

November 11-17,
2022

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News from Oak Ridge Unitarian Universalist Church

The Exponent



New paved walkway at ORUUC

Members of the choir and band had worn a path cutting across the grass, or using wobbly stepping stones, demonstrating the need for a sidewalk in this spot. Church member Nancy Starr prepared a proposal for a concrete sidewalk, which was approved by the Executive Team. The new sidewalk, completed this week, makes the double doorway to the sanctuary accessible and safe for routine use, in addition to emergencies. Thanks to all who were part of this campus improvement project!



Embodying Love

With Guest Minister Rev. Mariela Perez-Simons

This Sunday, ORUUC welcomes Rev. Mariela Perez-Simons as our guest minister. Born and raised in the Caribbean (Cuba), blessed by ancestors from Arawak (Taíno) and West African (Yoruba) ancestry, as well as from the southern region of Spain, her life's journey has been one of tremendous struggle (extreme poverty, abuse, neglect, rejection), but also of tremendous opportunities and growth, according to her bio on her website, <https://www.revmarielea.com/>.



"I came to the United States as a political refugee in 1995 at the age of 21, and as most immigrants, I felt that you are not given an opportunity like this one to waste it. So, I learned the

language, the culture, the system; I worked and studied hard (two master degrees and various certifications.) I did everything by the book, but I was left burnt out, grief-stricken, and traumatized, because the current systems are like a machinery that inflicts tremendous harm to our nervous systems. The trauma I experienced under systems of oppression (and the journey through the underworld that followed) opened my eyes to human suffering in a completely different way.

My experience with trauma and oppression shapes my current Ministry of Heart & Soul."

Rev. Mariela joins us this Sunday live on Zoom. We hope you will, too!

This Sunday, Nov. 13

Embodying Love

In this message by our guest minister, Rev. Mariela Perez-Simons, we will explore how to bring the radiance of love to our grieving parts, our nervous system, and our communities. Rev. Mariela is a community minister and teacher of Yoruban/Arawak ancestry. Her teachings about nature, spirituality, and the human condition can be found on social media (@RevMariela) and on her website www.RevMariela.com.



Worship with us in person or on Zoom at 10:00 a.m.
Zoom door opens at 9:45 a.m.
Go to [Sunday Worship Info — ORUUC](#) for Zoom information.
The Order of Service may be found [here](#).
Email or Text Prayer Requests to prayers@oruuc.org
November Split the Plate: Child Advocacy Center of AC
The CDC Covid-19 Community Levels are Low this week in Anderson, Knox, Roane, and Morgan counties. Masks are not required in the building; however, we encourage you to do what makes you feel comfortable.



ORUUC Town Hall Meeting After Worship This Sunday, Nov. 13

The ORUUC Charter and Bylaws Committee and the ORUUC Board of Trustees invite you to attend a Town Hall Meeting where they will share proposed Bylaws amendments with members to be voted on at the December 4 Congregational Meeting. The primary Bylaws proposed amendment is to Section 3. Committees Elected by the Congregation, C. Ministerial Search Committee, Item 2. A copy of the bylaws may be accessed [HERE](#).

Other Town Hall Dates:

- Thursday, Nov. 17 at 7:00 p.m.
- Thursday, Dec. 1 at 2:00 p.m.

November Split the Plate: Child Advocacy Center of Anderson County

This community organization provides healing and justice for abused children. Each year, 400-500 children ranging in age from newborns through age 17 receive forensic medical evaluations, trauma focused therapy, forensic interviews, and other victim-related services. The CAC is a safe haven for children, who are provided services to help them heal and recover from childhood abuse and neglect. Support is also offered to non-offending parents and caregivers.



For more information, visit <http://www.childadvocacycenter.net>. Please give as you are willing and able. [GIVE HERE](#) or text "ORUUC" to 73256.

