



The Exponent

October 7-13, 2022

WORSHIP

Wells We Did Not Dig
Worship Series - Week 1 of 4

**Love the Hell
Out of the World**

October 9
2022

ORUUC

Our October Worship Theme is “Wells We Did Not Dig”

Sunday, October 9, 2022

Worship with us in person or on Zoom!

Interim minister Rev. Lisa Romantum Schwartz will lead worship.

The sermon title is, "Love the Hell out of the World."

Universalism is, clearly, an important part of the Unitarian Universalist faith tradition. We're proud of our heritage of heresy. But, what does “universalism” mean? Interim Minister Rev. Lisa Romantum Schwartz will consider what relevance the concept has for the world today, and what it might look like to recast this ancient theological idea.

Worship with us in person or on Zoom!

To participate in worship on Zoom, please register [here](#). If you've already registered (a one-time process), use the link you've received via email to attend worship.

There is no Youth Faith Formation hour this Sunday! Instead please join us to learn about Chalica. We will be offering information and crafts about this upcoming holiday outside by the playground (weather permitting) or inside the social hall immediately after service. We encourage all ages to attend together as a family. There still will be nursery services for both hours. Questions? Please contact Christine or Whitney.

Please note: The CDC updates its Covid-19 Community Levels every Thursday by 8 p.m. ET. If ONE of the following counties is HIGH—Anderson, Knox, Roane or Morgan--ORUUC’s Pandemic Action Levels (PALs) guidelines require mask wearing indoors and eating/drinking outdoors. Check Community levels [HERE](#). Please check the latest PALs report here: <http://www.oruuc.org/phased-reopening-plan> and watch for updates in the Friday email and in the ORUUC Facebook Group.

ZOOM door opens at 9:45 am. Go to [Sunday Worship Info — ORUUC](#) for Zoom information.

Order of Service [here](#)

Email or Text Prayer Requests to prayers@oruuc.org

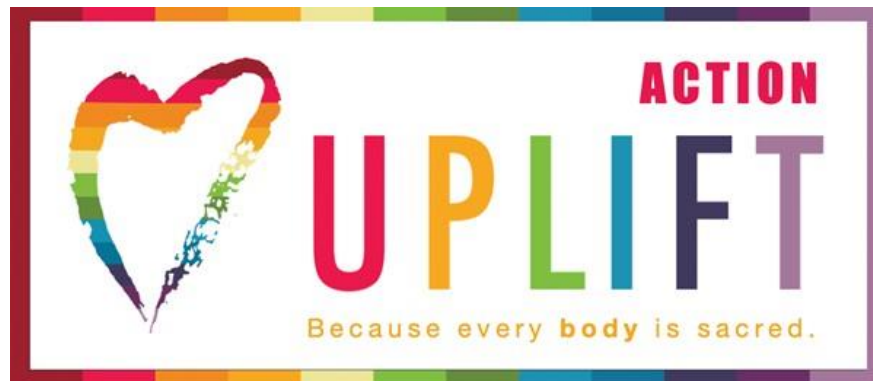
UP FRONT

Monday, Oct. 10 is



INDIGENOUS PEOPLES' DAY

The Church Office will be CLOSED.



Do you believe every body is sacred? Are you interested in organizing on the side of love for LGBTQIA+, gender, and reproductive justice? **Join Side With Love for the official launch of our latest organizing campaign, UPLIFT Action! This virtual event will be held on Thursday, October 13th at 8pm ET. Register at <https://bit.ly/UpliftActionLaunchParty>.** We'll be honoring the sacred importance of bodily autonomy with several of our partners and Unitarian Universalists from around the

country who are faithfully organizing for LGBTQIA+, Gender, and Reproductive Justice. Come be a part of this special event where we proclaim "Every Body is Sacred!" and celebrate the inherent worth and dignity of every person and launch ourselves into action!

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



Yoga

Join us for Yoga in the pavilion **Sunday at 11:15**. Beginners are welcomed. We will focus this practice on a set of poses designed for chronic lower back pain. For questions email Sarahcjhunter@gmail.com



Line Dancing

Sundays at 3:00 pm

AND

Tuesdays at 6:00 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



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.



Thank you for the donations to the church pantry! Please keep them coming! Non-perishable items needed: canned meats (tuna, etc.), peanut butter, canned soups, fruit, green

vegetables, individual snack crackers, canned pasta/meat meals. Items may be dropped off during church office hours, Monday through Friday, 9 a.m. to 3 p.m. or on Sunday mornings.



