

April 21-27, 2023

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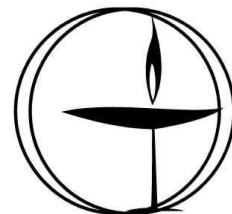
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News from Oak Ridge Unitarian Universalist Church

The Exponent



Have you made your 2023-24 pledge yet?

I'm **IN**



New Beginnings Through Music

Anne Scott, Director of Music

This Sunday, we continue our tradition of having our music program take over the service for another “Big Music Sunday”! Musicians of all ages will sing and play and drum together to share in the joy of song. We’ll explore the promise of new beginnings in many forms - flowers announcing the beginning of Spring, the sun welcoming the new day, beginning again after mistakes, choosing a new direction... so many ways to celebrate beginnings!

As part of worship this week, I’m going to ask you to sing. I *know* that many of you will respond with, “I can’t hold a tune,” or tell me a story about someone who criticized your singing at some time in your life. I am going to ask you to suspend your past experience and celebrate a -new beginning- of finding your voice. Why? Because it’s good for your health.

There are numerous studies supporting the health benefits of singing. Daniel Pink, in his 2018 book “When: The Scientific Secrets of Perfect Timing”, comments, “Choral singing might be the new exercise... Choral singing calms the heart and boosts endorphin levels. It improves lung function. It increases pain thresholds and reduces the need for pain medication.” Think about it: Singing involves our whole bodies—not only

posture and breathing, but concentration and memory. Group singing has been shown to boost the immune system. If that’s not enough, group singing increases levels of endorphins, oxytocin and serotonin, which in turn help lower stress and increase pain-tolerance. It can even help lower blood pressure and improve your hearing.

Research has shown that singing in a group synchronizes our heart beats. When

I think of how choirs breathe together, keep the same tempo, and concentrate on the music and conductor -- Of course our heart beats would fall in line. Imagine that level of connection with those around you.

According to research summarized in 2016 by Cassandra Sheppard in UPLIFT, group singing increases levels oxytocin, considered the bonding hormone. Cassandra beautifully summarizes these community building effects with this quote, “Singing helps people with depression and reduces feelings of loneliness, leaving people feeling relaxed, happy and connected. What’s more, the benefits of singing regularly are cumulative.” Sing—improve your health. Sing more—improve your health even more.

So, friends, when I invite you into song this weekend - raise your voice and help us to celebrate new beginnings!



Pledge cards were mailed out this week. Please return yours by mail or drop it off at church!

Join us and say, I'm in!

This Sunday, April 23

Big Music Sunday

This Sunday, we continue our tradition of having our music program take over the service for another “Big Music Sunday”! Musicians of all ages will sing and play and drum together to share in the joy of song. We’ll explore the promise of new beginnings in many forms - flowers announcing the beginning of Spring, the sun welcoming the new day, beginning again after mistakes, choosing a new direction... so many ways to celebrate beginnings!

Worship with us at 10 a.m. in person or on Zoom. 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

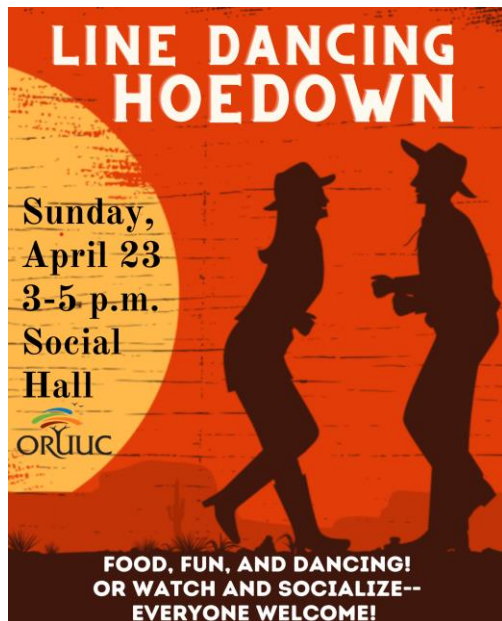


April Split the Plate: [The Free Medical Clinic](#)

Adult and Youth Faith Formation classes will meet today from 11:15 a.m. to 12:15 p.m. The Reflections group hosts a conversation on the sermon topic every Sunday during Faith Formation Hour in the conference room. All are welcome to join in. Nursery is available during the Faith Formation Hour.

