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News from Oak Ridge Unitarian Universalist Church

The Exponent



Endowment Fund Grant Applications are due this Sunday, April 9

Has your Shared Ministry or other group/class thought about applying for an Endowment Fund Grant?
Applications are due by this Sunday April 9! Pick up a copy in the church office, or fill out the form online:

Application for Endowment Grant - 2023.

The objective of the ORUUC Endowment Fund is to provide objects of enduring value to the church or support activities that promote, provide or enhance the church experience of the members of ORUUC, or ORUUC's reputation in the community.

Reach out to an Endowment Fund Committee member ASAP with questions: Hal Hoyt, Martin Bauer, Allyson Rayfield, Shelaine Curd, Christina Elliott, and Brandon White.



Promise of New Beginnings

Christine Rehder, Director of Youth Faith Formation

As April begins it brings us lots of familiar archetypes: the spring, warm sunshine, dogwoods in full bloom. For many folks, Easter brings warm and fuzzy ideas of baby chicks and bunnies and overflowing baskets.

But for me, the thought of Easter brings with it an obligatory rendering of a family story, the "time Christine stood at the Easter Egg Hunt and cried and embarrassed our entire family." Though I don't remember the said event (insert psychoanalysis here) it has become mythical in our family lore. As it's told, the minute the hunt began and all the other children went after the eggs, I

froze. Unable to move, the finite number of eggs quickly dwindled and I became frustrated. And so I stood, frozen like a statute, watching every last egg being snatched away and forever out of my grasp. Not knowing what to do in this situation, and with giant, chocolate-sized bunny emotions, I burst into tears.

Over the years as the story has grown, I see myself standing in a large, barren hillside, all alone in vast wilderness. In reality, I'm sure it was a small church lawn in Topeka, KS. But to this day, it looms large in my mind every Easter.

Retelling this story for me always brings to mind Dolly Parton giving the line "laughter through tears is my favorite emotion," in the movie *Steel Magnolias*. It's funny, but it still stings a bit in the way that truth does. I'm not ashamed of that scared little girl; she hadn't yet developed the skills to manage big emotions.

The part of the story that cuts deep for me now is the realization that I can still see that hesitancy in myself. All around me are

opportunities—shiny colored eggs wanting to be taken, and I yet fail to bend down and grasp them. I'm too hesitant and resistant. At times, I'm overthinking and not able to get started. Other times, I want a very specific one; on occasion, I just

decide to give up before I even try.

This April, we are examining the "Promise of New Beginnings." One of my favorite new beginnings at ORUUC is the reframing of Easter Egg Hunts. We start by asking the congregation to donate change; the Middle Schoolers fill the eggs, the High Schoolers hide the eggs, and finally, the younger children find the eggs. But instead of keeping the eggs, our children open the eggs and share the change with our Split the Plate charities.

Join us this month and collect many bright, shiny eggs to fill your basket $\ ^{1}$ and your soul.

This Sunday, April 9 Who Will Roll the Stone Away?

It's an experience so universal it helps define the human condition: Traumas and tragedies befall us, and we find ourselves locked in darkness, sealed up by a heavy stone. What mechanism, or mystery, will lift the heaviness? How will we step — even tentatively — into the light? Interim Minister Rev. Lisa Romantum Schwartz is the speaker this Easter morning.

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

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

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.

EGG HUNT and BUNNY TRAIL THIS SUNDAY at 12:15



Elementary and preschool children and their families are invited to the Egg Hunt at 12:15 in the grassy area on the playground side of the building. After all the eggs have been found, the children will distribute the coins to our Split the Plate recipients along the Bunny Trail. Thanks to our middle schoolers for filling the eggs, and to our high schoolers for hiding them! And thanks to everyone who donated change to make a change!

Change may be dropped off on Easter Sunday morning in the donation basket in the church lobby.

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.

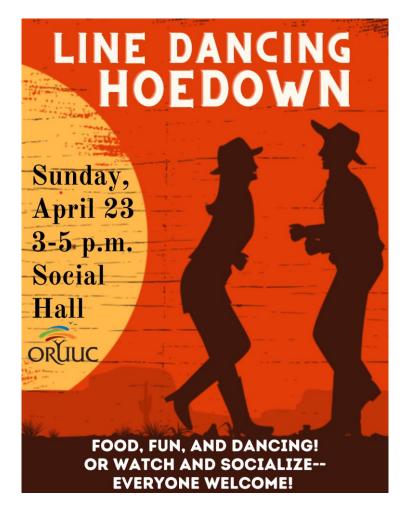
For more information about The Free Medical Clinic, visit http://www.fmcor.org/.

