



# The Exponent

**September 23-29, 2022**

**WORSHIP**

## LIVING THE QUESTIONS

Worship Series • Week 4 of 4

*"The Importance of Being Wrong"*



September 25,  
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, "The Importance of Being Wrong."**

*In the dance of humanity, knowing the right steps (and avoiding stepping on toes) is key to keeping the organism moving. In today's polarized world, making sure we're right about things seems more important than ever. What if we could find more powerful insight in being wrong than being right?*

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](mailto:prayers@oruuc.org)**

## UP FRONT

### ***New Email Address for Exponent Articles***

Please send your articles to [newsletters@oruuc.org](mailto:newsletters@oruuc.org).

Deadline for articles: Every Wednesday, 12:00pm.

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Our church's turn again for Saturday pick ups at Ecumenical Storehouse.

**Saturday, 9 - noon.**

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### ***Youth Lunch Fundraiser this Sunday***



Stop by the Social Hall after worship Sunday, between 11:15 a.m. and 12:15 p.m. (while supplies last!) for lunch! The high schoolers will be preparing and serving a delicious meal of spaghetti, salad, and bread for \$5. All proceeds benefit the Youth Trip Fund.



The flyer features a background image of a hiker in a yellow jacket with a backpack, looking out over a landscape. 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. In the bottom left corner, there is a QR code with a white border and a small inset image of the flyer. The bottom right corner contains text regarding 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? *This Sunday, Sept. 25 is the last day to register!*** Stop by the Retreat Committee's table at church 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.**



# Stone Soup

FREE  
Meal!  
Groceries  
available



Drive  
Thru  
ONLY

**Friday, Sept. 30**

**5 p.m. – 6 p.m.**

**Or until supplies run out!**

***Menu: Turkey Enchiladas,  
Fresh Fruit, and Snickerdoodle Bar***

Drive through the loop near the church entrance and a volunteer will bring meals to your vehicle. Non-perishable groceries available upon request.

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**



# 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](mailto:Sarahcjhunter@gmail.com)

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## ***Line Dancing***

**Sundays at 3:00 pm**

**AND**

**Tuesdays at 6:00 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.

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## ***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

### *In the Interim*

#### **Musings on the Transitions Process by the Rev. Lisa Romantum Schwartz**

I don't have to tell anyone reading the Exponent that ORUUC is a fabulous congregation, but I'll say it anyway: ORUUC, you are a fine and fabulous congregation, and you've got all the skills and resources you need to progress through the transitional process we call an interim.

I gave a thumbnail sketch of some of the steps and stages of this process in the sermon from August 21st (<http://www.oruuc.org/worship-recordings/sunday-worship-august-21-2022>), and even though I said then that a Ministerial Search Committee (MSC) is NOT something a congregation starts on in the early days of an interim time, it remains the topic about which interim ministers and lay leaders get the most questions.

So, given the high level of interest in the how/when/who queries about the MSC, here are a few thoughts taken from the UUA's settlement handbook (a link to that whole document is at the end of this brief summation).

#### Who Should Serve On the MSC?

Members in good standing who are trusted by the entire congregation and have demonstrated both responsible participation and responsible leadership are encouraged to think about serving ORUUC in this way. The Nominating Committee (charged in ORUUC's bylaws with developing a slate for the MSC election process) will be looking for people who work well with others and are not perceived as having a coalition to represent or an axe to grind. An MSC member must be able to represent the whole congregation, not just a faction or particular demographic.



Other qualities include knowing (or being willing to learn) the history of ORUUC, having a high level of awareness about the congregation's strengths and growing edges, and the ability to keep details of the search or the potential candidates absolutely confidential.

Members of the MSC should be clear that it's a very time-intensive commitment, and they'll be strongly encouraged to give up any other leadership roles at the church during the duration of the search.

#### How Will the MSC Be Selected?

The current ORUUC bylaws directs the Nominating Committee to select a minimum of twelve qualified candidates and present the ballot to the congregation at the May 2023 meeting so that an MSC of seven can be voted on.

The ORUUC Bylaws Committee is reviewing ORUUC's current bylaws and the UUA's Settlement Handbook to clearly define the process of how the MSC selection process will be implemented. Any changes to our current bylaws will require a congregational vote at the December 2022 meeting.

If you're interested – better yet, passionate about – the MSC, you might want to write up a short biographical statement that includes your involvement in and leadership experience at ORUUC, and something about why you'd like to serve. Send it to a member of the Nominating Committee.

