 at 5 p.m.** You can access the application online at the following link: [Endowment Fund Grant Application 2022](#)  
**Copies are also available in the church office.**



There will be an East Coast Heritage Trip Parent Meeting next Sunday, **April 10, at 11:15 am** in the Sanctuary.

## ***Let's Get Ready to Rummage!***



**Large Item Pickup**

**Saturday, April 9 - 9am to Noon**

**Volunteers with Strong backs and trucks needed!**



(Bagels, donuts, and coffee provided)

If you can help or want to schedule a pickup, contact  
Amanda Fishel [oruucrummage@gmail.com](mailto:oruucrummage@gmail.com) (865) 804-7033

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## Set Up/Drop off Donation Hours

Sunday, April 10 12:30-5 p.m.

Monday, April 11 through Thursday, April 14  
9 a.m. to 8. p.m. daily

Please arrive a half hour before closing to allow volunteers to help  
unload donations.

## Huge Rummage Sale!

**Pre-sale = Prices Doubled**

**Friday, April 15, 6 pm to 8 pm**

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**Main Sale**

**Saturday, April 16, 9 am to 2 pm**

There's a lot of work that goes into these sales, and dozens of ways you can be involved. Clean out those closets and get ready to donate your unused, unwanted items. And volunteer—sign up

today: [https://docs.google.com/forms/d/e/1FAIpQLSdQqKNWZuEIOE\\_B32IbDnLc1Pojw6QfT8RZW8C266Zp1SP9ZQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdQqKNWZuEIOE_B32IbDnLc1Pojw6QfT8RZW8C266Zp1SP9ZQ/viewform)

## ***Donations Needed***

We'll gratefully accept the following items in resalable condition:

- **Clothing & Linens:** Washed, no tears, stains, mildewed, or strong odors from cigarettes, pets or moth-balls. It would be helpful to fold clothing and put in clean trash bags.
- **Upholstered Furniture & Area Rugs:** No significant tears, no stains, no mildew, or strong cigarette or pet odors.
- **Wood or Solid Furniture:** Not broken or badly dented or water damaged, and not missing any vital parts. Minor dents or scratches are acceptable.
- **Televisions:** Flat screens, still in good working condition, less than 5 years old, with no missing knobs or buttons. Minor dents or scratches are acceptable. No big projection TVs or consoles.
- **Electronics:** Still in good working condition stereo components and speakers, computers only with flat screen monitors.
- **Appliances:** Only small, still in good working condition such as toasters and microwave ovens, mixers, etc. No missing knobs or buttons. Minor dents or scratches are acceptable.
- **Miscellaneous Items:** Toys, tools, music instruments, patio furniture and décor items, knickknacks, books (no school textbooks or magazines please,) artwork, clean area rugs, dishes, pots/pans, shoes, antiques, and jewelry.

**There wouldn't be a Rummage Sale without our volunteers and your generous donations! But you can help us greatly reduce work for our volunteers by allowing us to decline some items that we cannot sell in our sale. Your help is needed to dispose of items not in resale condition with your waste services.**

**Things we are unable to accept:**

- Anything that is wet from rain or floods, etc. or otherwise damaged
- Combustible fuel in any tanks or containers



- Console stereos or TVs, big projection TVs, or any that are older than 5 years, are not working, and those missing knobs or buttons
- Child car-seats
- Baby cribs with a sliding side rail
- Building materials, including paint and carpet remnants\*\*
- Auto parts
- Electronics not in working condition
- **Mattresses\***
- **Large appliances such as dishwashers, stoves and refrigerators, etc.\***
- **Large exercise equipment (treadmills, elliptical machines, etc)\***
- Pianos or organs
- Slate-top pool tables
- Safety helmets, including baseball, football, and cycling helmets

**\*Call Ecumenical Storehouse: (865) 481-0274**

**\*\*Call Habitat ReStore: (865) 483-5433**



Save the Date!

Tandy & Jake's  
Good Goodbye Party

Saturday Evening,  
June 18, 2022, at the church  
Beginning at 6:30 p.m.

ORUUC

More information coming NEXT WEEK!

# 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 and Tuesday evening 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



## ***Line Dancing***

**Sundays at 3:00pm**

**NO LINE DANCING APRIL 10 OR APRIL 17**

(Check with the group leader for cancellation due to weather)

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, Alzheimer's, dropped cervix, bunions, & more.

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

## ANNOUNCEMENTS

### *COVID-19 Update*

Our Pandemic Action Levels (PALs) risk is now MODERATE: **Masks are no longer required in the building; those who are more comfortable wearing one are welcome to do so. Coffee Hour will be held in the Social Hall.** We respectfully ask that if you have symptoms, a positive test, or exposure to someone with COVID-19, please stay home and join us on Zoom.

