



# Connecting In Spirit

## Youth Faith Formation

### Monthly News

March 2023

#### *In this Issue...*

Spring Rummage Sale is THIS WEEK: VOLUNTEER!

Rainbow Camp Dates

Coffeehouse Talent Show March 10

PFLAG Meeting March 13

and More!

***There will be No Youth Faith Formation on Sundays, March 12 and 19 while Oak Ridge Schools are on Spring Break. See below for more info!***



### **Are You Strong?**

Last Sunday, while out on the playground, one of our children got stuck on “The Big Rock” on the playground. I have been supervising the playground for awhile, and this occurrence happens fairly regularly, so I use it as a teaching moment.

Rather than simply grabbing a child, I usually try and help them think of ways they can get down (foot, foot, hand, hand is a good go

to). This way they are empowered to climb down on their own which builds confidence and lets them know how to do it the next time.

I offered this strategy to this child, but he surprised me by asking a question, “Are you strong?” My first thought, “heck yeah”, as I have followed through on my 2023 resolution to do more yoga. But, being metaphorically minded, my next thought was, “Am I strong? I’m not really sure.” I began to wonder what strength really looked like and whether I have enough of it to call myself strong.

Meanwhile, as I went down this mental rabbit hole, the still stuck and waiting on the rock child said, “If you’re strong, then you can get me down.” The moment had come for me to test my mettle and see if I was really strong. With trepidation, I reached up and grabbed and returned him to the ground safely. I am strong! (Thanks, yoga.)

While I felt strong at that moment, reflecting on this exchange has me wondering who really showed strength in that moment. Yes, I had the muscle to get him down safely. But, I wondered if he was the stronger one, because he had the courage to ask for help.

March’s theme is “Strength in Vulnerability”, and when I think about that I see that child on the rock. At that moment, I may have looked like the one who solved the problem, but he was the real hero of the moment. He knew what he needed and he had the courage to ask for it.

I get stuck on top of a lot of rocks, yet very seldomly do I possess the clarity of focus in those moments in the way that child did. I may be bigger and stronger, but in a moment of great vulnerability, he showed me what strength really looks like: recognizing your own needs, seeing their presence in others, and asking for their help.

This month in the Worship hour we explore strength in vulnerability in a variety of ways. As it’s Spring Break for Oak Ridge Schools, our Youth Faith Formation will meet the first and last weeks of the month, while we will offer multiage Creation Stations in the Social Hall for the middle weeks. We are sending two groups to CON this month as well.

However you choose to spend your break, whether at ORUUC or somewhere else, take a little time to think about where you may be stuck, what it takes to get moving, and who you might ask to help you come down.

In Care and Faith,

**Christine**

Christine Rehder (she/her/hers)  
Director of Faith Formation

**Registration Deadlines for  
SPRING Mountain CON  
in Highlands, North Carolina:**

**Senior High (Grades 9-12): Friday, March 3**  
for the weekend retreat March 17-19

<https://www.themountainrlc.org/spring-high->



[school-con](#)

**Cost: \$100 per youth, \$25 per adult advisor**

**Background checks are required for adult advisors. Please contact Christine Rehder, Director of Faith Formation, at [crehder@oruuc.org](mailto:crehder@oruuc.org) once you've registered, or if you have questions.**

## **No Youth Faith Formation Sunday, March 12 or Sunday, March 19**

While Oak Ridge Schools are on Spring Break, YFF classes will not meet to allow our leaders a well deserved break, too. Instead, check out the Creation Station in the Social Hall, a multi-age Faith Formation Hour for children and their families. Nursery will still be available both Sundays.



## **PFLAG Meeting with Youth WINS March 13**

Join PFLAG for our March meeting when we will host Kristine Townsend from Youth Wins.

