



The Exponent

April 22-28, 2022

WORSHIP



Sunday, April 24, 10:00 AM "Coming of Age "

Christine Rehder, Director of Faith Formation, leading worship service

Today, we acknowledge and celebrate the Coming of Age Milestone for two of our Youth. Coming of Age reminds us that transitions are a sacred and treasured part of the life cycle, and that when we say goodbye to one part of life, we open ourselves to new and enriching experiences in another.

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 or Text 865-224-6388

UP FRONT

High School Car Wash Fundraiser **TOMORROW**



Saturday, April 23, 10 a.m. to 12 p.m. in the church parking lot

\$10 suggested donation

Car wash includes all of the exterior of the vehicle (and power washing, if needed),
but **no interior cleaning.**

Thank you for supporting the high schoolers and the East Coast Heritage Trip!



Holocaust Remembrance Service Open to the Public Jointly Sponsored by Jewish Congregation of Oak Ridge (JCOR) Oak Ridge Unitarian Universalist Church (ORUUC) **Sunday, April 24, 2022, 3:30 PM – 4:30 PM** In the JCOR Sanctuary and On

Zoom <https://us02web.zoom.us/j/85792610070?pwd=VFZ6ZEtnUnNSYW1zU0QyK3hJSUxoUT09>

Candle lighting ceremony Readings, Song, and Prayers Essays from the Mira Kimmelman “Learning from the Holocaust” Contest Closing Speaker, Bob Fortney, son of liberator Dr. Thomas Fortney Holocaust Memorial Candles will be available to attendees for pick-up at the Service Candles Donated by JCOR Men’s Club.



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Stone Soup



Final Friday of Every Month

Menu: Potato Soup, Cornbread, Cookie, 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, April 29, 2022

5:00 p.m. – 6:00 p.m. - Or Until Supplies Run Out
Pick up only

809 Oak Ridge Turnpike, Stoplight #2

Oak Ridge Unitarian Universalist Church



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



To EVERYONE
who helped
with
RUMMAGE....