October Split the Plate

Stone Soup

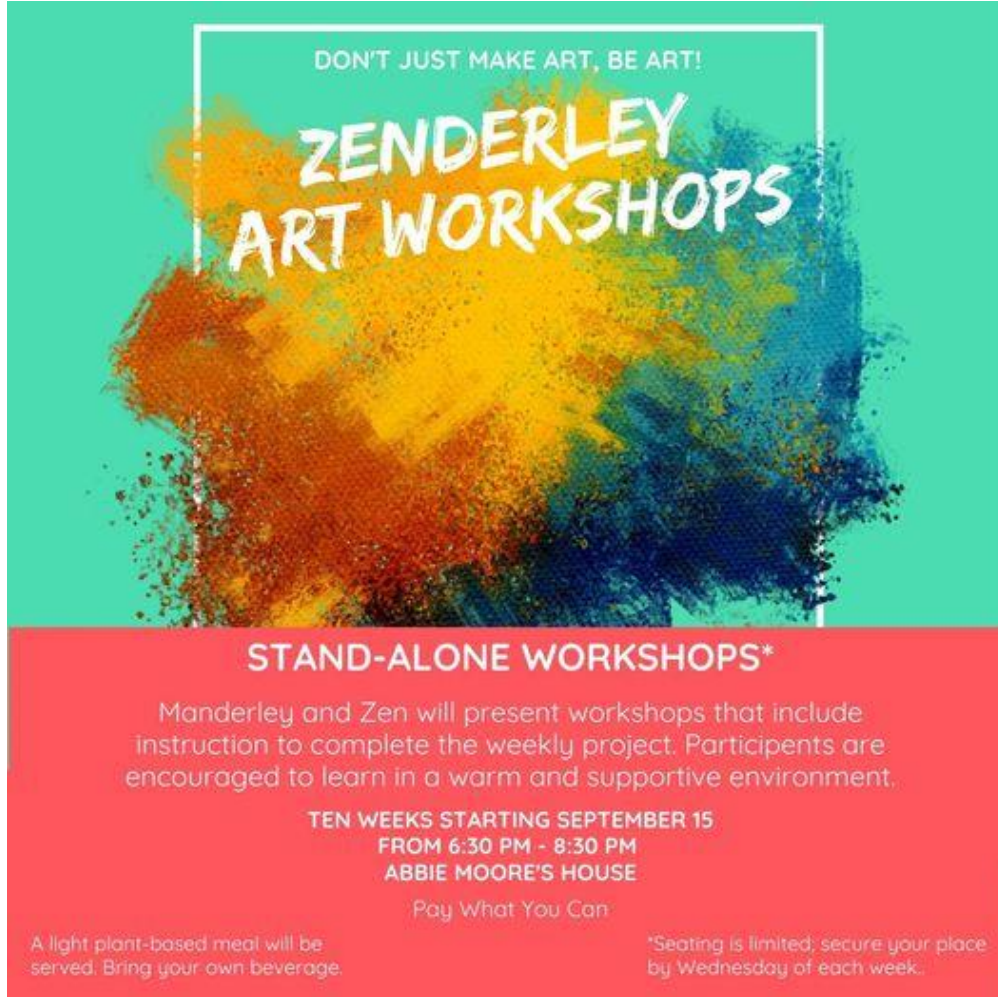
This monthly community meal, lovingly planned, prepared, and distributed by volunteers at ORUUC, has been part of our community outreach for more than a decade. Since the start of the pandemic, takeout meals and non-perishable groceries have been available on a drive thru basis, while volunteers deliver 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](#) or text "ORUUC" to 73256.



One hour! That's all it takes to help with Fresh Fruit for Kids!

Fresh Fruit for Kids delivery is back! ORUUC volunteers pick up pre-ordered fruit from Kroger every Thursday and then deliver it to six locations in Oak Ridge (OR Preschool, Headstart, and four Oak Ridge elementary schools). That's 450 pieces of fruit going to children in need!

We need delivery drivers! Contact Rebecca Bowman or Lynda McLaren to help, or call/email the church office and we'll connect you--865-483-6761 or office@oruuc.org. Thank you!

