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News from Oak Ridge Unitarian Universalist Church

The Exponent



WANTED: Someone to digitize the ORUUC History Timeline created this winter

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.tiki-toki.com for examples. If you want the job, contact rev.lisa@oruuc.org



ORUUC Timeline Event Sunday, Jan. 22 Colin Loring photo

Why Share The Pulpit?

David Savoie, ORUUC Member and Guest Speaker

In last week's Exponent, Rev. Lisa offered a class, starting at the end of this month of March, for those who may be interested in speaking at a Sunday service. Coincidentally (or not) I am offering a message this Sunday on Vulnerability, opening one's self to risk and uncertainty, and how that can become a source of strength for us.

In our culture, and perhaps universally, public speaking is almost the poster child for experiencing vulnerability. So why do it? What might steel one to get up before their

beloved community and speak about what one might feel, believe, intuit, hope or otherwise think? How might one deal with those raging doubts, asking 'What could I possibly have to say of value to these people, who have a rich life of their own of experience and wisdom?'

I would answer that what you have to offer is exactly what you offer every day, each time you come to church, or interact with the people around you. What you have to offer is yourself, who you are, in all its painful, intricate and flawed beauty. Everyone, including you, knows that you don't have the Final Truth, or the answer to 'Life, the Universe and Everything', (which, of course, is 42). But you do have a unique set of life experiences, an intimately individual set of values and a relationship to whatever you might deem most important and central to life.

So, the answer to why speak a sermon? For the possibility that someone, even one person, might hear something that gives them grace because you spoke

from the heart. It may not, in fact, be what you were trying to say at all, for that matter. But that is how it works; you consent to give the best you can, just as it is: you give yourself, in all it cragged beauty, and leave the rest to Life. Just exactly what you offer every day, no more, no less.

Sharing the Pulpit classes begin next
Thursday, March 30. Six, three-hour
Thursday night sessions culminate with a
Saturday spent sharing sermons and a
meal. Sign up today! Email Rev. Lisa at
rev.lisa@oruuc.org or Christy White
christy_white@comcast.net.

This Sunday, March 26 The Challenge of Here and Now

David Savoie, Guest Speaker

To be aware and responsive, to be present to the life in which we are embedded, is a challenge common to all human beings. While we can be moved and carried by events which arise without effort on our part, such as inspiration from the world around us, or by disaster and suffering which shakes us at our core, we can also intentionally step out under our own power. Sometimes we get to choose when we explore and play and practice. And one of our most powerful assets in that stepping out is the skill of remaining vulnerable.

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

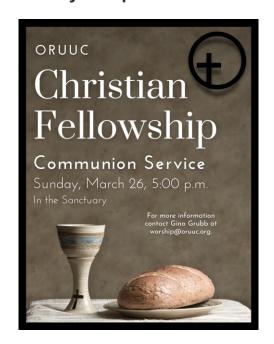


March Split the Plate: <u>The Blossom Center for Childhood Excellence</u>

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.

Christian Fellowship Communion Service This Sunday at 5 p.m.



The Christian Fellowship group hosts a Communion Service in the Sanctuary monthly on the last Sunday. Contact Gina Grubb at worship@oruuc.org for more information.

The Blossom Center for Childhood Excellence

Our Split-the-Plate offering for March is the Blossom Center for Childhood Excellence.

Blossom Center is a nonprofit childcare facility serving Oak Ridge and surrounding areas. The Center's program is academically oriented, intended to bridge the gap between home and school in order to improve educational outcomes, especially for underprivileged children. Blossom Center is open during extended hours when other childcare



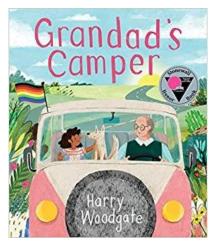
facilities are closed, and allows children to attend based on a sliding tuition scale commensurate with family income, making it the premier facility of its sort in the area.

For more information on Blossom Center, visit https://blossomcenter.org/. Please GIVE HERE as you are willing and able, or text "ORUUC" to 73256.

Announcements

PUBLIC HEARING ON LIBRARY BOOK CHALLENGES

Monday, March 27 Clinton Community Center 101 South Hicks Street, Clinton, TN



The Anderson County Library Board will hold a public hearing on Monday, March 27 to discuss library book challenge policies and book challenges. The Public Hearing will be at 6:00 P.M. at the Clinton Community Center, Clinton, TN. Speakers will be allowed three minutes to make comments on the topic. There are no other agenda items; no action will be taken at this meeting.

"Grandad's Camper" by Harry Woodgate is one of three books a group of residents requested removal of from the Clinton Public Lirbary in January. "It Feels Good to Be Yourself" by Theresa Thorn & Noah Grigni and "Families Like Mine: Children of Gay Parents Tell It Like It Is" by Abigail Garner are also on the list. A copy of "Grandad's Camper" is available in the Hearth Room.



