



The Exponent

July 15-21, 2022

WORSHIP

Summer Worship Series



**Make the
Wounded Whole**

July 17, 2022

Sunday, July 17 "Make the Wounded Whole"

Roddy Biggs leading service

We often hear the wounded narrative painting over the painful reality hidden in the shadows we dare not look. How are we to heal as a nation and Make the Wounded Whole if we are always running from a dark and shameful past? Can we Make the Wounded Whole? In the words of Bell Hooks, "How do we hold people accountable for wrongdoing and yet, at the same time, remain in touch with their humanity enough to believe in their capacity to be transformed?" As we "Do Justice" and Love Mercy" -Micah 6:8:

Join us Sunday, online or in-person, as Roddy Bell-Shelton Biggs, a Queer, bipoc, Nonbinary seminarian, and aspiring Public Theologian, challenges us, invokes us, and leaves us with a powerful call to be a transformed accountable faith.

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 865-272-2249

UP FRONT

Stone Soup

FREE
Meal!
Groceries
available



Dine in
Or Drive
Thru

Friday, July 29

5 p.m. – 6 p.m.

Or until supplies run out!

***Menu: Chicken Salad Sandwich,
Fruit and Scotchies***

Stop by the church Social Hall for a meal, or drive through the loop near the church entrance where a volunteer will bring a meal to your vehicle.

Oak Ridge Unitarian Universalist Church
809 Oak Ridge Turnpike, Stoplight #2

(865) 483-6761



Special thanks to our Community Partners for making this Final Friday Monthly Meal possible:

Kroger Marketplace
Jewish Congregation of Oak Ridge



Rev. Lisa Schwartz begins her interim ministry with ORUUC on August 1! For more information, go to <http://www.oruuc.org/interim-minister-announcement>



Welcome, Rev. Lisa Schwartz

Rev. Schwartz will begin serving
as ORUUC's Interim Minister
on August 1!

For more information, go to
<http://www.oruuc.org/interim-minister-announcement>

A colorful poster for a "UU History Pub Quiz Fundraiser". The poster features a brain inside a lightbulb icon, string lights, and text providing event details. The background is dark blue with orange, green, and red shapes.

**UU HISTORY
PUB QUIZ
FUNDRAISER**

Bring your friends and
have some fun
learning UU history!

