



The Exponent

March 25-31, 2022

WORSHIP

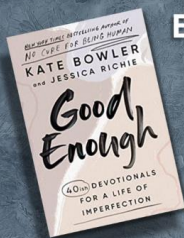
March Series Theme

Good Enough:

**Embracing the Imperfections
of Life and Faith**

*A Worship Series based on
the work of Kate Bowler
and Jessica Richie.*

March 6 - April 17, 2022



Bloom where you are planted!



Sunday, March 27, 10:00 AM "We Often Believe we are the Problem"
Rev. Jake, leading worship service

The Prodigal Son lives high on the hog and then famine strikes in the land of his dream vacation. And so he heads home, tail between his legs, expecting that he has lost it all. To his surprise, his extravagant failure is met with extravagant love and grace. We can be pretty hard on ourselves when things don't go as planned. Guilt, shame, and fear of being seen as a failure can leave us wallowing in the pig pen. Our delusions of a perfectible life keep us disappointed in ourselves. Truth is, life is a big ole risk every single day and facing whatever each day holds is not only good enough, but worthy of love and grace.

In-Service and Zoom. ZOOM door opens at 9:45 am. See link below.

Order of Service [here](#) Go to [ORUUC](#) for zoom information.

Send Prayer Requests: prayers@oruuc.org or Text 865-224-6388

UP FRONT

Friday, March 25



Friday, March 25 at 5:00pm



Stone Soup

Final Friday of Every Month

Every month, volunteers from ORUUC and the community shop for, prepare, serve and/or deliver meals to our community.

809 Oak Ridge Turnpike, Stoplight #2

Oak Ridge Unitarian Universalist Church (865) 483-6761

 Special thanks to our Community Partners for participating in our meal:
Kroger Marketplace
Jewish Congregation of Oak Ridge 

Drive thru for a delicious hot meal of White Chicken Chili, Chips, Congo Bars, and Fresh Fruit. Drive thru only.

Death Cafe

Saturday, March 26

12-2 p.m. in the Social Hall

Mare Martell, Facilitator

Nancy Starr, Host

A forum for open conversations around death, dying, and grieving. This is ***not*** a support group or a therapy session.

Tea, cake, and coffee provided. Masks and social distancing may be necessary, based on current Covid guidelines.

Monthly Leadership Training

Saying No to Say Yes: Healthy Boundaries

Monday, March 28, 7:15 to 8:15 pm

Setting boundaries at home and at work can be a challenge. Keeping them, even more so. Come to this hour-long session to hear about boundaries and then talk about 'em with Jake.

Join Zoom Meeting

<https://us02web.zoom.us/j/89980107130?pwd=d3ZJa1ozUFI1NjhMNFdMemZoVjJxQT09>

Meeting ID: 899 8010 7130

Passcode: 939395

Oak Ridge Unitarian Universalist Church

CONGREGATIONAL MEETING

SUNDAY, APRIL 3, 2022

11:15 A.M.

**IN THE SANCTUARY
AND ON ZOOM**

**TOPIC: FY 2021-22 BUDGET
UPDATE**

You are strongly encouraged to participate in discussions concerning budgetary spending for the remainder of this fiscal year.

**Jason Fishel
Secretary of the Board**

Posted Friday, March 18, 2022

Shirt Delivery Update



For those who ordered shirts our delivery date is next **Sunday, April 3rd**. Shirts can be picked up following the service in the Social Hall or please make arrangement for pick up with Christine Rehder, crehder@oruuc.org.

Thanks for supporting our Youth and representing ORUUC!



From the Board

In March, the Board met with Christine Purcell, who serves the UUA as its Transitions Program Manager. In the month of April, the Board will submit our congregational profile to the UUA. The information in this profile will be used by the UUA to match us with a set of ministers seeking a transition ministry and that are a good fit for ORUUC. With this list in hand and with the assistance of the UUA, the Board will engage in interviews and discussions with our candidates and then, sometime in May, make final selections and extend an offer. Once our search process with the UAA has gotten underway, we will host an informational meeting for the congregation to keep you abreast of the process.



Huge Rummage Sale!!