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.

What's Coming Up



Next Sunday. April 16, join us for our Stewardship Campaign Kickoff Luncheon during Faith Formation Hour! Lunch will be provided by the High Schoolers. Middle Schoolers can help with lunch, or join the Preschool and Elementary age children in the Sanctuary to learn a song with Anne Scott and Michael Raymond, to be shared Big Music Sunday, April 23. Nursery will be provided during FF Hour.





Registration is now OPEN!

https://forms.gle/8UrCR5iTJqxvewdL8



Lend a hand to help with church maintenance next Saturday, April 15. Reach out to Martin Bauer with questions.



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.

There will be no Faith Formation classes or childcare during the May Day picnic.

Announcements

PFLAG Meeting

with Nathan Higdon, CFO of Knox Pride
Topic: "The Slate of Hate & YOU": proposed anti-LGBTQIA bills,
and how YOU can have a meaningful impact in stopping them.



Monday, April 10 Social: 6:45 p.m. Meeting: 7-8 p.m. Chapel on the Hill 85 Kentucky Avenue Oak Ridge



ALL ARE WELCOME!

Our political leaders in Nashville have been very busy passing the State of Hate bills regarding LGBTQ+ rights. Nathan Higdon, CFO of Knox Pride, will join PFLAG to discuss laws and children of different sexual identities.

J. Nathan Higdon, Ph.D., is the CFO of Knox Pride, the largest free Pride festival in the South. He is a sixth generation Blount County native and is active in politics. Higdon is Chair of the Blount County Democratic party and was elected State Executive Committeeman for the 2nd Senate district in August 2022. He is a professor of Marketing and Economics at Mercy College in NYC and a Social Impact, Political, and Diversity, Equity, and Inclusion consultant with Full Circle Strategies in DC. He will be discussing "The Slate of Hate & YOU," the proposed anti-LGBTQIA bills, and how individuals can have a meaningful impact in stopping them.

The PFLAG meeting will be held Monday, April 10 at United Church, Chapel on the Hill, 85 Kentucky Ave, Oak Ridge, TN 37830. We will gather for social time at 6:45 p.m.; the presentation will begin at 7:00 p.m.

For more information, go to

https://fb.me/e/5jpwbZ3DI. PFLAG is a social and support group for the LGBT community and those who love them. For more information about the PFLAG Oak Ridge group, contact Anne Backus at backusanne@comcast.net.

Thursday Night Potluck Group Update:

The potluck group has decided to reorganize and will no longer be meeting on Thursday evenings. Contact Betsy Speed or Diane Nelson with questions, or to share ideas or interest in being part of a lunch group.



Tax Day is April 18 this year—call the church office at 865-483-6761 or email office@oruuc.org and Jeannie can print a copy of your 2022 giving statement and mail it to you. OR you can log into your Realm account and download the information. Go

to https://onrealm.org/oruuc/Account/Start

Once you've logged in, select "Giving" and then "Year to Date." Change the date frame by typing it or clicking on the calendar icon. Then select "Filter." The result will be a report of your giving record. Click the printer icon and then select "Download" to generate a pdf of your record that you can save to your computer and print.



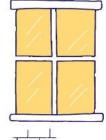
General Assembly is an unforgettable experience for the thousands of Unitarian Universalists and partners that attend each June. Attendees leave with a renewed sense of energy, inspiration, and innovative ideas to take back to their congregations and communities.

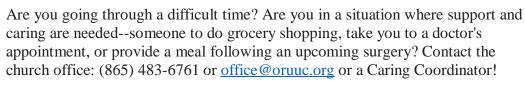
Find out more about GA here: <u>Information for First Time Attendees to General Assembly | General Assembly | UUA.org</u>

Register now for GA at <u>UUA.org/GA</u>. This 5-day immersive experience includes inspirational worship services and informative workshops. Reconvene with friends and colleagues, and explore our bustling exhibit hall. Meet us online or in Pittsburgh Wednesday, June 21 through Sunday, June 25.

