

October 28-
November 3, 2022

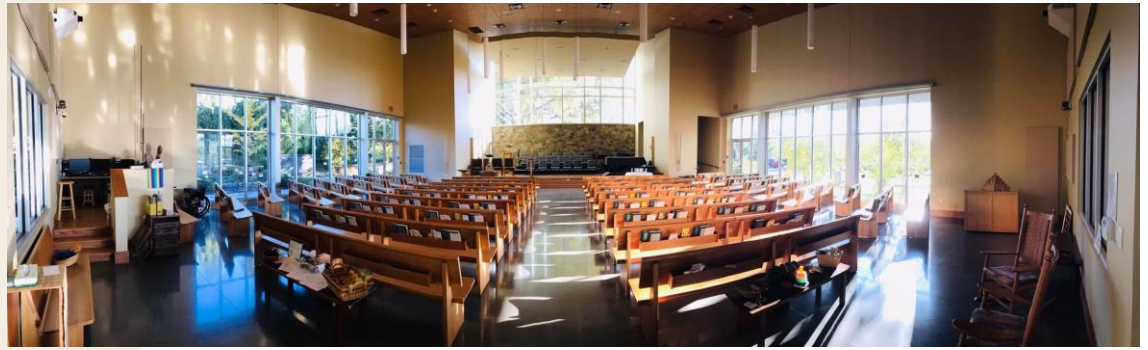
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News from Oak Ridge Unitarian Universalist Church

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.



Youth Faith Formation this Fall

Trunk or Treat this Sunday; Living into Gratitude in November

Fall is bringing a feast of activity to Youth Faith Formation in the coming weeks. This Sunday, during the Faith Formation Hour from 11:30-12:30, Christine and Whitney will host a Multiage Halloween Craft Fair for Elementary through Middle School, featuring a variety of activities from the faith traditions that inspired Halloween. The High School will host a luncheon with hot dogs, chips and a drink for \$5 from 11:15-12:45, so folks can have time to eat, get into costumes if desired and decorate their vehicles for Trunk or Treat. From 1:00-2:00, our Annual Trunk or Treat takes place.

As we move into November this week, the Worship theme becomes "Living into Gratitude."

When seeing these words, it's natural and healthy to immediately think of things in your life for which you are grateful. But as we explore



"Living with Gratitude", we will also consider what it means to be fully living. Specifically, who brought you into life or brought life into you? And how can your own growth and learning become

a source of gratitude for others? As we begin the month with All Souls Day, we can do this by remembering those who brought us into life and gave meaning to our lives by sharing mementos of them. For Bread Communion, we are asking folks to think about our shared Appalachian heritage

Continued on Page 3

This Sunday, Oct. 30

ORUUC Roots:

Reflections on Leadership

As we conclude our series on Wells We Did Not Dig, we reach into the waters of the well right here at ORUUC. As we fortify ourselves in preparation for a new era in our Congregation, we draw from the stories of past leaders whose wisdom can sustain and strengthen us for the journey ahead. Celebrating the leaders who navigated us through challenging times inspires us to reach into our own reserves to find the courage and tenacity we need for the future. In the spirit of the season, we also draw from the waters of our diverse faith traditions with a costume parade and history of Halloween.



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

Fifth Sunday Split the Plate: Minister's Discretionary Fund

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.



YOUTH FUNDRAISER LUNCH
This Sunday, Oct. 30
11:15 until 12:30 in the Social Hall—while supplies last!

\$5 for a hot dog, chips, and drink. Proceeds benefit the High School Youth Trip Fund. Thank you for your support!

And stay tuned for... *Tamales!* It's almost that time! Details coming soon...

October Split the Plate: Stone Soup

This monthly free community meal, lovingly planned, prepared, and distributed by volunteers at ORUUC, has been part of our community outreach for more than a decade. Since the start of the pandemic, takeout meals and non-perishable groceries have been available on a drive thru basis, while volunteers deliver meals to residents of Callahan Towers. Collaborating with the [Jewish Congregation of Oak Ridge](#) and [Kroger Marketplace](#), Stone Soup matches our vision of kinship with our neighbor, and our mission of cultivating a community alive with justice and joy. A welcoming meal fills spirits and minds while filling bellies.



Please give as you are willing and able: [GIVE HERE](#) (under the Fund menu, use the drop down arrow to select Split the Plate) or text "ORUUC" to 73256.

Youth Faith Formation this Fall continued

and bring biscuits and cornbread to share. Perhaps there is a special family recipe you and family can make to bring to the congregation.

Remembering and celebrating rituals and traditions deepens our identity and connection to our ancestors. But living in gratitude is in the present tense, it's what we do right now. Living into gratitude means we are in the process of doing. For me this is a challenge to keep moving and finding ways to expand gratitude. This month that might be attending our Word Wise Workshop and updating your vocabulary to support our LGBTQIA siblings. Or maybe it's you and your Youth coming to make Tamales with their group to put food and holiday spirit on our tables.

