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News from Oak Ridge Unitarian Universalist Church

The Exponent





The Spring Rummage sale is fast approaching! Rummage Week begins Saturday, Feb. 24 with Big Rummage Pick Up.

Many volunteers are needed to help with various tasks throughout the week and during the sale. Youth who volunteer their time get hourly credit that's applied toward their Youth Trip Fund. And you get first dibs on lots of cool stuff! For more information, including a list of items to donate, visit https://www.oruuc.org/rummage. Start cleaning out those



closets!

You'll Never Believe How This Church Busts Leadership Myths

Rev. Lisa Romantum Schwartz, Interim Minister

Myth #1: true leaders are born, not made. In reality, leadership skills are something that most people can learn (and at which all leaders can get better). Here's the link to sign up for the Leadership InFormation event on January 21st from 11:30 to 1:30.

Myth #2: church leadership involves a lot of arm-twisting – an iron hand in a velvet glove. In reality,

church leadership involves a lot more listening than persuading. Good leaders learn (yes, learn) how to gain insight from people inside and

outside the congregation, on the way of gaining the cooperation of the majority.

Myth #3: Leadership is a heroic task, and leaders must be willing to over function in order to get the many tasks done. In reality, when leaders don't learn (there's that word again) to step back as nimbly as they step forward, an unhealthy dynamic results. Good leaders learn (!) how to set good boundaries.

Myth #4: Leaders have to know all the answers. In reality, leadership is more about learning how and when to ask the right questions.

Collaborative problem-solving is much more powerful in an organization than an "expert" who swoops in with the solution to every problem.

Myth #5: People don't have to sign up to come to ORUUC's Leadership InFormation event after service on 1/21/24; they can just show up. In reality, if there isn't

enough clear interest, the event will be postponed. Ultimately every member is welcome to just show up, but if you sign up first, we'll make sure there's a lunch for you.

Myth #6: If you come to the event, you'll get hogtied into accepting a role at ORUUC in a few months. In reality, the Leadership InFormation is an event designed to let folks get an idea of what their own path to leadership at ORUUC might look like. It may be this year, or next, or in a few years, or never. But if you believe that Unitarian Universalism has a saving message for the world and you'd like to be prepared to step into leadership, sign up HERE!

Rev. Lísa

This Sunday, Jan. 14 Someone to Stand

One of the most ancient exhortations about living a moral life commands us to care for the poor and the immigrant. Does prophetic wisdom have relevance for our church today? Our guest speaker on this Martin Luther King Sunday is the Rev. Chris Battle of Battlefield Farms in Knoxville. Rev. Battle has spent much of his ministry addressing food deserts.

Worship with us at 10 a.m. in person or on Zoom. Zoom door opens at 9:45 a.m.
To Zoom: Please install the Zoom app on your device and use Zoom
Worship Service Meeting ID: 946 8973 5846.
The Order of Service may be found here.
Email or Text Prayer Requests to
prayers@oruuc.org



January Split the Plate Offering: YAIPak
Outreach (Tornado Relief in Middle and West
Tennessee)

After worship, please stay for coffee and treats in the Social Hall. Faith Formation classes for all ages meet from 11:15 to 12:15.

Covid-19 Update: **Masks are <u>not</u> required in the building**; we have masks and hand sanitizer available, and we encourage you to do what makes you feel comfortable.



Are you interested in church leadership, but feel unsure about your qualifications? Want to get more involved in leadership, but not "right now"? Are you an "old pro" looking to help train a new generation of leaders so you can take a break? The Nominating Committee invites you to an informational workshop on long-term leadership development on January 21, 2024, from 12:15 to 2:15 p.m. in the Social Hall. Lunch will be provided. Please register HERE before Thursday, Jan. 18 to reserve a meal. Let's make 2024 the year of leadership growth and community connection at ORUUC!

Nancy Highfill, Steven Barker, Sue Lasky, Amanda Branche, Cara Jordan

January Split the Plate Offering: YAIPak Outreach (Tornado Relief in Middle and West Tennessee) wit

Every Sunday we share our offering 50/50 with a local agency chosen by our members during a vote at the Congregational Meeting each June. Each year, members chose nine organizations, leaving three months open for emergency needs. The Executive Team recently voted to direct the January Split the Plate offering to Tornado Relief in Middle and West Tennessee, specifically YAIPak Outreach. Named for their motto, "You Are Important," YAIPak Outreach is a non-profit local to the Clarksville region that, in normal times, operates a free household "shopping" warehouse, works



with unhoused people and those transitioning to housing, provides new foster children with clothing and school supplies, and more. Since the tornado outbreak in December, their volunteers have been on the ground serving area residents. As needs have shifted from chainsaws, work gloves, and generators to clothes, household items, toiletries, and space heaters, YAIPak has kept pace with the day to day needs of survivors in the area. We here at ORUUC can help the residents of Middle Tennessee recover from this devastating storm by supporting YAIPak's work. You can learn more at

https://www.yaioutreach.org/project rebuildhope.Please GIVE HERE as you are willing and able, or text "ORUUC" to 73256.