This week, the CDC Covid-19 Community Levels are Low for Anderson, Knox, Morgan, and Roane counties. Masks are not required in the building; however, we encourage you to do what makes you feel comfortable.

This Sunday at 3 p.m.!



A reminder that our annual Hoedown is happening this Sunday, April 23 from 3 to 5 p.m. inside the ORUUC Social Hall! Great music and dancing, free food, free drinks, and free conversations! Dancing not required. Just be present and enjoy a relaxing and fun afternoon with great friends and families. Hope you all can join us!

The ORUUCian Linedancers

April's Split the Plate Offering Recipient:

The Free Medical Clinic is a non-profit, primarily volunteer-staffed organization offering free medical services to those who live in Anderson, Roane, and Morgan Counties. It serves people who do not have insurance and cannot afford to pay for medical services due to their income level. Because they are a primarily volunteer organization they rely on donations from individuals, churches, groups, etc.

This clinic provides medical care to those who have no other resources. It can literally mean the difference

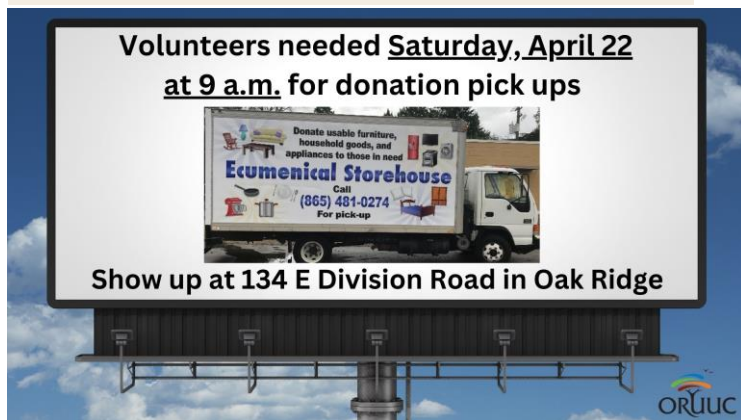


between life and death for some people (such as undiagnosed cancer). We all deserve adequate health care and to be treated with worth and dignity (our first principle). Our support for the Free Medical Clinic helps us live our principles while providing support to the disadvantaged.

For more information about The Free Medical Clinic, visit <http://www.fmc.org/>.

Each month, half of the undesignated offering is given to our Split the Plate recipient. Please [GIVE HERE](#) as you are willing and able, or text “ORUUC” to 73256.

Announcements



TOMORROW (Saturday, April 22), it's ORUUC's turn to pick up donations for Ecumenical Storehouse! **Volunteers are always needed**—just show up at 134 E Division Road in Oak Ridge, 9 a.m. to noon. Come for part or all of the three-hour shift. Your help is appreciated.



Next Sunday, April 30 is the May Day Picnic! Bring a side dish that feeds at least 6 people. Hot dogs, buns, and condiments will be provided. If you're planning to sit outside, bring a chair or a blanket. For more information, contact Val Herd. The picnic will be immediately following worship. ***There will be no Faith Formation classes or childcare during the May Day picnic.***

Stone Soup

FREE Meal! Groceries available



Drive Thru ONLY

Friday, April 28
5:30 p.m. – 6:30 p.m.
Or until supplies run out!
Menu: 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



Stone Soup is next week! The Stone Soup Ministry Team needs help the following days:

- Tuesday, April 25, 9 a.m. to noon (Prep Day)
- Wednesday, April 26, 9 a.m. to noon (Cook Day)
- Friday, April 28, 3-6:30 p.m. (Pack, Deliver, Distribute meals)

We need as many people to help as possible! **Contact Mary Beth Robinson at placesynergy@comcast.net if you can help! Spread the word!**



Registration is now OPEN!
<https://forms.gle/8UrCR5iTjQxvewdL8>



Photo of the ORUUC Team, Spring 2022, courtesy of Sarah Gunter

The ORUUC Softball Team takes the field every Tuesday this spring! Their next game is **April 25 at 8:30 p.m. at Jefferson Middle School v. the Kangaroo Dingers.** Show up to cheer on the team or play! Contact Sarah Gunter, Christina Elliot, or Jim Nutaro for more info. The schedule is posted on the church bulletin board.