In 2021, there were approximately 602 youth in Knoxville-Knox County that were out there on their own, experiencing unstable housing. These youth might be staying on the streets, camping, in emergency shelters, sleeping couch to couch, or soliciting strangers for a place to stay for the night. They often feel alone, dismissed, and with no one to trust. Together we can help youth thrive.

Join the movement to end youth homelessness.

**Youth WINS** (*When In Need of Support*) is a program of Knoxville-Knox County CAC established in 2016 that serves approximately 125 unaccompanied youth annually. We work alongside youth ages 18 – 24 to help them meet housing, education, and employment goals.



The PFLAG meeting will be held Monday, March 13 at First Presbyterian Church, 1051 Oak Ridge Turnpike. We will gather for social time at 6:45 p.m.; the presentation will begin at 7:00 p.m.

For more information, go to <https://fb.me/e/2YMF1zfls>. PFLAG is a social and support group for the LGBT community and those who love them. For more information about the PFLAG Oak Ridge group, contact Anne Backus at [backusanne@comcast.net](mailto:backusanne@comcast.net).



**HUGE** 10,000 sq. ft.  
**SPRING RUMMAGE SALE**

Pre-Sale: Friday, March 3  
6 to 8 p.m. (prices doubled)  
Main Sale: Saturday, March 4  
9 a.m. to 2 p.m.  
(prices as marked)

Oak Ridge  
Unitarian Universalist Church

809 Oak Ridge Turnpike  
Oak Ridge, TN  
[www.oruuc.org](http://www.oruuc.org) 

**Rummage Donation Drop Offs:**

Daily 9 a.m. to 8 p.m. through  
Thursday, March 2

**Preview Sale:**

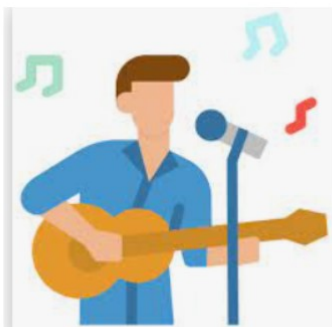
Friday, March 3  
6-8 p.m.  
(all prices doubled)

**Sale:**

Saturday, March 4  
9 a.m. – 2 p.m.  
(prices as marked)

**TEENS!**

**Did you know you can earn \$10 an hour (up to \$1,000) for your Youth Trip Fund by VOLUNTEERING to help with Rummage?** Sign up or show up during donation drop off, at the sales, or during clean up Saturday afternoon. Email [oruucrummage@gmail.com](mailto:oruucrummage@gmail.com) with questions. Christina Elliott and Amanda Fishel are the Rummage Team leaders.



**COFFEHOUSE TALENT SHOW**

**FRIDAY, MARCH 10  
6:30 P.M. SUPPER AND SOCIAL  
7 P.M. PROGRAM**

Start getting your act together! Any kind of rehearsed, presentational act is possible, from the silly to the sublime. **All ages and all kinds of talent are encouraged.** Past

shows have included one-act plays, singer-songwriters, vocal and instrumental solos or ensembles, joke telling, dancers, and novelty acts. This is your chance to live out a performance fantasy, to ham it up, to build some experience performing in front of people, or to blow people's minds by unveiling a unique talent you've been keeping to yourself. **Advance sign-up is required for all performers. The signup deadline is Sunday, March 5. Contact Nancy Starr, 865-742-9993, [starroakridge@gmail.com](mailto:starroakridge@gmail.com)** *Pizza, pies, and vegan/gluten free options will be provided for supper, as well as beverages. Donations will be asked to recoup costs. **If you are willing to make a vegan/gluten free protein or dessert (about 50 servings), please contact Nancy Starr. You can get reimbursed for your costs.***



***Rainbow Camp 2023: Color in Motion* is June 27-30 for Campers; June 26-30 for Counselors and Counselors-in-Training. Registration information available in April!**

### **MOUNTAIN CAMP PROGRAMS 2023**

Choose which Mountain Camp session works best for you and your campers! We now have more options for campers to join us in the Summer of 2023! Start deciding which session you want to be in.