**THANK
YOU!**

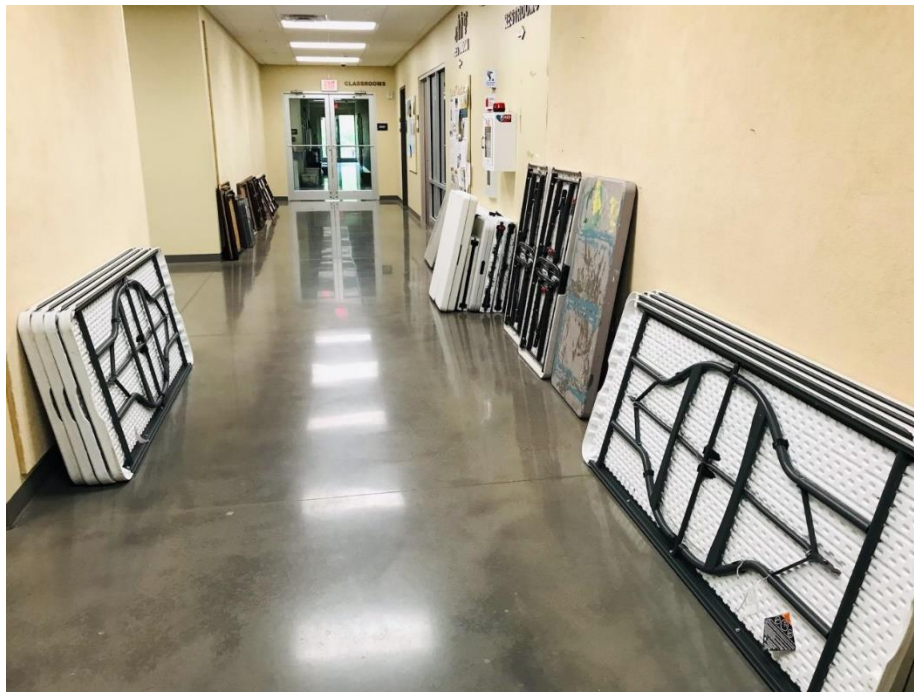


From Rummage Team Co-Chair Christina Elliott: Amanda (Fishel) and I want to say a huge THANK YOU to everyone who helped with the rummage sale last week! (I'll probably miss someone, so please tag folks in the comments). Thank you to the cashiers who did an AMAZING job - Laura, Gabbi, Debbie, Susan, Jennifer LeBlanc Stark, Christy White, Jeannie, Freddie, Tobi, Jo, Ellen, Christa Brelsford, Hope, Jan Lyons, April Dixon, and Amanda! Thank you to all of the awesome leaders and workers - Elizabeth Bauer, Martin Bauer, Steven Albright, Susan Hughes, Ben Keeler, Jenni Keeler, Kathy Seely, Janet Hoegler, Nathaniel Bass, William, Laurel, Shelaine Curd, Mark Bevelhimer, Deborah Trostad, Jayden, Owen, Patsy Troutman Stacy, Rachel Smith-Jones, Travis Jones, Dorn Kile, Michele and Ron Brandenburg, Aubrey Wick Sebastian, Adam and Ian, Todd Sherline, Tiger, Mark Smith, Cara Jordan, Arrow, Patton, Jake Morrill, Hal Hoyt, Michael Raymond, Phoenix, Ted Biewer, Evan, Maeve, Jason Fishel, Michael Bjerke, Charlie Davis, Jann Nielsen, Thad, Elias, Kate Shaklee, Milly, Buck Cochran, Anne Child, Lynda McLaren, Susan Thompson, Sara Weiland, Brack Wilkison, Sigrid F Wilkison, Tyler, Jacob, and everyone who made donations and/or purchases!

The church would like to thank Rummage Team Co-Chairs Amanda Fishel and

Christina Elliott for all of the tremendous work they did, for their leadership of more than 70 volunteers during the long days leading up to the sale, and the time they dedicated over the last year to planning and making this sale happen. They announced during morning worship Sunday that this sale made \$17,000! Leftover donations of goods went to Ecumenical Storehouse, KARM, Brysonn's Closet, the Holiday Bureau, and other agencies. And church youth volunteered enough hours to earn \$1,000 for their East Coast Heritage Trip to Boston this summer!

The next Rummage Sale is on the calendar for September 16-17! Want to know more and get involved? There will be a meeting after morning worship **THIS Sunday, April 24.**



Did you let the church borrow a table for the sale? They can be picked up any time during church office hours, Monday through Friday, 10 a.m. to 4 p.m., or on Sunday. Call the church office at 865-483-6761 if you need to make other arrangements. Thank You!

UU MAKE A DIFFERENCE



MAKE YOUR
PLEDGE TODAY!
WWW.ORUUC.ORG/PLEDGE

**If you light a lamp for
someone else,
it will also brighten
your own path.**

Please go to www.oruuc.org/pledge and make your pledge today! Thank you! Giving Campaign Co-Chairs, Robyn Naughton and Michelle Dicken

Congregation Photo

MARK YOUR CALENDARS: There will be **Congregation Photo** taken on **Sunday, May 15th, immediately following the worship service.** Please show up to be part of this whole-group congregational photo shoot! We have a top-secret plan for this picture... ~ The Good Goodbye Event Planners: Christy White, Charlene Luther, Liz McGeachy, Maureen Hoyt, Beth Meyer, and Gina Grubb. (If you are interested in joining us on the Event Planning Team, please email goodbye.oruuc@gmail.com.)



2017 Congregation Photo

The May Day Picnic is on!



When: Sunday, May 22, 2022, 11 AM (yes, we know this isn't actually May Day, however, we're trying to work it in the VERY busy month of May.)

Where: ORUUC, in the Social Hall and the Pavilion

What to bring: your favorite side dish/dessert that feeds 6 - 8 people to accompany hotdogs. Also, if the weather is decent, bring chairs and/or blankets so that you may dine comfortably outside if you are so moved.

What you can do: VOLUNTEER. Help is needed in all areas, particularly setup and cleanup. This particular Sunday is filled with special events including Bridging and the annual picnic is usually a highlight of the church year (made even more poignant with the departure of Tandy and Jake) so we need you! To officially volunteer, email Val Herd at vhherd@gmail.com

Note: of course, there's always the possibility that a rise in local Covid infection rates could put the kibosh on these plans but, for the time being, we're going to believe in unicorns and plow ahead!

So, again, please volunteer if you can. I look forward to seeing you all!

(Rumor has it that the May Pole will be making an appearance. 😊)

-Val Herd



Date & Time

Saturday, June 18, 2022

6:30 p.m. Program in the sanctuary honoring Jake and Tandy

7:30-10:30(ish) - The Good Goodbye Party in the Social Hall & Outdoors

Interested in joining the Good Goodbye Event Planning Team? Or do you have questions, concerns, or suggestions? Please reach out to us directly at goodbye.oruuc@gmail.com. Thank you!