Oak Ridge Unitarian Universalist Church
809 Oak Ridge Turnpike
Oak Ridge, TN

Pre-sale = Prices Doubled
Friday, April 15, 6 pm to 8 pm

Main Sale
Saturday, April 16, 9 am to 2 pm

It's almost that time again...FINALLY! **The Spring Rummage Sale is coming up April 15-16!** There's a lot of work that goes into these sales, and dozens of ways you can be involved. Clean out those closets and get ready to donate your unused, unwanted items. And volunteer—sign up today: https://docs.google.com/forms/d/e/1FAIpQLSdQqKNWZuEIOE_B32IbDnLc1PoJw6QfT8RZW8C266Zp1SP9ZQ/viewform

Donations Needed

Here's a list to help you get an early start on putting things aside to donate for the upcoming Rummage Sale on Fri., April 15 (Pre-Sale) & Sat., April 16.

We'll gratefully accept the following items in resalable condition:

- **Clothing & Linens:** Washed, no tears, stains, mildewed, or strong odors from cigarettes, pets or mothballs. It would be helpful to fold clothing and put in clean trash bags.
- **Upholstered Furniture & Area Rugs:** No significant tears, no stains, no mildew, or strong cigarette or pet odors.
- **Wood or Solid Furniture:** Not broken or badly dented or water damaged, and not missing any vital parts. Minor dents or scratches are acceptable.
- **Televisions:** Flat screens, still in good working condition, less than 5 years old, with no missing nobs or buttons. Minor dents or scratches are acceptable. No big projection TVs or consoles.
- **Electronics:** Still in good working condition stereo components and speakers, computers only with flat screen monitors.
- **Appliances:** Only small, still in good working condition such as toasters and microwave ovens, mixers, etc. No missing knobs or buttons. Minor dents or scratches are acceptable.
- **Miscellaneous Items:** Toys, tools, music instruments, patio furniture and décor items, knickknacks, books (no school textbooks or magazines please,) artwork, clean area rugs, dishes, pots/pans, shoes, antiques, and jewelry.

Things we are unable to accept:

There wouldn't be a Rummage Sale without our volunteers and your generous donations! But you can help us greatly reduce work for our volunteers by allowing us to decline some items that we cannot sell in our sale. Your help is needed to dispose of items not in resale condition with your waste services.

- Anything that is wet from rain or floods, etc. or otherwise damaged
- Combustible fuel in any tanks or containers
- Console stereos or TVs, big projection TVs, or any that are older than 5 years, are not working, and those missing knobs or buttons
- Child car-seats
- Baby cribs with a sliding side rail
- Building materials, including paint and carpet remnants**
- Auto parts
- Electronics not in working condition
- **Mattresses***
- **Large appliances such as dishwashers, stoves and refrigerators, etc.***
- **Large exercise equipment (treadmills, elliptical machines, etc)***
- Pianos or organs
- Slate-top pool tables
- Safety helmets, including baseball, football, and cycling helmets

***Call Ecumenical Storehouse: (865) 481-0274**

****Call Habitat ReStore: (865) 483-5433**

Endowment Fund Grant

APPLICATIONS FOR ENDOWMENT FUND GRANT DUE APRIL 7: The objective of the Oak Ridge Unitarian Universalist Church Endowment Fund is to provide objects of enduring value to the church or support activities that promote, provide, or enhance the church experience of the members of ORUUC, or ORUUC's reputation in the community. The Endowment Committee asks that requests for support not overlap normally existing church activities or operations.

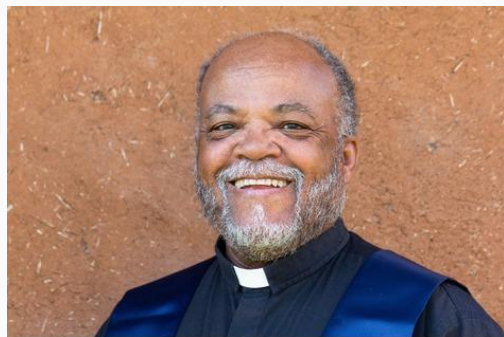
Proposals should be consistent with the goals and objectives of the church and positively affect the community.

The application deadline for the current year is April 7 at 5 p.m. Please submit this form to office@oruuc.org. Copies are also available in the church office.

