July 21-27, 2023

In this issue >>>

This Sunday (pg.2) Announcements (pgs.3-4) Family News (pg.7) *Ministerial Search Update (pg.9)* Church Calendar (pg.11)



News from Oak Ridge Unitarian Universalist Church

The Exponent





Parents AND children/youth: This Sunday, July 23, join us at 11:15 a.m. in the Sanctuary for "Transition Times." Director of Youth Faith Formation Christine Rehder, the YFF staff, parents, youth and children will come together for a conversation about transitions, threshold moments, and readiness for new beginnings as Oak Ridge students head back to school on Monday, July 24. Join us and share in the collected wisdom and loving kindness we each bring to our covenantal community.

Sunday, July 30 at 11:15 a.m. in the Sanctuary: 2023/24 YFF Parent **Information Meeting**

Find out what's in store for YFF in 23/24. Join the YFF Staff for program information, dates for the calendar, and fellowship with other families. Childcare for ages 0-10 is provided.

Sunday, August 6 at 11:15 a.m.: A new year of Youth Faith Formation begins!

As We Make Our Way Through Life David Savoie, Guest Speaker

It happens on a regular basis that the GPS in our car just goes off the rails, showing us crossing rivers where there is no bridge, passing through mountains, making no sense. Most of the time, that isn't a problem; we know the way well, and in those times the GPS just serves as the target for a few well-deserved snarky comments. But other times, in the middle of an unfamiliar city, we miss it, but fall back

to the comforting knowledge that for most our lives, we managed well enough without it and can do so again. Just as we do, just as ALL of us do, in the much more complex and

shifting landscapes of our personal

and social lives, where the tools of

navigation are most often helpful,

sometimes wrong, or sometimes even

non-existent. The world around us is

in many ways not so different from

journeys to familiar and sometimes

unfamiliar places, dangers to remain

aware of and to avoid, reliance on

others: receiving and giving trust, assistance and knowledge from those

around us. We navigate our lives,

sometimes alone, very often as a

the one faced by our ancestors:



community, a group, and while often enough we already know the way well, sometimes we are in unfamiliar country, and must rely on our individual wits and the wits of those around us.

What are YOUR tools of navigation, and what do you do when they are unavailable or unhelpful? Just like in having and losing your GPS, it seems to me our LIFE GPS involves either use of

> trusted wisdom sources and maps of living and the web of people around us, or reliance on the resourcefulness within ourselves. Or both?

This is one context in how I think about ORUUC, our worship services, our Circles of Trust, our various shared ministries, our covenant. As tools of navigation. As helpful resources to find our way, to share those resources to those around us. to hone and build trust in our own inner wisdom and the strength, wisdom and resourcefulness of those around us.



This Sunday, July 23 Who You Are Today Guest Speaker David Savoie

How often are you asked for an ID? It's such a common part of our lives that we hardly notice when we pull out a driver's license, enter a username and password, or clip on a workplace badge. And how often do you PROVIDE an identity, unasked for, in the way you introduce yourself to someone new, or in how you present yourself on social media, or in the way you tell the day to day stories of your life? This Sunday, we'll look at IDENTITY: how we mold and shape it, and how it gives direction and contour to our life.

Worship with us at 10 a.m. in person or on Zoom. Zoom door opens at 9:45 a.m. Go to <u>Sunday Worship Info — ORUUC</u> for Zoom information. The Order of Service may be found <u>here</u>. Email or Text Prayer Requests to <u>prayers@oruuc.org</u>



This month's Split the Plate Offering: Second Harvest Food For Kids Backpack Program

Adult Faith Formation classes meet 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 FF Hour. Youth Faith Formation classes are on summer break until Sunday, Aug. 6.

Covid-19 Update: Masks are not required in the building; however, we encourage you to do what makes you feel comfortable.

Summer Worship at OFFILC

June 18Janet FryerJune 25Jane FlanaganJuly 2GA Worship Service (ONLINE ONLY.
Church closed. FF classes canceled.)July 9Christa BrelsfordJuly 16Christy WhiteJuly 23David SavoieJuly 30Esther DyerAugust 6Rev. Lisa
introduces a new worship

introduces a new worship series - *Discernment* - and a new year of Youth Faith Formation programming!