Registration is NOW OPEN!

<https://www.themountainrlc.org/mountaincamp>

### **February Moments...**

Hugs n' Quiches luncheon and Valentine crafts. Warmer weather made for enjoyable times on the playground on Sunday mornings.



*Thanks to Multi-Gen Coordinator Whitney Cole and Faith Formation Director Christine Rehder for providing photos.*

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## Hiring Childcare Workers

- Must be 14+ years old and reliable
- Experience and/or certification required
- Pay is \$10 an hour

Please contact Childcare Coordinator,  
Laura Scott, at **(865)-591-8550**  
with any questions or applications.



ORUUC still needs childcare workers for meetings and special events. If you're 14 years of age or older, contact **Childcare Coordinator Laura Scott at 865-591-8550.**

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Join us with your baby, toddler and/or preschooler for bouncing, tickling, touching, clapping and action rhymes, musical circle games, simple songs, and play.

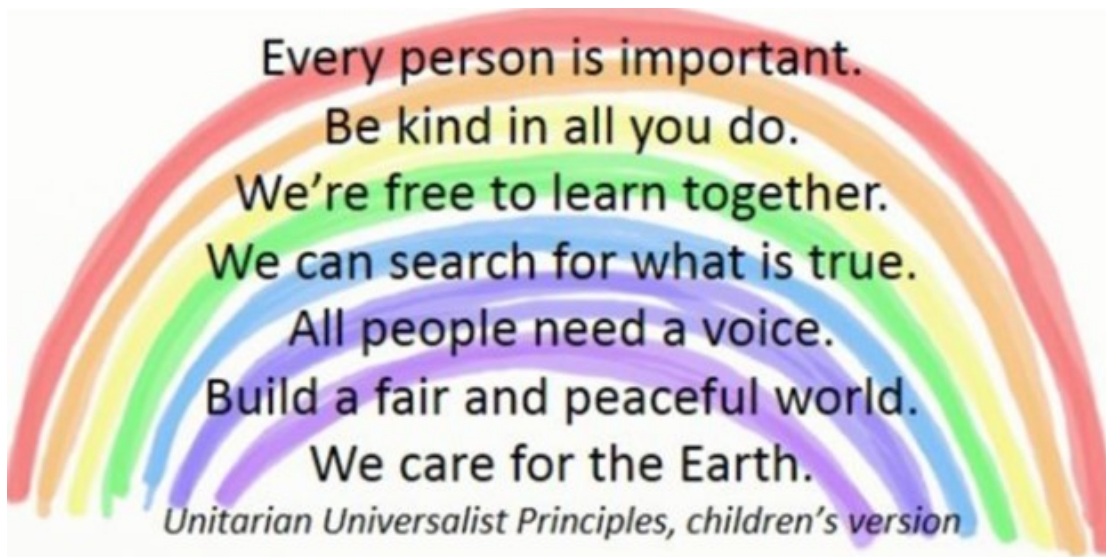
Mother Goose meets this month on **Thursday, March 2 and 16 at 10:30 a.m. in the Oak Ridge Public Library Auditorium** with "Father Goose" Michael Raymond. All are welcome to this free program!

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**Rev. Lisa Romantum Schwartz,  
Interim Minister**

Rev. Lisa can be reached by email at  
[Rev.Lisa@oruuc.org](mailto:Rev.Lisa@oruuc.org) or by phone at 865-483-6761

ext. 102.



*Connecting in Spirit: Youth Faith Formation Monthly News is a digital publication designed to serve ORUUC families with children from birth through high school. If you have ideas or suggestions for content, or would like to add someone to the mailing list, please email Rachel at [communications@oruuc.org](mailto:communications@oruuc.org) or Christine at [crehder@oruuc.org](mailto:crehder@oruuc.org). To take a look at past issues of Connecting in Spirit, visit <http://www.oruuc.org/connectinginspirit>.*

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