

January 13-19, 2023

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## News from Oak Ridge Unitarian Universalist Church

# The Exponent



Next Sunday, Jan. 22  
Honoring Our Past;  
Building Our Future



Where do we come from? Who are we? Where are we going? On Sunday, Jan. 22, ORUUC celebrates the strong foundation of our history, and the mystery that is our future during worship and a special multi-age Faith Formation hour. Join us at 11:15 a.m. in the Social Hall for lunch, and add your special life events connected with ORUUC to the timeline on the wall. **Need a ride? Contact Multigenerational Coordinator Whitney Cole at 865-394-0626.**



Where's My Nuclear Powered Jet Pack?  
Reflections on the newness of the new year

Rev. Lisa Romantum Schwartz, Interim Minister

It's been 2023 for almost two weeks now, and surely you're well on your way to accomplishing the goals you pondered, especially those things you put off till after the holidays. Right? RIGHT? Well... me neither. And it reminds me of a common internet whine, when are we getting those nuclear-powered jet packs that scientists have been talking about for decades now? As Dean Burnett says in The Guardian, "After all, we've invented jets, we've invented backpacks, what's the problem?"

If your hopes have been high about jetpacks, or maybe those six-pack abs you were going to get at the gym by now, your expectations may be in need of a reset. I submit as an example this photo of the paperwhite bulbs I planted right about Christmas.

As you can see, four of the five bulbs are now tall and glorious, reaching high with aspiration. They've formed buds – one ambitious sprout has two! But then there's the little one in front. It hasn't grown much, and though it's still green, it's leaned over.

I planted the paperwhites as I often do, to brighten the January gloom, but

I can never resist thinking of them as symbols of my own new year's goals. That makes it disappointing to see one of them so far from reaching its potential. On the other hand, having one just not taking off is more apt symbolism than if they'd all been spectacular performers.

Have you already had some early failures in the new year? I have (and not just in the flowerpot). Some things that help me manage my feelings about fizzles and fiascos are 1) to acknowledge my disappointment, 2) to remember that perfection was not the goal (or not a realistic one), 3) to assess what went wrong, and 4) to be really, really gentle with myself.

I promise not to let my disappointment about the little gnarled bulb get in the way of the glory that is promised by the others as they begin to bloom. And I promise not to whine about all the advances scientists were supposed to produce (nuclear-powered jetpacks, an end to Covid), and maybe re-set my expectations by sorting out science from science fiction (nuclear-powered jetpacks, an end to Covid).

Best wishes for a modestly wonderful new year!



# This Sunday, Jan. 15

## The Meek and the Mighty

This weekend, we celebrate the birth of the Great Dreamer, the Rev. Dr. Martin Luther King, Jr. Interim minister Rev. Lisa Romantum Schwartz will use an ancient tale to explore the theme of how we collectively dream a new and more just reality, and how we manifest our collective vision.

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](mailto:prayers@oruuc.org)

**Adult and Youth Faith Formation classes take place from 11:15 a.m. -12:15 p.m.**

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



January Split the Plate: [Ecumenical Storehouse](#)

Since 1984, members of ORUUC, along with volunteers from other Oak Ridge churches, have collected and distributed household goods to thousands of area families in need during emergency situations, including those impacted by fires, flooding, and family crises. This ministry has repurposed tons of useful items, redirecting them from landfills into the hands of those who need them. For more information, visit <http://thestorehouseinc.org/>.

### ORUUC Pantry Needs



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

- Canned Meats (Tuna, etc.)**
- Peanut Butter**
- Canned Soups**
- Canned Fruit**
- Canned Green Vegetables**
- Individual Snack Crackers**
- Canned Pasta/Meat Meals**

*Donations may be dropped off during church office hours or on Sundays.*

*Thank you!*

**Interested in joining the Stone Soup team?** Email Miria at [meg.harrison84@gmail.com](mailto:meg.harrison84@gmail.com).