Our summer of "Shared Pulpit" series speakers ends next Sunday, July 30. Thank you to all of the guest speakers for sharing your sermons with us! This Month's Split the Plate Offering Recipient:

Each Sunday, half of the undesignated offering is given to our Split the Plate recipient. **Second Harvest Food For** Kids Backpack Program is a collaborative effort between Second Harvest and an everincreasing number of public schools within the food bank's 18-county service area. All Oak **Ridge and Anderson County** elementary schools are participating. On Fridays throughout the school year, a backpack of healthy, easilyprepared food is provided to children who may be missing meals on a regular basis.



Currently, 13,571 children at 286 schools receive backpacks. It costs \$100 per year to sponsor one child. (This includes all costs, not just food.) As additional funding and sponsorships become available, more children will be able to participate. For more information about this important program, visit their website at https://secondharvestetn.org/p rogram/food-for-kids/.

Please <u>GIVE HERE</u> as you are willing and able, or text "ORUUC" to 73256.

Announcements

From the Memorial Services Committee



On Saturday, August 5th at 2:00 in the afternoon, there will be a Celebration of Life for Shigeko Uppuluri with a reception following. We are expecting a large turnout of both ORUUC members and friends and also members of the larger Oak Ridge community. This will require more contributions of food for the reception than we are used to providing. Therefore we're asking our ORUUC members and friends to please help us. We only want finger-food such as cheese and crackers, hummus and pita, brownies, cookies, deviled eggs, fruit trays, veggie trays and any other finger-food you would like. Your contributions can be put on the counter in the kitchen or in the fridge but must be labeled "for memorial service". You can also bring it when you come for the service if that's more convenient. It would be helpful if we knew ahead of time what we can expect, so please phone Ann Odell at 865-685-0021 or email annodell56@gmail.com. Thank you.

1,300+ Cranes for Shigeko!



Thanks to all who made origami cranes! On July 31, volunteers will help more than 1,300 paper cranes take flight in a Sanctuary display to honor Shigeko. The cranes will be part of a beautiful display in the sanctuary for Shigeko's Memorial Service, scheduled for Saturday, Aug. 5 at 2 p.m. Thanks to Steven Albright for spearheading this effort, and to the volunteers who will be helping create the display!



Tomorrow (Saturday, July 22), it's ORUUC's turn to help Chapel on the Hill with Ecumenical Storehouse donation pick ups! Show up at 134 East Division Road in Oak Ridge between 9 a.m. and noon to lend a hand! Contact Martin Bauer at <u>bauermlb@gmail.com</u> for more information.

Help us safeguard our public libraries for everyone in our community

For months, a vocal minority in Anderson County has challenged books in our Anderson County libraries and demanded that these books be removed from the library. Through the established process of the Anderson County library system, each challenge has been thoroughly reviewed and the books were retained. In addition, Anderson County's legal officials have weighed in on the challenged books and have found that they do not meet legal criteria to require that they be removed. The Anderson County law director has made recommendations to the Library Board on policy changes to address the concerns stated in the book challenges.

Now the book banners have created a petition demanding that the books be banned. In response, a petition has been written to demonstrate support for the Library Board and our professional library staff. Through this petition, we aim to demonstrate to our County Commissioners that there is broad community support for our dedicated librarians. Additionally, we seek the endorsement of the County Commission for the changes recommended by the county law director. By doing so, we can establish a united front, fostering an environment that upholds intellectual freedom and ensures the continued success of our libraries as valuable community resources. Please sign the petition and help us safeguard our public libraries for everyone in our community. Copies of the petition are available in the church lobby.

For more background, visit

https://www.mycouriernews.com/search and search for "Library". ~Ellen Faby

3

Announcements



Stone Soup needs YOU to help with this month's meal! We need your support to keep this much needed ministry going AND to return to in-person dining later this summer. If you can help in any way, or have questions, please reach out to Jen Stark at jen.stark@hotmail.com or contact the church office at 483-6761. Make good food, make new friends, make a difference!

House/pet sitter wanted



Mare Martell is looking for someone to stay at their house for six weeks while they're out of the country for work. Rent and utilities will be paid (although the individual is welcome to help out if they want to). The individual will be responsible for the upkeep of the house, Mare's cat, and Mare's fish. They will also need to buy their own food. Mare had someone who had agreed to fill this role, but they backed out recently. If you or someone you know is interested, or if you have questions, please email Mare at <u>maremartell@gmail.com</u>. Thank you!