Announcements



Looking for a few more people to be on the Sunday Production Assistant rotation. It involves FIRE! (The Fire of Commitment, maybe). Namely preparing the two candle-lighting altars, the chalice, and the nature altar. There are written instructions I can email you if you want to know the details. It does involve arriving by 9:15 a.m. on Sunday when you are doing it. A family member of a person who already has a Sunday role that requires arriving early would be ideal. Email Nancy Starr at starroakridge@gmail.com.

Be a Delegate to General Assembly!



Unitarian Universalists are a democratically organized faith, so each year our whole faith movement has a business meeting to decide important issues before us, called General Assembly (GA). This year's dates are June 21-25. In 2023 delegates will vote on a new president for the Unitarian Universalist Association (UUA), and on whether we should consider a proposal to do away with our Seven Principles in favor of different language.

ORUUC has seven delegates who can vote on these and other issues. Delegates may register to virtually attend the business portion of GA completely free of charge. If you're interested in serving ORUUC and the larger faith movement, talk to a board member or to Rev. Lisa to find out how. If you'd like to register for online access to the workshops, lectures, and worship services, the cost is \$300. Contact Rev. Lisa if you're willing to serve as a delegate and you need some funds to get full virtual access to programming.

This year's GA is hybrid – some folks are traveling to Pittsburgh PA to attend in person. The cost is \$500 through May 15th, and \$600 after that. Some discounts are available through the UUA registration portal. And again, if you're willing to serve as a delegate and you'd like help with the cost of registration, contact Rev. Lisa.

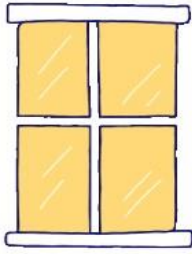
For more information about GA, check out <https://www.uua.org/ga> and for more information about serving as a delegate from ORUUC, contact a board member or Rev. Lisa (rev.lisa@oruuc.org).



ORRUC needs to add members to to its Caring Team!
Contact Rachel at 865-483-6761 or communications@oruuc.org if you would be willing to be called upon occasionally to

- Provide transportation to Sunday services, evening events at church, or medical/dental appointments
- Run errands or grocery shop
- Provide/deliver meals
- Visit
- Perform minor home repairs
- Provide computer repair and support
- Haul items by truck
- Provide pet care
- Help with Memorial Service receptions
- Support new parents
- Perform yard work
- Sit with someone during Worship

Caring for Each Other

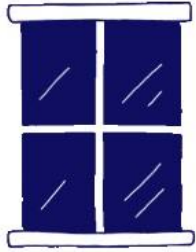


Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery? Contact the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for April

Kate Holtkamp-Readle Kate.holtkamp@gmail.com 423-231-5482

Rachel Smith-Jones smithnjones3@comcast.net 603-252-2295



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.

Remembering Marjorie Lucille Swenson



Dear Members and Friends of ORUUC,

On Monday afternoon, April 17, our beloved member Marge Swenson died peacefully at the age of 101, surrounded by her family in the home on Ontario Lane where she'd lived so many happy years. Marge's family reported that she felt the upholding power of love from the ORUUC community, saying it was "more love than would fit in one room." Marge was known for her unconditional "I love you's," and for her healing hugs. For so many years, as a greeter, she was the first face you saw on Sunday morning when you entered the church. She made calls and wrote notes for the Citizens' Climate Coalition, helped out with fundraiser luncheons for Fresh Fruit for Kids, was part of the Stone Soup Team and many others. She showed up. Indeed, her boundless spirit has touched so many, and is now free to soar into the Great Mystery.

A memorial service will be held on Saturday, May 20th at 2 p.m. at ORUUC, with the Rev. Lisa Schwartz presiding. In lieu of flowers, Marge asked that memorial gifts in her honor be made to TORCH (Tennessee Out-Reach Center for the Homeless) or Friends of the Smokies. Condolences may be sent to Marge's family c/o her daughter, Carol Reeve, at 1725 Greenwell Drive, Knoxville, TN 37938.

Yours in the faith,
Rev. Lisa Romantum Schwartz
Interim Minister

Marge's obituary was published in Friday's edition of the Knoxville News Sentinel:
<https://www.knoxnews.com/obituaries/kns057340>

Ongoing Activities at ORUUC



Line Dancing

Sundays at 3 p.m. Hoedown This Sunday, April 23 at 3 p.m.