Expressing gratitude can feel perfunctory during the month of Thanksgiving, but it doesn't have to be that way. If we view the unfolding of our lives as opportunities for growth and enrichment, then we generate gratitude every day. And for that, we can be thankful.

In Care and Faith,

Christine

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



ORUUC TOWN HALL MEETINGS

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.

We hope to see you there.

ORUUC Bylaws Committee and Board of Trustees

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 Sarahcjhunter@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.

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 October

Mary Thornburgh ttael@comcast.net 865-567-9535

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

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.



End of Life Planning

Sunday, Nov. 6 during Faith Formation Hour

Join Rev. Lisa for this informative class, hosted by the ORUUC Endowment Committee.

When: **Sunday, Nov. 6, 11:15 to 12:45.**
Lunch will be provided.

Parents: This class is expected to extend beyond the FF hour. Please contact the church office at 865-483-6761 to reserve childcare.

All other Adult Faith Formation Classes are canceled.



Announcements

Stone Soup

FREE
Meal!
Groceries
available



Drive
Thru
ONLY

New Time!

Friday, Oct. 28

5:30 p.m. – 6:30 p.m.

Or until supplies run out!

**Menu: Coconut Sweet Potato Soup,
Fresh Fruit, and Brownies**

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



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 in November! 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!

**FRESH
FRUIT**



FOR KIDS



Join the Ukulele Group!

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

Upcoming practices: Saturdays from 3 to 4 p.m. Nov. 5 and 19, Dec. 3 and 17

Contact Abbie Moore at abbie.moore@icloud.com or Linda Osborne at 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!

WORD WISE: Inclusive Language Workshop at

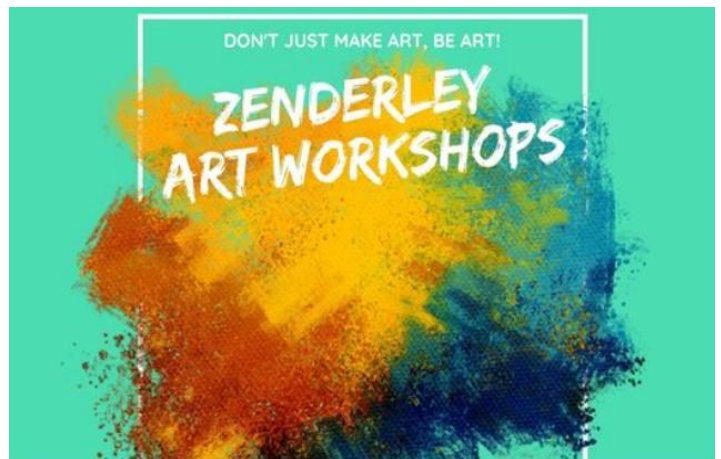
Want to keep ORUUC a welcoming congregation and be a better ally to our LGBTQIA beloveds, but finding yourself tongue-tied? Relax, our experienced OWL facilitators are here to help you learn how to speak (and think and LOVE) beyond the binary. Learn, un-learn, and re-relearn gender and sexual orientation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



Email Christine Rehder at crehder@oruuc.org to register!



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. 3, 6:30-8:30 p.m. at Abbie Moore's house. Reserve your spot by Wednesday each week! Contact Manderley at stormpixey@gmail.com or Abbie at 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.

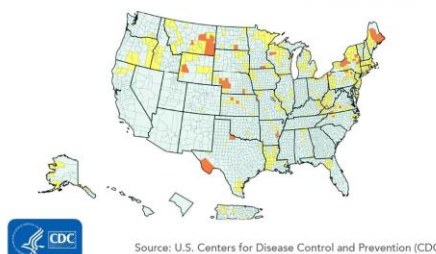
ORUUC Covid-19 Update

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.



Families



This Sunday, Oct. 30, Spirit Play, Create & Connect, and the Middle School class will be combined during Faith Formation Hour for a Multi-Age Halloween craft and stories event. **Children younger than 5 are welcome to participate in the crafts with a parent or another adult.** Nursery will be available both hours.

After class, have lunch provided by the High School Group—a youth fundraiser—\$5 for a hot dog, chips, and drink. Then stick around for **Trunk or Treat at 1 p.m.! Rain or Shine!**



Join “Father Goose” Michael Raymond Thursday, Nov. 3 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.

FALL MOUNTAIN CONS!

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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

Time is running out! Register for Mountain Con today [here](#). **November 4 is the deadline for registering for Intermediate Con!** Once you've registered, please contact Director of Youth Faith Formation Christine Rehder crehder@oruuc.org.



