

November 4-10,  
2022

In this issue >>>

This Sunday (pg.2)

Town Hall Meetings (pg.4)

Covid update (pg. 6)

Family News (pg.7)



## News from Oak Ridge Unitarian Universalist Church

# The Exponent



### Are you receiving church-wide communications?

As we swing into the season of searching for our next settled minister, it'll be more important than ever to **make sure you're getting all the news from ORUUC!** If you're not getting the Exponent or other emails, check your spam folder. You might need to go into our membership database, OnRealm, and make sure we have your correct email address. Check with Jeannie in the office during weekdays (865-483-6761) if you don't know how to navigate that.



## Don't Fear the Reaper

### Becoming a Good Ancestor: An End of Life Planning Class with Rev. Lisa This Sunday, Nov. 6

It's one of the human universals: Death. We laugh in its face at Halloween and honor our ancestors in All Souls remembrances in early November. It's easy to forget that we are all heading (some hurtling) towards the Great Mystery. As Charles Franklin says, "No one gets out of this life alive. So leave a footprint of your choice." Rev. Lisa, the Memorial Services team, and the Endowment Fund team are co-sponsoring this fun (really, there's Death Bingo AND a free lunch) and practical workshop about making our choices plain. Participants can complete advance care planning documents using the Five Wishes format, or take them home to ponder.

#### RECAP:

- End of Life BINGO begins at 11:15 in the Social Hall!
- Laugh, lunch, and learn together about how to be prepared for The Big One.
- Complete advance planning documents using the Five Wishes format:  
<https://www.fivewishes.org/for-myself/>.
- Lunch is provided, thanks to the Memorial Services and Endowment

Fund Committees. **All other Adult Faith Formation Hour classes are canceled.**

Parents: the class is expected to extend beyond an hour. Please contact the church office at [office@oruuc.org](mailto:office@oruuc.org) or 865-483-6761 to reserve childcare.



# This Sunday, Nov. 6

## And All the Souls Were Stars

All cultures have a way to honor their dearly departed ancestors, and express gratitude for their lives. Observing an annual tradition at ORUUC, all are invited to bring photographs or small mementos of their deceased loved ones to decorate the altar for this All Souls service. Interim Minister Rev. Lisa Romantum Schwartz will lead us in this deep and healing service.



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](mailto: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.*



**DON'T FORGET TO  
FALL BACK  
SATURDAY NIGHT!**

**Daylight Savings Time ends  
Sunday, Nov. 6 at 2 a.m.  
Don't forget to set your  
clocks back one hour  
Saturday night!**

## 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.

# Q&A with ORUCC's "Food Dude" Brandon White

## *It's Almost Time for Tamales!*

Place your order [here!](#)



As ORUUC prepares to kick off another tamale making season (the high school youth made 110 dozen tamales last year!), I asked their fearless leader in the kitchen and beyond, Brandon White, how this ORUUC tradition got started, and what it means to be part of it.

*Rachel: How did your interest in cooking take shape?*

Brandon: Growing up an only child of a single mom who worked nights, I learned to cook for myself at a young age. I developed a taste for things to be "well done" due to my many accidents back then. These days, my family calls a lot of my recipes "burnt," but since it's done that way purposely, I prefer to refer to this style as "a la Brandon".

*Rachel: When and how did the idea to make and sell tamales at ORUUC originate?*

Brandon: I am not exactly sure, but it certainly had something to do with fundraising for the HS trip to Mexico, Molly Morrill, and some nice Latino ladies from our community in the fall of 2018, if memory serves me. It seemed to be fun for all who participated in the process, and was so well received by the congregation that we just have to keep doing it! Maybe the beginning of a long ORUUC tradition?

*Rachel: What was the response the first year? In the years since?*

Brandon: The response from the ORUUC community was overwhelming that first year and every time since! We have missed some years due to the circumstances in the world, but the interest in supporting this fundraiser has been amazing!

*Rachel: What do you think the kids and parents get out of the experience of making tamales together?*

Brandon: I have witnessed this experience being a part of a bigger trend in our HS group, showing how a group can come together and achieve something big by working together, they made over 1000 tamales! Some of them having never made tamales before or worked in a crowded, busy kitchen. I have seen these high schoolers become a tight-knit group through this and many other activities like other food-service projects—the Fiesta Grande a couple years ago—countless Sunday lunches, and car washes. I think that things like this help build confidence in them that they have a place in this community. When parents participate, they get to see their high schoolers in their element, in their community. I think its a rare moment to witness your child ACTIVELY growing into the their role in this community through activities like this, and that is so powerful.



## 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.



*Tamale Making 2019*

# 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 November

Irene Robbins [robbinsif1@comcast.net](mailto:robbinsif1@comcast.net) 865-207-0743

Amanda Fishel [amsfishel@gmail.com](mailto: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.