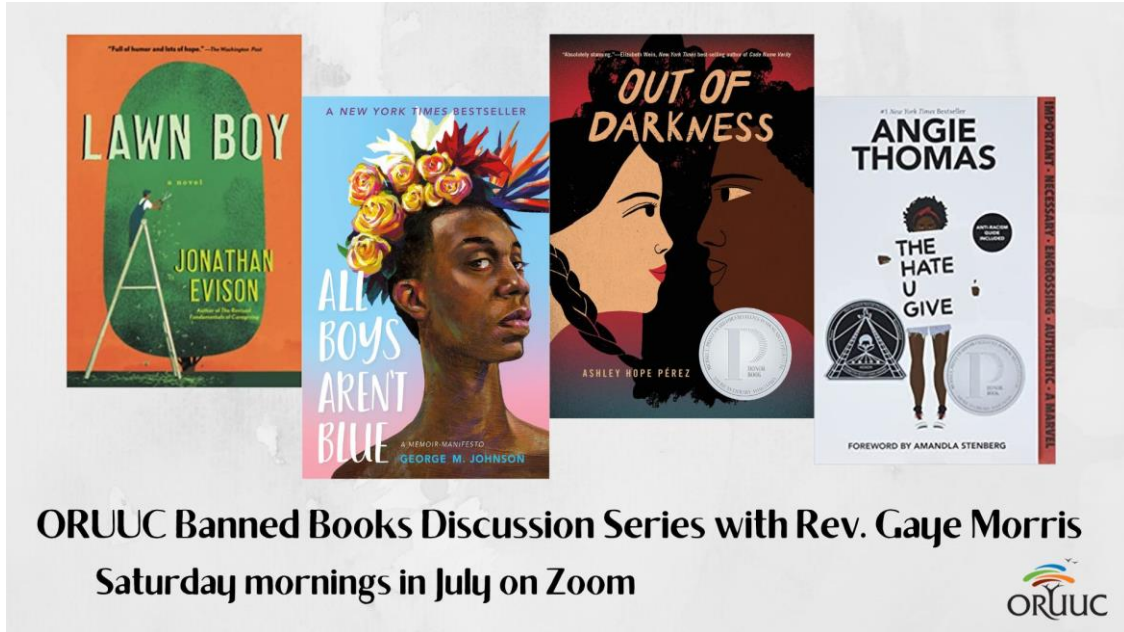
**Saturday,
August 6
6-8 p.m.**

at
ORUUC

\$25
Donation
requested.
Includes food
and drinks.*

*Beer is \$3. Two drink limit.
(Food and non-alcoholic beverages are
included in the admission.)
Benefits the Youth Trip Fund.

***Join the ORUUC Banned Books Discussion Series
Saturday mornings in July on Zoom***



Last year in the Young Adult fiction genre, more than 1500 books were either challenged or banned in the United States. The reasons they are banned vary; some because they are accused of being sexually explicit or violent...but they are worth exploring in the censorship climate we face today, especially in our education system.

Our Fourth UU Principle urges us to affirm and promote “a free and responsible search for truth and meaning.” What better way for our congregation to put this into action than to read a banned book?

ORUUC’s Community Minister Rev. Gaye Morris will facilitate a Zoom discussion Saturday mornings in July at 11:00 a.m. for book readers, including high school youth who want to read these books and contribute to the group discussions. A list of the books and their discussion dates appears below. You may wish to purchase these books for yourself, but I also urge you to ask your local librarian for these titles, as a gesture of solidarity against book censorship.

There are only two Saturdays left in the series! To register, please click on this link: <https://onrealm.org/oruuc/Registrations/Info/c0dbc63c-4212-4e36-b75b->

[aea6013a534b](#). You can attend one or both of the sessions. Registration will enable you to receive the Zoom link for that week's discussion. If you need help registering, please contact Rachel at communications@oruuc.org.

Schedule

- **Saturday, July 16 - NO MEETING.** We're taking a break this week to allow everyone more time to read the books in the series.
- **Saturday, July 23 - *Out of Darkness*** by Ashley Hope Perez. "*This is East Texas, and there's lines. Lines you cross, lines you don't cross. That clear?*" Pérez takes the facts of the 1937 New London school explosion—the worst school disaster in American history—as a backdrop for a riveting novel about segregation, love, family, and the forces that destroy people. This book has been banned, challenged, and restricted for depictions of abuse and because it was considered to be sexually explicit.
- **Saturday, July 30 - *The Hate U Give*** by Angie Thomas. This is the story of a 16-year old girl whose childhood best friend is gunned down by a police officer. Starr Carter lives in a poor neighborhood but attends a fancy suburban prep school; when she witnesses the shooting of the unarmed teen, her life is turned upside down and her community is caught up in the uproar and chaos surrounding the fatal shooting. This book was banned and challenged for profanity, violence, and because it was thought to promote an anti-police message and indoctrination of a social agenda.

We end the month with a wide-ranging discussion of what freedom of speech means in the current censorship debate, and how we as UUs understand our obligation to contribute our voices and opinions to it.

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**

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



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, Alzheimer's, dropped cervix, bunions, & more. For more information, call Janet Hoegler at 865-963-5115.

