



The Exponent

September 16-22, 2022

WORSHIP

**LIVING THE
QUESTIONS**

Worship Series • Week 3 of 4

*"When Hope is
Hard to Find"*



September 18,
2022



Our September Worship Theme is “Living the Questions”

Sunday, September 18, 2022

Worship with us in person or on Zoom!

Interim minister Rev. Lisa Romantum Schwartz will lead worship.

The sermon title is, "When Hope is Hard to Find."

Where can we find hope when despair seems like a much more reasonable option? Somewhere in the tales from the Burning Man Festival through the writings of a Grateful Dead lyricist and cyberlibertarian political activist, something in our hearts flutters like a delicate “thing with feathers that perches in the soul” (so said Emily Dickinson, a poet who famously shunned religious doctrine). In this dark time, finding hope is, as they say, complicated.

To participate in worship on Zoom, please register [here](#). If you've already registered (a one-time process), use the link you've received via email to attend worship.

Youth and Adult Faith Formation classes take place Sunday mornings from 11:15 a.m. to 12:15. p.m. To find out more about our classes, visit our website: <http://www.oruuc.org/religious-education> and <http://www.oruuc.org/faith-formation-for-adults>.

Please note: The CDC updates its Covid-19 Community Levels every Thursday by 8 p.m. ET. If ONE of the following counties is HIGH—Anderson, Knox, Roane or Morgan--ORUUC’s Pandemic Action Levels (PALs) guidelines require mask wearing indoors and eating/drinking outdoors. Check Community levels [HERE](#). Please check the latest PALs report here: <http://www.oruuc.org/phased-reopening-plan> and watch for updates in the Friday email and in the ORUUC Facebook Group.

ZOOM door opens at 9:45 am. Go to [Sunday Worship Info — ORUUC](#) for Zoom information.

Order of Service [here](#)

Email or Text Prayer Requests to prayers@oruuc.org

UP FRONT

To EVERYONE
who helped
with
RUMMAGE....



**THANK
YOU!**



MANY Rummage helpers are needed during the Friday preview sale (6- 8 PM), the Saturday Sale (9 AM - 2 PM), and for clean up - starting at 2 PM Saturday. Pizza and drinks for all at the end up clean up!

Pop Up Children's Choir This Sunday, Sept. 18!
Children, Come Sing a Song With Us!



Elementary-age children are invited to join a Pop Up Children's Choir this Sunday. Choir Director Anne Scott will teach the hymn, "Come Sing a Song with Me" before Worship at 9:40 a.m. in the Sanctuary. The children will then lead the song for the congregation as the opening hymn. Late risers are welcome to join the group either in song or with hand motions, just follow with an open heart and joyful voice .See you Sunday

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SEPTEMBER
2022

CONSIDERING COMMITMENT

PRESENTED BY REV. LISA SCHWARTZ

WANT TO BE A PART OF
SOMETHING GREAT?

JOIN US IN THE HEARTH
ROOM @ 11:15 AM

REGISTER HERE



DEADLINE IS SEPTEMBER 18, 2022

[HTTPS://FORM.JOTFORM.COM/ORUUCSIGNUPS/CONCOM](https://form.jotform.com/oruucsignups/concom)



Register <https://form.jotform.com/oruucsignups/concom>

The flyer features a background image of a hiker in a yellow jacket with a backpack, looking out over a forest. The ORUUC logo is prominently displayed in the upper right, consisting of a stylized tree with colorful branches above the text "ORUUC". Below the logo is a white silhouette of a mountain range with a hiker. The text "All Church RETREAT" is written in a large, white, cursive font. A QR code is located in the lower left corner, with a small inset image of the QR code and the text "ORUUC All Church RETREAT" above it. The bottom right corner contains text about text messaging instructions.

ORUUC

All Church
RETREAT

TEXT "ORUUC RETREAT" TO 73256 TO PAY USING YOUR MOBILE DEVICE. THIS NUMBER WILL NEVER SEND UNSOLICITED TEXTS TO YOU. TO CANCEL FURTHER MESSAGES, TEXT STOP. IF YOU NEED ASSISTANCE WITH TEXT GIVING, TEXT HELP. STANDARD TEXT MESSAGE AND DATA RATES MAY APPLY.