### Volunteer with Ecumenical Storehouse by Michael Bjerke

The Ecumenical Storehouse is a non-profit organization administered by a group of 12 local churches, ORUUC included. Its purpose is to collect used furniture and other household items and distribute them, at no charge, to families in need. Approximately 300 individuals receive our help each year, and we are hoping to expand our outreach. Families are referred to us by either a social service agency, like ADFAC, or by local churches. This makes sure that the service is available to those who are most in need.

**There are many ways that you can help with this very necessary service.** First, Storehouse volunteers pick up furniture and other items from donors every Saturday from 9:00 till noon. **Our church is responsible for coordinating volunteers on the third Saturday of every month.** Martin Bauer is usually the lead on this, but **this month's point of contact is Hal Hoyt, who can be reached at [halhoyt@hotmail.com](mailto:halhoyt@hotmail.com).**



There is no training required for this job, just a willingness to help! The items we pick up range from heavy furniture to lightweight, such as linens, lamps, and pots and pans, so don't think you have to be able to lift a sofa to help. **Our next pickup day is Saturday, January 21.**

Items are distributed from the Storehouse to needy families every Tuesday and Thursday from 10:00 to noon. Each church in the group, or several churches working together, handle a full month of duties, which include answering the phone, helping people choose items, and helping them load up their vehicles.

**ORUUC's next month to handle this is March,** and we do it together with Chapel on the Hill. As with pick up duties, most requires little training (answering phones is the exception).

If you believe you could help with any of the volunteer opportunities, please contact ORUUC's representative on the Storehouse board, Michael Bjerke, at [michaelbjerke@comcast.net](mailto:michaelbjerke@comcast.net).



# Announcements



**SOPHIE LABELLE**  
INTERNATIONAL TRANS AGENDA SPEAKING TOUR  
SUNDAY, JAN. 29, 2023  
2:00 PM IN THE SANCTUARY  
AT  
  
<https://www.serioustransvibes.com/>



## See Sophie Labelle at ORUUC Sunday, Jan. 29 at 2 p.m.

To donate to Sophie's honorarium, go to <https://onrealm.org/oruuc/give/Sophie>. Or text "ORUUC Sophie" to 73256 to give using your mobile device. Thank you!

Sophie Labelle is a neurodivergent trans cartoonist and novelist from Montréal, in French Canada. She is the author of the webcomic *Assigned Male*, which has been running since 2014, and the Ciel novel series. She likes to collect rocks and lives in Finland with her Finnish husband. "The Best of Assigned Male" was recently published by Hachette UK.

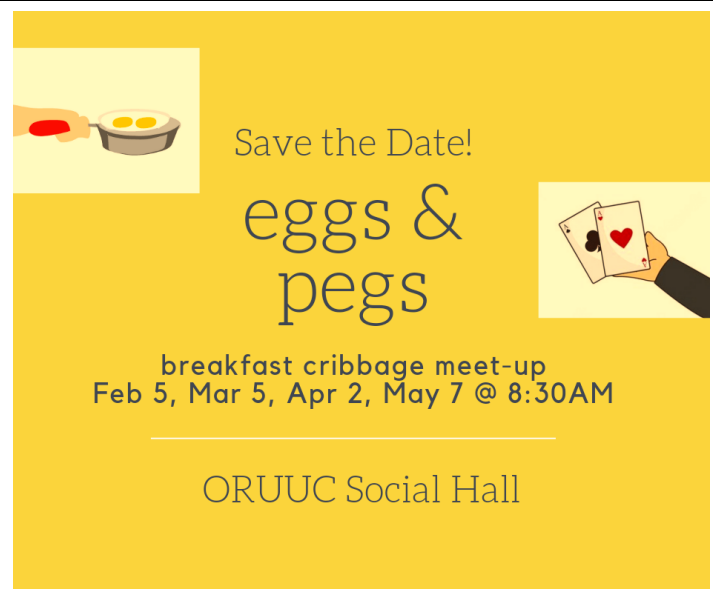
During her talk, she will speak about her art and activism, her artistic process, comic-making, community building and empowerment through art. She also has a bunch of great jokes about TERFs (trans-exclusionary radical feminists). She will answer questions from the audience and sign books at the end. For digital books, children's books, novels, and more, check out <https://www.serioustransvibes.com/> Follow Sophie on Instagram at <https://www.instagram.com/labellesophie/?hl=en>





**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 THURSDAY, JANUARY 19TH**  
**FROM 6:30-8:30 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.

