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News from Oak Ridge Unitarian Universalist Church

The Exponent



Stone Soup Today: Drive Thru Beginning At 5:30

It's the final Friday of the month, and that means Stone Soup! Drive thru beginning at 5:30 p.m. this afternoon for a delicious meal of Vegetarian Black Bean Chili, Fresh Fruit, and Desserts. Thanks to our community partners, the Jewish Congregation of Oak Ridge and Kroger Marketplace, and all of ORUUC's cooks, bakers, baggers, and distributors.

Interested in getting involved and helping Stone Soup return to inperson 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! Thank you!



The Soul Thermometer Rev. Lisa Romantum Schwartz, Interim Minister

I remember a couple of years ago when ground like the soles of treading feet, a thermometer was hard to find, because we were all so worried about getting sick and had scooped all the thermometers off store and Amazon warehouse shelves. I recently ran across my early pandemic, panic-bought thermometer, and it made me think of how much has changed since then.

I also recently unearthed a handy gardening tool: a soil thermometer, that helps one know when optimal planting time has come. It's tempting to bask in the late-winter sunshine and decide it's probably time to plant tomatoes, but anyone who's ever dealt with winter's fickle farewell knows better. A soil thermometer is a really important tool, because, as they say, timing is everything.

For you non-gardeners, here's why it matters: if you put your seeds in too early they may freeze. Or they might open up on some warm morning, filled with the ebullience of new life-only to be frozen in the evening, when clouds scud across the sun and the temperature plummets. If you put your seeds in too late, they may still be tender and new after the spring rains have come and gone. The sun will beat down on the

compressing the earth into a hard, crusty path. This is not the forgiving loam that tender shoots need.

So there's the argument for a soil thermometer. And as I sat and reflected on the timeliness of planting, I wondered about a "soul thermometer," too. Taking a reading on soul temperature, and thus timing, is a good thing. How else will I

> know the optimal time to urge myself towards the work of planting, growth, and maturity? Call it "soul" or not, congregations have an "optimal time" for new endeavors, too. You don't want to

miss the window of temperate opportunity for planting seeds that will have plenty of time to mature and grow and bear good fruit.

My sense, as I watch ORUUC ease the long thermometer into the rich compost that is you, is that the mercury is rising. I see that many seeds are already there, some already bursting their dark husks and sending green stems up towards the light. And you have much to plant, and an abundant harvest to anticipate.

Blessings on assembling your search committee, and on a successful stewardship campaign. It looks like 1 a fruitful year!



This Sunday, April 2 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.

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 prayers@oruuc.org

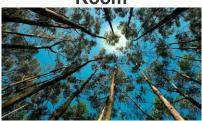


April Split the Plate: The Free Medical Clinic

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.

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.

Questions? Contact Jen Stark at <u>jen.stark@hotmail.com</u> or Whitney Cole at <u>whit.cole79@gmail.com</u>.

April's Split the Plate Offering Recipient:

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.

For more information about The Free Medical Clinic, visit <u>http://www.fmcor.org/</u>.

Each month, half of the undesignated offering is given to our Split the Plate recipient. Please <u>GIVE HERE</u> as you are willing and able, or text "ORUUC" to 73256.

Announcements

On March 27, the Anderson County Library Board held a public hearing at the Clinton **Community Center to discuss library book** challenge policies and book challenges. Speakers were allowed three minutes each to make comments on the topic. There were no other agenda items; no action was taken at this meeting.

To watch the three-hour meeting, visit https://www.youtube.com/watch?v=3BCC6NADn5g.

Thanks to Anderson County Community TV for providing coverage.



Anderson County Library Board: March 27. 2023 A public hearing held by the Anderson County Library Board in Clinton, TN



Don't miss Eggs & Pegs this 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.



Transgender Day of Visibility is TODAY! Be part of the UUA TDOV Virtual Party for **Trans/Nonbinary Families** Friday, March 31st @ 8pm-9:30pm ET **Register here:**

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

As legislators pass harmful laws in states all across the country and as people of faith and no-faith fight back, we want to remind transgender/nonbinary families that they are not alone. As Unitarian Universalists, we believe that every body is sacred. This will be a time of reflection, celebration, and renewal as we prepare for what is and whatever is coming our way. *NOTE: This space is intentionally multi-generational. It is open to and welcoming of trans/nonbinary elders, children, youth, and young adults. Standard UUA online safety measures apply to ensure all people under 18 are able to attend.



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.

Announcements continued

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?