Transgender Day of Visibility is March 31st
Please SAVE THE DATE for the UUA TDOV
Virtual Party for Trans Families
Friday, March 31st @ 8pm-9:30pm ET
Register here:

https://uua.zoom.us/meeting/register/tJAkcqhqjosG9AChaR1gLAlk0VJ_aKyQ-0w



EMBERS Meeting Sunday, April 2 12:30-1:30 p.m. in the Hearth Room

All are invited to an organizational meeting for EMBERS (Earth Mindfulness Based on Earth Religions and Spirituality). We will be creating an SMA, and discussing what we would like to add to our current earth-based celebrations, Winter Solstice being the largest and most well known. We invite anyone who feels a spiritual connection to the Earth to join us.

We will meet in the Hearth Room on Sunday April 2, 12:30-1:30pm. We hope you will join us!

For questions, please contact Jen Stark at <u>jen.stark@hotmail.com</u> or Whitney Cole at <u>whit.cole79@gmail.com</u>.



Sharing the Pulpit: Classes with Rev. Lisa Begin March 30!

Class sessions 1 through 6 are three hours long; commit to spending multiple Thursday evenings from 6 to 9 p.m. with your co-learners this spring. The Thursday dates are March 30, April 6, 20, May 4, 11, and 18, and the final double session takes place on Saturday, May 20 OR June 3, where we'll hear each other's sermons and share a meal. Sign up today! Email Rev. Lisa (rev.lisa@oruuc.org) or Christy White (christy_white@comcast.net).

Announcements continued

March is ORUUC's month to operate the storehouse at Ecumenical Storehouse!



Volunteers are needed to help load furniture for clients and to help clients gather smaller items (sheets, towels, etc.) on their list.

Volunteer Tuesday, March 28 or Thursday, March 30, 10:00 - noon each day.

Show up at 134 E Division Road on those days, or contact Michael Bjerke at michaelbjerke@comcast.net.



A note about Art Class at Abbie's house from Manderly Swain: We're still holding classes--I'm virtual and it's working! If you want to join any given week, please let us know --in a message, if possible--by Tuesday night of the week of the class you're attending so we can all be prepared. Abbie prepares a healthy, delicious meal for us each week and I spend a lot of time preparing my plans as well. A head count has become vital to our sanity. That said, I hope to see you this week in art class! We're having so much fun and it a no pressure, supportive, inspiring time, full of creative sparks and laughter. Please note: There will be no class March 30.



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</u>
<u>First Time Attendees to General Assembly |</u>
<u>General Assembly | UUA.org</u>

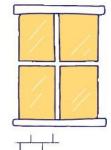
Register now for GA at <u>UUA.org/GA</u>. This 5-day immersive experience includes inspirational worship services and informative workshops. Reconvene with friends and colleagues, and explore our bustling exhibit hall. Meet us online or in Pittsburgh Wednesday, June 21 through Sunday, June 25.



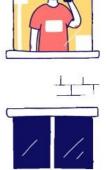
Don't miss Eggs & Pegs next Sunday, April 2 at 8:30 a.m.! Learn cribbage rules and/or play with more experienced players. Everyone is welcome! Bring a dish to share. Questions? Talk to Brandon White, Christina Elliott, Jane Flanagan, or Shelaine Curd.

Caring for Each Other











Caring Coordinators for March

Hope Waddle karasue54@gmail.com 865-719-1527 Kate Holtkamp-Readle Kate.holtkamp@gmail.com 423-231-5482

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.

Volunteer Opportunities



Interested in helping with Stone Soup next week? Contact Mary Beth Robinson at placesynergy@comcast.net if you'd like to bake at home on your own schedule, work with other volunteers in the church kitchen to prepare the soup, or hand out meals!

Pack and Deliver Food For Kids **April 10-11** at First United Methodist Church



Monday, April 10: Packing begins at 12 noon **Tuesday, April 11**: 8:30 a.m. Delivery to schools We will pack Food for Kids Monday, April 10 starting at 12 noon in the multipurpose room at FUMC. Set up will start around 10 am when the Second Harvest truck arrives. Delivery of the bins to the schools will be Tuesday, April 11 at 8:30 am. Hope to see you Monday or Tuesday.

Questions? Contact Cara Weigel at 865-806-7544. The multipurpose room at First United Methodist Church of Oak Ridge can be accessed via the back entrance on the Vienna Road side of the building. On street parking is available. Upcoming Packing Dates: May 1-2.

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.



Join the Ukulele Group!