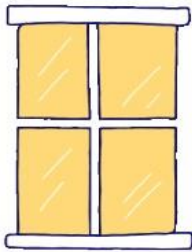
A new series of Zenderley Art Workshops kicks off **Thursday, Jan. 19!** We are excited to announce the next series of 10 art workshops taught by Manderley Swain and Zen Lane. **Please let us know by Wednesday each week if you are planning to attend.** We'll check comments of the Facebook group post - just be sure to add a date with your reply like, "I'm coming to the January 19 workshop." Let this be the year you take that step toward learning new skills or improving those you have! ~Abbie Moore [abbie.moore@icloud.com](mailto:abbie.moore@icloud.com)



 Save the Date!  
**eggs & pegs**   
breakfast cribbage meet-up  
Feb 5, Mar 5, Apr 2, May 7 @ 8:30AM  
ORUUC Social Hall

Last Sunday's Eggs and Pegs meet-up was a lot of fun! Mark your calendars for upcoming events the first Sunday of the month this winter/spring!  
~Christina Elliott, Shelaine Curd, Brandon White

## Caring for Each Other

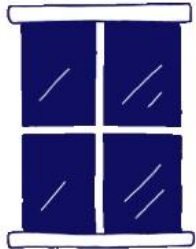


Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery? Contact the church office: (865) 483-6761 or [office@oruuc.org](mailto:office@oruuc.org)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

### Caring Coordinators for January

Christina Elliott [Christina.r.elliott@gmail.com](mailto:Christina.r.elliott@gmail.com) 865-214-0756

Jami Garner [Jamigarner@me.com](mailto:Jamigarner@me.com) 865-250-5505



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.

## Rebecca "Becky" Lou Pratt



**Rebecca "Becky" Lou Pratt** age 61 of Oak Ridge passed away on November 30, 2022, after a lengthy illness. She was of the Christian faith and loved reading, fishing, and spending time with her son, her sisters and extended family.

Becky also enjoyed walking her dog, Ivan. She had a passion for cooking for her friends and neighbors.

Becky is preceded in death by her Mother, Mable, and stepfather, Darrell Saffels.

Becky is survived by her son, Christopher Carpenter of Oak Ridge; **Sisters:** Charlotte Givens of Knoxville, Peggy (Dale) Condra, **Sheila "Hope" & Harold Waddle**, Sandi Messenger, Joy (Doug) Lowe, and Sherrie Carnley all of Oak Ridge. She also leaves many beloved aunts, uncles, nieces, nephews and other family members and good friends.

**A "Celebration of Life" is scheduled for Saturday, January 14, 2023, at the Oak Ridge Unitarian Universalist Church, 809 Oak Ridge Turnpike, from 1:00 to 3:00 p.m.** Covenant Hospice Chaplin Ginny Ireland will speak and offer a prayer of celebration.

To leave a note for Rebecca's family or to share a memory, please go to our online guestbook at <https://www.jacksonfuneralservices.com/obituary/Rebecca-Pratt>. To [send flowers](#) to the family or [plant a tree](#) in memory of Rebecca Lou Pratt, please [visit our floral store](#).

*Jackson Funeral Home and Cremation in Oliver Springs is in charge of arrangements.*

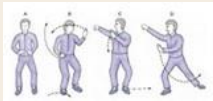
## Weekly Activities at ORUUC



### Line Dancing

**Sundays at 3 p.m.**

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.



