



# The Exponent

**August 19-25, 2022**

**WORSHIP**



**Sunday, August 21, 2022**

**"What to Expect When You're Expecting...A New Minister"**

**Rev. Lisa leading service**

Where were you in 2002? What was the world like? What was YOUR world like, two decades ago? Your life has changed significantly in the past twenty years, and so has Oak Ridge UU Church. This year, after two decades with a devoted, passionate minister, the congregation enters a time of transition, preparing to call a new partner to collaborate in the ministry of ORUUC. Interim Minister Rev. Lisa Romantum Schwartz will discuss what's ahead in the process of transition and search.

**Please note: The CDC's Covid-19 Community Levels for Anderson, Roane, Morgan, and Knox counties are MEDIUM. Masks will not be required in the building. Coffee hour will be held in the Social Hall.**

To participate in worship on Zoom, please register here <https://zoom.us/j/91412345678> 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>.

**In-Service and Zoom. ZOOM door opens at 9:45 am. See link below.**

Order of Service [here](#) Go to [ORUUC](#) for zoom information.

**Email or Text Prayer Requests to: [prayers@oruuc.org](mailto:prayers@oruuc.org)**

## UP FRONT

### *ORUUC Ecumenical Storehouse*



ORUUC Ecumenical Storehouse pick-up shift - **THIS Saturday 8/20, 9-noon.**

Come help pick up and move donated furniture and household supplies.

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# Stone Soup

FREE  
Meal!  
Groceries  
available



Dine in  
Or Drive  
Thru

**Friday, Aug. 26**

**5 p.m. – 6 p.m.**

**Or until supplies run out!**

***Menu: Three Bean Salad,  
Fresh Fruit, and Muffin***

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

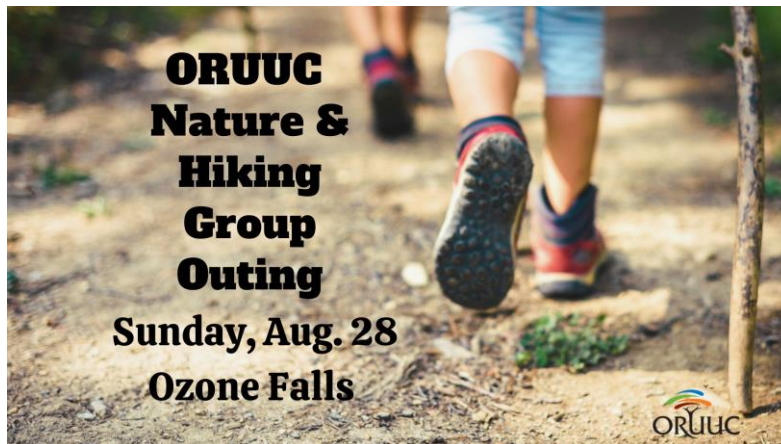
(865) 483-6761



Special thanks to our Community Partners for  
making this Final Friday Monthly Meal possible:  
**Kroger Marketplace**  
**Jewish Congregation of Oak Ridge**



If Covid-19 Community Levels are High, this will be a drive-thru only meal.



### **August 28 Outing to Ozone Falls**

All church members are invited to an exploration of Ozone Falls, located near Crab Orchard, approximately a one-hour drive from ORUUC. We will carpool to Ozone Falls at 12:45, leaving from the church parking lot. Please eat prior to departure or bring your lunch. There will be space to ride together; parents of middle-school aged children and older can drop off their child, and we will provide transport. Please plan to wear a mask in the vehicles. Please wear sturdy shoes and bring swim suits or a change of clothes, water bottle and a snack. We will spend the afternoon exploring at the waterfall and creek. Return time is estimated at 6 p.m.



### **Fall Rummage Sale: September 16 and 17**

Big Rummage Pick UP: Saturday, Sept. 10 starting at 9 a.m.

Preview Sale: Friday, Sept. 16, 6-8 p.m. (all prices double)

Sale: Saturday, Sept. 17, 9 a.m. – 2 p.m.

**Hey, Teens!** Fall Rummage Week is September 10-17



Did you know you can earn \$10 an hour  
(up to \$1,000 total) for the Youth Trip Fund  
by volunteering to help with Rummage?  
**Sign up using the volunteer link in Discord  
TODAY!**



### **ORUUC All-Church Retreat**

**Friday,  
Sept. 30 -  
Sunday,  
Oct. 2**



**Cane Creek  
Group Camp  
Fall Creek Falls  
State Park,  
Spencer, TN**

*Games, dancing, hiking, crafts, fellowship, s'mores, and more!*

Want to help? Contact Sara Wieland at [sarawieland@yahoo.com](mailto:sarawieland@yahoo.com) or Christy White at [christy\\_white@comcast.net](mailto:christy_white@comcast.net).