Announcements

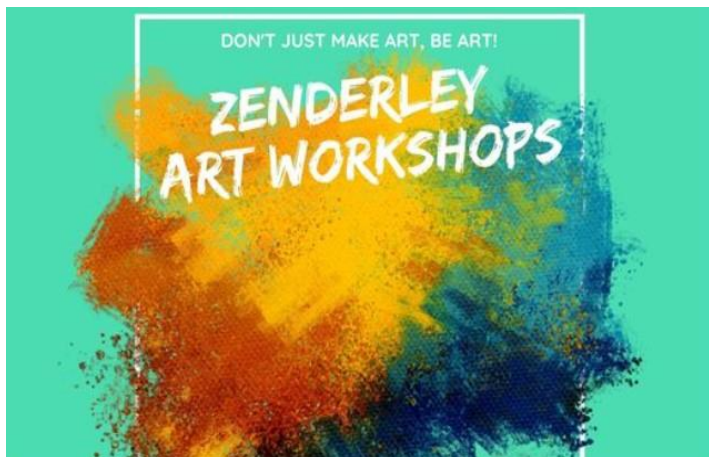
WORD WISE: Inclusive Language Workshop at

Want to keep ORUUC a welcoming congregation and be a better ally to our LGBTQIA beloveds, but finding yourself tongue-tied? Relax, our experienced OWL facilitators are here to help you learn how to speak (and think and LOVE) beyond the binary. Learn, un-learn, and re-relearn gender and sexual orientation terms and phrases that support ALL people.

**Join us this Sunday, Nov. 13
1-3 p.m. in the Hearth Room**



REGISTER TODAY! Email Christine Rehder @ crehder@oruuc.org



A light, plant-based meal will be served. Bring your own beverage. Classes are on a pay-what-you-can basis.

There are just THREE more Zenderley Art Workshops left this semester: TONIGHT (Nov. 10), Nov. 17, and December 1. Classes are 6:30-8:30 p.m. at Abbie Moore's house. Reserve your spot TODAY! Contact Manderley at stormpixey@gmail.com or Abbie at abbie.moore@icloud.com.



Westside UUC is now supporting Earth Church East Tennessee, an official Wild Church Network group. Join Rev. Carol Bodeau for an earth-centered gathering each month close to the new moon. We will sit in a sacred circle, share experiences of inspiration in nature, create ritual together, and set intentions for the coming month. Then we'll have time for food and fellowship. Meetings are held outdoors (weather permitting) one Sunday each month at 3 p.m. on the grounds of Westside, which include 5 acres of land, a creek, gardens, water feature, and a fair amount of wildlife.

Upcoming gatherings:

- o November 20th
- o December 11th
- o December 20th (Yule gathering)

For more information, visit <https://www.wildchurchnetwork.com/>.

Westside Unitarian Universalist Church is located at 616 Fretz Road in Knoxville. (865) 777-9882

Announcements



Thanks to all those who have donated to the church pantry! Keep those donations coming! Please pick up some of these non-perishables when you're out shopping:

- **Canned Meats (Tuna, etc.)**
- **Peanut Butter**
- **Canned Soups**
- **Canned Fruit**
- **Canned Green Vegetables**
- **Individual Snack Crackers**
- **Canned Pasta/Meat Meals**

Donations may be dropped off during church office hours or on Sundays.

Interested in joining the Stone Soup team? They'll be making Beefy Bean Soup and Pumpkin Bars this month! Email Miria at meg.harrison84@gmail.com. Thank you!



Fresh Fruit for Kids needs delivery drivers!

Volunteers pick up pre-ordered fruit from Kroger every Thursday and deliver it to six Oak Ridge schools. That's 450 pieces of fruit going to children in need! **Contact Rebecca** rebecca.r.bowman@gmail.com **or Lynda** lhmcclaren@comcast.net **to help!**



The Winter Solstice Sacred Circle Dance

Sunday, Dec. 4, 7 PM

Knoxville Square Dance Center, 828 Tulip Street, Knoxville

Cost: \$5/person, \$10/household

Facilitated by Kevin Meyer, Maggie Moon, and Diane Shenk.

For thousands of years, people all around the world have been celebrating the passing of the longest night and the Return of the Sun. Come join us in a community of celebration of Light, Hope, and Peace.

Please bring an unscented candle to add to the center of the Circle and wear white to symbolically banish fear, ignorance, and darkness. www.inthedance.com All dances will be taught, no experience or partner are necessary. Refreshments will be served at the intermission.