Caring for Each Other











Caring Coordinators for April

Kate Holtkamp-Readle <u>Kate.holtkamp@gmail.com</u> 423-231-5482 Rachel Smith-Jones <u>smithnjones3@comcast.net</u> 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.

Caring News



Duane Starr is now a resident of Canterfield of Oak Ridge. He welcomes visits and phone calls. Duane may be reached at 865-742-9883.

Duane Starr 200 Bus Terminal Rd., Room 339 Oak Ridge, TN 37830 https://www.canterfieldseniorliving .com/oakridge

Marge Swenson was admitted to Methodist Medical Center this week after feeling weak and experiencing low oxygen levels. According to her family, she is still testing positive for Covid and is in isolation. She is expected to be transferred to rehab next week before returning to the Alexander Guest House.



Methodist Medical Center 990 Oak Ridge Turnpike Oak Ridge, TN 37831-2529 (865) 835-1000



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

Ongoing Activities at ORUUC



Line Dancing

Sundays at 3 p.m. Canceled April 9 (Easter Sunday).

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 8 at 3:00 p.m. in the Sanctuary.

If you're interested in trying something new this year, 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.



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 ORQUIC April

- 9 Easter Sunday! Regular FF Hour. Egg Hunt and Bunny Trail at 12:15 (Preschool through Elementary). Bring a basket!
- Stewardship Campaign Kickoff Luncheon during FF Hour provided by High Schoolers. Middle Schoolers can help, eat, or sing. Preschool and Elementary age children will spend FF Hour in the Sanctuary with Anne Scott and Michael Raymond, learning a song for Big Music Sunday. Nursery provided.
- 23 Big Music Sunday! Regular FF Hour.
- 30 Embers Sunday! Churchwide May Day Picnic during FF Hour. Details coming soon!

<u>May</u>

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

Community News

FREE MEDICAL CLINIC

Medical Forum

For FMC Volunteers or people interested in volunteering



April 14th, at 9am - 3pm Calhoun's, Oak Ridge

Free Medical Clinic of Anderson, Roane, and Morgan County

RSVP Here

http://events.r20.constantcontact.com/register/event...

Join us on April 14th at 9 a.m. for a FREE Medical Forum for FMC Volunteers or people interested in volunteering for the Free Medical Clinic. This event will be streamed or attended live at Calhoun's in Oak Ridge.

Each Spring FMC offers a Med Forum for all of our FMC volunteers and potential team members at Calhoun's Oak Ridge. This forum provides medical training, information, and updates that helps us support the FMC mission of no charge primary care to the low-income and uninsured.

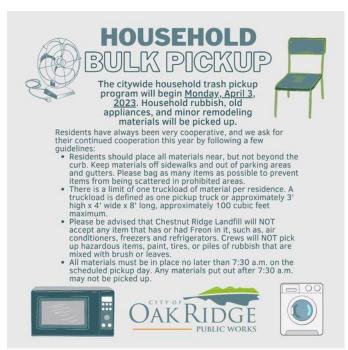
Agenda

- New Diabetic Medications Review with Dr. Elaine Bunick. Dr. Elaine Bunick, MD is an Endocrinology, Diabetes & Metabolism Specialist in Oak Ridge, TN and has over 23 years of experience in the medical field. She graduated from St. Louis University / School of Dentistry in 2000. She is affiliated with medical facilities Methodist Medical Center of Oak Ridge and Roane Medical Center.
- Women's Health Initiative, Brenda Jones, PhD, CNM, FNP-BC: Assistant Professor of Nursing at Lee University, Cleveland, Tennessee Coordinator of Family Nurse Practitioner Track in DNP Program
- And our very own C. Dale Hadden and Kate Hull to provide updates on special projects.

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

https://www.oakridgetn.gov/citywide-bulk-pickup-begins-april-

<u>3?fbclid=lwAR1bOgudddKpWVQSRyVwLPzQUQMy</u> aLGuK41mB1pdQGR7i2SGxaib49VwWEk.



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.

