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News from Oak Ridge Unitarian Universalist Church

The Exponent





Are you considering becoming a member of ORUUC? Or are you just UU curious? Next Saturday, March 16th from 9:30 to 11:30 a.m., join Rev. Lisa and some current members for a brief intro to ORUUC and Unitarian Universalism. Register by this Sunday HERE so we'll know how many muffins to bake. (Be sure to let us know if you need a glutenfree option!) Childcare is available if you need it, but give us a week's notice if you do.

If you're not sure about church membership, that's OK! There are many ways that "friends of the church" can engage in deep and meaningful ways with most of what's going on at ORUUC, and we'll explore some avenues in this class.

Keep track of your questions and bring 'em along. (And it's also OK to schedule a 1:1 meeting with Rev. Lisa to ask your questions!)

The Gift of Transformation

Whitney Cole, Multigenerational Director

Our theme this month is the Gift of Transformation. I think that it's incredibly difficult to see all transformation as a gift. Often it's scary, anxiety-inducing, and nerve wracking. At least, it is for me. Many transformations I've had to go through have not been welcomed and in fact were painful and forced. I'm forced to ask myself, is all transformation a gift? Or are some a burden? A painful situation to get through by any means necessary? I will admit that some transformations can be beautiful. Growing up, driving, graduating, marrying, having a family all were welcomed by me. They did all still cause me anxiety and there were still some painful points but a gift nonetheless. Transformations forced by death, loss of something profound, illness, situations out of my control are harder to see as a gift. Looking back now, I can see the good that came from them. The way they shaped me. The way they made me strong. The way they made me see the world. The way they increased my empathy. But if you told me that they were a gift while I was going through them, I would have rolled my eyes and regarded you with a bitterness reserved for the people who tell me to look for the silver lining in everything all while promising me thoughts and prayers. Now, though, I do see them as a gift, perhaps an unwelcome

one that I definitely won't send a thank you

card for, but a gift.

That's the thing, isn't it? Everything looks different when you're looking back. Those hard times seem almost precious. Grief seems almost sweet. Difficult times almost feel treasured. Maybe because we have the privilege of hindsight. Maybe because now we know we survived it. We know that it didn't break us. At the moment, though, we're scared. We wonder how we're going to live through this. We worry how this will change us. How this transformation will look on the other side of it. Will we be better off or worse? Will this be the transformation that ends us? That makes us into something we don't want to be? What will

this transformation cost us?

I think that's why I struggle with seeing transformation as a gift. It always seems to cost us something. Even when it's something we want. Something that

is good. A wedding costs not only money but a different future. So does having or adopting children. Changing jobs costs us the job we already know.

We have to have faith to see transformations as a gift. We also have to have optimism, something I'm not sure I have enough of most of the time. To be open to change and transformation feels terrifyingly naïve. Perhaps if we all had more faith in life we would trust that the transformations we are forced to endure have a meaning we just don't see yet.

This Sunday, March 10 Be Like Water

Water takes many forms, indeed it transforms on its journeys in and through and above the earth. Perhaps we are called to do the same in these days. Our guest minister, the Rev. Laura Bogle, will look for wisdom from the martial artist Bruce Lee and an old Sufi tale.

Worship with us at 10 a.m. in person or on ZOOM. Daylight Saving Time begins this Sunday! Set your clocks forward an hour Saturday night!

Zoom door opens at 9:45 a.m.

To Zoom: Please install the Zoom app on your device and use Zoom Worship Service

Meeting ID: 946 8973 5846.

The Order of Service may be found here. Email or Text Prayer Requests to

prayers@oruuc.org



March Split the Plate Offering: The Blossom Center for Childhood Excellence

After worship, please stay for coffee and treats in the Social Hall, and a multigenerational Faith Formation hour with watercolor painting for all ages. Regular Faith Formation classes are canceled for Spring Break.

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

Guest Minister Sunday, March 10



Rev. Laura Bogle

This Sunday, we're excited to have the Rev. Laura Bogle with us as our guest minister.

Rev. Laura Bogle served UU congregations for 12 years, including 10 years down the road in Blount County. She's currently focused on parenting three kids, finishing a certification in Spiritual Direction from Meadville-Lombard Theological School, providing support to those at end of life through hospice chaplaincy and doula support, and starting seeds for her garden.

March Split the Plate Offering: Blossom Center for Childhood Excellence

Every Sunday we share our offering 50/50 with a local agency chosen by our members during a vote at the Congregational Meeting each June. This month, the Split the Plate offering goes to the Blossom Center for Childhood Excellence.