January Worship Series Liberating Love ORUUC

January 7: *Plumbing the Depths of Spirit*Rev. Lisa Romantum Schwartz
Happy New Year! Faith Formation classes for all ages resume.

January 14: **Someone to Stand**Guest Minister Rev. Chris Battle,
Battlefield Farms, Knoxville

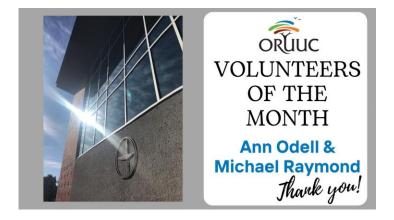
January 21: **How to Hypnotize a Chicken** Rev. Lisa Romantum Schwartz

January 28: *If You See a Good Fight, Get In It*Rev. Lisa Romantum Schwartz

Join us for Sunday Worship at 10 a.m. in person and on Zoom

Youth and Adult Faith Formation classes meet from 11:15 a.m. to 12:15 p.m. every Sunday. Nursery is available during Worship and the FF hour.

Announcements



This month, two of our hardworking members—Ann Odell and Michael Raymond—are sharing the honor! You often see these two around ORUUC, doing a lot of work. Ann is part of the strong backbone of our mighty Memorial Committee. And Michael does so much for worship, everything from re-setting the Sanctuary room (think of the hefty wooden pews, and admire his strength!) to making sure our chalice is ready and lit every Sunday. But last summer, Ann and Michael dug deep and made a commitment to keep our wonderful music program going in the interim between music directors. We could have just said, "hey, we won't HAVE a music program till we hire someone new." But Ann and Michael get it deep down in their hearts how essential music is to who we are as a church community, and how we celebrate worship. So these busy people with full lives and family commitments agreed to step into a shared role of keeping the choir and band going. And they did it for months! If you never noticed, don't worry - that's a sign of how well Ann and Michael (and, of course, Heather Beverly) did their work. But we hope you did notice, and will share in celebrating these Volunteers of the Month! ~Rev. Lisa



Caring Update on

Carole Yust: On Wednesday, Jan. 3, Carole moved to NHC Healthcare, 300 Laboratory Road, Oak Ridge to begin rehab following hip surgery. She is in Room 130 and welcomes visits. The direct phone line in Carole's room is 865-535-0249. We continue to send healing wishes to Carole, and thank all those who have supported her and cared for her during the last couple of weeks.

From the Pastor

Dear ORUUC Members and Friends,

I'm sad to bring you the news that Margarete Ford Ohnesarge has died at the age of 89. She passed away early this morning (Tuesday, Jan. 9) with her daughter, Susan, by her side. To say that she lived a full and fascinating life is an understatement.

Margarete was born April 8, 1934, in Germany. She came to California in 1950 at the age of 16 and considered herself "100% American." She moved to Oak Ridge with her husband Jim Ford in 1962, and they raised two children (Susan and Kenneth). After 23 years of marriage, Jim died at the age of 50 in 1984, and Margarete began working at ORNL in bioassay.

She met a kindred spirit at ORNL in Walter Ohnesarge, and they married in 1991. They loved to travel and hike, and Margarete was a talented photographer who documented their many adventures. Walter died in 2013.

A Celebration of Life service will be held at a later date. Margarete is survived by her daughter, Susan Ford, and her son, Kenneth Ford. Condolences may be sent to the family c/o Susan Ford, 1451 Hillsdale Drive, Cookeville TN 38506.

Sincerely, Rev. Lisa Romantum Schwartz Interim Minister, ORUUC

ORUUC's Volunteer Day at Ecumenical Storehouse is Saturday, Jan. 20, 9 a.m.-12 noon



Each month, ORUUC picks up donations for Ecumenical Storehouse, which supplies furniture and household goods to those in need. It is an important part of our community. Last year, Ecumenical Storehouse volunteers picked up and distributed an estimated \$180,000 worth of used furniture, household goods, and appliances to 316 families in need. The families helped consisted of 437 children and 482 adults. Families served live in Anderson, Roane, Morgan, Campbell, and Scott counties. Volunteers worked an estimated 3,150 hours to serve clients and pick up used furniture. Get involved! There are many ways you can help! Please contact Martin Bauer at bauermlb@gmail.com for more information.