### Join the Ukulele Group!

We're scheduled to meet this Saturday, Jan. 14 at 3 p.m. in the Sanctuary. If you're interested in trying something new this year, stop by! We're still working on Hotel California for the next Coffeehouse. We'd love to have you join us. Abbie Moore [abbie.moore@icloud.com](mailto:abbie.moore@icloud.com)

## Volunteer Opportunities



February 18-19, 2023  
RAM is coming to Oak Ridge for the first time!

The Free Medical Clinic will be partnering with Remote Area Medical (RAM) to provide a FREE Pop-Up Clinic at the Oak Ridge Civic Center on Feb 18-19.

Volunteers can register here <https://www.ramusa.org/volunteer-with-us/>

Patients register here <https://www.fmc.org/register-as-a-patient> Patients should be prepared with their own food, water, medicines, and clothing when arriving early. Bathrooms will be provided.

**Free dental, vision, and medical (including mental health) services are provided on a first-come, first-served basis.** Due to time constraints, be prepared to choose between DENTAL and VISION services. Medical services are offered to every patient attending the clinic.

**All services are free and open to the public. No ID required.**



Pack food bags for Oak Ridge students this coming Tuesday, Jan. 17 beginning at 12 noon in the multipurpose room at First United Methodist Church of Oak Ridge (enter via the back entrance on the Vienna Road side of the building. On street parking is available.) We have 1,797 bags to fill! If anyone can help around 10:00-10:30 when the Second Harvest truck arrives, I would appreciate it. Once Second Harvest brings in the food on pallets, I need help unloading the boxes from the pallets to the tables; lifting is involved. **Looking forward to welcoming some new volunteers!** Questions? Contact Cara Weigel at 865-806-7544.

### 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, and Morgan counties are **LOW**; Roane County is **MEDIUM**. 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>





**Check Out What's Happening  
for Youth and Families at**



**January Events**

**14-15**

Bridging Retreat Weekend for High School Seniors at Camp Wesley Woods, Townsend, TN

Middle and High School classes will be combined during FF Hour Sunday. Guest Speakers: Sheila Morton and members of the Gay-Straight Alliance at ORHS.

**22**

Where do we come from? Where are we going? ORUUC celebrates the strong foundation of our history, and the mystery that is our future during morning worship and a multi-age Faith Formation hour. Add your special events connected with ORUUC to the church timeline in the Social Hall. Lunch will be provided. Childcare will be available for ages 5 and under only.

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2 p.m. Sophie Labelle stops by ORUUC on her International Trans Agenda Speaking Tour. Labelle is the author of "Assigned Male" a web comic about trans and non-binary teens. For more info, go to <https://www.serioustransvibes.com/>

**February 17-19**

Elementary MountainCON (Grades 3-5)

**March 3-5**

Intermediate MountainCON (Grades 6-8)

**March 17-19**

Senior High MountainCON (Grades 9-12)

For more information, contact Christine Rehder, Director of Faith Formation, at [crehder@oruuc.org](mailto:crehder@oruuc.org) or the Church Office at [office@oruuc.org](mailto:office@oruuc.org) or 865-483-6761.

**LEAGUE OF WOMEN VOTERS OF OAK RIDGE PRESENTS A**

## MEDICAID FORUM

**GUESTS:**  
**Moderator: Zack Buck, JD, UTK Associate Professor of Law; specializing in health law, bioethics and tort law**  
**Dr. William Culbert, B.S. Environmental Engineering; D.C; Board Certified Family Physician**  
**Judy Roitman, LMSW, Executive Director, Tennessee Health Care Campaign**  
**Rev. Derrick Hammond, Pastor, Oak Valley Baptist Church**  
**Dr. Matthew C. Harris, UT Knoxville, Professor of Economics, Healthcare**

**Email for a zoom link:**  
[maryannreeves1@att.net](mailto:maryannreeves1@att.net)

**Co-Sponsors:**

- AAUW-OR
- AAUW-TN
- American Cancer Society
- LWVTN
- NAMI Oak Ridge
- New Direction Health Care Solution
- SEIU, Local 205 (Methodist Medical)
- THCC
- Women's Interfaith Dialogue

**JANUARY 17 7-9PM POLLARD AUDITORIUM**



**ORUUC welcomes Leslie Shapard as a new member!** Leslie shared a bit about herself recently.

I am a new Unitarian Universalist. I was a Methodist for 30+ years, and then a “none of the above” who visited ORUUC infrequently.