The poster features a teal background with a white rectangular frame. Inside the frame, the text "DON'T JUST MAKE ART, BE ART!" is at the top. Below it, "ZENDERLEY ART WORKSHOPS" is written in large, white, hand-painted letters. The background of the text is a colorful, abstract splash of paint in shades of orange, yellow, and blue. Below the frame, the text "STAND-ALONE WORKSHOPS*" is centered. Underneath, a paragraph describes the workshops. The schedule and location are listed in the center, followed by "Pay What You Can". At the bottom, there are two small footnotes: one about a meal and one about seating.

DON'T JUST MAKE ART, BE ART!

ZENDERLEY ART WORKSHOPS

STAND-ALONE WORKSHOPS*

Manderley and Zen will present workshops that include instruction to complete the weekly project. Participants are encouraged to learn in a warm and supportive environment.

TEN WEEKS STARTING SEPTEMBER 15
FROM 6:30 PM - 8:30 PM
ABBIE MOORE'S HOUSE

Pay What You Can

A light plant-based meal will be served. Bring your own beverage.

*Seating is limited; secure your place by Wednesday of each week.

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. Contact Manderley Swain or Abbie Moore for more information.

Every Thursday until Thanksgiving. Sign up by Wednesday each week to be guaranteed a seat!

CONs are back at the Mountain!



Registration is open for Fall CONs! <https://www.themountainrlc.org/cons>. Once you've registered, please contact Director of Youth Faith Formation Christine Rehder @ crehder@oruuc.org, so lists can be compiled, travel arrangements made, and advisors found. Potential advisors need to complete a background check every 2 years to be eligible. If you are interested in being an advisor, please contact Christine.

Fall CONs:

Intermediate CON- Grades 6-8- November 18-20, 2022

Elementary CON- Grades 3-5- December 2-4, 2022

Senior High CON- Grades 9-12- December 9-11, 2022

MARK YOUR CALENDAR FOR Spring 2023 CONs:

Elementary CON- Grades 3-5- February 17-19, 2023

Intermediate CON- Grades 6-8- March 3-5, 2023

Senior High CON- Grades 9-12- March 17-19, 2023



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 or 483-6761
to learn more.



COVID-19 Update

Please note: The CDC's Covid-19 Community Levels for Anderson, Roane, Morgan and Knox counties are LOW. Masks are not required, eating and drinking is permitted indoors.

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">Stay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautionsStay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">Wear a mask indoors in publicStay up to date with COVID-19 vaccinesGet tested if you have symptomsAdditional precautions may be needed for people at high risk for severe illness
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.		

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 or a Caring Coordinator!

Caring Coordinators for October

Mary Thornburgh ttae1@comcast.net 865-567-9535

Irene Robbins Robbinsif1@comcast.net 865-207-0743



October Caring Coordinators

Mary Thornburgh ttae1@comcast.net 865-567-9535

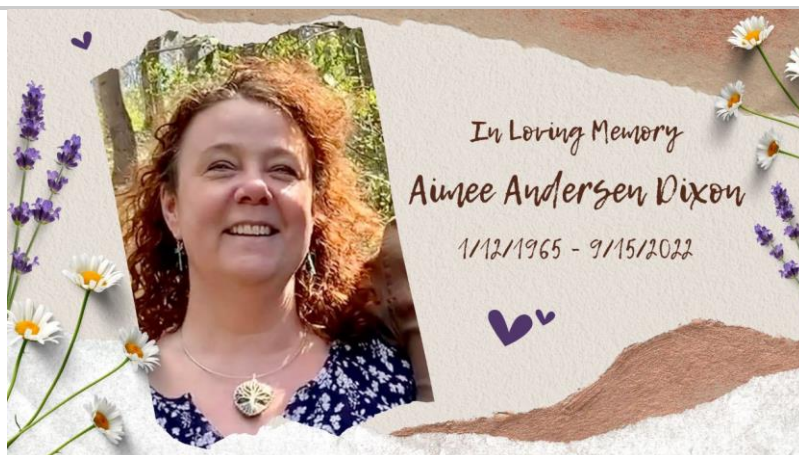
Irene Robbins Robbinsif1@comcast.net 865-207-0743

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

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.



A Memorial Service for Aimee Dixon will be held at ORUUC on Saturday, Oct. 8 at 9 a.m. A reception with light refreshments will follow. That afternoon, all who knew and loved Aimee are invited to Aimee and Eric's farm, located at 443 Brodio Road in Deer Lodge, TN, for a scattering of Aimee's ashes and a tree planting in her honor.



A Memorial Service for Helen Louise Loring (July 15, 1932 – August 25, 2022), Colin Loring's mother, will be held at ORUUC on Monday, Oct. 10 at 2:00 p.m. A reception will follow.