ORUUC Timeline Event Sunday, Jan. 22 Colin Loring photo

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 <u>https://www.tiki-toki.com</u> for examples. **If you want the job, contact** <u>rev.lisa@oruuc.org</u>



Tax Day is April 18 this year—still need a copy of your Giving Report for 2022? Call the church office at 865-483-6761 or email office@oruuc.org and Jeannie can print a copy and mail it to you. OR you can log into your Realm account and download the information. Go

to https://onrealm.org/oruuc/Account/Start

Once you've logged in, select "Giving" and then "Year to Date." Change the date frame by typing it or clicking on the calendar icon. Then select "Filter." The result will be a report of your giving record. Click the printer icon and then select "Download" to generate a pdf of your record that you can save to your computer and print.

Pack "Food For Kids" with Second Harvest at First United Methodist Church of Oak Ridge Monday, April 3 starting at 12 noon.

(PLEASE NOTE THE DATE CHANGE! It's a week earlier than originally scheduled.)



Questions? Contact Cara Weigel at 865-806-7544.

Additional info: Enter FUMC via the back entrance of the church on the Vienna Road side of the building. On street parking is available. Help is also needed around 10:00-10:30 a.m. on Monday when the Second Harvest truck arrives. Once Second Harvest brings in the food on pallets, help is needed unloading the boxes from the pallets to the tables; lifting is involved.

Can't make it next week? Mark your calendar for upcoming packing dates: May 1-2.

Lakeshore Cleanup This Sunday at 2 p.m. at the Oak Ridge Marina



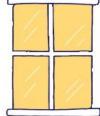
Photo by Owen Hoffman

The Oak Ridge Breakfast Rotary Club, Greenways Oak Ridge, and the League of Women Voters of Oak Ridge invite the public to join them this Sunday, April 2 at 2 p.m. at the Oak Ridge Marina for the annual Lakeshore Cleanup.

Grabbers, gloves, and trash bags will be provided. Questions? Call Dan Robbins at 865-250-9177.

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 April

Kate Holtkamp-Readle <u>Kate.holtkamp@gmail.com</u> 423-231-5482 Rachel Smith-Jones <u>smithnjones3@comcast.net</u> 603-252-2295

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.

Caring News



Dear Members of ORUUC,

I'm sad to bring you the news of Sharon G. Hubbard's passing. Sharon had suffered a brain aneurism several weeks ago and had been in the intensive care unit of Fort Sanders Regional Medical Center ever since, on a ventilator and a feeding tube. On Tuesday, the health care professionals told Sharon's loved ones that she was not expected to make significant recovery, and wouldn't ever be "our Sharon" again.

In love and compassion, the decision was made to keep Sharon comfortable and allow her to transition naturally. She passed away peacefully that night.

Sharon was a former kindergarten teacher, a stalwart volunteer at ORUUC Rummage sales and other events, and an avid weaver and crafter. Her loving and caring soul will be missed by all who knew her. Plans for a memorial are pending at this time.

Blessings, Rev. Lisa Romantum Schwartz ORUUC Interim Minister *March 29, 2023*

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.

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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

Our next rehearsal is scheduled for Saturday, April 8 at 3:00 p.m. in the Sanctuary.

If you're interested in trying something new this year, stop by! We'd love to have you join us. Abbie Moore <u>abbie.moore@icloud.com</u>

Job Opportunity at ORUUC

JOIN OUR WORSHIP TECH TEAM



65-483-6761 ORUUC.org

Our worship tech team is still growing and looking for another video tech. This is a paid position with a commitment of 1-2 Sunday mornings per month. Experience is preferred but not required. High school diploma or equivalent is preferred, but qualified high school students are encouraged to apply. For more information, please visit <u>http://www.oruuc.org/s/ORUUC-Video-Tech-Job-Description-221127.pdf</u>.

Application information: People with disabilities, people of color, indigenous people, Hispanic/Latinx, and LGBTQ candidates are encouraged to apply. ORUUC is an Equal Opportunity Employer and is committed to the full inclusion of all.

Contact <u>worship@oruuc.org</u> for more information or to submit a resumé.

Family News

Congratulations, 5th and 6th Grade OWL students!



Another one in the books—we celebrated the completion of our 5/6 OWL (Our Whole Lives) class this past Sunday, March 26. The group was engaged, considerate and thoughtful. What a joy it is to serve the mission of ORUUC with committed children and parents! *Christine Rehder, Director of Youth Faith Formation*





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 <u>ORPL Children's</u> 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.



REGISTRATION IS NOW OPEN! Rainbow Camp 2023: Color in Motion June 27-30 for Campers June 26-30 for Counselors and CITs Register today!

https://forms.gle/8UrCR5iTJqxvewdL8

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 <u>Summer Camp</u>, 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



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>.

The City of Oak Ridge's household trash pick up begins Monday, April 3.