Announcements



The League of Women Voters of Oak Ridge welcomes the community to Lunch With the League next Tuesday, Jan. 16 from 11:30 a.m. to 1:00 p.m. at ORUUC. All are welcome to bring their lunch or purchase a boxed lunch for a nominal fee. Coffee and tea will be served. The presentation will begin at noon. Guest Speaker Randy Hemann, City Manager of Oak Ridge, will speak on the State of the City of Oak Ridge. For more information, visit https://my.lwv.org/.../oak.../event/state-city-oak-ridge-1.



We are super excited to kickstart 2024 and keep the momentum moving! We are offering two dates to come get to know us and learn about Oak Ridge Periodic Tables, as well as how we teach table hosting. We're covering the same material in each supper, so just pick the date that works best for you and your schedule. the gatherings will include food, a presentation, and should run around 90 minutes.

Whether you're new to this movement, or well acquainted with us and just looking to sharpen your skills, we hope to see you at the table in January! It's a great place to make new friends, equip our hearts and minds with new information, and add value to community building.

Both of these opportunities will be held in the lobby of the Historic Grove Theater and an RSVP is requested so that we can plan appropriately for food. The two dates are:

- Sunday, January 28 at 5:00 PM
- Monday, January 29 at 6:00 PM.

If neither of these dates work, do not worry we will be adding more as the year goes on! RSVP <u>HERE!</u>



VOLLEYBALL! The 2024 Winter Co-Ed Volleyball season began Tuesday, Jan. 9 with ORUUC playing a 7:30 p.m. game against Kiss My Ace. Games are hosted by the Oak Ridge Recreation & Parks Department, and are played at the Oak Ridge Civic Center. Contact Shelaine Curd if you're interested in playing, or just show up to play or cheer! Wear blue! (The season runs through mid-March. The schedule posted here will be updated weekly.)



A reminder: The church office is closed on Monday, Jan. 15 in honor of Martin Luther King Jr. See page 9 for local observations.

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 January

Freddie Nechtow <u>freddien123@gmail.com</u> 865-599-4359 Jami Garner <u>jamigarner@me.com</u> 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.

Nancy Marie McCord December 11, 1946 – December 30, 2023



On 30 December 2023, just a few weeks after her 77th birthday, <u>Nancy Marie Hoffman McCord</u> shoved dementia out the back door and entered into much-deserved peace and rest.

Nancy was born to fiery Texan redhead Clara Edwina McDaniel and charismatic Dr. Richards Holmes Hoffman in Bryn Mawr, PA on December 11, 1946. The family moved to Corona Del Mar, California when Nancy was but a wee lass.

While many of her generation focused on the "Three Rs," Nancy opted for the "Three As": animals, art, and activism. From her horse Coffee to Roger the rat, and from her beloved Sheltie Stuart (BISS Am Ch Wildrose Highland Tribute CD PT OA VCX ROM-P) to her loyal rescue dog Phoenix and many others, Nancy was rarely without a fur friend at her side. Nancy was also a talented artist,

especially with watercolors, graphic design, jewelry, and poetry. Nancy was a champion of human and civil rights, focusing on the rights and dignity of women, persons of color, refugees, prisoners, and anyone she met who needed help. She gave her heart and she gave it well.

Other than the 'Three As', Nancy (also known as Madda Rose) loved music and dancing. She danced at the Rendezvous Ballroom in Newport Beach as a teenager, and just a few days before she lost the ability to walk, she was up and dancing to the sweet reggae beats of the Natti Love Joys, a band very close to her heart. She never settled on any particular church, but meandered her way through Episcopal churches, Unitarian churches, and Oak Valley Baptist Church, among others.

Prior to her own death journey, she mourned the loss of her son, Justin Frederick Olson, and husbands David Walton and Larry McCord. Surviving folk include her daughter, Jamie Olson LaRose and husband Ed LaRose, grandchildren Mia, Eli, Will, and Leo Mauk-Olson, step-grandchildren Jacob, Ada, & Liam LaRose, all of Oak Ridge, Tennessee, brother Richards Hoffman of Santa Cruz, California, niece Jo-Ann Logan of Utah, and first husband Frederick Olson of Nipomo, California. She is also survived by special friends Mare Martell, Barbara Moore, Freddie Nechtow, Kathy Chippendale, and many others.