Everyone welcome! 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.



Ukulele Group

Our next rehearsal is scheduled for Saturday, April 22 at 3:00 p.m. in the Sanctuary. If you have something you've been working on and enjoy, please bring copies to share with the group. It's nice to have something besides the big yellow book. And if you're interested in giving the ukulele a try, stop by! We'd love to have you join us. Abbie Moore abbie.moore@icloud.com

Job Opportunity at ORUUC



JOIN OUR WORSHIP TECH TEAM



Summary

Provide video & Zoom support for Sunday worship services and other ORUUC events as requested and available.



Duties

- Set up video equipment
- Manage Zoom live stream
- Ensure smooth operations during worship service

Apply Now

If you are interested in joining our team, send your resume to worship@oruuc.org.

865-483-6761

[ORUUC.org](http://www.oruuc.org)

Our worship tech team is still growing and looking for another video tech. This is a paid position with a commitment of 2-3 Sunday mornings per month. Experience is preferred but not required. High school diploma or equivalent is preferred, but qualified high school students are encouraged to apply. For more information, please visit <http://www.oruuc.org/s/ORUUC-Video-Tech-Job-Description-221127.pdf>.

Application information: People with disabilities, people of color, indigenous people, Hispanic/Latinx, and LGBTQ candidates are encouraged to apply.

ORUUC is an Equal Opportunity Employer and is committed to the full inclusion of all.

Contact worship@oruuc.org for more information or to submit a resumé.

This

Spring

at ORUUC

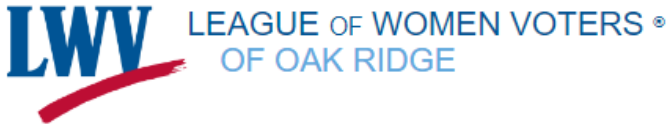
April

- 23 Big Music Sunday! Children's Choir sings during worship. Regular FF Hour.
- 30 Embers Sunday! Churchwide May Day Picnic following worship. There will be no Faith Formation classes or childcare during the May Day picnic. Bring a side dish that feeds at least 6 people. Hot dogs, buns, and condiments will be provided. If you're planning to sit outside, bring a chair or a blanket.

May

- 7 Last Day of regular Faith Formation classes. Leader recognition during worship.
- 14 Youth Faith Formation Year-End Celebration during FF Hour. We'll be back August 6 for a new school year!
- 21 Bridging Sunday! Celebrate our seniors and their families. Churchwide luncheon following worship.

Community News



Breakfast with the Legislators Monday, April 24 at 7:30 a.m. at the Oak Ridge Civic Center

The League of Women Voters of Oak Ridge (LWVOR) will host Breakfast with the Legislators on Monday, April 24 from 7:30 to 8:30 a.m. in the Social Room of the Oak Ridge Civic Center located at 1403 Oak Ridge Turnpike.

Senators Yager and McNally and Representatives Ragan and Fritz have been invited to bring us up to date on what's happening in the Tennessee Legislature. Members of the audience may ask questions and give opinions. A light continental breakfast is provided at no charge. The public is encouraged to attend.

2023 marks the 36th year that LWVOR has held Breakfast with the Legislators. Subsequent Breakfasts will be held at the same time and place the 4th Monday of each month as long as the General Assembly is in session.

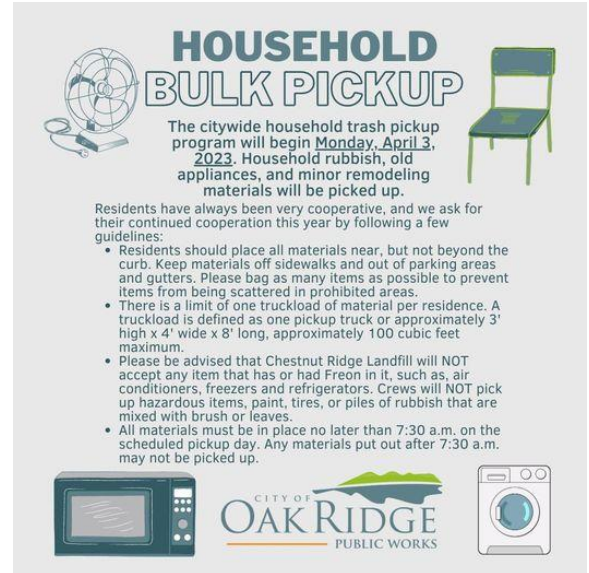
The popular community event not only offers firsthand information on upcoming legislation and House and Senate committee activities but prompts dialogue among legislators and citizens and provides a great networking opportunity for members of the community.