Zentangle Group

Sundays 5 to 7 PM Beginning June 18 Oak Ridge Unitarian Universalist Church 809 Oak Ridge Turnpike



3½-inch tile from Introduction to Zentangle class

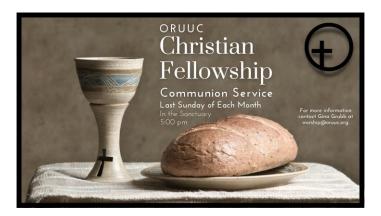
The Zentangle[™] Method uses simple, repetitive pen strokes to create beautiful, structured patterns. Zentangle requires NO drawing skill, is easy to learn, and has many therapeutic benefits.

Introduction to Zentangle Lesson \$10 including starter supplies

Continuing Zentangle \$5 suggested donation. Each week stands alone.

Cash only. Supplies available to purchase. Offered every week — no RSVP required!

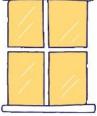
For more information, contact Nancy Starr, Certified Zentangle Teacher. 865-483-8684 (landline) 865-742-9993 (mobile/text) starroakridge@gmail.com



Next Sunday, July 30 at 5 p.m. All are welcome to attend the Christian Fellowship Communion Servcice in the Sanctuary.

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 <u>office@oruuc.org</u> or a Caring Coordinator!

Caring Coordinators for July

Mare Martell <u>maremartell@gmail.com</u> 616-826-9984 (cell) Sarah Gunter <u>sarahcjhunter@gmail.com</u> 865-308-2820 (cell)

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.

The Church Office Has Been Getting Calls...



"When's your next Rummage Sale?" "When can we start dropping off donations?" Mark your calendar and check back for answers! There are plenty of ways you can help! Teens can even earn Youth Trip funds for hours spent volunteering. Start cleaning out those closets!

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.



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

The group is scheduled to meet this Saturday, July 29, and August 12 and 26 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/ 371268369619360 or email Anne Baccus backusanne@comcast.net for more information about PFLAG Oak Ridge.

> Help with Ecumenical Storehouse Pick Ups Each Month!



Every Third Saturday of the month (sometimes that changes, like in July), it's ORUUC's turn to volunteer at Ecumenical Storehouse. There's no training required, just a willingness to help! The items picked up range from heavy furniture to linens, lamps, and pots and pans, so don't think you have to be able to lift a sofa to help. Questions? Contact Martin Bauer at bauermlb@gmail.com.



Congratulations to the ORUUC Softball Team for making it to the City League Tournament playoffs this summer! Stay tuned for team volleyball news this winter! (Sarah Gunter photo)



ORRUC needs to add members to to its Caring Team! **Contact Rachel in the church office** (865-483-6761) or

<u>communications@oruuc.org</u> 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



Fruit (small cans or cups) • Tuna • Peanut Butter • Soups • Vegetables (corn, green beans) • Kidney beans • Mac & Cheese • Hamburger Helper • Ravioli/SpaghettiOs

Donations are desperately needed and may be dropped off any weekday between 9 a.m. and 3 p.m., or on Sunday mornings. Thank you!

Family News

WELCOME BACK TO YOUTH FAITH FORMATION!

Sunday, July 23rd e 11:15 in the Sanctuary: Transition Times As school begins in Oak Ridge, join Director of Youth Faith Formation Christine Rehder, the YFF staff, parents, youth and children for a conversation about transitions, threshold moments, and readiness for new beginnings. Join us and share in the collected wisdom and loving kindness we each bring to our covenantal community.

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Sunday, August 6th a 11:15: Youth Faith Formation begins!

ORUUC



(Whitney Cole photo)

Roy G. Biv, the Rock Snake from Rainbow Camp, is growing! Add your own painted rock creation the next time you're at ORUUC!



If you or your group need childcare for a church meeting or event, please complete this form TWO WEEKS in advance: https://form.jotform.com/231284551294053.

Childcare is provided for children ages 10 and under only. Once you click "Submit," the form will go directly to ORUUC's Multigenerational Coordinator Whitney Cole, who will work with Childcare Coordinator Laura Scott to arrange childcare for your church function. 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.