Per her wishes and blessed pre-planning, Nancy will be cremated through the Neptune Society. A private Scotch-Irish-Jamaican wake will be held for friends and family in the future. In lieu of flowers, memorials can be made to any organization that follows her 'Three As' values. Great examples include Oak Ridge Animal Shelter, Planned Parenthood Knox Health Center, Bridge Refugee Services, Oak Ridge Art Center, and The Innocence Project. Non-monetary memorials can be made by simply being kind and empathetic to strangers; you never know what the human next to you is going through. If flowers remain in your wishes, please grow some sunflowers next season and share them with someone who needs lifting up.

Ongoing 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.



Ukulele Group

We had a fantastic time at the NYE Coffeehouse! We're scheduled to meet this month on Saturday, Jan. 13 and 27 at 3 p.m. in the Sanctuary. We'd love to have you join us! Abbie Moore abbie.moore@icloud.com.

Social and Volunteer Opportunities



Meets monthly at various churches in Oak Ridge. Visit

https://www.facebook.com/groups/3 71268369619360 or email **Anne Backus**

backusanne@comcast.net for more information about PFLAG Oak Ridge.

Ecumenical Storehouse Pick Up Saturday, Jan. 20, 9 a.m.-12 noon Volunteers needed!



Each month, ORUUC picks up donations for Ecumenical Storehouse, which supplies furniture and household goods to those in need. It is an important part of our community. There are many ways you can help! Please contact Martin Bauer at bauermlb@gmail.com for more information.



Eggs and Pegs are back! Play cribbage, eat breakfast, have fun Sunday, Feb. 4! These get togethers will be held the first Sunday of each month at 8:30 a.m. in the Social Hall. Questions? Talk to Brandon White, Christina Elliott, Jane Flanagan, or Shelaine Curd.



ORRUC is always looking for members to add to its Caring Team! **Contact Rachel in the church** office (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



Pack "Food for Kids" with Second **Harvest at First United Methodist Church of Oak Ridge.** This program provides backpacks with nonperishable foods for preschool and elementary students to take home on weekends. The next packing date scheudled is January 29 starting at 12 noon. Questions? Contact Coordinator Cara Weigel at 865-481-8108.

Family News



Middle and high school youth are invited to hike together this Sunday, Jan. 14. Meet at the church at 2 p.m. to carpool in my to hike the Delaware Loop of the North Ridge Trail. The group should return by 4 p.m. Parents: Please make sure that you fill out and turn in a release form before the hike. Forms will be available at drop off. Parents are welcome to join the hike! Thanks to Jim Nutaro, Aubrey Wick Sebastian, Jimmy Groton, and Whitney Cole for organizing these monthly hikes!



Spring Mountain CON Dates

- February 23-25 Spring Intermediate CON (Grades 6-8)
- March 8-10 Spring Elementary CON (Grades 3-5)
- March 22-24 Senior High Mountain CON (Grades 9-12) (Takes place during Oak Ridge Schools' Spring Break)

Registration will open soon, and closes two weeks before each camp. Visit https://www.themountainrlc.org/cons for more information and to register. Youth AND adult advisors need to register. Once you've registered, please let Whitney Cole, Multigenerational Director, know by emailing her at whit.cole79@gmail.com so that she can plan for transportation and background checks for adults.



There are still three dozen Vegetarian tamales in the church kitchen freezer--If you ordered tamales in the fall and haven't picked yours up yet, please stop by the church office weekdays between 9 a.m. and 3 p.m., or on Sunday (please see Jason Fishel). Thank you!



Mother Goose with ORUUC's own "Father Goose" Michael Raymond! Babies through preschoolers will have fun singing, clapping, dancing, and moving with their parents, grandparents, or other caregivers.

First and Third Thursdays ^{at} 10:30 a.m. in the Oak Ridge Public Library Meeting Room

Don't miss the next gathering January 18!

View and sign up for the Oak Ridge Public Library's newsletter here:

https://mailchi.mp/oakridgetn/orpljan24



Childcare is provided for children ages 10 and under for church meetings and events. Please complete this form TWO WEEKS in advance:

https://form.jotform.com/231284551294053. Thanks!

Community News



It Starts With Me: Creating a Beloved Community

Oak Valley Baptist Church January 15, 2024, 1 p.m.