Have you registered for the All-Church Retreat? Stop by the Retreat Committee's table at church on Sunday to get your registration forms and additional information, and pay fees, use the QR code on this flyer to pay, or **Register online:** <https://forms.gle/5CUGGjG5NgUAt23EA>. **The Retreat is Friday, Sept. 30 through Sunday, Oct. 2 at Fall Creek Falls State Park.** There will be games, dancing, hiking, crafts, fellowship, s'mores, and more! Contact Sara Wieland at sarawieland@yahoo.com or Christy White at christy_white@comcast.net with questions and offers to help.



Photo of the ORUUC Team, Spring 2022, courtesy of Sarah Gunter

ORUUC Softball

**CHEER ON THE
TEAM TUESDAY
EVENINGS IN
OAK RIDGE**

Now Through
Mid-October!



The ORUUC Softball Team, part of the Oak Ridge Recreation and Parks Department's Co-Ed League play, took to the field for their first game of the Fall 2022 Season on August 9. **Don't miss your chance to cheer on our team! Games are played Tuesday evenings in Oak Ridge at Jefferson Middle School (200 Fairbanks Road). They'd love to see some fans in the stands!**

Schedule

September 20 7:30 p.m. v. Crafter's Brew

27 8:30 p.m. v. Oakey's Sports Grill

Thursday, Sept. 15 is a make-up date, if necessary. October 4 and 11 are make-up/tournament dates.

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



Yoga

Join us for Yoga in the pavilion **Sunday at 11:15**. Beginners are welcomed. We will focus this practice on a set of poses designed for chronic lower back pain. For questions email Sarahcjhunter@gmail.com



Line Dancing

Sundays at 3:00 pm

AND

Tuesdays at 6:30 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, and 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