If the Oak Ridge schools are closed due to inclement weather, Breakfast with the Legislators will be canceled.

For additional information call Dan Robbins at 865-250-9177.

The City of Oak Ridge's household trash pick up is ongoing through April.

<https://www.oakridgetn.gov/citywide-bulk-pickup-begins-april-3?fbclid=IwAR1bOgudddKpWVQSRyVwLPzQUQMyaLGuK41mB1pdQGR7i2SGxaib49VvWEk>. 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.



Monday, April 24: Wiltshire Drive, Jefferson Circle, Latimer Road, Robertsville Road and side streets from Louisiana Avenue to Jefferson Avenue, Jefferson Avenue and side streets, Johnson Road and side streets, West Outer Drive and side streets from Louisiana Avenue to Illinois Avenue

Tuesday, April 25: Robertsville Road and side streets from Melbourne Road to Louisiana Avenue, Bradley Avenue, E. and W. Bryn Mawr Road, Bermuda Road and all side streets, Salem Road and side streets, Sheridan Circle and Place, N. and S. Seneca Road, Louisiana Avenue and side streets, Lawton Road, Lancaster Road, Lansing Road, LaSalle Road and side streets

Wednesday, April 26: Montana Avenue and side streets, Monticello Road, Miramar Circle, Mohawk Road, Montclair Road and side streets, Windham Road and side streets, West Outer Drive and side streets from Montana Avenue up to, but not including Louisiana Avenue, Morningside Drive and side streets, Morgan Road, Mississippi Ave

Thursday, April 27: Newridge Road, Normandy Road, Newell Lane, Nebraska Avenue and side streets, Newhaven Road and side streets, Netherland Road and side streets, Newport Drive and side streets, New Bedford Lane, Nantucket Way, West Outer Drive and side streets from Nebraska Avenue up to, but not including Montana Ave

Friday, April 28: Preserve at Clinch River, Country Club Estates, Oklahoma Avenue, Mason Lane, Westover Drive, Wildwood Drive, Gates Drive, Grandcove Lane, Golfcrest Lane, Greenwood Lane, Goldenview Lane, Whippoorwill Drive and side streets, William Lane, Wildcat Lane, Winchester Circle, West Southwood Lane, East Southwood Lane, Sweetgum Lane, West Outer Drive and all side streets from the west end up to, but not including Nebraska Avenue, Jackson Crossing Subdivision

Ministerial Search News

Ministerial Search Update: We are still meeting and attempting to contact church members. **Please contact a Board member or Nominating Committee person to give your suggestions for the Ministerial Search Committee.** Thank you! Nancy Lain Highfill

ORUUC Nominating Committee



Nancy Highfill



Steven Barker



Sheila Morton



Amanda Law



Robyn Naughton

In recent weeks, the ORUUC Nominating Committee and members of the Board of Trustees have been contacting church members to solicit their preference for nominees to the Ministerial Search Committee. Using the Unitarian Universalist Association (UUA) guidance, members are asked to consider the following while they ponder on and ultimately provide their preferred candidates.

The UUA recommends that you consider:

- What are good qualities needed for someone to serve on a ministerial search committee?
- Who in the congregation works well with others?
- Who can represent and serve the whole congregation well (including looking out for the needs of children) and not just a piece or “faction” of the congregation? Who would have no “axe to grind?”
- Who knows (or can learn) the history and culture of the congregation, whether a member of long standing or relatively new? Who can use this history proactively instead of reactively on behalf of the congregation?
- Who has been and/or is active in the congregation and has demonstrated both responsible participation and responsible leadership?
- One of the most attractive qualities a congregation can have is self- awareness – awareness of strengths and weaknesses, what the congregation is like at its best and at its worst, as well as on an average day. Who would be able to know and relate all this to potential candidates?

After thinking about all of these questions, who would you trust to serve on the search committee on behalf of the congregation? Ultimately, the UUA has recognized that Ministers are more likely to be interested in serving a congregation where the Ministerial Search Committee is representative, trusted, in touch, and responsible to the entire congregation.