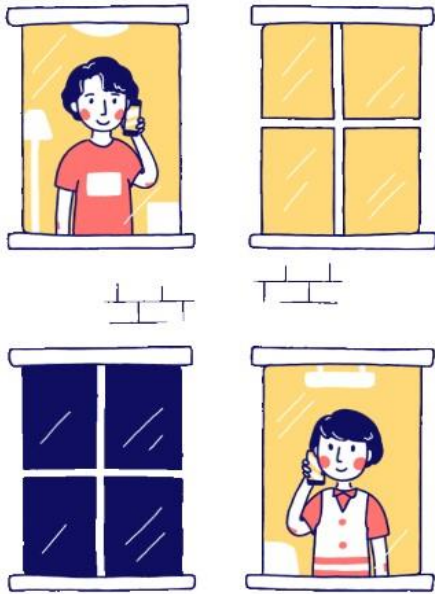
For more information, contact Kevin Meyer at peacedancer58@gmail.com.



Oak Ridge Christmas Parade Saturday, Dec. 10, 6-8 p.m.

ORUUC is participating in the Oak Ridge Christmas Parade again this year! **Want to get a group together to create a float? Or do you have more creative ideas and energy to share? Contact Multigenerational Coordinator Whitney Cole at** whit.cole79@gmail.com **or the Church Office at** 865-483-6761.

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 November

Irene Robbins robbinsif1@comcast.net 865-207-0743

Amanda Fishel amsfishel@gmail.com 865-804-7033

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.

November Free Meals/ Volunteer Opportunities



OakRidgeCommunityThanksgiving.com

November 24, 2022

11:00-1:00

We're back with
in house dining!

High Places Community Church will again be hosting a FREE Community Thanksgiving Meal at the Grove Theater (123 Randolph Road) on Thanksgiving Day. Dinner will be served from 11am-1pm, but we'll need help from 9am to 3pm. Volunteers can serve one hour blocks or the entire time. We're flexible! If you are interested or need more information, message us through Facebook <https://www.facebook.com/OakRidgeCommunityThanksgiving> or send an email to OakRidgeCommunityThanksgiving@gmail.com.

Stone Soup

FREE
Meal!
Groceries
available



Drive
Thru
ONLY

Friday, Nov. 25
5:30 p.m. - 6:30 p.m.

Or until supplies run out!

**Menu: Beefy Bean Soup,
Fresh Fruit, and Pumpkin Bars**

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



Join the Stone Soup Team! Contact **Miria** at meg.harrison84@gmail.com. Thank you!

Weekly Activities at ORUUC

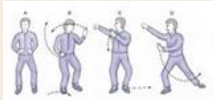


Line Dancing

Sundays at 3 p.m.

We learn a variety of dances: country, jazz, waltz and cha-chas. Through our dancing, we bring together total strangers in the community and develop close friendships with the willingness to share individual talents with others. A donation of \$3 per session is suggested.

For more information, contact Jo Curran or Steven Albright.



Tai Chi

Mondays, Wednesdays, Fridays 11 a.m. – 12 noon

We minister to health & stability through learning & practicing tai chi. Help maintain & improve balance, strength, and blood pressure, and reduce knee, arm, shoulder & back pain. For more information call Janet Hoegler at 865-963-5115.



Join the Ukulele Group!

Beginners and Teens welcome! We'll perform Water From Another Time by John McCutcheon during the November 20 service. We could use more players and singers. We have one more Saturday to practice: Nov. 19 . We meet in the Sanctuary at 3 p.m. Please join us.

Contact Abbie Moore at abbie.moore@icloud.com or Linda Osborne at lindadrлу@bellsouth.net for more information.

Mother Goose



of Oak Ridge

Join "Father Goose" Michael Raymond Thursday, Nov. 17 at 10:30 a.m. at the Oak Ridge Public Library Auditorium for this free program! For more information, go to [ORPL Children's Programming](#).

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.

Join us on the *First and Third Thursdays each month at 10:30 a.m.* with your baby, toddler, and/or preschooler for bouncing, tickling, clapping, and action rhymes, musical circle games, simple songs, and play.

Our office will be closed
Friday, Nov. 11
in honor of Veterans Day.

**THANK YOU
FOR YOUR
SERVICE,
VETERANS!**



Please call
865-483-6761
to leave a message,
or visit us at
ORUUC.org

**Oak Ridge Unitarian Universalist Church
Congregational Meeting Agenda
Sunday, Dec. 4, 2022 11:15 a.m.
In the Sanctuary and on Zoom**

AGENDA

I. Call to Order

II. Opening Words

III. Approval of the minutes of the Spring 2022 Congregational Meeting

IV. President's Report

V. Minister's Report

VI. Treasurer's Report

VII. Bylaws Committee

A. The primary Bylaws proposed amendment is to Section 3. Committees Elected by the Congregation, C. Ministerial Search Committee, Item 2.