You can access the application online at the following link: [Endowment Fund Grant Application 2022](#)

Save the Date

Former Ministerial Intern Clovice Lewis will be ordained THIS Saturday, March 26 at 5:00pm EST at the Unitarian Universalist Community of Lake County, California, his home congregation for over 22 years. Please register



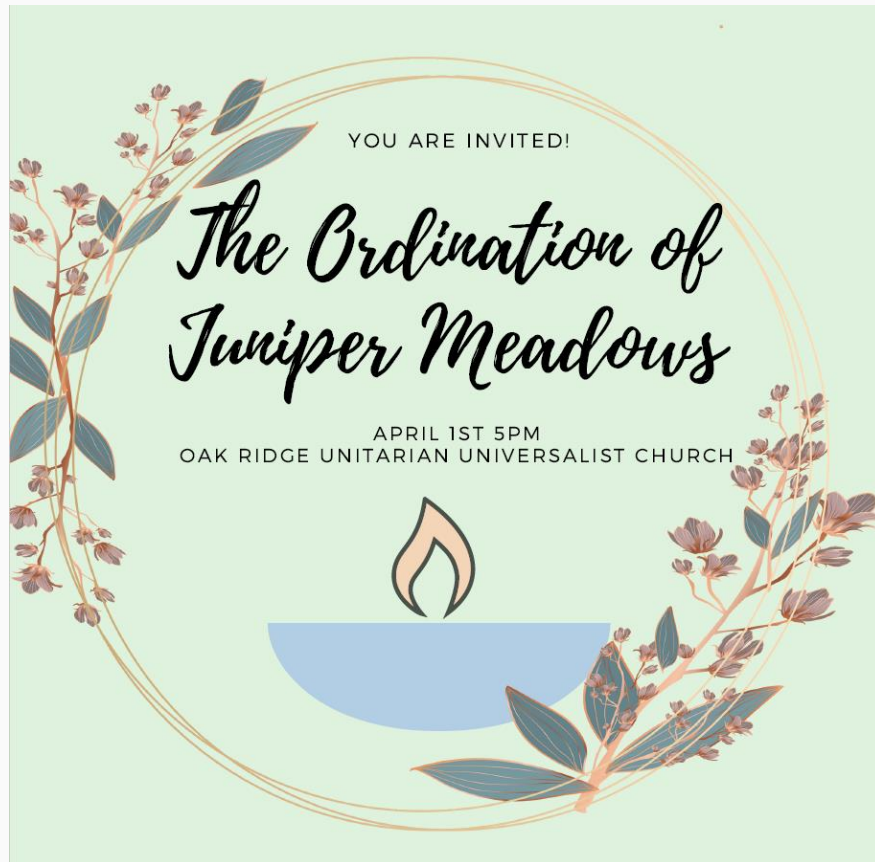
at <https://www.eventbrite.com/.../clovice-lewis-ordination...> if you wish to attend online. [Photo by Olivia Consterdine]

Letters for Juniper DUE TODAY!

Members and Friends of ORUUC, and all those who know and love Juniper, are invited to write letters of congratulations and encouragement to be included in a special keepsake guest book for Juniper to take with her as her journey continues to Omaha this summer. For those who may not be able to attend the Ordination Ceremony in person, this will be a wonderful way to share words of advice and support and wish Juniper well in her ministry.

Please send letters by mail to ORUUC, 809 Oak Ridge Turnpike, Oak Ridge, TN 37830 or by email to communications@oruuc.org with "Letters for Juniper" in the Subject line. **The deadline is today, March 25.**

Save the Date



More information coming soon!

Mother Goose



of Oak Ridge

Join us with your baby, toddler and/or preschooler for bouncing, tickling, touching, clapping and action rhymes, musical circle games, simple songs, and play.

**FIRST and THIRD Thursdays each month
at 10:30 AM
with "Father Goose" Michael Raymond
September through May**

We promote positive parent/child interaction as well as language and early brain development through traditional rhymes, circle games, musical activities, and simple play. We provide a meeting place and fellowship for caregivers of young children, especially those new to the community and far from home. Nothing is charged for Mother Goose; it is freely and lovingly offered to all.

Mother Goose of Oak Ridge meets in the Oak Ridge Public Library Auditorium.

Mother Goose of Oak Ridge meets in Oak Ridge Library Auditorium.