Rehearsal is scheduled for Saturday, March 25 at 3:00 p.m. in the Sanctuary. I look forward to hearing how the Coffeehouse event went.

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

UUWomenspirit Event

UUWomenspirit Event May 17-21, 2023 The Mountain, Highlands, NC Mayan Wisdom for Birthing the New Dawn



Registration is now open for the spring Womenspirit event: visit our website, <u>UUWomenspirit.org</u> and read the entire <u>brochure</u> for all the details. Additionally, we're excited that attendees will now register for the event on the UUWomenspirit website, using our new system She Meets! If you haven't already created a profile on the website, you will need to do that first. We think that you will find it easy to use. In case of any issues, these instructions will walk you through the registration process.

The Mayan elders say it is time for ancient indigenous wisdom to be shared with the world to help birth the New Era, a new Great Cycle that is a balance of Divine female and male energies. They say we must be the "midwives" who will help with this Awakening.

We will walk together what the Maya call the Sacred Road, The Sac Be, by learning about and honoring the days KAWOQ, AJPU, IMOX, IQ, and AQ'AB'AL. KAWOQ is the midwife that births AJPU, the Spiritual Warrior within us, and through our dreams and ideas (IMOX) we align our voices (IQ)to bring in AQ'AB'AL, the Dawn of New Consciousness. Each worship service will honor these days in sequence, through invocation, prayer, song, dance and inner journeying.

We have a variety of tracks and workshops. We will also have activities such as silent auction, healing circle, chapel, and tea an talk. We will also have the favorites that include cabaret, drumming and dancing, and sacred circle dancing.

If you have any questions, please feel free to contact Beth Flanagan, Event Coordinator, at ecspring@uuwomenspirit.org.

Family News

THE FUTURE WE CHOOSE

Climate Change Art Contest

Create art to raise awareness of the effects of climate change and show what you can do about it!

Age: middle school high school

Winners: will be annouced mid-April by email and Instagram

> Award Ceremony: May 7, 2023

Submissions: original painting or drawing

Gallery: Knoxville Public Works Building 3131 Morris Ave

> Prizes: 1st place \$ 250 2nd place \$150 3rd place \$75

Dimensions: at least 8" by 10" no larger than 18" by 24" mounted

> Deadline: March 31, 2023





March 31 is the deadline for Citizens Climate Lobby's 2023 youth Climate Change Art Contest, with \$950 in prize money split between a middle school and a high school contest. There'll be an exhibition at Sustainable Future Center in Knoxville, and an Awards ceremony at the Public Works Building on May 7. Contact Marty Pierce by emailing

Marty.pierce@ix.netcom.com for more information! Artwork by Adrienne Schwarte of Maryville College and student Zoe Zeller



Join "Father Goose" Michael Raymond Thursday, April 5 at 10:30 a.m. at the Oak Ridge Public Library Auditorium for this free program! For more information, go to ORPL Children's Programming. We provide a meeting place and fellowship for caregivers of young children, especially those new to the community and far from home. Mother Goose is held on the First and Third Thursdays each month at 10:30 a.m., and is geared toward babies, toddlers, and preschoolers.



SAVE THE DATES! Rainbow Camp 2023: Color in Motion **June 27-30 for Campers June 26-30 for Counselors and CITs Registration opens in April!** Check out next week's Exponent for the link!

This year's camp will include a water day, a Science Show with rainbows and lasers, and Zumba, plus our usual Bingo with Bob Grimac, games, and crafts rotations. Start setting aside small toys to donate for bingo prizes!



The Mountain is hiring! The Mountain has opportunities for people who would love to live and work at The Mountain: Summer camp counselors and leaders, kitchen staff, maintenance, development associate, and farm staff. Applications open. https://www.themountainrlc.org/jobs

Registration is open for **Summer Camp**, with lots of options for kids as well as Intergenerational Camp and Adult Farm Camp. Some sessions of Summer Camp are starting to sell out, so if you are planning on attending summer camp please register today.

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.



Endowment Fund Grant Applications are available until April 9! Pick up a copy in the church office, or fill out the form online: <u>Application for Endowment Grant - 2023</u>.

Knoxville's 2nd Annual "Preach Your Abortion" April 13

Planned Parenthood of Tennessee and North Mississippi: Knoxville's 2nd Annual "Preach Your Abortion" is a live-streamed event shared on Planned Parenthood's channels that will take place the evening of Thursday, April 13th. As you may already know, according to the Guttmacher Institute, the majority of people who have had abortions self-identify as religious. However, most of the public rhetoric we hear from faith communities is anti-abortion. There is a mismatch between the reality and what is being "preached" publicly. We wish to boost and support the voice of people of faith who have had abortions to humanize the discussion, build empathy and understanding. To that end, at this event people of faith who have had abortions will bravely share their story from the pulpit of an affirming church. If you would like to share your story, please complete the speaker application form: https://forms.gle/N6VJF5u7nK6s1QR29. Here is the link to last year's livestream: https://fb.watch/hZdwY PIT6/



THE GREATEST SHOW BASH

Saturday, June 3, 2023 at 6 pm The Barn at Maple Creek 107 Gallaher Rd, Kingston, TN 37763

ALL INCLUSIVE TICKETS \$50 EACH

Includes meal, 2 drink tickets, games, prizes, and Sing Off Show. Get your tickets here!