VIII. Closing Words

IX. Adjournment

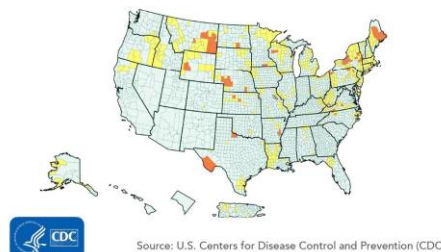
ORUUC Covid-19 Update

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](https://www.cdc.gov/covid19/community-levels)

The CDC's Covid-19 Community Levels this week for Anderson, Knox, Morgan and Roane counties are LOW. Masks are not required at ORUUC in the building; eating and drinking is permitted indoors. For the entire report, check out our webpage: <http://www.oruuc.org/phased-reopening-plan>

| | % of Counties | % of Pop. |
|--------|---------------|-----------|
| Low | 79.7% | 79.5% |
| Medium | 18.1% | 19.5% |
| High | 2.1% | 1.0% |

Percentages do not sum to 100% because of rounding.



FALL MOUNTAIN CONS!

+
+
November 18-20: Intermediate
December 2-4: Elementary
December 9-11: Senior High

Contact Christine Rehder, Director of Youth
Faith Formation, at crehder@oruuc.org



REGISTRATION DEADLINES

Intermediate CON (Grades 6-8) **Registration deadline has passed.**

Elementary CON (Grades 3-5) **Registration Deadline: Friday, Nov. 18!**

Senior High CON (Grades 9-12) **Registration Deadline: Friday, Nov. 25!**

Register [here](#) ASAP!

Once you have registered, please contact Director of Youth Faith Formation Christine Rehder @ crehder@oruuc.org. If you're interested in being an advisor, please let Christine know. Potential advisors need to complete a background check every two years to be eligible. *If you're having problems with The Mountain website, please call The Mountain directly. Thank you!*

TAMALE MAKING DATES!

Sunday, Nov. 13 1-6 p.m.

Saturday, Nov. 19 9 a.m.-1 p.m.

Sunday, Nov. 20 1-6 p.m.

Saturday, Dec. 3 9 a.m. - 6 p.m.

Sign up at church or on Discord!

See you in the kitchen!

ORUUC Youth! Sign up to make Tamales!

Tamales are the major fundraiser for Youth Trips, and participation in their preparation is required for trip eligibility. There are numerous dates and times available, and sign up sheets will be available with Jason, Brandon or Christine, or on the HS Discord. 8th Graders are encouraged to sign up so they have hours put in for future trips. Parents are welcome and encouraged to help as well, either in place of or, preferably, with their Youth. It's really fun!

Thanks to a generous gift from the Endowment Committee this year, we're able to purchase our tamale making supplies so that all of the proceeds from our sales will go into the Youth Trip Fund.

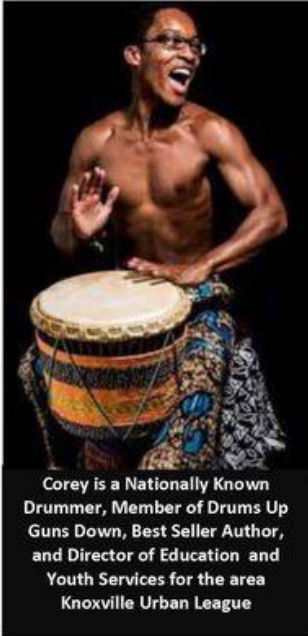
Order your tamales [HERE!](#)



Tamale Making 2021

Community Announcements

Free African Drum Lessons with Corey Hodge



Corey is a Nationally Known Drummer, Member of Drums Up Guns Down, Best Seller Author, and Director of Education and Youth Services for the area Knoxville Urban League

WHEN

Saturday, November 19, 2022,
1:00 pm – 2:00 pm

WHERE

Scarboro Community Center, 148
Carver Avenue, Oak Ridge, Tennessee

WHO

Middle and High School Students in
Oak Ridge/Anderson County

APPLY

E-mail your name, email address, and
phone number to Rose Weaver-
rs_wvr@yahoo.com

Class size is limited to 15 so sign up today
Deadline for participation is November 14th

Sponsored by:

Weaver Consulting
“Creating Opportunities”



There are nine slots left for the November 19th free drumming class at the Scarboro Community Center. Please email Rose Weaver at rs_wvr@yahoo.com no later than November 16th so you can secure your place. First Come First Served.