The process of selecting MSC candidates may include balloting, or perhaps phone calls to members by the Nominating Committee to poll congregation members about who should be entrusted with this important work. One of the Nominating Committee members will act as a "data manager," counting how many times certain names get mentioned in this polling process. The top candidates, for instance, might be names that get mentioned independently twenty times or more by ORUUC members.

Board and/or Nominating Committee members will call the top candidates for the MSC to check on whether they have the time to offer for a very busy year. Tasks of the MSC include conducting a congregation-wide survey and tabulating the results, conducting cottage meetings and compiling results, using this data (and more) to put together ORUUC's congregational record, conducting interviews of interested ministers, checking references, and attending all three pre-candidating weekends. The MSC's work culminates in preparing to

present the final candidate to the congregation, and spring of 2024 and managing the activities of an action-packed candidating week.

The final MSC slate should be broadly representative of the diversity and vitality in ORUUC, and not just a list of the top seven beloved elders of the congregation. At times the board makes appointments from the Nominating Committee's top 12 to ensure the broadest possible demographic in terms of age, gender, race/ethnicity, socio-economic status, and sexual orientation. The Nominating Committee and Board will never reveal to anyone, including the MSC, who was elected and who was appointed. Alternate MSC members are not allowed, as per UUA guidelines.

Sounds like a lot of work!

The work of selecting/electing the MSC shouldn't begin in earnest until March of 2023, so the Nominating Committee and Board will do this important work in the span of about six weeks. The MSC, on the other hand, really is a lot of work! There's a good list of the average time commitment required on the top of page 39 of the UUA's settlement handbook, which can be found here: [https://www.uua.org/files/pdf/s/settlement\\_handbook.pdf](https://www.uua.org/files/pdf/s/settlement_handbook.pdf)

And if you're interested in the whole "soup to nuts" process of the settlement of a new minister, the whole 109-page document (plus appendix) will make a fascinating read!