Good Goodbye Event Planners: Christy White, Charlene Luther, Liz McGeachy, Maureen Hoyt, Beth Meyer, and Gina Grubb

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

Nomadic Yoga Co-op: Sunday morning and Tuesday evening yoga will continue to be on hiatus until further notice. Please continue your home practice. We hope to gather again soon! Namaste. ~Melissa Kay



Line Dancing

Sunday, 3:00pm

(Check with the group leader for cancelation 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">Stay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautionsStay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">Wear a mask indoors in publicStay up to date with COVID-19 vaccinesGet tested if you have symptomsAdditional precautions may be needed for people at high risk for severe illness

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>

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>

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 April

Jill Adler TEXT/PHONE 704-989-2252 Jill.adler.62@gmail.com

Rachel Smith-Jones 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

ANDERSON COUNTY DEMOCRATIC PARTY

CANDIDATE MEET & GREET

Saturday, April 23rd

OAK RIDGE UNITARIAN CHURCH

809 OAK RIDGE TURNPIKE

2:00PM - 4:00PM





NEWS RELEASE

For Immediate Release
April 25, 2022

Contact: Abbie Moore
LWVOR 1st VP
865-806-3642
abbie.moore@me.com

Breakfast With the Legislators

The League of Women Voters of Oak Ridge invites the community to “Breakfast with the Legislators” on Monday, April 25 2022 from 7:30 a.m. EDT to 8:30 a.m. EDT. The meeting will be virtual and may be accessed by following directions given below.

Lieutenant Governor Randy McNally, Senator Ken Yager and Representatives John Ragan and Kent Calfee have been invited to share an update on the current session of the Tennessee General Assembly and respond to questions from participants.

The League of Women Voters of Oak Ridge welcomes League members and nonmembers alike to this session. League members will automatically receive instruction on linking to the live event. Nonmembers, who would like to receive the link, should contactCarolynn or Herb Krause at chkrause23@gmail.com before Monday, May 25.



Lieutenant Governor Randy McNally,
District 5



Senator Ken Yager,
District 12



Representative John Ragan,
District 33



Representative Kent Calfee,
District 32

ON THE CALENDAR THIS WEEK

Friday, April 22

11:00am Tai Chi Practice

Saturday, April 23

10:00am HS Car Wash

12:00pm (Renter) Baptism

1:00pm (Renter) Anderson County Dem Party

3:00pm Ukulele

Sunday, April 24

8:15am Circles of Trust VII

10:00am Worship Service

11:00am High School

11:00am Reflections

11:00am Together in Spirit

11:00am Yoga (Canceled)

11:15am Circle of Trust II

11:15am Circle of Trust IV

11:15am Newcomers

11:15am Rummage Meeting

12:00pm Circle of Trust V

12:00pm Wedding (Private)

12:30pm OWL Grades 7-9

12:30pm OWL Grades 10-12

12:30pm Buddhism Study Group

12:30pm ORUUC Improving Democracy Group

1:00pm Circle of Trust VI

3:00pm Line Dancing

3:00pm OWL 4-6 Grade

3:30pm Holocaust Remembrance Service

Monday, April 25

11:00am Tai Chi Practice

5:00pm Caring Coordinators Transition Meeting

6:50pm Meditation Learning and Practice Group

Tuesday, April 26

2:00pm (Rental) Friends of Literacy

6:00pm (Canceled) Nomadic Yoga

6:00pm Depression & Anxiety Support Group

Wednesday, April 27

6:30am Breakfast Rotary

11:00am Tai Chi

12:00pm EXPONENT DEADLINE

5:30pm Circles of Trust III

6:00pm Circles of Trust VI

6:00pm Rental (Swain)

6:45pm Choir Practice

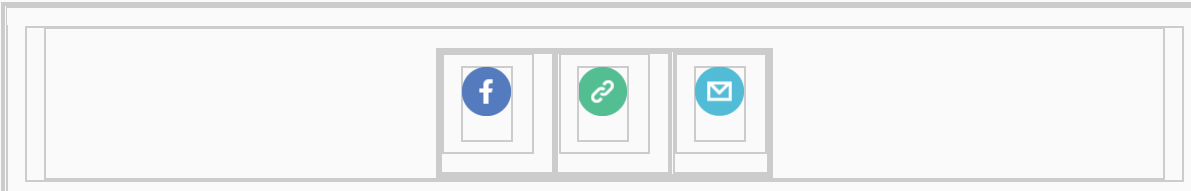
7:45pm Band Rehearsal

Thursday, April 28

12:00pm NWUUC & Launchpad Meeting

5:00pm Potluck

6:45pm 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 **AND** Debby Crider at newsletters@launchpad.faith

Our mailing address is:

809 Oak Ridge Turnpike
Oak Ridge, TN 37830

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

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