Lift Every Voice and Sing by James Weldon Johnson

Lift every voice and sing Till earth and heaven ring, Ring with the harmonies of Liberty; Let our rejoicing rise High as the listening skies, Let it resound loud as the rolling sea. Sing a song full of the faith that the dark past has taught us, Sing a song full of the hope that the present has brought us. Facing the rising sun of our new day begun, Let us march on till victory is won.

Stony the road we trod, Bitter the chastening rod, Felt in the days when hope unborn had died; Yet with a steady beat, Have not our weary feet Come to the place for which our fathers sighed? We have come over a way that with tears has been watered, We have come, treading our path through the blood of the slaughtered, Out from the gloomy past, Till now we stand at last Where the white gleam of our bright star is cast.

God of our weary years, God of our silent tears. Thou who hast brought us thus far on the way; Thou who hast by Thy might Led us into the light, Keep us forever in the path, we pray. Lest our feet stray from the places, our God, where we met Thee, Lest, our hearts drunk with the wine of the world, we forget Thee; Shadowed beneath Thy hand, May we forever stand. True to our God, True to our native land

Monday, Jan. 15 at 1 p.m. **Oak Valley Baptist Church** 194 Hampton Rd. Oak Ridge, TN

Presented by Oak Ridge Solutions on Racism

All are invited to join in celebrating the legacy of Dr. King's vision of nonviolent transformation into a beloved community. We will hear from area choirs, and community members including: Pastor and City Council member Derrick Hammond, City Manager Randy Hemann, Author Al Chambles, the Rev. David Allred, NAACP President Annette Flynn, and Rabbi Ahuvah Loewenthal. Reception to follow.



Scarboro 85 MLK Day Basketball Benefit

You're invited to a fundraising event on January 15, 2024 from 4 to 8 p.m., benefiting the Scarboro 85 Monument Project, a partnership between Scarboro Community Alumni Association, Robertsville and Cherokee Middle Schools, and the Scarboro 85 Monument Committee. For more information, visit

https://scarboro85monument.com/.



Join Westside UU Minister Rev. Carol Bodeau for an earth-centered gathering on Sunday, Jan. 21 from 3 to 6 p.m. at Westside UU. We will sit in a sacred circle, share experiences of inspiration in nature, create ritual together, and set intentions for the coming month. Then we'll have time for food and fellowship. Meetings outdoors (weather permitting) at Westside each month on third Sundays. https://fb.me/e/bK9hRhITh

This Week at ORUUUC

Friday, Jan. 12

11am Tai Chi Practice

Saturday, Jan. 13

3pm Ukulele

Sunday, Jan. 14

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

12:15pm Circle of Trust V

12:30pm Buddhism Study Group

1pm Circle of Trust VI

2pm Middle/High School Hike

3pm Line Dancing

4pm 5th/6th Grade OWL

5-7pm Zentangle Group

Monday, Jan. 15 (Office Closed) Martin Luther King Jr. Day

11am Tai Chi Practice 7pm OR Chorus Practice

Tuesday, Jan. 16

11:30am League of Women VotersLunch with the League6pm Board Meeting6:30pm Depression and AnxietyGroup

The deadline to submit news for

The Exponent is

Wednesday at noon.

Please send news, comments, and feedback to Rachel at

communications@oruuc.org.

Tuesday, Jan. 16 continued

6:30pm Volleyball v. Katy's Bunch O' Misfits

Wednesday, Jan. 17

6:30am Breakfast Rotary

10am Shinn Splints

11am Tai Chi Practice

11am Circle of Trust VIII

7pm Choir Practice

7:45pm Band Rehearsal

Thursday, Jan. 18

12:30pm Lunch Bunch

To view the church calendar anytime, log into the Members' Section of the ORUUC website:

https://www.oruuc.org/members-section
Need password help? Contact the church office!

ORUUC Weather Closure Policy Reminders



Weekdays: If Oak Ridge 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.



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



ORUUC Board of Trustees 2023-24

President: Jason Fishel

Past President: Michele Thornton

President-Elect: Kara Raymond

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Rev. Lisa Romantum Schwartz

Christine Rehder

Amanda Fishel

Donna Malonev

Jeannie Cuevas, Office Administrator

Sunday, Jan. 21 How to Hypnotize a Chicken



Here we are, three weeks into the New Year. How are those resolutions working out for ya? ORUUC's interim minister, Rev. Lisa Romantum Schwartz, explores how we're doing after that calendar-based reset, and what real transformation might mean. Reserve your spot for lunch and the **Leadership InFormation** event that follows FF Hour at 12:15 p.m.