Sara Wieland [sarawieland@yahoo.com](mailto:sarawieland@yahoo.com)

Christy White [christy\\_white@comcast.net](mailto:christy_white@comcast.net)

The Retreat Committee will have a table set up at church every Sunday through September 25th. Please come by the table to get your registration forms and additional information, and pay fees.

We will be asking you what activities you want to lead or participate in, and your housing preference when you hand in your registration and pay for the retreat.



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

August	23	6:30 p.m. v. Holy Molars
	30	8:30 p.m. v. VFL's
September	6	6:30 p.m. v. Tennessee Dogs
	13	7:30 p.m. v. Fat Penguins
	20	7:30 p.m. v. Crafter's Brew
	27	8:30 p.m. v. Oakey's Sports Grill

*Thursday, Aug. 25 and Thursday, Sept. 15 are make up dates, 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**





## ***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**



## ***August Split the Plate***

Eastern Kentucky Flood Relief. Recent flooding in Eastern Kentucky has killed at least 37 people, destroyed homes, roads, bridges, water supplies, and other infrastructure, devastating the lives of thousands of

Kentuckians. Many of them are in areas that had never flooded before, and they've lost everything. Please give as you are willing and able. [GIVE HERE](#) or text "ORUUC" to 73256.



### **CONs are back at the Mountain!**

And this is the earliest they have ever been announced, so mark your calendars.

**REGISTRATION IS OPEN for Fall CON** and lasts until 2 weeks prior to the beginning of the CON. Registration for Spring CONs are slated to begin in early January and also close 2 weeks prior to the CON start date.

### **CONs are back at the Mountain!**

#### **Fall CONs:**

Intermediate CON- Grades 6-8- November 18-20<sup>th</sup>, 2022

Elementary CON- Grades 3-5- December 2-4<sup>th</sup>, 2022

Senior High CON- Grades 9-12- December 9<sup>th</sup>-11<sup>th</sup>, 2022

#### **Spring CONs:**

Elementary CON- Grades 3-5- February 17<sup>th</sup>-19<sup>th</sup>, 2023

Intermediate CON- Grades 6-8- March 3-5<sup>th</sup>, 2023

Senior High CON- Grades 9-12- March 17-19<sup>th</sup>, 2023

Registration and more information for all CONs is available at their website: <https://www.themountainrlc.org/cons>.

Once you have registered, please contact Director of Youth Faith Formation, Christine Rehder @ [crehder@oruuc.org](mailto:crehder@oruuc.org), so lists can be compiled. Travel arrangements from ORUUC sorted and advisors can be found. If you are interested in being an advisor, contact her at the same address. Potential advisors need to complete a background check every 2 years to be eligible.



## 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.**





## ***In The Gallery Through August***

**Erica Entrop**

***Iglesias de la Habana***

Erica Entrop was born in Roswell, New Mexico and graduated *Cum Laude* from the University of New Mexico in Albuquerque with her BFA. After completing her studies, she began traveling across the United States, exhibiting in different locations including Chicago, New York, and Los Angeles.

She has had an extensive artistic career having participated in exhibitions across the country and the world. Her works have recently been included in the premier edition of *Blue Bee Magazine*. In the past year she has participated in the 13th Havana Biannual and the 25th Romerias Festival showcasing her newest film works in collaboration with her husband, Cuban artist, Darwin Estacio Martinez

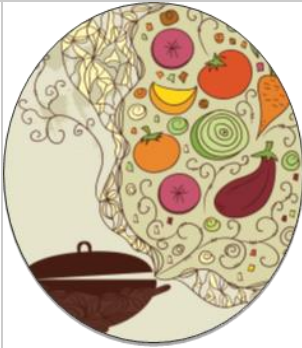
The works included in this series are all photos of churches in Havana, Cuba, taken over the past two years.

Erica is the daughter of ORUUC member Rebecca Bowman.

## ***Fresh Fruit for Kids is looking for more volunteers!***



Contact Rebecca Bowman at [rebecca.r.bowman@gmail.com](mailto:rebecca.r.bowman@gmail.com) or Lynda McLaren at [lhmlaren@comcast.net](mailto:lhmlaren@comcast.net) to join this important ministry.



### ***The Stone Soup Team needs your help!***

The next Stone Soup—the monthly free community meal hosted by ORUUC—is **Friday, Aug. 26**. Do you enjoy baking at home? Maybe you'd like to cook with some great folks in the church kitchen once a month? Stone Soup needs you! Contact Miria at [meg.harrison84@gmail.com](mailto:meg.harrison84@gmail.com) or the church office with questions or to volunteer. Thank you!

### ***COVID-19 Update***

**The CDC's COVID-19 Community Levels for Anderson, Roane, Knox, and Morgan counties are MEDIUM this week.** Based on these guidelines, and our PALS Framework, **masks will not be required indoors; food and drink may be consumed in the building.** If you have symptoms or have had a known Covid exposure, please stay home and follow us on Zoom. We appreciate your continued cooperation as we work to keep all ORUUCians safe and healthy.

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.