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

The Walk of our Lives

Natalie LaRose is a volunteer working to coordinate some welcome events for Francie Hunt, Exec. Dir. TN Advocates for Planned Parenthood comes to Oak Ridge. Francie will arrive in town from Harriman and Oliver Springs walking along TN-62/N. Illinois Ave. on **Tuesday, November 1**. Her ETA is 11:30am/12:00pm. Planners should know closer to the day, a more exact arrival time. Francie will be in Oak Ridge Nov. 1-2 and will leave to walk to Knoxville early in the morning on Nov. 3.

Francie invites anyone interested to walk with her for any distance. Therefore, Natalie wants to spread the word and gather as many Oak Ridgers as possible to walk with her in town. Since she'll be coming from Oliver Springs along N. Illinois Ave. Natalie proposes the following:

- 1) Have walkers park and meet at the Civic Center.

2) Have a few volunteers willing to shuttle walkers from the Civic Center to two entry points to join the walk.

3) Entry point #1: Walkers can start at the N. Illinois/Outer Dr. intersection and walk 2 miles down to the Civic Center.

4) Entry point #2: Walkers can start at N. Illinois/Robertsville Rd. and walk 1 mile to the Civic Center.

Walkers may carry signs promoting body autonomy/reproductive rights.

Natalie would like to host a welcome event at Bissell Park/Civic Center and offer light refreshments. Since it's on a week day and the walking will end during lunchtime, Natalie thinking of hosting the welcome event as a Brown Bag lunch event for people who work and would like to take their lunch break at the park, bring their lunch, meet and talk with Francie, and commune with other like-minded individuals. There is opportunity for other speakers to speak on the topic of body autonomy/reproductive rights. It is difficult to predict the weather so alternately could move the Brown Bag lunch inside the Civic Center or an alternate indoor location. **It has been suggested that a lunch be served at ORUUC. Anyone interested in forming a Small Group Ministry for this Luncheon can contact Christine Rehder @ crehder@oruuc.org.**

Natalie would also like to offer a second welcome event in the evening on either Nov. 1 or Nov. 2. Tentatively, she suggest extending an open invitation for supporters to gather at Crafter's Brew 6:00-8:00 pm. Natalie is open to alternate suggestions. Weather permitting; of course, it would be great if someone had space to host an event where there could be fire pits and/or a bonfire.

Events held at any location except Crafter's Brew could easily be a potluck. Natalie is open to meeting/talking with anyone interested in helping/participating.

***FROM THE CITY OF OAK RIDGE:
HOUSEHOLD TRASH PICKUP SCHEDULE***

The citywide household trash pickup program began Monday, Oct. 3. Household rubbish, old appliances, and minor remodeling materials will be picked up.

Please note that the proposed schedule is a general guide and can vary considerably from the actual schedule due to weather conditions and/or the amount of participation by residents. For more information, please contact Waste Connections of Tennessee at (865) 482-3656.

► SCHEDULE: <https://bit.ly/ORtrashpickup2022>

More details: <https://www.oakridgetn.gov/content.aspx?article=4888>

HOUSEHOLD TRASH PICKUP



- Place all materials near, but not beyond the curb. Keep materials off sidewalks and out of parking areas and gutters.
- Bag as many items as possible to prevent items from being scattered in prohibited areas.
- There is a limit of one truckload of material per residence. A truckload is defined as one pickup truck or approximately 3' high x 4' wide x 8' long, approximately 100 cubic feet maximum.
- **Chestnut Ridge Landfill will NOT accept any item that has or had Freon in it, such as, air conditioners, freezers and refrigerators. Crews will NOT pick up hazardous items, paint, tires, or piles of rubbish that are mixed with brush or leaves.**
- All materials must be in place no later than 7:30 a.m. on the scheduled pickup day. Any materials put out after 7:30 a.m. may not be picked up.





**FREE EXPUNGEMENT
CLINIC &
VOTER
REGISTRATION**

DATE: OCTOBER 29, 2022

TIME: 9:00 A.M. UNTIL 11:30 A.M.