One appealing thing about Unitarian Universalism is that you don’t recite creeds of beliefs about history and phenomena.

I’ve lived in Oak Ridge for over 20 years. After major life changes in the last few years, I’m looking for new sources of meaning, but with activities limited by a strict medication schedule for two sweet old dogs. I’ve been on a training run for Fresh Fruit for Kids, and I’ve been attending Reflections after church. I look forward to learning much more about UU and related topics.

**JOIN the League of Women Voters of Oak Ridge for a forum: Medicaid Expansion in Tennessee. January 17, 7-9pm at the Pollard Auditorium, located in [Oak Ridge Associated Universities](#), 210 Badger Ave, Oak Ridge, TN.**

This forum is designed to further educate the Tennessee electorate and to convince Tennessee legislators of their accountability in this TN crisis on health care and the need for them to fix it! [#lwvtn](#)  
 To attend by Zoom, email [maryannreeves1@att.net](mailto:maryannreeves1@att.net).



TVA is seeking your comments on an environmental assessment for the future deconstruction of the Bull Run Fossil Plant facility near Claxton. You can review the environmental assessment document and provide comments at [www.tva.com/NEPA](http://www.tva.com/NEPA) by Jan. 19, 2023.

On December 5, 2022, the Tennessee Valley Authority (TVA) released the draft environmental assessment (EA) for the Bull Run Fossil decontamination and deconstruction project in Anderson County, Tennessee. Comments may be submitted online or mailed to Ms. Brittany Knuckle, NEPA Project Manager, Tennessee Valley Authority, 400 W. Summit Hill Drive, WT11B-K, Knoxville, TN 37902. [brknuckle@tva.gov](mailto:brknuckle@tva.gov)

**Facilitator Training**  
 OWL  
 April 14-16, 2023  
 Oak Ridge Unitarian Universalist Church

ORUUC

ORUUC is hosting an in-person training in April for anyone interested in becoming a facilitator of the Our Whole Lives (OWL) lifespan sexuality curriculum. **This training will cover the Secondary OWL curriculum for Grades 7-9 and Grades 10-12.** Interested? Go to <https://www.oruuc.org/owl-facilitator-training>. Contact Christine Rehder at [crehder@oruuc.org](mailto:crehder@oruuc.org) with questions.

## ORUUC's 2022-2023 Board of Trustees



**Michele Thornton**  
President  
Board term expires in 2024



**Jim Nutaro**  
Past-President  
Board term expires in 2023



**Jason Fishel**  
President-Elect



**Brandon White**  
Treasurer



**Nathaniel Bass**  
Secretary



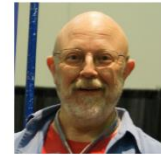
**Ethan Coon**  
Member-At-Large  
Board term expires in 2023



