



The Exponent

September 9-15, 2022

WORSHIP

**LIVING THE
QUESTIONS**

Worship Series • Week 2 of 4

"We the People"



September 11,
2022



Our September Worship Theme is “Living the Questions”

Sunday, September 11, 2022

Interim minister Rev. Lisa Romantum Schwartz will lead worship.

The sermon title is, "We the People."

Democracy is a sacred tradition for Unitarian Universalists, embedded in the principles of our faith along with more “spiritual” ideas. Maybe that’s because, as Terry Tempest Williams says, “The human heart is the first home of democracy. It is where we embrace our questions. Can we listen with our whole beings, not just our minds, and offer our attention rather than our opinions?”

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.

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>.

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

In-Service and Zoom.

UP FRONT

This Saturday September 10 is Big Rummage Pickup!

Please join us at 9am in the Social Hall, if you can help with pick up - i.e. you have a truck or a strong back, where we'll have refreshments and caffeine waiting for you.

Several of the folks who regularly help with unloading during weekday mornings are on light duty for this sale, so additional help during those times will be much appreciated.

Finally, we were unable to reserve the KARM truck for the sale weekend. Extra trucks and trailers during cleanup will also be appreciated to expedite the cleanup process. We'll start at 2pm and, as always, all volunteers are invited to join us for pizza, beer, and lemonade once we're finished.

We will be closing at 7pm on Tuesday, September 13 - Come cheer on the softball team!

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!**





Tying things up for our Rummage Sale on September 16 and 17

With the Rummage Sale just around the corner here is some information that you may find helpful.

- Please **volunteer** to help. **From kids to seniors** there is something you can do to make a difference! If everyone spent **even just a few hours** to help during the week to price, organize, etc., and/or to help during the Friday evening and Saturday sales, the burden wouldn't be on the same few people.
- **Large Item Pickup** is scheduled for **Saturday, Sept. 10, from 9 a.m. to noon** and continuing into the afternoon if necessary. **Volunteers** with strong backs and trucks and vans are needed. If you can help or want to schedule a pickup please contact Amanda Fishel - oruucrummage@gmail.com or (865) 804-7033.
- If you have a **folding table** to lend for the sale please label it with your name and phone number. They can be **brought to church starting Saturday, Sept. 10** or we can **pick them up** during the large item pickup.
- **Help is needed for setup on Sunday, Sept. 11 from 12 to 5 p.m., and for Cleanup on Saturday, Sept. 17 from 2 to 5 p.m.**
- Donations **may be brought to church starting Sunday, Sept. 11 from 12:15 p.m. until 5 p.m., then Monday through Thursday between 9 a.m. to 8 p.m.** On Friday, volunteers will be busy with the final setup, putting up signs and other last minute details for the preview sale that starts at 6 pm.

Thank you,

Christina Elliott and Amanda Fishel

Rummage Sale Team



Donations Needed

Here's a list to help you get an early start on putting things aside to donate for the upcoming Rummage Sale on Fri., Sept. 16 (Pre-Sale) & Sat., Sept. 17

We'll gratefully accept the following items in resalable condition:

- Clothing & Linens: Washed, no tears, stains, mildewed, or strong odors from cigarettes, pets or moth-balls. It would be helpful to fold clothing and put in clean trash bags.
- Upholstered Furniture & Area Rugs: No significant tears, no stains, no mildew, or strong cigarette or pet odors.
- Wood or Solid Furniture: Not broken or badly dented or water damaged, and not missing any vital parts. Minor dents or scratches are acceptable.
- Televisions: Flat screens, still in good working condition, less than 5 years old, with no missing nobs or buttons. Minor dents or scratches are acceptable. No big projection TVs or consoles.
- Electronics: Still in good working condition stereo components and speakers, computers only with flat screen monitors.
- Appliances: Only small, still in good working condition such as toasters and microwave ovens, mixers, etc. No missing knobs or buttons. Minor dents or scratches are acceptable.
- Miscellaneous Items: Toys, tools, music instruments, patio furniture and décor items, knickknacks, books (no school textbooks or magazines please,) artwork, clean area rugs, dishes, pots/pans, shoes, antiques, and jewelry.