**PLACE: ANDERSON COUNTY GENERAL SESSIONS
COURT - DIVISION II, 728 EMORY VALLEY ROAD,
OAK RIDGE, TENNESSEE**

**WHAT TO BRING: PLEASE BRING A PHOTO ID
AND ANY COURT RELATED DOCUMENTS**



**YOU MAY BE ELIGIBLE FOR A FREE RECORD
OF EXPUNGEMENT IF:**

- YOU HAD CHARGES AGAINST YOU DISMISSED
- A "NO TRUE BILL" WAS RETURNED BY THE GRAND JURY
- YOU WERE ARRESTED AND RELEASED WITHOUT BEING CHARGED
- YOU WENT TO TRIAL THAT RESULTED IN A "NOT GUILTY" VERDICT
- YOU SUCCESSFULLY COMPLETED YOUR DIVERSION (FILING FEES MAY APPLY)
- THE CASE RESULTED IN A NOLLE PROSEQUI

*****NOTE: THIS IS ONLY FOR CHARGES FILED IN ANDERSON COUNTY, TN

BROUGHT TO YOU BY:

**ANDERSON COUNTY BAR ASSOCIATION, LEAGUE OF WOMEN VOTERS,
ANDERSON COUNTY NAACP, PUBLIC DEFENDER'S OFFICE**

A Free Expungement Clinic will be held on Saturday, Oct. 29 from 9 a.m. to 11:30 a.m., at General Sessions Court, 728 Emory Valley Road, in Oak Ridge.

Interested persons may be eligible for a free record of expungement if the following occurred in Anderson County TN:

- * all charges had been dismissed
- * a 'No True Bill' was returned by the Grand Jury
- * arrested and released without charge

- * received a 'Not Guilty' verdict
- * successful completion of your diversion
- * the case resulted in a 'Nolle Prosequi'



Join us for a Mountain Experience
The Mountain Retreat & Learning Center
3872 Dillard Road, P.O. Box 1299
Highlands, NC 28741

***Zenergy Yoga & Wellness Retreat,
October 23-25***



This retreat offers you the space, time and energy to relax, release stress, and rebuild your body, mind and spirit to reconnect with your intuition. By stepping away from the noise of life, you are able to listen to your true soul's song and reach a balanced state of health, vibrance and tranquility.

Through yoga classes, massage, herbs, crystals, meditation, dance and somatic healing, you will leave feeling nourished and energetically charged. You will be in the presence of 25 other individuals undergoing their own personal transformations, and we will all create a nurturing and loving space to support each other.

[Zenergy Yoga & Wellness Retreat in Highlands NC \(themountainrlc.org\)](http://themountainrlc.org)



The Mountain's Grateful Gathering

Gratitude and Resilience

November 23 – 27

Join us for a long weekend of acknowledging and celebrating the gratitude in our lives. Even through challenging times, there is much to be grateful for, be it friendships, family, community, opportunities for learning, The Mountain, and many other things in our lives. The program includes workshops, entertainment, hiking, building connections with old and new friends, worship service, and outdoor adventures. This is a great opportunity to invite family and friends to share time together, and no one has to cook or clean up after the holiday feast.

[The Grateful Gathering - Rethinking Thanksgiving | The Mountain RLC](#)

ON THE CALENDAR THIS WEEK

Friday, October 7

11:00am Tai Chi Practice
2:00pm Caring Coordinators Transition Meeting

Saturday, October 8

9:00am Aimee Dixon Memorial
2:00pm Tabletop Adventures Group
3:00pm Ukulele

Sunday, October 9

8:15am Circles of Trust VII
10:00am Worship Service
11:00am High School

Monday, October 10

Indigenous Peoples Day
Office Closed
11:00am Tai Chi Practice
2:00pm Loring Memorial Service
6:50pm Meditation Learning and Practice Group

Tuesday, October 11

6:30pm Line Dancing
6:00pm Presidents Council
6:00pm Depression & Anxiety Support Group

Wednesday, October 12

11:00am Reflections
11:00am Together in Spirit
11:15am All Ages Youth Faith Formation
(Intercession)
11:15am Circle of Trust II
11:15am Circle of Trust IV
11:15am Newcomers
11:15am Yoga
12:00pm Circle of Trust V
12:30pm Buddhism Study Group
1:00pm Circle of Trust VI
3:00pm Line Dancing

6:30am Breakfast Rotary
11:00am Tai Chi
5:15pm Circles of Trust III
6:45pm Choir Practice
7:45pm Band Rehearsal

Thursday, October 13

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.

Our mailing address is:

809 Oak Ridge Turnpike
Oak Ridge, TN 37830

oruuc.org | 865-483-6761 | office@oruuc.org

Office Hours: Monday through Friday, 9 a.m. to 3 p.m.

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