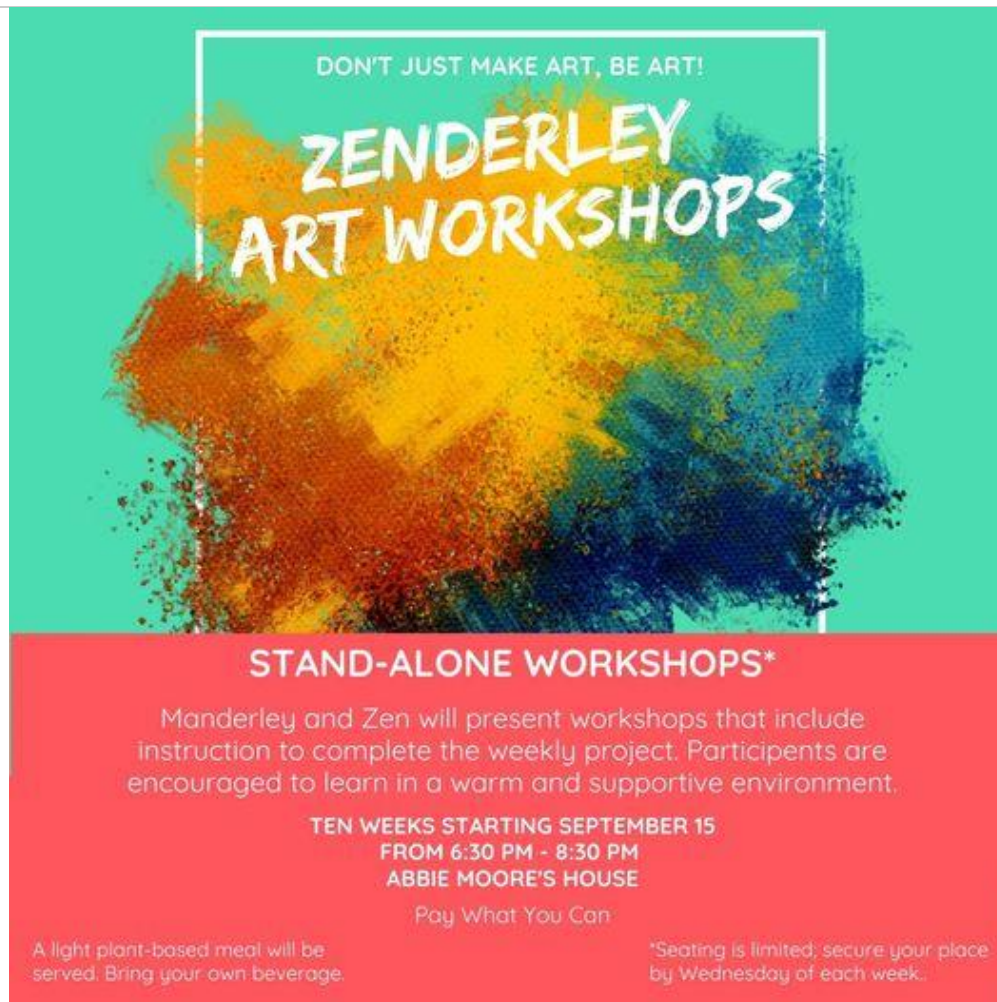
September Split the Plate

Fresh Fruit for Kids

The **Fresh Fruit for Kids** program is a shared ministry group at ORUUC that provides fresh fruit to Oak Ridge preschool, Head Start, and elementary school children who may not have food available outside of school. This program has delivered over 17,000 pieces of fruit since it was started by Elizabeth Peelle in November 2012. During COVID, we had to deliver individually wrapped snacks. Because of the cost, we limited our deliveries to the holidays and end of school. We are very happy that the schools will accept weekly fresh fruit again, and will begin making deliveries in mid-September. When we left off, we were delivering enough fruit for 330 children each week. **With the addition of the preschool children and an overall increase in need, that number has grown to 448 this year.**

As an ORUUC shared ministry, 100% of donations to Fresh Fruit for Kids goes directly to providing food to area school children. This program supplements the non-perishable foods provided by Second Harvest Food Bank's backpack program with fresh, nutritious produce. This effort to alleviate hunger is social justice work that helps reduce instances of behavioral difficulties, malnutrition, and food insecurity in our community. By bringing delicious and nutritious fruit to our at-risk children, we demonstrate through our actions that these children are a beloved part of our community. "It's great to be back to getting fresh fruit into little hands!" Rebecca Bowman said.

Please give generously. [GIVE HERE](#)

The poster features a teal background with a large, abstract splash of orange, yellow, and blue paint. At the top, a white-bordered box contains the text "DON'T JUST MAKE ART, BE ART!". Below this, the title "ZENDERLEY ART WORKSHOPS" is written in a large, white, hand-drawn font. The bottom half of the poster is a solid red block containing white text. The text includes the title "STAND-ALONE WORKSHOPS*", a description of the workshops, the schedule "TEN WEEKS STARTING SEPTEMBER 15 FROM 6:30 PM - 8:30 PM" at "ABBIE MOORE'S HOUSE", and the pricing "Pay What You Can". There are also two footnotes: "A light plant-based meal will be served. Bring your own beverage." and "*Seating is limited; secure your place by Wednesday of each week."/>

DON'T JUST MAKE ART, BE ART!

ZENDERLEY ART WORKSHOPS

STAND-ALONE WORKSHOPS*

Manderley and Zen will present workshops that include instruction to complete the weekly project. Participants are encouraged to learn in a warm and supportive environment.

TEN WEEKS STARTING SEPTEMBER 15
FROM 6:30 PM - 8:30 PM
ABBIE MOORE'S HOUSE

Pay What You Can

A light plant-based meal will be served. Bring your own beverage.

*Seating is limited; secure your place by Wednesday of each week.

If you're a novice, you will be amazed at what you can learn with good instruction in a warm & supportive environment. If you are an experienced artist, you will learn techniques to improve your skills. Contact Manderley Swain or Abbie Moore for more information.

Supplies for this first week are simple! Pencil, eraser (Manderley likes the staedtler white plastic erasers) and a sketchbook or drawing paper 8"x10" or larger.

Ten-week series starts September 15. Please sign up by Wednesday each week to be guaranteed a seat.

CONs are back at the Mountain!