## ORUUC Town Hall Meetings November 13 and 17, December 1

The ORUUC Charter and Bylaws Committee and the ORUUC Board of Trustees invite you to attend a Town Hall on one of the listed dates

- Sunday, Nov. 13 after Worship
- Thursday, Nov. 17 at 7:00 p.m.
- Thursday, Dec. 1 at 2:00 p.m.

The Town Halls will provide an opportunity for the Bylaws Committee and the Board to share proposed Bylaws amendments with members prior to 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](#).

We hope to see you there.  
OUUC Bylaws Committee and Board of Trustees

# 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 Sunday, Nov. 13  
1-3 p.m. in the Hearth Room**

Email Christine @ [crehder@oruuc.org](mailto:crehder@oruuc.org) to register.



Email Christine Rehder at [crehder@oruuc.org](mailto:crehder@oruuc.org) to register!



## **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](http://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](mailto:peacedancer58@gmail.com).

**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](mailto:rebecca.r.bowman@gmail.com) or **Lynda** [lhmcclaren@comcast.net](mailto:lhmcclaren@comcast.net) to help!



## **Join the Ukulele Group!**

Beginners and Teens welcome! Learn "Hotel California" by the Eagles!

**Upcoming practices: Saturdays from 3 to 4 p.m. Nov. 19, Dec. 3 and 17**

Contact Abbie Moore at [abbie.moore@icloud.com](mailto:abbie.moore@icloud.com) or Linda Osborne at [lindadrly@bellsouth.net](mailto:lindadrly@bellsouth.net) for more information. As a reminder and a courtesy to others, if you have borrowed either music or a ukulele, please return them to the church office so others can have a turn. Thank you!

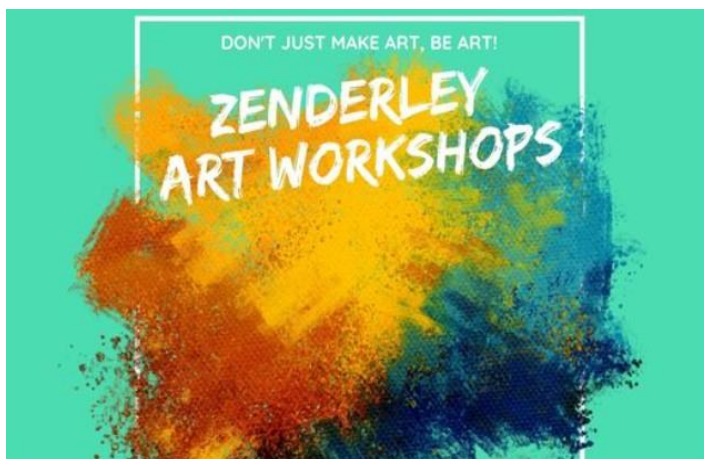


**The church pantry shelves are becoming bare!**  
Please pick up some of these non-perishables when you're out shopping:

- **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](mailto:meg.harrison84@gmail.com). Thank you!



**Zenderley Art Workshops: Weekly on Thursday evenings through November 17.** 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.

**The next class is Thursday, Nov. 10, 6:30-8:30 p.m. at Abbie Moore's house. Reserve your spot by Wednesday each week!** Contact Manderley at [stormpixey@gmail.com](mailto:stormpixey@gmail.com) or Abbie at [abbie.moore@icloud.com](mailto:abbie.moore@icloud.com).

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

## 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](mailto:crehder@oruuc.org)



## REGISTRATION DEADLINES

Intermediate CON (Grades 6-8) **Registration**

**Deadline: TODAY Friday, Nov. 4!**

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](mailto: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!*



## OWL Facilitator Training Coming in April 2023

ORUUC will host a training for persons interested in facilitating the Our Whole Lives (OWL) lifespan sexuality curriculum from Friday, April 14<sup>th</sup>-Sunday, April 16<sup>th</sup>. Limited space available for ORUUCians wishing to lead the program in our congregation, community members, and UU's in our region. If you are interested or know someone who may be, please contact Christine Rehder @ [crehder@oruuc.org](mailto:crehder@oruuc.org).

We're also looking for a **Registrar** to help with enrollment and administrative duties. **The position is limited and short-term, but paid.** Please contact Christine at the address above if you or someone you know is interested. **Hospitality** help is also much appreciated! If you would like to **help with meal or snack preparation for the April training, or if you have some spare space in your home and could host a training participant**, please let Christine or another OWL Facilitator know.