Blossom Center is a non-profit childcare facility serving approximately 80 children in 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 education 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. They have also partnered with Alpha Kappa Alpha to pack backpacks of food for area children.

For more information, visit https://www.blossomcenter.org/.

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

March Worship Series Transformation ORUUC

March 3: *Kindling the Power of Transformation* Rev. Lisa Romantum Schwartz

March 10: Be Like Water

Rev. Laura Bogle, Guest Minister

No Faith Formation classes during Spring Break. Multi-Gen Faith Formation Hour: Watercolors in the Social Hall.

March 17: Born of the Earth

Rev. Lisa Romantum Schwartz

No Faith Formation classes during Spring Break.
Multi-Gen Faith Formation Hour: Air dry clay.

March 24: The Colors of Spring

Learn about the Hindu festival of Holi and enjoy the colors of spring in this Multi-Gen service.

March 31: A Tomb is No Place to Stay
Rev. Lisa Romantum Schwartz

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

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

Announcements

Thank you from the Memorial Services Committee

I want to express my gratitude, appreciation and thanks to all of you who gave of your time, energy and love to help with the Celebration of Life for Maxwell Pate. I felt that on Sunday ORUUC was overflowing with love for the Gunter family. I was unable to be in the sanctuary for the service but I heard that Rev. Lisa's words and Nancy Starr's music were a message of comfort.

Thanks to the hard-working, probably worn out, rummage workers who cleaned up the social hall so fast late afternoon Saturday and then tidied up the rest of the building. Thanks to Michael Bjerke and Freddie Nechtow for being so flexible about coffee hour location so we could begin to set up the social hall. Thank you to Michael Raymond for getting the sanctuary ready. Thanks to Betsy Bauer and her safety team for managing to get all of the cars safely parked. Thanks to Whitney Cole for getting baby sitters and to Dorn Kile for house-sitting. Thanks to Martin Bauer and his wonderful tech team and to Steven Albright and Mark Bevelhimer for quickly setting up the tables in the social hall for us. Thanks to Marty Adler-Jasny, Carol Beene and Sara Wieland who handed out orders of service and helped get the guest books signed. Thanks to so many of you who brought food for the reception, worked in the kitchen and came to help clean up. Thanks to Steven Albright who stepped in when our sexton, Jamie Gilmore, was ill. And last but definitely not least, a huge thanks to our office staff, Rachel Smith-Jones and Jeannie Cuevas. Jeannie even came back to church Sunday to deal with a problem. And then there were those of you who offered to help when we already had all the help we could use. Please know that I appreciate you all so very much.

Ann Odell Co-chair of the Memorial Services Committee



To EVERYONE who helped with RUMMAGE....



Mark your calendar for the Fall Rummage Sale September 13-14, 2024 ORUUC

Last weekend's Spring Rummage Sale made \$13,000! Save the Date for the Fall Sale: September 13 and 14!





ORUUC's Volunteer for the Month is...Sue Lasky! One of the people who had a big hand in last week's Rummage Sale, Sue is someone who's involved in SO many ways here at ORUUC. She has served on the board; she helps welcome newcomers after the service, and currently serves on the Nominating Committee. She's a powerhouse of energy and commitment. While helping during Rummage week, Amanda Fishel says she was impressed by Sue's willingness to pass on her leadership skills and knowledge, stepping back enough to allow others to grow while still being present and supportive. The Executive Team has named Sue volunteer of the month for March! Thank you for all that you do, Sue!



Endowment Fund Grant Applications Due March 31 by 5 p.m. Submit your application online here:

Endowment Grant Application - 2024

or pick up a paper copy in the church office.

Announcements



What's happening these days at the University of Tennessee Pride Center? Find out at the PFLAG meeting Monday, March 11 at First Presbyterian Church, 1051 Oak Ridge Turnpike, Room 102. Social Time starts at 6:45 p.m., with the meeting from 7 p.m. - 8 p.m.

Pride Center Executive Director Bonnie Johnson, a native Oak Ridger, will speak. They were recently named to the UT "40 under 40" which recognizes alumni under the age of 40 excelling personally and professionally since completing their degree at UT. The Pride Center is the LGBTQ+ resource center at UT Knoxville. The public is invited to attend.

Oak Ridge has an active PFLAG group which meets monthly, rotating the venue among faith communities including the First Presbyterian, First United Methodist, and Oak Ridge Unitarian Universalist churches, United Church Chapel on the Hill, and the Jewish Congregation of Oak Ridge. For additional information, contact PFLAG President Anne Backus at backusanne@comcast.net.