Registration is open for Fall CONs! <https://www.themountainrlc.org/cons>. Once you've registered, please contact Director of Youth Faith Formation Christine Rehder @ crehder@oruuc.org, so lists can be compiled, travel arrangements made, and advisors found. Potential advisors need to complete a background check every 2 years to be eligible. If you are interested in being an advisor, please contact Christine.

Fall CONs:

Intermediate CON- Grades 6-8- November 18-20, 2022

Elementary CON- Grades 3-5- December 2-4, 2022

Senior High CON- Grades 9-12- December 9-11, 2022

MARK YOUR CALENDAR FOR Spring 2023 CONs:

Elementary CON- Grades 3-5- February 17-19, 2023

Intermediate CON- Grades 6-8- March 3-5, 2023

Senior High CON- Grades 9-12- March 17-19, 2023



Interested in playing the ukulele?

Join the Ukulele Group!
Beginners and Teens welcome!
Practices held twice a month.

Contact Abbie Moore
or Linda Osborne for more
information.



**NEEDED: Greeters and Ushers for Sunday mornings,
and Sanctuary Stewards during the week**

It's easy and fun! And extremely important!

**Contact Jeannie at office@oruuc.org or 483-6761
to learn more.**



The Stone Soup Team needs your help!



Friday, Sept. 30

5- 6 p.m.

or until supplies run out!

Drive Thru or Dine In
for this free meal!

*Interested in joining the Stone Soup Team? We need more cooks and bakers!
Contact Miria at meg.harrison84@gmail.com or the church office to volunteer.*



COVID-19 Update

Please note: The CDC's Covid-19 Community Levels for Roane, Morgan and Knox counties are LOW; Anderson County is Medium. Masks are not required, eating and drinking is permitted indoors. 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 vaccines Get 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 precautions Stay up to date with COVID-19 vaccines Get tested if you have symptoms 	<ul style="list-style-type: none"> Wear a mask indoors in public Stay up to date with COVID-19 vaccines Get tested if you have symptoms Additional precautions may be needed for people at high risk for severe illness
<p>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.</p>		

NEW COVID-19 VACCINE OUTREACH PROGRAM IN EAST TENNESSEE

Anyone Over 60 who needs a
Vaccine or Booster
And May Need Assistance with:

- Making an Appointment
- Assistance with Transportation
- Receiving the Vaccine at Home

Please contact:
Stephen Woodward
865 691-2551, 4448
SWoodward@ethra.org

BE COVID SAFE, GET VACCINATED TODAY



There's a new Covid-19 vaccine outreach program in East Tennessee for seniors-- anyone over 60 who needs a vaccine or booster, and may need assistance with making

an appointment, transportation, or would like to receive the vaccine at home should contact Stephen Woodward at 865-691-2551 or 4448, or email Stephen at SWoodward@ethra.org . Thanks to Louise McKown and Anne Child for sharing this information!

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 September

Gina Banick luvsdogs@bellsouth.net 865-789-4779
Freddie Nechtow FreddieN123@gmail.com 865-599-4359



September Caring Coordinators

Gina Banick luvsdogs@bellsouth.net 865-789-4779

Freddie Nechtow FreddieN123@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

Office Hours M-F 10 AM to 4 PM office@oruuc.org

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.



Astrid Brynestad died in Colorado Springs, Colorado on September 4, 2022 with her family by her side.

Astrid was born in Norway on Christmas Eve 1955 to Jorulf and Aase Brynestad. She moved to Oak Ridge at age 8 when her father accepted a two-year assignment at Oak Ridge National Laboratory. The family thrived in Oak Ridge and her parents made it their permanent home. After graduating high school in 1974, Astrid's educational journey culminated in a master's degree in Library and Information Science at the University of Tennessee. Most of her professional career was spent at the Y-12 National Security Complex where she held a variety of positions, primarily in radiological safety records and document management. She retired in 2017 and moved to Colorado Springs.

Astrid started her journey with colon cancer in June 2021 and especially treasured the interim time with her four local grandchildren. She leaves this earthly dimension with the only regret being that she will not be around to see her grandchildren grow up. Her survivors include daughters Heila Ershadi and Linnea Glenn (Chris) of Colorado Springs; and Andrea Fink (Mike) of Oslo, Norway; and beloved grandchildren, Autumn and Cyrus Ershadi, Ruthie and Rosie Brydie, and Kaia and Karl Fink. Brother Ketil Brynestad (Karen) of Oak Ridge, TN and sister Sigrid Brynestad, and their children also survive her. Astrid will also be missed by her dogs, Magnus and Mia, and many friends near and far.