Nomadic Yoga Co-op

Sunday Morning yoga will be on hiatus until further notice, due to the cold weather and Covid restrictions for inside the building. Please continue your home practice and consider joining me on Monday evenings at Ascension Yoga for a Gentle Flow class. We hope to be able to gather again soon. Namaste. ~Jennifer Yarrow Alexander



Line Dancing

Sunday, 3:00pm

(Check with the group leader for cancelation due to weather)

We teach line dancing. Through our dancing, we bring together total strangers through-out the Oak Ridge community. We learn a variety of dances, country, jazz, waltz and cha-chas. Close friendships are developed with the willingness to share individual talents with others. A donation of \$3.00 per session is suggested. For more information contact Jo Curran or Steven Albright.



Tai Chi

M-W-F, 11-12 am

We minister to health & stability through learning & practicing tai chi. Tai chi has helped individuals maintain & improve their balance, strength, & blood pressure, & reduce knee, arm, shoulder & back pain. It has helped with MS, Alzheimer's, dropped cervix, bunions, & more. For more information, call Janet Hoegler at 865-963-5115.

ANNOUNCEMENTS

COVID-19 Update

Ours Pandemic Action Levels (PALs) risk remains HIGH. Masks are required in the building. Coffee Hour will be held outside under the portico.

Worship and Faith Formation hour classes will be in-person and online. If you're unsure what this means for you, check with your group leader.

For the weekly Covid-19 data for Anderson County, click here: [Tennessee Department of Health Covid-19 Data](#). See this [link](#) for ORUUC's PALs reports and resources.

Know Your COVID-19 Community Level

Covid-19 Community Levels are a new 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](#)

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Low	Medium	High
<ul style="list-style-type: none">Stay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautionsStay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">Wear a mask indoors in publicStay up to date with COVID-19 vaccinesGet tested if you have symptomsAdditional precautions may be needed for people at high risk for severe illness

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.



Get Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to receive **four free at-home COVID-19 tests**. Orders usually ship in 7-12 days. Order tests now so you have them when you need them: <https://www.covidtests.gov/>

Note: At-home COVID-19 rapid test kits contain a small amount of sodium azide. To prevent accidental poisonings, poison control centers recommend the following tips:

- Store the kit “up and away,” out of the sight and reach of children and pets.
- Leave the kit sealed until needed and throw it away immediately after use.
- Make sure to read and follow the instructions on the package before using.

<https://blog.cincinnatichildrens.org/84/covid-19-home-test-kit-dangers-what-parents-need-to-know>

MARCH Split the Plate **Free Medical Clinic**



The Free Medical Clinic is a non-profit primarily volunteer staffed organization offering free medical services to those who live in Anderson, Roane, and Morgan Counties. It serves people who do not have insurance and cannot afford to pay for medical services due to their income level. Because they are a primarily volunteer organization they rely on donations from individuals, churches, groups, etc.

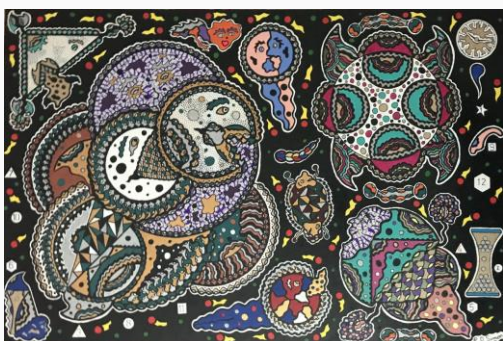
This clinic provides medical care to those who have no other resources. It can literally mean the difference between life and death for some people (such as

undiagnosed cancer). We all deserve adequate health care and to be treated with worth and dignity (our first principle). Our support for the Free Medical Clinic helps us live our principles while providing support to the disadvantaged.

ORUUC Art Gallery

ROBERT SIMON

Exhibit runs through March



Robert Simon was born in 1949 in East St. Louis, Illinois. He spent most of his early life in small railroad towns in southern Illinois and West Tennessee. He began teaching in 1972 and spent 40 years teaching US History, Government, and Sociology, in Oak Ridge, Tennessee, where he still resides in retirement. Simon began drawing about age 12, penciling and shading boxes, triangles, and circles in the margins of his school books and notebook paper. He has never taken an art class and, until his early fifties when he sold his first piece, he never considered himself an artist. He hid his work from outside eyes and it remained “his secret” for years, stacking up in closets and under beds, becoming his own private gallery. Overtime, his drawings became significantly more complex, the shading gave way to brilliant, vivid colors, the shapes and figures became ever more diverse and multifaceted. Today, with each drawing, a new expression of his changing inner consciousness emerges.