ANNOUNCEMENTS

Introducing the 2022-2023 Board of Trustees

ORUUC's 2022-2023 Board of Trustees



Michele Thornton
President
Board term expires in 2024



Jim Nutaro
Past-President
Board term expires in 2023



Sue Lasky
President-Elect
Board term expires in 2025



Brandon White
Treasurer



Jason Fishel
Secretary



Ethan Coon
Member-At-Large
Board term expires in 2023



Nathaniel Bass
Member-At-Large
Board term expires in 2023

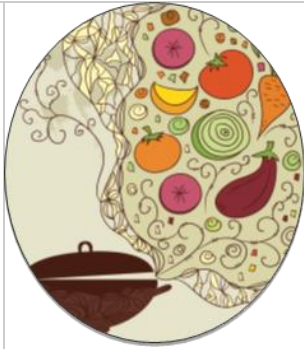


Freddie Nechtow
Member-At-Large
Board term expires in 2024



Charles Davis
Member-At-Large
Board term expires in 2024

NEEDED: Greeters and Ushers for Sunday mornings! Contact Jeannie at office@oruuc.org or 483-6761 to learn more.



The Stone Soup Team needs your help!

The Stone Soup Team is in need of more help for both cooking soup and baking in the future! We're looking for at least 4 more cooks who can be available most months to assist. Please consider joining us this month! **Our next meal is Friday, July 29.** Please contact Miria at meg.harrison84@gmail.com or the church office to volunteer.

COVID-19 Update

The current Covid-19 Community Level for **Anderson, Roane, and Knox Counties** is **Medium**. The level for **Morgan County** is **Low**.

These are the recommendations from ORUUC's Covid-19 Task Force:

1. Building open for:

Worship services (with online Zoom option)

Faith Formation

Memorial Services

Rentals

Other activities

2. Outdoor areas open for activities with normal approval process.

3. Specific activities and recommended actions:

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 precautions

Stay up to date on vaccines

Wear a mask or stay home if you are feeling sick

Get tested if you feel sick and follow CDC recommendations for those with Covid or Close Contact

If you have symptoms, a positive test, or known exposure to someone with Covid, please stay at home and worship with 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 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>



July Split the Plate

Oak Ridge TORCH

Tennessee Out-Reach Center for Homeless was founded in 2012 to assist those in Anderson County who have recently lost their housing and have no-where else to go. Though they are trying to grow and offer more assistance to help those in need, TORCH is a very small organization, and the only one of its kind in Anderson County. Demand for their assistance is very high. They are currently experiencing an extremely large number of people who are reporting that they are living outside or in their cars. Currently they are in a capital campaign to fund building housing for those with the greatest need, especially families with children, until permanent housing can be found.

OUR ORUUC FAMILY

Caring for Each Other

Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery? Contact the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for July

Kate Holtkamp-Readle Kate.holtkamp@gmail.com 423-231-5482

Freddie Nechtow FreddieN123@gmail.com 865-599-4359



July Caring Coordinators

Kate Holtkamp-Readle kate.holtkamp@gmail.com 423-231-5482

Freddie Nechtow Freddie123@gmail.com 865-599-4359

If you are going through difficult times and would like emotional support, or are in any situation where support and caring are needed, contact Jeannie Cuevas, Office Administrator (865) 483-6761 or office@oruuc.org

Office Hours M-F 10 AM to 4 PM

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.

Former ORUUC member/friend **Janine Holleman** passed away in June in Michigan. Plans are being made to have her ashes interred here in the Memorial Garden. More information to follow.

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

Christine Rehder
Christina Elliott
Amanda Fishel

Community/UU



MARK YOUR CALENDARS: The Friday Night Community Concert for August is the annual Beatles Birthday Bash. It'll be at [St. Paul UMC, Fountain City](#) and will be live for the first time in three years. Friday, Aug. 26 at 7 p.m. \$10. One of this year's guest performers is [Dave Dunkirk](#). Please call St. Paul UMC at 865-687-2952 to reserve your tickets.



From the Unitarian Universalist Association: Following the SCOTUS ruling on abortion, as supporters and advocates of reproductive justice, we know that organizing for justice is intersectional.

Join Side with Love for a three-part Reproductive Justice Congregational Organizing series. Learn how to be a part of organizing a team in your congregation and how to organize the congregation's specific actions in support of abortion access and Reproductive Justice in your community. Participation in all 3 sessions is required. Session one starts July 21, 8 pm ET/5 pm PT.