ORUUC has coat vouchers! If you or someone you know needs a winter coat, tell them to stop by the church office Monday through Friday, 9 a.m. to 3 p.m., or call 865-483-6761. Coat vouchers may be used at any of KARM's 21 locations in East Tennessee from November 14 through December 10. Go to KARMStores.com for more information.



WhaleCoast Alaska - A More Authentic Travel Experience

Two unique, exciting fundraising tours organized by four Alaska UU congregations are being offered again next summer by WhaleCoast Alaska. The tours offer a more authentic and spiritual Alaskan travel experience and an opportunity to connect with Alaskan UUs.

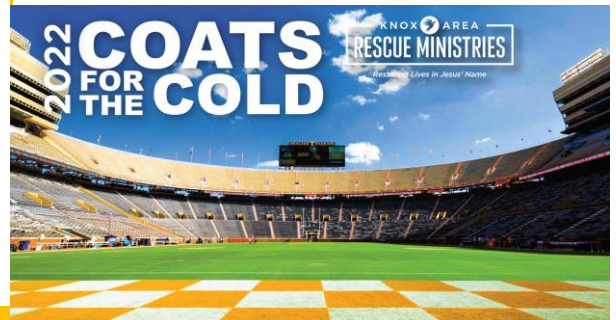
Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and UU homestays. For 28 years, WhaleCoast Alaska tours have been the BEST way to visit Alaska. Register now for this amazing experience!

Details: www.WhaleCoastAK.org

Questions: whalecoastak@gmail.com



WhaleCoast Alaska 2023



This Week at ORUUC



Friday, Nov. 11 Veterans Day

CHURCH OFFICE CLOSED

11am Tai Chi Practice

Saturday, Nov. 12

6:30am-8pm Rental (Model Horse Show)

2pm Tabletop Adventure Group

Sunday, Nov. 13

8:15am Circle of Trust VII

10am Worship Service

11:15am Town Hall Meeting (see pg. 2)

11am High School

11am Reflections

11am Together in Spirit

11:15am Circle of Trust II

11:15am Circle of Trust IV

11:15am Newcomers

12pm Circle of Trust V

12:30pm Buddhism Study Group

1pm Word Wise: Gender Inclusive Workshop

1pm High School Tamale Making

1pm Circle of Trust VI

2pm(3-5pm) Line Dancing

Monday, Nov. 14

11am Tai Chi Practice

5pm Finance Meeting

6:50pm Meditation Learning and Practice Group

Tuesday, Nov. 15

1pm Church Mutual Meeting

6pm Depression & Anxiety Support Group

Wednesday, Nov. 16

6:30am Breakfast Rotary

11am Tai Chi

11am Circle of Trust VIII

6:45pm Choir Practice

7:45pm Band Rehearsal

Thursday, Nov. 17

1:30pm Executive Team

6pm Potluck

6:50pm Meditation Learning and Practice Group

7pm Town Hall Meeting

The ORUUC Board of Trustees

President: Michele Thornton

Past President: Jim Nutaro

President-Elect: Sue Lasky

Secretary: Jason Fishel

Treasurer: Brandon White

Members-at-Large:

Freddie Nechtow

Charles Davis

Nathaniel Bass

Ethan Coon

The ORUUC Executive Team

Rev. Lisa Schwartz

Christine Rehder

Christina Elliott

Amanda Fishel

Jeannie Cuevas, Office Administrator



809 Oak Ridge Turnpike
Oak Ridge, TN 37830
Contact us at 865-483-6761
<http://www.oruuc.org/>

The deadline to submit news for the weekly Exponent in **Wednesday at noon**. Please send news, comments, and feedback to Rachel at communications@oruuc.org.

Coming up...
Sunday, Nov. 20
Let's Sit at the Welcome Table

ORUUC's annual **Bread Communion** helps us get in touch with gratitude in an embodied way as we share the elements of food and drink. This year, we'll celebrate our place in Appalachia by partaking of cornbread and biscuits. Bakers are welcome to sign up!