Please note that we'll meet first & FOURTH Thursdays in June & July!

Upcoming date: July 27 at 10:30 a.m. Oak Ridge Public Library Meeting Room.

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

https://mailchi.mp/oakridgetn/orpljul23

Community News

Back to School Fair Saturday, July 22 at 1 p.m. Scarboro Community Center Gymnasium, Oak Ridge



The Free Medical Clinic will be providing annual sports and schools physicals, and required vaccinations for all students at the NAACP-Anderson County Back to School Fair Saturday, July 22 at 1 p.m. at the Scarboro Community Center Gymnasium, 148 Carver Avenue, Oak Ridge.

Special thanks to the East Tennessee Foundation for their funding support for this historic free medical event with our underserved communities. FMC, along with valued community partners: The City of Oak Ridge, NAACP, Hero Health, Oak Ridge Schools, and Anderson County Schools, will provide back to school and medical help to struggling families. FMC will enable students who can't afford a sports physical to receive free care so they can sign up with their school or community teams. FMC will also provide free annual school physicals and required vaccinations.



BASH VEGAS—An annual fundraiser of the Free Medical Clinic Saturday, August 12 St. Mary's Catholic Church, Oak Ridge

ALL INCLUSIVE TICKETS INCLUDE: Entry, food, two drink tickets, prizes, Casino Games, live auction and DANCE-OFF from local community leaders! To purchase tickets, visit <u>The Free Medical Clinic</u>.



ORUUC kids at ORNL "Take your Kid to Work Day," Friday, July 21. (Ted Biewer photo)

Ministerial Search Update July 2023



Christy White, Ministerial Search Committee Member

As the summer settles over us like a warm, steamy blanket; the ministerial search committee has begun meeting. Our two gatherings thus far have been very informal, with lots of snacks and ice-breaker questions, mostly geared toward settling into the task before us and learning how we will work best together.

One sentiment we've all shared is the great honor each of us feels at being called to serve ORUUC in this way. Each of us arrived at the decision with thoughtfulness and take very seriously the opportunity to do the hard labor necessary to accurately reflect the will and wishes of the congregation.

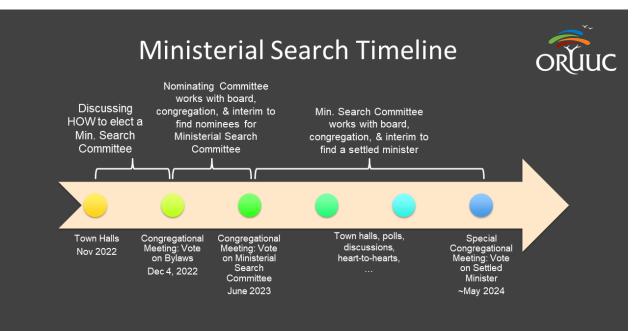
One thing we noticed is that the <u>ministerial search timeline</u> that has been shared thus far gets a little murky after the congregation votes on the committee. To that end, we thought we'd share more of a timeline of what search will look like (and what to look out for), including date estimates.

Roughly, the search is conducted in seven general phases. We've already finished phase one (The Good Goodbye) and phase two (electing the search committee), so pat yourselves on the back for a job well done! The next big lift is phase 3, "Building the Structure to Search." Major elements of this phase include.

- <u>August Search Committee retreat:</u> Facilitated by representatives from the UUA, we will make a search covenant and take a deep dive into the roles and tasks necessary for our work on behalf of the congregation.
- <u>September-ish A congregational survey:</u> Thoughtfully crafted by the UUA Transitions Team and regional staff, this survey will be made available to every member of the church and includes questions that emphasize what the congregation needs from a new minister.
- <u>November-ish Cottage meetings/focus groups:</u> Smaller group gatherings, these meetings are an invitation to participate in group conversations to hear and build on what others say about ORUUC.

Phase 4 and beyond will start in winter of 2023, and there's plenty to keep us busy in the meantime. We've created a <u>Ministerial Search Hub</u> in the Members' Section of the website. You can find open meeting recordings, updates, general information, and more. We hope you will bookmark this page and check back often.

Until next time, we appreciate your trust and support of us all as we embark on this grand adventure.