Learn more and sign up here: <https://bit.ly/3P2ixbK>

NAACP Oak Ridge-Anderson County 2022 **BACK-to-SCHOOL FAIR**



*~The first 20 parents
receive a gift card! ~*



WHEN: 1:00 p.m. July 23, 2022

WHERE: Scarboro Community Center gymnasium, 148 Carver Avenue

WHAT: Find out about **Tools for Oak Ridge parents and students** at school booths on:

- 1) STEM and Robotics demonstrations
- 2) Scholarship information
- 3) Youth enrichment organizations

REQUIREMENTS: **Please wear a mask** if then required by COVID Guidelines.

SCHEDULE:

1:00 p.m. – Welcome! Pick up your **FREE info and surprise** package including a resource flyer and hot dog **meal for everyone!**

1:30 p.m. – Presentation by Oak Ridge High School Guidance Department on Scholarships.

1:30 - 4:00 p.m. Visit booths & learn of your child's curriculum and resources.

HOT DOGS, CHIPS, COOKIES, & DRINKS
FREE SCHOOL SUPPLIES



This special garden needs special volunteers... **Learn to “rake the rocks” at the International Friendship Bell peace garden in Oak Ridge** (you don’t even need a green thumb)! Interested? Send a message to the Grow Oak Ridge & Market-To-Go Facebook page: <https://www.facebook.com/GrowOakRidge> or email manager@growoakridge.org

Self-administered COVID-19 testing available at library through November

Oak Ridge Public Library is providing free tests to people who have been exposed to COVID-19, show symptoms of COVID-19, or are at high risk for complications from COVID-19.

The polymerase chain reaction (PCR) tests are available Mondays, Tuesdays and Wednesdays from 10 a.m. to 4 p.m. Located to the right of the library’s plaza entrance, these tests are self-serve, and you won’t need to enter the library to get a test, according to a city of Oak Ridge news release.

More information [HERE](#)



Join us for a Mountain Experience
The Mountain Retreat & Learning Center

3872 Dillard Road, P.O. Box 1299

Highlands, NC 28741



Intergenerational Camp

July 24 - 29, 2022

Open to the Public

A Mountain Camp experience for all ages! Adventures, entertainment, and workshops, including building a cob pizza oven. Please register by July 10.

[See the Schedule](#) [Register](#)



6th Annual Aaron Shearer Summer Institute

July 29 - Aug 4, 2022

Open to the Public

Masterclasses for individuals and groups in beginning to advanced technique, guitar harmony and rhythm, composing and arranging.

[Register](#)

2022 DATES & DEADLINES

DATES & DEADLINES	AUGUST 4 State and Federal Primary & State and County General Election	NOVEMBER 8 State and Federal General Election
Voter Registration Deadline	July 5	October 11
Early Voting Period	July 15-30	October 19-November 3
Absentee Deadline	July 28	November 1
Election Day	August 4	November 8

GoVoteTN.gov

Tennessee
Secretary of State

ON THE CALENDAR THIS WEEK

Friday, July 15

11:00am Tai Chi Practice

Saturday, July 16

9:00am OWL Facilitator Inservice

3:00pm Ukulele

Sunday, July 17

10:00am Worship Service

11:00am High School

11:00am Reflections

11:00am Together in Spirit

11:15am Circle of Trust I

11:15am Circle of Trust IX

11:15am High School Youth/Parent Meeting

11:15am Newcomers

12:30pm Buddhism Study Group

3:00pm Line Dancing

4:00pm Circle of Trust XI

5:30pm Circle of Trust X

Monday, July 18

11:00am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

Tuesday, July 19

6:00pm Board Meeting

6:00pm Depression & Anxiety Support Group

Wednesday, July 20

6:30am Breakfast Rotary

11:00am Tai Chi

11:00am Circle of Trust VIII

Thursday, July 21

3:00pm Executive Team Meeting

6:00pm 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 **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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