FROM THE ARTIST ~ Drawing is and has been an incredible escape for me throughout most of my life. People often ask me how I can do this. To me, it makes more sense to ask how can I not do it. Drawing puts a sense of balance and order into my world.

People frequently ask me what certain drawings mean. I believe that art evokes thoughts and feelings that are the viewer’s own. To dictate what should be interpreted interferes with what the viewer may need most out of the experience. Each person is free to input whatever meaning they wish on my work. There is

much about my work that at first seems chaotic and confusing, but, if one looks closely, continually repeating patterns form a larger entity. I see my art as visual jazz of limitless patterns and infinite combinations with no set conventions to follow.

EXHIBITIONS ~ Simon has exhibited around the country over the last 20 years, both in traditional galleries and online. His work has been chosen for the 22nd and 23rd Arts in the Airport exhibitions at McGee Tyson Airport in Knoxville; the current exhibition is underway. The Oak Ridge Art Center regularly selects Simon's art work for their annual Open Show. The 2020 show netted Simon the Dot Hightower Award for Excellence in Any Media Depicting a Strong Sense of the Individual. Simon has exhibited at the New York Outsider Art Fair and the Chicago Outsider Art Fair through his connection with Henry Boxer, founding director of Raw Vision magazine and Gallery Director at Henry Box Gallery of London, England, the leading gallery of its kind in the UK. Simon has also exhibited at the Webb Gallery in Waxahachie, Texas; the Home Gallery, curated by Michael Smith in Greensboro, North Carolina; the former TAG Gallery in Nashville, Tennessee; Caladan Gallery, a Massachusetts-based online gallery; Folk Fest, Atlanta, Georgia; Arts in the Garden at Skyland Trails Residential Treatment Center in Atlanta; Java House, Knoxville; the Children's Museum of Oak Ridge; and in the second place cover spot in the 14th Edition of Encyclopedia of Living Artists, May 2005 issue.

FROM ART CRITICS & JOURNALISTS ~ Simon was described as an amazing outsider talent by the Director of the former Tag Gallery. "His outlet is creating beautiful, abstract pieces filled with brilliant colors and themes that constantly change no matter how long one looks at them," Jerry Dale, curator for Tag Gallery, wrote of Simon. "His drawings are mirrors of his soul, expressing streams of thoughts that he cannot articulate to others or even to himself. Refreshingly original and raw, each piece is unique with his imprint on it."

The Encyclopedia of Living Artists described his work as "manifesting from a purity that invites the ceaseless flow of form and symbol from his inner self. He is a vehicle for the collective unconscious, mirroring the heartbeat of the mind and introducing the viewer to their own set of memories."

Marjorie Kaye, Director of the former Caladan Gallery and Gallery 181, said that Simon's images are loaded with love and humor, observation and declaration. "He is an artist shooting from the hip, with no restraints on the material manifestation of his imagination! His work exudes a freedom and natural exuberance rarely seen - probably because he does not impose any conventions on himself. One could find one's reflection in his work for hours, days, and even an eternity! We also must mention his use of color, texture, and form as being highly bindless in nature. This is a gift to us."

Simon has spoken about healing through art and art itself to groups of children and adults in Vermont, Georgia, and Tennessee.

<https://mindmuses.com/>

<https://www.facebook.com/mindmuses>

OUR ORUUC FAMILY

Caring for Each Other

If you are going through difficult times and would like emotional support, or are in any situation where support and caring are needed, contact

Rev. Tandy Scheffler, Minister of Care and Connection

Jeannie Cuevas, Office Administrator

(865) 483-6761 Office Hours M-F 10 AM to 4 PM office@oruuc.org

Caring Coordinators for March

Christina Elliott christina.r.elliott@gmail.com 214-0756

Jill Adler TEXT/PHONE 704-989-2252 Jill.adler.62@gmail.com

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.

ORUUC LEADERSHIP

The ORUUC Board of Officers

President: Jim Nutaro
Past President: Val Herd
President-Elect: Michele Thornton
Secretary: Jason Fishel
Treasurer: Brandon White
Members-at-Large:
Shelaine Curd
Regina Guy
Nathaniel Bass
Ethan Coon

The ORUUC Executive Team

Rev. Jake Morrill
Christine Rehder
Christina Elliott
Debra Oscarson

Community/UU



Community Invited to Breakfast with the Legislators on Zoom
Monday, March 28 7:30-8:30 am

The League of Women Voters of Oak Ridge invites the community to “Breakfast with the Legislators.” The meeting will be virtual and may be accessed by following directions given below.