Announcements

Standing Strong Planned Parenthood Fundraiser: Donate online today!

https://standing-strong.org/donate. For more information on how to donate or get involved locally, contact Natalie LaRose at 865-567-2675.

STANDING STRONG

NO MATTER WHAT.

PPTNM is committed to health equity and are bold and unapologetic in our demands — people need to control their own bodies, lives, and futures, no matter where they live. With you by our side, we'll make it happen.

> DONATE ONLINE to Planned Parenthood of Tennessee and North Mississippi

UUA Welcomes the Rev. Dr. Sofía Betancourt as Tenth President



From the UUA: We are so excited to welcome the Rev. Dr. Sofía Betancourt as the tenth president of the UUA! Today (July 10) is officially the first day of her tenure as President.

Rev. Dr. Betancourt's presidency comes with a number of historic firsts – she is the first openly queer person and first woman of color to be elected UUA president. She brings to the role theological depth, a commitment to communal care, and a pledge to continue to organize for justice. She has also expressed an appreciation for the diverse voices and leaders in our community.

We are entering an exciting time for Unitarian Universalism – with Rev. Sofía Betancourt, Ph.D's leadership, we are positioned to move forward in faithful community, in recognition of our shared values and the important work ahead.

Read more here:

<u>https://www.uua.org/pressroom/press-</u> <u>releases/welcome-rev-betancourt?fbclid=IwAR1rc4-</u> <u>yTVceoSb4ywBArJ_wjrN4LgpasAuGdCfQ5QQAIIkvJkmw</u> <u>m5mXs0E</u>

ORUUC Covid-19 Update

With the expiration of the Covid-19 national public health emergency on May 11, the CDC has ceased tracking community level transmission because it no longer receives the data needed to do so. Therefore, ORUUC is ending its weekly Pandemic Action Levels (PALs) report. *Masks are not required inside the building;* however, if you have symptoms or have had a COVID exposure, please stay home and follow us on Zoom. We appreciate your continued cooperation as we work to keep our community safe and healthy.



Have you signed up for Kroger Community Rewards? To enroll, go to:

https://www.kroger.com/signin?redirectUrl=/account/communityrewards. Sign in or create an account. Choose organization #63422. That's it! 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!

This Week at ORUUUC

Friday, July 21 11am Tai Chi Practice 4-5pm Rental (Party Setup)

Saturday, July 22 9am Ecumenical Storehouse Pickup 4-10pm Rental (Birthday Party)

Sunday, July 23 8:15am Circle of Trust VII 10am Worship 11am Together in Spirit 11:15am Circle of Trust II 11:15am Newcomers 11:15am Reflections 11:15am Transition Times (Parents and Kids) 11:30am Circle of Trust IV 12pm Circle of Trust V 12:30pm Buddhism Study Group 1pm Circle of Trust VI 3pm Line Dancing 5-7pm Zentangle Group

Monday, July 24 11am Tai Chi Practice

<u>Tuesday, July 25</u> 9am Stone Soup Prep 6pm Depression & Anxiety Support Group

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

Wednesday, July 26

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

Thursday, July 27 12pm NWUCC & Launchpad Meeting 12:30pm Thursday Lunch Bunch 1:30pm Executive Team Meeting

<u>Friday, July 28</u> 11am Tai Chi Practice 1pm Stone Soup Prep 5:30pm Stone Soup Community Meal

Saturday, July 29 9:30am-2pm Faith Formation Leader Training 3pm Ukulele 3pm-1am Rental (Birthday party)



Check out the new art exhibit in the ORUUC Gallery!



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



The ORUUC Board of Trustees 2023-24

President: Jason Fishel Past President: Michele Thornton President-Elect: Kara Raymond Secretary: Nathaniel Bass Treasurer: Brandon White Members-at-Large: Freddie Nechtow Charles Davis Jami Garner Jen Stark

The ORUUC Executive Team

Rev. Lisa Schwartz Christine Rehder Amanda Fishel Donna Maloney Jeannie Cuevas, Office Administrator

Sunday, July 30 "One Person's Spiritual Journey: How a Baptist ended up at a Unitarian Church"



Guest Speaker Esther Dyer shares stories about her own life and how she has reached, or is still reaching for, her own conclusions about the mysteries of life and becoming comfortable in herown skin. She's sharing in the hopes that her journey may resonate with others.