Please note that the proposed schedule is a general guide and can vary considerably from the actual schedule due to weather conditions and/or the amount of participation by residents.

1st Week

Monday, April 3: Tusculum Drive and side streets, Tempura Drive and side streets, Tiffin Drive and side streets, Tuskegee Drive extension, Scarboro Neighborhood

Tuesday, April 4: Woodland Area

Wednesday, April 5: Hendrix Creek Subdivision

Thursday, April 6: Baypath Drive and side streets, Briarcliff Avenue and side streets, Elmhurst Drive and side streets, Stonebridge

Friday, April 7: Emory Valley Subdivision, Emory Heights Subdivision, Riverbend Subdivision

The City website is back up and running following a malware attack last week. To view the rest of the schedule, visit <u>https://www.oakridgetn.gov/citywide-</u> bulk-pickup.boging-april-

bulk-pickup-begins-april-

<u>3?fbclid=IwAR1bOgudddKpWVQSRyVwLPzQUQMy</u> <u>aLGuK41mB1pdQGR7i2SGxaib49VwWEk</u>.

Ministerial Search News

ORUUC Nominating Committee



Nancy Highfill



Steven Barker



Sheila Morton



Amanda Law





Robyn Naughton

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 <u>the whole congregation</u> 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, <u>who would you trust</u> 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</u> <u>congregation</u>.

Church Pantry Needs



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

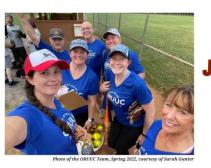
Peanut Butter Mac n' Cheese Canned Fruit Canned Soups Canned Pasta/Meat Meals Canned Meats (Tuna, Chicken, etc.) Canned Green Vegetables Individual Snack Crackers

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. <u>COVID-19 by</u> <u>County | CDC</u>

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 OIN 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

3



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 <u>www.oruuc.org/faith-formation-for-adults</u>



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



In the Gallery through May 31: Cosima, Fine Artist http://www.oruuc.org/current-exhibit

This Week at ORUUUC

Friday, March 31
10:30am Caring Coordinators
Transition Meeting
11am Tai Chi Practice
1pm Stone Soup Prep
5:30pm Stone Soup Community
Drive-Thru Meal (pg. 1)
8pm Uplift Transgender Day of
Visibility (Zoom) (pg.3)

<u>Saturday, April 1</u> 11am-8pm Rental (Handfasting Ceremony)

Sunday, April 2 8:30am Eggs & Pegs **10am Worship** 11am High School 11am Together in Spirit 11:15am Circle of Trust I 11:15am Knitting & Crocheting Group 11:15am Newcomers 11:15am Reflections 12:30pm Buddhism Study Group 12:30pm Circle of Trust IX **12:20pm Embers (pg. 2)** 1:30pm Book Club 2pm(3-5pm) Line Dancing 4pm Circle of Trust X1 5:30pm Circle of Trust X

The deadline to submit news for The Exponent is Wednesday at noon! Please send news, comments, and feedback to Rachel at communications@oruuc.org. <u>Monday, April 3</u>

11am Tai Chi Practice12noon Pack Food for Kids (Second Harvest) First United Methodist Church

<u>Tuesday, April 4</u> 12 noon Lunch with the League of Women Voters 6pm Depression & Anxiety Support

Wednesday, April 5 6:30am Breakfast Rotary 11am Tai Chi Practice 11am Circle of Trust VIII 6:45pm Choir Practice 7:45pm Band Practice

<u>Thursday, April 6</u>

1:30pm Executive Team Meeting6pm Shared Pulpit Class Session 2(enrollment closed)6pm Potluck6:30pm Zenderley Art Workshop



Easter is April 9! Donate your spare change to ORUUC-there is a collection basket in the lobby. All coins will be used to fill eggs for the elementary-age children to find during the egg hunt after worship on Easter Sunday, and then donated to our Split the Plate recipients.



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

President: Michele Thornton Past President: Jim Nutaro President-Elect: Jason Fishel Secretary: Nathaniel Bass Treasurer: Brandon White Members-at-Large: Freddie Nechtow Charles Davis Jami Garner Ethan Coon

The ORUUC Executive Team

Rev. Lisa Schwartz Christine Rehder Christina Elliott Amanda Fishel Jeannie Cuevas, Office Admininstrator

Sunday, April 9 The Promise of New Beginnings Who Will Roll The Stone Away?



It's an experience so universal it helps define the human condition: Traumas and tragedies befall us, and we find ourselves locked in darkness, sealed up by a heavy stone. What mechanism, or mystery, will lift the heaviness? How will we step — even tentatively — into the light? Interim Minister Rev. Lisa Romantum Schwartz is the speaker this Easter morning.