### ***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>

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# 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 August

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

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



### August Caring Coordinators

Freddie Nechtow [Freddie123@gmail.com](mailto:Freddie123@gmail.com) 865-599-4359

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

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

# Are You "In the Know"?

Join Us for the  
3<sup>rd</sup> Annual

## Anderson County Community Resource Fair

The More We Know  
The More Love We Show

*Become more knowledgeable about community resources and helping agencies so that we can work together and refer our neighbors in need!*



**Sunday, Aug. 21,**

**12:00-2:30 p.m.**

**In the gym of First Baptist Church of Clinton  
230 N. Charles G. Seivers Blvd.**

*Find your niche of volunteering! Find a good cause to support! Discover how to connect your neighbors to the help they need! Learn how to partner with other nonprofits to help our community! Find the resources you need!*



•Free Lunch! •Info tables with Freebies! •Children's Activities!

[www.acresourcefair.com](http://www.acresourcefair.com)



**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.

## ***Scarboro Community Alumni Association***

A poster for Scarboro Community Fun Day. The title "It Just Takes 85" is written in a large, stylized, cursive font. Below the title, the date and time are listed: "Saturday, September 10, 2022 10 a.m. - 9 p.m." The location is "Scarboro Community Center 148 Carver Ave., Oak Ridge, TN 37830". A paragraph of text reads: "Come out and honor the 67th anniversary of the first public school desegregation in the Southeastern US: Oak Ridge High School and Robertsville Junior High School". Below this text are icons for "3-on-3 TOURNAMENT" (a basketball), "MUSIC" (a musical note), "VENDORS" (a shopping bag, a drink, and a hot dog), and "FOOD & DRINK" (a food truck). At the bottom, it says "All proceeds go to the Scarboro 85 Scholarship Endowment." The entire poster is framed with a gold border on a dark red background.

Scarboro Community Fun Day  
**"It Just Takes 85"**  
Saturday, September 10, 2022  
10 a.m. - 9 p.m.  
Scarboro Community Center  
148 Carver Ave., Oak Ridge, TN 37830  
*Come out and honor the 67th anniversary of the first public school desegregation in the Southeastern US:  
Oak Ridge High School and  
Robertsville Junior High School*  
3-on-3 TOURNAMENT  
MUSIC VENDORS  
FOOD & DRINK  
*All proceeds go to the Scarboro 85 Scholarship Endowment.*

Come out on Saturday, Sept. 10 for Scarboro Community Fun Day! We honor The Scarboro 85: the first African American students to integrate schools in the Southeast. We're bringing back the Fun in the Sun community collaboration event that was initiated by the Atomic City Sportsmen Club.

Be a vendor, provide entertainment, or have a small table of crafts for youth. Let us continue to work together to unite the community and preserve our rich history!

We are also in need of volunteers to help with the event. Please email Rose Weaver at [rs\\_wvr@yahoo.com](mailto:rs_wvr@yahoo.com) with questions or offers to help.

## ***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



### **Adult Farm Camp September 5–9, 2022 Open to the Public**

Each day will have a central theme such as plants, mushrooms, and animals, with the program including talks, hands-on activities, and entertainment related to the theme.

[Register](#)

## ***Womenspirit 2022: October 5-9, 2022***



UWomenspirit is a biannual spiritual retreat for women from all walks of life. We gather recognizing that we have journeyed on varied paths to Spirit: earth-based, indigenous tribal, Christian, Hebrew, Wiccan, Buddhist, and more. We gather to honor the manifestation of the Feminine Divine in our own deep beings, in each other, and in the world around us.

We recognize and celebrate the four ages of Woman: the Maiden, whose curiosity and boundless energy propel her towards discovery; the Mother, whose endurance and nurturing comfort all; the Warrior, whose passion and strength protect what is vital for the greatest good; and the Crone, whose wisdom and patience bring a wise perspective to us all. Each passage teaches us and those around us.

All women are welcome at UWomenspirit, regardless of sex assigned at birth. Here, we believe and affirm that transgender women are women. While we recognize that we are still learning and growing, we aim to be a welcoming and inclusive place for all women who wish to celebrate the Feminine Divine.

We can't wait for you to join us at the Fall 2022 event.

Register here: <https://www.uuwomenspirit.org/register>

## ON THE CALENDAR THIS WEEK

### Friday, August 19

11:00am Tai Chi Practice

### Sunday, August 21

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 Improving Democracy

11:15am Newcomers

12:30pm Safety Team Meeting

12:30pm Buddhism Study Group

3:00pm Line Dancing

4:00pm Circle of Trust XI

5:30pm Circle of Trust X

### Monday, August 22

11:00am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

### Tuesday, August 23

6:30pm Line Dancing

6:00pm Depression & Anxiety Support Group

### Wednesday, August 24

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, August 25

12:00pm NWUUC & Launchpad 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](mailto:communications@oruuc.org) **AND** Debby Crider at [newsletters@launchpad.faith](mailto:newsletters@launchpad.faith)

### 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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