Lieutenant Governor Randy McNally, Senator Ken Yager, and Representatives John Ragan and Kent Calfee have been invited to share an update on the current session of the Tennessee General Assembly and respond to questions from participants.

The League of Women Voters of Oak Ridge welcomes League members and non-members alike to this session. League members will automatically receive instruction on linking to the live event. Non-members who would like to receive the link should contact Pat Bryan at patbryan2@att.net before Monday, March 28.



Lieutenant Governor Randy McNally,
District 5



Senator Ken Yager, District 12



Representative John Ragan,
District 33



Representative Kent Calfee,
District 32

The League of Women Voters of Oak Ridge is a nonpartisan political organization for men and women. It encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

ON THE CALENDAR THIS WEEK

Friday, March 25

Office Closed
12:00pm Senior High Mountain CON
(Grades 9-12)
11:00am Tai Chi Practice
5:00pm COT Administration Group
5:00pm Stone Soup Community Meal

Saturday, March 26

Senior High Mountain CON (Grades 9-12)
12:00pm Death Cafe
3:00pm Ukulele
5:00pm The Ordination of Clovice Lewis
(On Zoom)

Sunday, March 27

1:00pm Senior High Mountain CON
(Grades 9-12)
8:15am Circles of Trust VII
10:00am Worship Service
11:00am (Canceled) Yoga
11:00am High School
11:00am Reflections
11:00am Together in Spirit
11:15am Circle of Trust II
11:15am Circle of Trust IV
12:00pm Circle of Trust V
12:30pm OWL 4-6 Grade
12:30pm OWL (7-9 Grades)
12:30pm OWL 10-12 Grade Canceled
12:30pm Buddhism Study Group
1:00pm Circle of Trust VI
2:00pm (3-5pm) Line Dancing
3:00pm Mira Kimmelman Holocaust
Education Study Group (Registered
participants only)

Monday, March 28

11:00am Tai Chi Practice
5:00pm Caring Coordinators Transition
Meeting
6:50pm Meditation Learning and
Practice Group
7:15pm Monthly Leadership Training
(Covenant and UUA Connections)

Tuesday, March 29

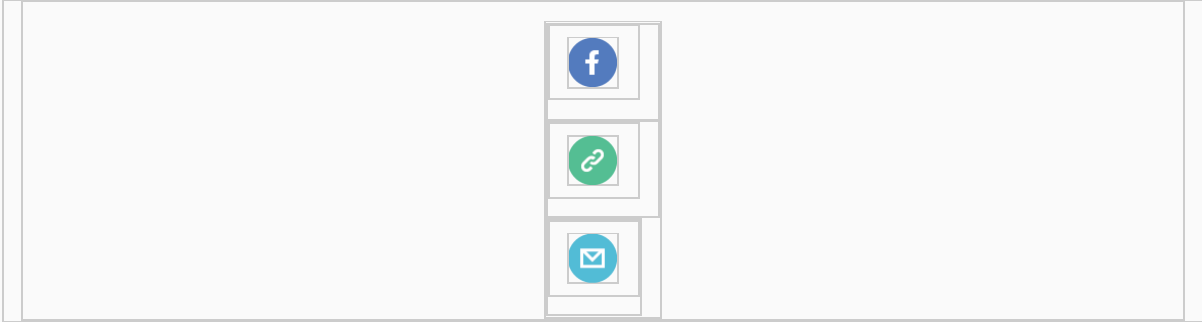
6:00pm (Canceled) Nomadic Yoga
6:00pm Depression & Anxiety Support
Group

Wednesday, March 30

6:30am Breakfast Rotary
11:00am Tai Chi
12:00pm Exponent Deadline
6:45pm Choir Practice
7:45pm Band Rehearsal

Thursday, March 31

2:00pm (Rental) Friends of Literacy
5:00pm Potluck
6:50pm Meditation Learning and
Practice Group



Reminder: The deadline to submit news for the weekly Exponent is WEDNESDAY at NOON. Please send news to Rachel at communications@oruuc.org **AND** Debby Crider at newsletters@launchpad.faith

Our mailing address is:

809 Oak Ridge Turnpike
Oak Ridge, TN 37830

oruuc.org | 865-483-6761 | office@oruuc.org

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