Things we are unable to accept:

There wouldn't be a Rummage Sale without our volunteers and your generous donations! But you can help us greatly reduce work for our volunteers by allowing us to decline some items that we cannot sell in our sale. Your help is needed to dispose of items not in resale condition with your waste services.

- Anything that is wet from rain or floods, etc. or otherwise damaged
- Combustible fuel in any tanks or containers
- Console stereos or TVs, big projection TVs, or any that are older than 5 years, are not working, and those missing knobs or buttons
- Child car-seats
- Baby cribs with a sliding side rail
- Building materials, including paint and carpet remnants**
- Auto parts
- Electronics not in working condition
- Mattresses*
- Large appliances such as dishwashers, stoves and refrigerators, etc.*
- Large exercise equipment (treadmills, elliptical machines, etc)*
- Pianos or organs
- Slate-top pool tables
- Safety helmets, including baseball, football, and cycling helmets

*Call Ecumenical Storehouse: (865) 481-0274

**Call Habitat ReStore: (865) 483-5433

25

SEPTEMBER
2022

CONSIDERING COMMITMENT

PRESENTED BY REV. LISA SCHWARTZ

WANT TO BE A PART OF
SOMETHING GREAT?

JOIN US IN THE HEARTH
ROOM @ 11:15 AM

REGISTER HERE



DEADLINE IS SEPTEMBER 18, 2022

[HTTPS://FORM.JOTFORM.COM/ORUUCSIGNUPS/CONCOM](https://form.jotform.com/oruucsignups/concom)

Register <https://form.jotform.com/oruucsignups/concom>



ORUUC

All Church
RETREAT

TEXT "ORUUC RETREAT" TO 73256 TO PAY USING YOUR MOBILE DEVICE. THIS NUMBER WILL NEVER SEND UNSOLICITED TEXTS TO YOU. TO CANCEL FURTHER MESSAGES, TEXT STOP. IF YOU NEED ASSISTANCE WITH TEXT GIVING, TEXT HELP. STANDARD TEXT MESSAGE AND DATA RATES MAY APPLY.

Have you registered for the All-Church Retreat? Stop by the Retreat Committee's table at church on Sunday to get your registration forms and additional information, and pay fees, or use the QR code on this flyer to register and pay. **The Retreat is Friday, Sept. 30 through Sunday, Oct. 2 at Fall Creek Falls State Park.** There will be games, dancing, hiking, crafts, fellowship, s'mores, and more! Contact Sara Wieland at sarawieland@yahoo.com or Christy White at christy_white@comcast.net with questions and offers to help.

There will be a table in the lobby for signing up on Sunday mornings through Sept. 25
Register online: <https://forms.gle/5CUGGjG5NgUAt23EA>.



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

September 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, Sept. 15 is a make-up date, 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



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 6:30 pm

(Line Dancing is currently on a break and will resume Sunday, Sept. 18.)

We teach line dancing. Through our dancing, we bring together total strangers throughout 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



September Split the Plate

Fresh Fruit for Kids

The **Fresh Fruit for Kids** program is a shared ministry group at ORUUC that provides fresh fruit to Oak Ridge preschool, Head Start, and elementary school children who may not have food available outside of school. This program has delivered over 17,000 pieces of fruit since it was started by Elizabeth Peelle in November 2012. During COVID, we had to deliver individually wrapped snacks. Because of the cost, we limited our deliveries to the holidays and end of school. We are very happy that the schools will accept weekly fresh fruit again, and will begin making deliveries in mid-September. When we left off, we were delivering enough fruit for 330 children each week. **With the addition of the preschool children and an overall increase in need, that number has grown to 448 this year.**

As an ORUUC shared ministry, 100% of donations to Fresh Fruit for Kids goes directly to providing food to area school children. This program supplements the non-perishable foods provided by Second Harvest Food Bank's backpack program with fresh, nutritious produce. This effort to alleviate hunger is social justice work that helps reduce instances of behavioral difficulties, malnutrition, and food insecurity in our community. By bringing delicious and nutritious fruit to our at-risk children, we demonstrate through our actions that these children are a beloved part of our community. "It's great to be back to getting fresh fruit into little hands!" Rebecca Bowman said.

Please give generously. [GIVE HERE](#)

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.**



The Stone Soup Team needs your help!



Friday, Sept. 30

5- 6 p.m.

or until supplies run out!