**Jami Garner**  
Member-At-Large

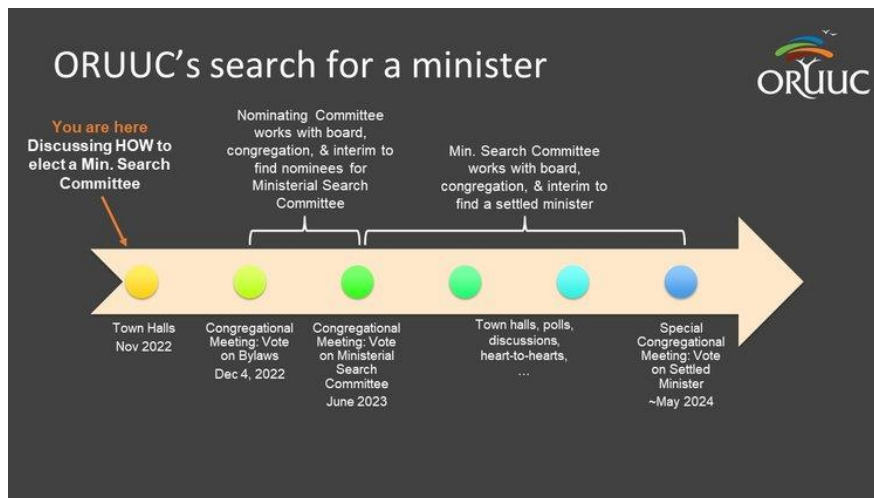


**Freddie Nechtow**  
Member-At-Large  
Board term expires in 2024



**Charles Davis**  
Member-At-Large  
Board term expires in 2024

Last month, the Board held a special meeting to formalize the vacancy created by the resignation of President-Elect Sue Lasky. The result: **Jason Fishel has stepped in to fill the President-Elect vacancy. Nathaniel Bass will fill the role of Secretary. Jami Garner has agreed to fill the Member-At-Large vacancy created by Nathaniel's reposition.** Each of those positions will be part of the slate of nominees elected by ORUUC members during the June 2023 Congregational Meeting.



Check out the **Ministerial Search Information Page**, created by Worship Coordinator Gina Grubb, in the **Members Section** of our website. This page will be updated regularly.  
<http://www.oruuc.org/min-search-hub> (Password ORUUC809)



# This Week at ORUUC

## Friday, Jan. 13

11am Tai Chi Practice

## Saturday, Jan. 14

*Bridging Weekend Retreat-HS Seniors*

9am Set up for Celebration of Life

1pm Celebration of Life for Rebecca Pratt (Hope Waddle's sister)

3pm Ukulele

## Sunday, Jan. 15

*Bridging Weekend Retreat-HS Seniors*

### **10am Worship**

11am Together in Spirit

11:15am Circle of Trust I

11:15am Middle/High School

Combined FF Class (Guest Speakers)

11:15am Newcomers

11:15am Reflections

12:30pm Buddhism Study Group

12:30pm Circle of Trust IX

2pm(3-5pm) Line Dancing

4pm Grades 5/6 OWL

4pm Circle of Trust XI

5:30pm Circle of Trust X

## Monday, Jan. 16 Martin Luther

### King Jr. Day (Office Closed)

11am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

7pm Rental (Oak Ridge Chorus Rehearsal)

**The deadline to submit news for The Exponent is Wednesday at noon!** Please send news, comments, and feedback to Rachel at [communications@oruuc.org](mailto:communications@oruuc.org).

## Tuesday, Jan. 17

6pm Board Meeting

6pm Depression & Anxiety Support Group

## Wednesday, Jan. 18

6:30am Breakfast Rotary

11am Tai Chi Practice

11am Circle of Trust VIII

6:45pm Choir Practice

7:45pm Band Practice

## Thursday, Jan. 19

1:30pm Executive Team Meeting

6pm Rental (Homeowners Assn.)

6pm Potluck (Canceled)

6:30pm Zenderley Art Workshop

6:50pm Meditation Learning and Practice Group

ORUUC Weather Closure Policy

Weekdays: If Oak Ridge City Schools are closed, the church office will be closed.

Sundays: A decision will be made by 9 a.m. whether to have in-person worship. Please check your email and the ORUUC Facebook group for updates.

Weeknight and Saturday events: A decision will be made one hour prior. Check email and Facebook.



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 Administrator*

## **Next Sunday, Jan. 22**

***Honoring Our Past, Building Our Future*** Rev. Lisa Romantum Schartz, Interim Minister



Where do we come from? Who are we? Where are we going? ORUUC celebrates the strong foundation of our history, and the mystery that is our future. **Multi-Gen Faith Formation Hour at 11:15 a.m. Lunch provided. Childcare for ages 5 and under only. All regular FF classes are canceled.**