Announcements



Have you signed up for Kroger Community Rewards? Every time you make a purchase at Kroger, if you've designated ORUUC to receive the rewards, a portion of what you spend will go to the church! To enroll:

1. Go to:
<https://www.kroger.com/signin?redirectUrl=/account/communityrewards>
2. Sign in or create an account
3. Choose organization #63422.
4. You're done! Every time you shop at Kroger and use your Kroger card or "Alternative ID" at check-out, a percentage of what you spend will get sent to ORUUC. Thank you!

**This used to require an annual re-enrollment in August (so if you're thinking, "I've already enrolled," unless it was recently, you should probably check, just in case).

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](#)

The CDC's Covid-19 Community Levels 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>



What if the Foundation of our Faith is NOT Best Expressed in the Seven Principles?

At General Assembly (GA) 2023, Unitarian Universalists will take an initial vote on proposed changes to Article II of the Unitarian Universalist Association (UUA) Bylaws, which includes the current UUA purposes, principles, sources, and clauses on inclusion and freedom of belief. An affirmative vote this year won't eliminate the principles, but it would start UUs on a year of deep discussion about the new proposed language of our faith.

The UUA's goal is to maximize discussion and engagement with this proposal, which addresses the foundational values and purposes of our faith community. Until April 30, 2023, any Unitarian Universalist may submit suggestions and ideas through an online form for ways they recommend modifying the proposal. Each suggestion or idea should describe specific language changes to the proposal, explain the reason, and be limited to a single section of the proposal. Individuals may submit multiple suggestions and ideas.

Additionally, the UUA Board of Trustees will host public discussion workshops on May 11, 18 and 21, 2023, to review suggestions and ideas. These rounds of public discussion will inform the way amendments are prioritized for discussion and voting at General Assembly.

Here are the links to the proposal and the submission form for suggestions:

- [Article II Study Commission \(Webpage\)](#)
- [Article II Study Commission proposal \(PDF\)](#)
- [Submit your suggestions and ideas on the Article II proposal now! \(Submission Form\)](#)
- [Frequently Asked Questions \(Webpage\)](#)

Don't forget, there are still openings for ORUUC members to serve as delegates to General Assembly (GA) June 21-25, and thus vote on the Article II proposal and other major issues. Delegates may serve remotely, and registration for the business portion of GA is absolutely free to delegates.

This Week at ORUUC



Friday, April 21

10am Memorial Team Meeting
11am Tai Chi Practice
1pm Memorial Team Meeting

Saturday, April 22

9am Bridging Filming Sessions
9am Ecumenical Storehouse
Pickup
3pm Ukulele

Sunday, April 23

Big Music Sunday!

8:15am Circle of Trust VII

10am Worship

11am High School
11am Together in Spirit
11:15am Circle of Trust II
11:15am Newcomers
11:15am Reflections
11:30am Circle of Trust IV
12noon Circle of Trust V
12:30pm Buddhism Study Group
1pm Circle of Trust VI
3pm Line Dancing Hoedown
6pm Bridging Parents

Monday, April 24

11am Tai Chi Practice

Tuesday, April 25

9am Stone Soup Prep Day
6pm Depression & Anxiety Support

Wednesday, April 26

6:30am Breakfast Rotary
9am Stone Soup Cook Day
11am Tai Chi Practice
5:30pm Circle of Trust III
6:45pm Choir Practice
7:45pm Band Practice

Thursday, April 27

12pm NWUUC & Launchpad Meeting

The ORUUC Board of Trustees

*President: Michele Thornton
Past President: Jim Nutaro
President-Elect: Jason Fishel
Secretary: Nathaniel Bass
Treasurer: Brandon White
Members-at-Large:
Freddie Nechtow
Charles Davis
Jami Garner
Ethan Coon*

The ORUUC Executive Team

*Rev. Lisa Schwartz
Christine Rehder
Christina Elliott
Amanda Fishel
Jeannie Cuevas, Office Administrator*



**In the Gallery through May 31:
Cosima, Fine Artist**

<http://www.oruuc.org/current-exhibit>



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 Exponent is Wednesday at noon! Please send news, comments, and feedback to Rachel at communications@oruuc.org.

Sunday, April 30

The Promise of New Beginnings
Embers Sunday!



The Earth Mindfulness Based on Earth Religions and Spirituality (EBMERS) group will lead a special service today!