Drive Thru or Dine In
for this free meal!



*Interested in joining the Stone Soup Team? We need more cooks and bakers!
Contact Miria at meg.harrison84@gmail.com or the church office to volunteer.*



COVID-19 Update

Please note: The CDC's Covid-19 Community Levels for Anderson, Roane, Morgan and Knox counties are MEDIUM. 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 vaccines Get 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 precautions Stay up to date with COVID-19 vaccines Get tested if you have symptoms 	<ul style="list-style-type: none"> Wear a mask indoors in public Stay up to date with COVID-19 vaccines Get tested if you have symptoms Additional precautions may be needed for people at high risk for severe illness
<p>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.</p>		

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 . 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 or a Caring Coordinator!

Caring Coordinators for September

Gina Banick luvsdogs@bellsouth.net 865-789-4779
Freddie Nechtow FreddieN123@gmail.com 865-599-4359



September Caring Coordinators

Gina Banick luvsdogs@bellsouth.net 865-789-4779

Freddie Nechtow FreddieN123@gmail.com 865-599-4359

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.



Astrid Brynestad died in Colorado Springs, Colorado on September 4, 2022 with her family by her side.

Astrid was born in Norway on Christmas Eve 1955 to Jorulf and Aase Brynestad. She moved to Oak Ridge at age 8 when her father accepted a two-year assignment at Oak Ridge National Laboratory. The family thrived in Oak Ridge and her parents made it their permanent home. After graduating high school in 1974, Astrid's educational journey culminated in a master's degree in Library and Information Science at the University of Tennessee. Most of her professional career was spent at the Y-12 National Security Complex where she held a variety of positions, primarily in radiological safety records and document management. She retired in 2017 and moved to Colorado Springs.

Astrid started her journey with colon cancer in June 2021 and especially treasured the interim time with her four local grandchildren. She leaves this earthly dimension with the only regret being that she will not be around to see her grandchildren grow up. Her survivors include daughters Heila Ershadi and Linnea Glenn (Chris) of Colorado Springs; and Andrea Fink (Mike) of Oslo, Norway; and beloved grandchildren, Autumn and Cyrus Ershadi, Ruthie and Rosie Brydie, and Kaia and Karl Fink. Brother Ketil Brynestad (Karen) of Oak Ridge, TN and sister Sigrid Brynestad, and their children also survive her. Astrid will also be missed by her dogs, Magnus and Mia, and many friends near and far.

No formal service will be held beyond a small family gathering.

In lieu of flowers, a donation to CASA of the Pikes Peak Region, or your favorite environmental or animal charity, is appreciated. You may donate in Astrid's name at <https://www.casappr.org/donate-now/>

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

Scarboro Community Alumni Association

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.

An illustration featuring a basketball, a treble clef with musical notes, a brown paper shopping bag, a red cup with a straw, a hot dog, and a yellow food truck with a red sign that says "FOOD & DRINK".

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. 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!



Garden Bros. Nuclear Circus is coming to Knoxville **September 15-18** at West Town Mall. Free children's ticket vouchers are available in the church lobby. Ages 3-13 are free with the purchase of an adult ticket. For more information, go to <https://www.gardenbrosnuclearcircus.com/>

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



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, September 9

11:00am Tai Chi Practice

Saturday, September 10

(9-2) Rummage Pick up

2:00pm Tabletop Adventures Group

3:00pm Ukulele

Sunday, September 11

Rummage Setup

8:15am Circles of Trust VII

10:00am Worship Service

11:00am High School

11:00am Reflections

11:00am Together in Spirit

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

12:30pm OWL Facilitators Meeting

1:00pm Circle of Trust VI

3:00pm Line Dancing (Canceled)

Monday, September 12

Rummage Setup

11:00am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

Tuesday, September 13

Rummage Setup

6:30 Line Dancing (Canceled)

6:00pm Presidents Council

6:00pm Depression & Anxiety Support Group

Wednesday, September 14

Rummage Setup

11:00am Tai Chi

5:15pm Circles of Trust III

6:45pm Choir Practice

7:45pm Band Rehearsal

Thursday, September 15

Rummage Setup

2:00pm Executive Team 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 **AND** Debby Crider at newsletters@launchpad.faith

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.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