Oak Ridge Walk Details

Entry Points	Start Time (Estimate)	Distance
Harriman to Oak Ridge on Nov. 1		
The Walk will start @ 7:30 am near Blank's Tree Service on TN-61E/Harriman Hwy. Walk with Francie from the start or join her at any point along her way to Oak Ridge. She will be walking facing traffic. Start times at each Entry Point are estimates based on Google Maps. The distance is the mileage between each Entry Point.		
Blank's Tree Service on TN-61E/Harriman Hwy.	7:30 am	5.8 miles
Food City on TN-61E/Tri-County Blvd.	9:24 am	1.5 miles
Tri-County Roller Arena on TN-61E/Tri-County Blvd.	9:54 am	1.7 miles
TN-62E/N. Illinois @ W. Outer Dr.	10:32 am	0.9 mile
TN-62E/N. Illinois @ Ivanhoe Rd.	10:48 am	0.7 mile
End at the Civic Center	11:02 am	-

Join the Walk in Oak Ridge on Tuesday, Nov. 1

As a form of protest and pilgrimage, Francie Hunt, Tennessee Advocates for Planned Parenthood Executive Director, is leading a 538-mile trek across Tennessee for the right to abortion. We're calling on local supporters to join Francie on her walk to Oak Ridge. We have several opportunities planned for you - you are welcome to be a part of as much or as little as you'd like!

Join us after the Walk for a potluck lunch* at the Civic Center, B Room, 11:00 am – 1:00 pm, or Dinner & Drinks at 201 Café and Wine Bar from 5:30 to 7:30 p.m.

Contact Oak Ridge Walk Coordinator for more info: Natalie LaRose 865-224-8664 nlarose3@gmail.com *Contribution to the Potluck Lunch is not necessary to attend.



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.**



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



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 14th-Sunday, April 16th. 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.**

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.

Community Announcements

Oak Ridge Public Library Multi-Employer Job Fair – November 4, 2022

Oak Ridge Public Library
1401 Oak Ridge Turnpike,
Oak Ridge, TN 37830

The American Job Center Mobile Career Coach will also be in attendance to help employees with account set up, resumes, and interviewing skills.

For more information:

Email:
richard.meadows@tn.gov
or call **865-483-7474**.

Immediate need for the following positions:

- | | | |
|---|---------------------|-------------|
| Engineering | Procurement | Forklift |
| Warehouse | Administrative | Custodial |
| Manufacturing | Accounting | Laborer |
| Managerial | Operations | Call Center |
| Maintenance | IT Specialists | |
| Construction | Substitute Teaching | |
| Customer Service (REMOTE and In-Person) | | |

11:00 AM – 3:00 PM
November 4, 2022

American Job Center
Tennessee is not responsible for the participation of any advertised employers at our hiring and resource events. We solicit their participation in good faith that they may attend but acknowledge that unexpected events occur, which may prevent their attendance.

Oak Ridge Multi-Employer Job Fair
Friday, Nov. 4, 11 a.m. to 3 p.m.
Oak Ridge Public Library
Contact Richard.meadows@tn.gov or call
865-483-7474 for more information.

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.

EARLY VOTING
October 19–November 3, 2022

For the
November 8
State and Federal General Election

GoVoteTN.gov

Look up your Sample Ballot, Polling Location, Elected Officials, and other useful voter information. Redistricting updates are being made as they are received from county election commissions. <https://web.go-vote-tn.elections.tn.gov/>



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 Cumberland, the Anderson County Family Justice Center, and the YWCA of Knoxville and The Tennessee Valley.*



This Week at ORUUUC



Friday, Oct. 28

11am Tai Chi Practice
1pm Stone Soup Prep
5:30pm Stone Soup Community Meal (Drive-Thru Only)

Saturday, Oct. 29

Sunday, Oct. 30

10am Worship Service
11am High School Lunch Fundraiser
11am High School
11am Reflections (In-person only)
11am Together in Spirit
11:15am Trunk or Treat Setup
11:15am Newcomers
11:15am Yoga
12:30 pm Buddhism Study Group
1pm Trunk or Treat
2pm(3-5pm) Line Dancing

Monday, Oct. 31 Halloween!

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

Tuesday, Nov. 1

11am Walk for Our Lives (see pg. 8)
6pm Depression & Anxiety Support Group

Wednesday, Nov. 2

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

Thursday, Nov. 3

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

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



NEXT SUNDAY: FALL BACK!
Daylight Savings Time ends Sunday, Nov. 6.
Don't forget to set your clocks back one hour Saturday night!



Coming up... November Sermon Series Living into Gratitude

Join us beginning next Sunday, Nov. 6 for a month of giving thanks for our ancestors, our planet, and our bounty. All are welcome!

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.



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