*Do you have children in your household from birth through high school? Join our monthly Family Newsletter mailing list! Email Rachel at [communications@oruuc.org](mailto:communications@oruuc.org)*

# Save the date

All-Church Fall Retreat  
October 13-15, 2023  
Harrison Bay State Park



## Rockin' Around the Christmas Tree

Christmas Parade 2022

Sponsored by: The Oak Ridge Chamber of Commerce

**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](mailto:whit.cole79@gmail.com) or the Church Office at 865-483-6761.**

**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](http://ORUUC.org)

## Order Tamales Today!

**Chicken or Vegetarian**  
**\$20 per dozen**

**Made fresh, then vacuum**  
**sealed and frozen for**  
**pickup in December.**

Order [HERE!](#)



## Weekly Activities at ORUUC



### Yoga

**Sundays at 11:15 a.m. in the Pavilion.** All are welcome! We will focus this practice on a set of poses designed for chronic lower back pain. Questions? Email [Sarajcjhunter@gmail.com](mailto:Sarajcjhunter@gmail.com).



### Line Dancing

**Sundays at 3 p.m.**  
**(Line Dancing will no longer be offered on Tuesdays.)**

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.



## LGBTQ+ Town Hall Meeting

### Defining Hate Crimes

Presented by the Federal Bureau of Investigation (FBI)

Maryville College Campus  
Fayerweather Hall  
Lawson Auditorium

November 10, 2022  
6:00 - 8:00 pm.

Learn how hate crimes are legally defined, learn how to report hate crimes, and get answers to your questions

An Appalachian OUTreach event partnership with Maryville College Pride Club and the FBI

For more info, please contact Appalachian OUTreach: 865-268-9098



This event is free and open to the public.

Allies, parents, friends, and non-LGBTQ+ people are welcome



Look up your Sample Ballot, Polling Location, Elected Officials, and other useful voter information.  
<https://sos.tn.gov/elections>

## FREE FAMILY LAW CLINIC

Do you need legal help? Local attorneys are offering free legal advice at a Family Law Clinic, Saturday, Nov. 5 from 9 a.m. to 12 noon, at 1660 Oak Ridge Turnpike in Oak Ridge. Topics include orders of protection, getting a divorce, custody and child support, adoptions, and domestic violence. Registration is not required. Sponsored by the Legal Aid Society of Middle Tennessee and the Cumberlands, the Anderson County Family Justice Center, and the YWCA of Knoxville and The Tennessee Valley.



H	He																
Li	Ne																
Na	Ar																
K	Kr																
Rb	Xe																
Cs	Rn																
Fr	Ra	Rf	Rt	Db	Sg	Bh	Hs	Mt	Ds	Hg	Cn	Nh	Fl	Mc	Lv	Ts	Og

**PERIODIC TABLES ELECTION NIGHT  
COMMUNITY UNITY DINNER**

**November 8<sup>th</sup> 7:00 pm**

@ United Way Office: 301 Broadway Ave Oak Ridge

No Matter How We Voted, We Are Neighbors.

At this table we aren't red or blue, just one community committed to working together.

**We are stronger together!**

For more information, go to <https://www.oakridgeperiodictables.com/electionday>.



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](http://KARMStores.com) for more information.

# This Week at ORUUC



## Friday, Nov. 4

11am Tai Chi Practice  
4:30pm Caring Coordinators  
Transition Meeting

## Saturday, Nov. 5

3 pm Ukulele  
5pm Tai Chi Potluck

## Sunday, Nov. 6

### **10am Worship Service**

11am High School  
11am Reflections (Canceled)  
11am Together in Spirit (Canceled)

**11:15am End of Life Planning  
Class with Rev. Lisa (Lunch  
provided) All other Adult Faith  
Formation Classes Canceled.**

11:15am Circle of Trust 1  
11:15am Newcomers (Canceled)  
11:15am Yoga (Canceled)  
12:30pm Buddhism Study Group  
12:30pm Circle of Trust IX  
1:30pm Book Club  
2pm(3-5pm) Line Dancing  
3:45pm Rev. Lisa Meeting  
4pm Circle of Trust XI  
5:30pm Bridging: Parents and Youth  
5:30pm Circle of Trust X  
6:30pm Bridging: Parents and Youth

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

## Monday, Nov. 7

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

## Tuesday, Nov. 8 Election Day

6pm Board Meeting  
6pm Presidents Council  
6pm Depression & Anxiety Support Group

## Wednesday, Nov. 9

6:30am Breakfast Rotary  
11am Tai Chi  
5:15pm Circle of Trust III  
6:45pm Choir Practice  
7:45pm Band Rehearsal

## Thursday, Nov. 10

2 pm Executive Team  
6pm Potluck  
6:50pm Meditation Learning and Practice Group

## Friday, Nov. 11 Veterans Day **CHURCH OFFICE CLOSED**

11am Tai Chi Practice



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



## **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*

## **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!