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.

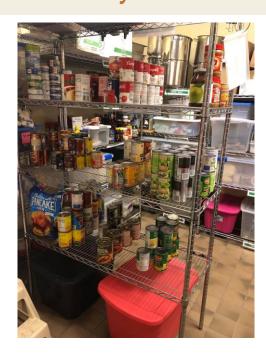
The UUA recommends that you consider:

- 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:

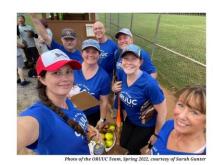
Peanut Butter
Mac n' Cheese
Canned Fruit
Canned Soups
Canned Pasta/Meat Meals
Canned Meats (Tuna, Chicken, etc.)
Canned Green Vegetables
Individual Snack Crackers

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



ORUUC Softball JOIN THE TEAM THIS SPRING!

Ages 18 and up! Play on a coed non-competitive slow pitch rec softball team! Text Sarah Gunter at 865-308-2820 if interested.



From Sarah Gunter: We are in serious need of more female softball players! If you have any friends who are athletic and would love to play a coed NONcompetitive slow pitch rec softball team, tell them to send Sarah Gunter a text: 865-308-2820. 18 years old and up.

Circles of Trust



These small groups of 6-8 people meet for an hour twice a month, allowing you to make connections and get to know fellow members on a deeper level.

Interested in joining a group?
Contact Todd Sherline, Ann Miller, or Donna Maloney
for more information.
Enroll at www.oruuc.org/faith-formation-for-adults



Interested in joining a Circle of Trust? Circles of Trust are groups of 6-8 people who meet for an hour, twice a month, to explore deep questions and grow in relationship with each other. Contact any Circle of Trust Support Team Member—Todd Sherline, Ann Miller, or Donna Maloney—if you're interested in joining a circle, or fill out this form: https://form.jotform.com/81896918351167



STONE SOUP UPDATE: To return to in-person dining, we need at least 12 volunteers available on Final Fridays to cook, set up tables, set tables, serve, clean up, do dishes, etc. Please let a member of the Stone Soup Team—Mary Beth Robinson, Steven Albright, Hope McAtee, Jen Stark—that you'd like to help! We'd like to get back to in-person dining!

Thank you!

This Week at ORUUUC

Friday, March 24

11am Tai Chi Practice

Saturday, March 25

3pm Ukulele

Sunday, March 26

8:15am Circle of Trust VII

10am Worship

11am High School

11am Together in Spirit

11:15am Circle of Trust II

11:15am Newcomers

11:15am Reflections

11:30am Circle of Trust IV

12pm Circle of Trust V

12:30pm Bridger Parent Meeting

12:30pm Buddhism Study Group

1pm Circle of Trust VI

2pm(3-5pm) Line Dancing

4pm Grades 5/6 OWL

4:45pm OWL

5pm Christian Fellowship

Communion

Monday, March 27

11am Tai Chi Practice

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

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



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, March 28

9am Stone Soup prep

10am Ecumenical Storehouse

Volunteers Needed

6pm Depression & Anxiety Support

Wednesday, March 29

6:30am Breakfast Rotary

11am Tai Chi Practice

5pm Stone Soup prep

6:45pm Choir Practice

7:45pm Band Practice

Thursday, March 30

10am Ecumenical Storehouse

Volunteers Needed

10am Interment: Elizabeth Brown

Peelle (Family only)

6pm Shared Pulpit Class Session 1

6pm Potluck

6:30pm Zenderley Art Workshop

(Canceled)



Easter is April 9! Please consider donating your spare change to ORUUC--starting this Sunday, March 26, there will be a basket in the lobby. All of the coins will be used to fill eggs for the elementaryage children to find during the egg hunt Easter Sunday, and then donated to our Split the Plate recipients. Thank you!



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

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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 2 The Promise of New Beginnings

Forgiveness? Not So Fast.



We're told that forgiveness offers a path to new beginnings. Sometimes we are told we need to forgive past wrongs in order to heal and "move on." However, maybe it's wiser, in the long run, to put the brakes on the process of forgiveness. Interim Minister Rev. Lisa Romantum Schwartz will unpack some of the ideas.