For the weekly Covid-19 data for Anderson County, click here: [Tennessee Department of Health Covid-19 Data](#). See this [link](#) for ORUUC's PALs reports and resources.

### *Know Your COVID-19 Community Level*

Covid-19 Community Levels are a new tool from the CDC to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high, and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area. [COVID-19 by County | CDC](#)

## What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Low	Medium	High
<ul style="list-style-type: none"><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>If you are <a href="#">at high risk for severe illness</a>, talk to your healthcare provider about whether you need to wear a mask and take other precautions</li><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>Wear a <a href="#">mask</a> indoors in public</li><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li><li>Additional precautions may be needed for people <a href="#">at high risk for severe illness</a></li></ul>

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.



## Get Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to receive **four free at-home COVID-19 tests**. Orders usually ship in 7-12 days.

Order tests now so you have them when you need

them: <https://www.covidtests.gov/>

**Note:** At-home COVID-19 rapid test kits contain a small amount of sodium azide. To prevent accidental poisonings, poison control centers recommend the following tips:

- Store the kit “up and away,” out of the sight and reach of children and pets.
- Leave the kit sealed until needed and throw it away immediately after use.
- Make sure to read and follow the instructions on the package before using.

<https://blog.cincinnatichildrens.org/84/covid-19-home-test-kit-dangers-what-parents-need-to-know>

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## ***APRIL Split the Plate***

### **Ukraine Relief Efforts**



The Unitarian Universalist Service Committee's efforts in Ukraine will be our Split the Plate Recipient for April per the Executive Team. Their website

is <https://www.uua.org/pressroom/press-releases/supporting-ukraine> GIVE HERE: <https://onrealm.org/oruuc-/form/give/default>

## **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](mailto:office@oruuc.org)

### **Caring Coordinators for April**

Jill Adler TEXT/PHONE 704-989-2252 [Jill.adler.62@gmail.com](mailto:Jill.adler.62@gmail.com)

Rachel Smith-Jones [smithnjones3@comcast.net](mailto:smithnjones3@comcast.net) 603-252-2295

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

### ***OAK RIDGE RESIDENTS***

Get rid of unwanted, unsaleable items during the city's annual curbside household trash pickup beginning **April 4**. Check here for your neighborhood's pick up dates: <http://www.oakridgetn.gov/content.aspx?article=4889...>



## ON THE CALENDAR THIS WEEK

### Friday, April 1

11:00am Tai Chi Practice  
2:00pm Set up for Juniper's Ordination  
5:00pm Juniper Meadows' Ordination

### Sunday, April 3

10:00am Worship Service  
11:00am East Coast Heritage Trip Youth Meeting  
11:00am High School  
11:00am Reflections (Canceled)  
11:00am Yoga (Canceled)  
11:15am Circle IX (Canceled)  
11:15am Circle of Trust I (Canceled)  
**11:15am Congregational Meeting and VOTE**  
12:30pm OWL Grades 4-6  
12:30pm OWL Grades 7-9  
12:30pm OWL Grades 10-12  
12:30pm Buddhism Study Group  
1:30pm Book Club  
3:00pm Line Dancing (Canceled)  
3:00pm Mira Kimmelman Holocaust Education Study Group (Registered participants only)  
4:00pm Circle of Trust XI  
5:30pm Circle of Trust X

### Monday, April 4

11:00am Tai Chi Practice  
6:50pm Meditation Learning and Practice Group

### Tuesday, April 5

11:00am FUUF & Launchpad Meeting  
2:00pm (Rental) Friends of Literacy  
6:00pm (Canceled) Nomadic Yoga  
6:00pm Depression & Anxiety Support Group

### Wednesday, April 6

6:30am Breakfast Rotary  
11:00am Tai Chi  
11:00am Circle of Trust VIII  
**12:00pm EXPONENT Deadline**  
6:45pm Choir Practice  
7:45pm Band Rehearsal

### Thursday, April 7

2:00pm Executive Team Meeting  
5:00pm Potluck  
6:50pm Meditation Learning and Practice Group



**Reminder: The deadline to submit news for the weekly Exponent is WEDNESDAY at NOON.** Please send news to Rachel at [communications@oruuc.org](mailto:communications@oruuc.org) **AND** Debby Crider

at [newsletters@launchpad.faith](mailto:newsletters@launchpad.faith)

**Our mailing address is:**

809 Oak Ridge Turnpike

Oak Ridge, TN 37830

[oruuc.org](http://oruuc.org) | 865-483-6761 | [office@oruuc.org](mailto:office@oruuc.org)

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