No formal service will be held beyond a small family gathering.

In lieu of flowers, a donation to CASA of the Pikes Peak Region, or your favorite environmental or animal charity, is appreciated. You may donate in Astrid's name at <https://www.casappr.org/donate-now/>

Dear Members and Friends of Oak Ridge UU Church,

It is with deep sadness that I bear the news of Aimee Dixon's passing. Aimee had been in a very serious car accident on Monday morning, and though her injuries were serious, the outlook seemed hopeful for several days. Last night, though, Aimee succumbed to the devastating physical trauma. Her husband and many family members and loved ones were nearby, holding her in love and light, when she died.

A memorial service will be planned soon. Meanwhile, I invite you to attend a Comfort Circle in Aimee's memory on Thursday evening, Sept. 22, where you may come to ORUUC any time between 6 and 8 p.m. We'll sing and pray and light candles, and have a chance to remember Aimee and the many lives she touched as a teacher and a member of our community. Children are welcome to attend and participate.

Yours in faith and love,
Rev. Lisa Romantum Schwartz
Interim Minister, ORUUC

A Go Fund Me account has been set up to help the Dixons: <https://gofund.me/75022cb4>



[Please help Aimee Andersen Dixon if you can., organized by Wendy Bush](#)

Hi! Yesterday morning, on her way to work as a 2nd grade teacher, Aimee Ander... Wendy Bush needs your support for Please help Aimee Andersen Dixon if you can.
gofund.me

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. Lisa Schwartz
Christina Elliott
Amanda Fishel
Christine Rehder

Community/UU

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

Zenergy Yoga & Wellness Retreat, October 23-25



This retreat offers you the space, time and energy to relax, release stress, and rebuild your body, mind and spirit to reconnect with your intuition. By stepping away from the noise of life, you are able to listen to your true soul's song and reach a balanced state of health, vibrance and tranquility.

Through yoga classes, massage, herbs, crystals, meditation, dance and somatic healing, you will leave feeling nourished and energetically charged. You will be in the presence of 25 other individuals undergoing their own personal transformations, and we will all create a nurturing and loving space to support each other.

[Zenergy Yoga & Wellness Retreat in Highlands NC \(themountainrlc.org\)](http://themountainrlc.org)



The Mountain's Grateful Gathering

Gratitude and Resilience

November 23 – 27

Join us for a long weekend of acknowledging and celebrating the gratitude in our lives. Even through challenging times, there is much to be grateful for, be it friendships, family, community, opportunities for

learning, The Mountain, and many other things in our lives. The program includes workshops, entertainment, hiking, building connections with old and new friends, worship service, and outdoor adventures. This is a great opportunity to invite family and friends to share time together, and no one has to cook or clean up after the holiday feast.

[The Grateful Gathering - Rethinking Thanksgiving | The Mountain RLC](#)

ON THE CALENDAR THIS WEEK

Friday, September 16

Rummage Setup
11:00am (Canceled) Tai Chi Practice
6:00pm Rummage Pre-Sale

Saturday, September 17

Rummage Setup
9:00am Rummage Sale
2:00 Rummage Clean-Up

Sunday, September 18

10:00am Worship Service
11:00am High School
11:00am Reflections
11:00am Together in Spirit
11:15am Circle of Trust I
11:15am Newcomers
11:15am Yoga
12:30pm Buddhism Study Group
12:30pm Circle of Trust IX
3:00pm Line Dancing
4:00pm Circle of Trust XI
5:30pm Circle of Trust X

Monday, September 19

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

Tuesday, September 20

6:30 Line Dancing
6:00pm Board Meeting
6:00pm Depression & Anxiety Support Group

Wednesday, September 21

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

Thursday, September 22

12:00pm NWUUC & Launchpad Meeting
6:00pm Potluck
6:00pm Comfort Circle
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

Office Hours: Monday through Friday, 9 a.m. to 3 p.m.

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