## ***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](#)

### *Rummage News*

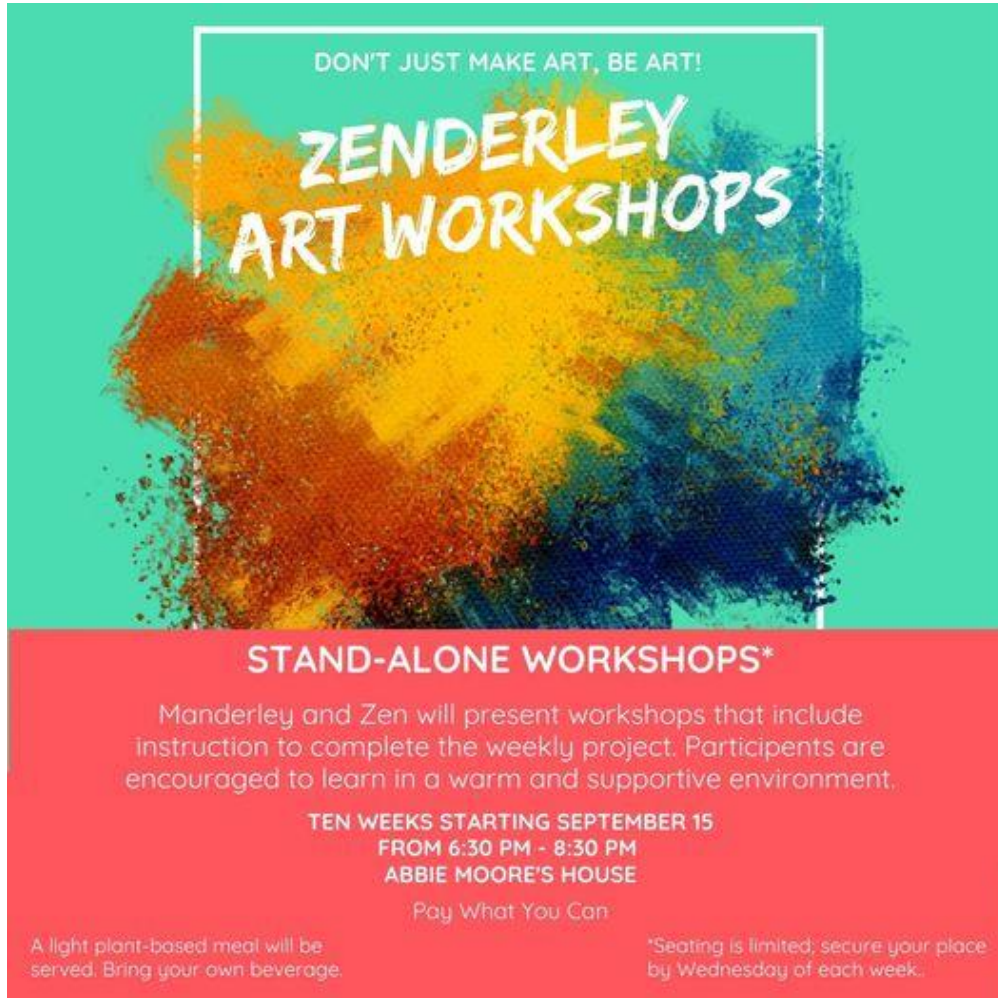


Christina Elliott and I are happy to report that this fall's rummage sale was a resounding success! After the sale, we were able to share our abundance with a number of charitable works in the area, including KARM, Ecumenical Storehouse, Holiday Bureau, a sustainable crafting initiative, area clothing closets, Bob Grimac's support for folks in Haiti, children in Sevierville, and a family in Spring City who recently lost their home in a fire. In addition to all that, after expenses, we raised about \$13,500 for the church, \$1000 of which will be given to the youth trip fund in appreciation for the many hours they contributed.

None of this amazing work would be possible without the generous and compassionate spirit

of this congregation. Whether you donated items, shared your time with us, shopped at the sale, or some combination of the above, we deeply appreciate all the ways that you've supported this ministry.

Thank you, and **we'll see you again for the spring sale, March 3 & 4, 2023!**

A poster for Zenderley Art Workshops. The top half has a teal background with a white rectangular frame containing the text "DON'T JUST MAKE ART, BE ART!" and "ZENDERLEY ART WORKSHOPS" in a white, hand-drawn font. Below the frame is a colorful, abstract splash of paint in shades of orange, yellow, and blue. The bottom half of the poster has a solid red background with white text.

**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.

***Every Thursday until Thanksgiving. 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](mailto: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](mailto:office@oruuc.org) or 483-6761  
to learn more.



**Stone  
Soup**



**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](mailto:meg.harrison84@gmail.com) or the church office to volunteer.*



## COVID-19 Update

**Please note: The CDC's Covid-19 Community Levels for Anderson MEDIUM, Roane, Morgan and Knox counties are LOW.** 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"><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.		

## 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](mailto: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](mailto:office@oruuc.org) or a Caring Coordinator!

#### Caring Coordinators for September

Gina Banick [luvsdogs@bellsouth.net](mailto:luvsdogs@bellsouth.net) 865-789-4779

Freddie Nechtow [FreddieN123@gmail.com](mailto:FreddieN123@gmail.com) 865-599-4359



### September Caring Coordinators

Gina Banick [luvsdogs@bellsouth.net](mailto:luvsdogs@bellsouth.net) 865-789-4779

Freddie Nechtow [FreddieN123@gmail.com](mailto: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](mailto: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.

## 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 23**

11:00am Tai Chi Practice  
5:00pm Board Retreat

### **Saturday, September 24**

8:30am TMW Fall Workshop  
3:00pm Ukulele

### **Sunday, September 25**

8:15am Circles of Trust VII  
10:00am Worship Service  
11:00am Spaghetti Luncheon HS Fundraiser  
11:00am High School  
11:00am Reflections  
11:00am Together in Spirit  
11:15am Considering Commitment  
11:15am Circle of Trust II  
11:15am Circle of Trust IV  
11:15am Yoga  
12:00pm Circle of Trust V  
12:30pm Buddhism Study Group  
1:00pm Circle of Trust VI  
3:00pm Line Dancing

### **Monday, September 26**

11:00am Tai Chi Practice  
5:00pm Caring Coordinators Transition Meeting  
6:50pm Meditation Learning and Practice Group

### **Tuesday, September 27**

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

### **Wednesday, September 28**

6:30am Breakfast Rotary  
11:00am Tai Chi  
12:30pm Stone Soup Prep  
5:30pm Circle of Trust III  
6:45pm Choir Practice  
7:45pm Band Rehearsal

### **Thursday, September 29**

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](mailto:communications@oruuc.org) **AND** Debby Crider at [newsletters@oruuc.org](mailto:newsletters@oruuc.org)

**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)

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

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