2nd Week

Monday, April 10: Rivers Subdivision, Marywater Lane, Marywood Court, Rivers Run Subdivision, Park Meade Drive, Center Park Lane, Palisades Parkway

Tuesday, April 11: East Drive and all side streets including Reel Heights/Tanglewood Subdivision, Athens Road, Alger Road and side streets, Arkansas Avenue and side streets, Albany Road, Alhambra Road, Arcadia Lane and Place

Wednesday, April 12: Outer Drive and side streets from Florida Avenue to California Avenue, Delaware Avenue and side streets, California Avenue and side streets

Thursday, April 13: Georgia Avenue and side streets, Florida Avenue and side streets, Outer Drive and side streets from Michigan Avenue to Florida Avenue, East Tennessee Avenue and side streets

Friday, April 14: West Tennessee Avenue, Michigan Avenue and side streets, Kentucky Avenue and side streets

Ministerial Search News



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? If you're a member of ORUUC and haven't provided recommendations for candidates, please contact a member of the Nominating Committee or Board.

Ultimately, the UUA has recognized that Ministers are more likely to be interested in serving a congregation where the Ministerial Search Committee is <u>representative</u>, <u>trusted</u>, <u>in touch</u>, and <u>responsible to the entire congregation</u>.

Church Pantry Needs



Please pick up some of these non-perishables when you're out shopping:

Peanut Butter

Mac n' Cheese

Canned Fruit

Canned Soups

Canned Pasta/Meat Meals

Canned Meats (Tuna, Chicken, etc.)

Canned Green Vegetables

Individual Snack Crackers

Donations may be dropped off in the church lobby during office hours (M-F, 9 a.m.-3 p.m.) or on Sundays. Thank you to all those who have donated food in recent weeks!

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



Are you technologically-savvy? Patient and detail-oriented? Want to make a difference for ORUUC but don't want to work on a committee or in a group? We need someone to digitize our wonderful History Timeline. It would involve digitizing photos, and also entering both the notes people wrote on the physical timeline and some events from each era to anchor us in time. Curious? Look at https://www.tikitoki.com for examples. If you want the job, contact rev.lisa@oruuc.org



In the Gallery through May 31: Cosima, Fine Artist

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



Thursday evening art classes continue this month! If you want to join any given week, please message Abbie or Manderley by Tuesday night. Abbie prepares a healthy, delicious meal for all, and Manderley spends a lot of time preparing plans. A head count is vital! Hope to see you this week in art class!

This Week at ORUUUC

Friday, April 7

11am Tai Chi Practice

Saturday, April 8

9am Bridging Filming Sessions 3pm Ukulele

Sunday, April 9 Easter

8:15am Circle of Trust VII

10am Worship

11am High School

11am Together in Spirit

11:15am Circle of Trust IV

11:15am Newcomers

11:15am Reflections

11:30am Circle of Trust II

12noon Circle of Trust V

12:15pm Easter Egg Hunt and

Bunny Trail

12:30pm Buddhism Study Group

1pm Circle of Trust VI

2pm(3-5pm) Line Dancing

(Canceled)

Monday, April 10

11am Tai Chi Practice 6:45pm April PFLAG Meeting-Chapel on the Hill (pg.4)

Tuesday, April 11

6pm Presidents Council 6pm Depression & Anxiety Support

Wednesday, April 12

6:30am Breakfast Rotary 11am Tai Chi Practice 5:15pm Circle of Trust III 6pm Finance Committee 6:45pm Choir Practice

Thursday, April 13

7:45pm Band Practice

12pm NWUUC & Launchpad Meeting 2pm Executive Team Meeting 6:30pm Zenderley Art Workshop



SCAM TEXTS! The scammers are back at it again, sending "I need a favor" texts purportedly from Rev. Lisa. If you receive such a text, do not reply to it. If you have questions or concerns, please call the church office at 865-483-6761.

The deadline to submit news for The Exponent is Wednesday at noon! Please send news, comments, and feedback to Rachel

at communications@oruuc.org.



Easter is this Sunday, April 9! Donate your spare change to ORUUC-- there is a collection basket in the lobby. All coins will be used to fill eggs for the elementary-age children to find during the egg hunt after worship, and then donated to our Split the Plate recipients.



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



The ORUUC Board of **Trustees**

President: Michele Thornton Past President: Jim Nutaro President-Elect: 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 Admininstrator

Sunday, April 16 The Promise of New Beginnings **Buried Treasure**



The Biblical scholar Walter Brueggemann says, "Telling parables was one of Jesus' revolutionary activities, for parables are subversive re-imagining of reality...These stories haunt us and push us in directions we never thought we would go." Interim Minister the Rev. Lisa Romantum Schwartz examines a story from the past that might help us envision our bold future.