Oak Ridge Periodic Tables Sharing the elements of community.

Can Artificial Intelligence Bridge Divides, Or Will it Separate Us Further? Oak Ridge Periodic Tables and the "Healing Starts Here" grant initiative from the New Pluralists combined forces last year to help get the "Secret City" talking again about issues that matter. On Sunday, March 17 at 5 p.m., join us for dinner, followed by a short demonstration of how ChatGPT works, then we'll generate a few questions and test the AI at our tables before coming back together as a large group to share what we've uncovered and how we feel about the conversations we had - both with AI and with each other.

To learn more about this event, visit Oak Ridge Periodic Tables.



Stone Soup volunteers will soon be getting ready for another delicious free community meal! Contact Jen Stark at jen.stark@hotmail.com if you'd like to help!



Thanks for the continuing donations to ORUUC's Non-Perishable Food Pantry! This month's greatest needs are canned fruit, soups, and beans. Please bring your donations and leave them in the box in the church lobby, or in the box in the pantry, located in the kitchen. Thank you for helping us make this community resource possible! 5

Caring for Each Other



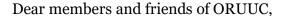
Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery? Contact the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for March

Mare Martell <u>maremartell@gmail.com</u> 616-826-9984 Rachel Smith-Jones <u>smithnjones3@comcast.net</u> 603-252-2295 Freddie Nechtow freddien123@gmail.com 865-599-4359

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.

Alan England (1932-2024)





I'm sad to bring you news of the passing of our member Alan England. A celebration of life for Alan and for his recently deceased ex-wife Nancy England will be held at ORUUC on Saturday, June 8th at 2 p.m.

Alan Coulter England, 92, died peacefully at home on March 4, 2024, surrounded by his daughters. He was an active resident of Oak Ridge and a member of ORUUC since the 1960s. He continued to attend church services on Zoom up to his last full day of life and was an active member of the ORUUC Buddhist Study Group and a member of one of the ORUUC Circles of Trust.

Alan was an experimental plasma physicist at Oak Ridge National Laboratory (ORNL) for 35 years. He authored or co-authored more than 90 scientific papers and over 100 conference papers and reports and served on foreign assignments that included work in Russia and Germany. Following his retirement from ORNL, he worked as a guest professor in Japan for a year, and then spent thirteen years working in South Korea, where he conducted research on fusion at the Pohang Institute for Science and Technology and the National Fusion Research Institute (Korea Institute of Fusion Energy).

His full life included many volunteer activities, including Big Brothers/Big Sisters, Reading for the Blind, and serving as a CASA (Court-Appointed Special Advocate). He supported several ORUUC efforts, such as tutoring second graders and delivering Fresh Fruit for Kids. Alan enjoyed running and was a member of track clubs in Oak Ridge and Knoxville, as well as being part of hiking and caving groups in Oak Ridge, Japan, and Korea.

Alan is survived by his three daughters, two adopted sons, and four grandchildren. Condolences may be sent to the family c/o Jean Reese, 861 West Outer Drive, Oak Ridge 37830. Memorial contributions in Alan's honor may be made to ORUUC or to the Free Medical Clinic of Oak Ridge.

Blessings, Rev. Lisa Romantum Schwartz Interim Minister Oak Ridge UU Church

Ongoing Activities at ORUUC



Line Dancing

Sundays at 3 p.m. We learn a variety of dances: country, jazz, waltz and cha-chas. Through our dancing, we bring together total strangers in the community and develop close friendships with the willingness to share individual talents with others. A donation of \$3 per session is suggested .For more information, contact Jo Curran or Steven Albright.



Tai Chi

Mondays, Wednesdays, Fridays 11 a.m. - 12 noon

We minister to health & stability through learning & practicing tai chi. Help maintain & improve balance, strength, and blood pressure, and reduce knee, arm, shoulder & back pain. For more information call Janet Hoegler at 865-963-5115.



Ukulele Group

ORUUC is hosting Rock to Bach on March 9 so we need to cancel our meeting on that date. Our next scheduled meet-up is Saturday, March 23 at 3 p.m. in the Sanctuary. We'd love to have you join us! Abbie Moore abbie.moore@icloud.com.

Social and Volunteer Opportunities



Meets monthly at various churches in Oak Ridge. Visit

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

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

Ecumenical Storehouse Pick Up Saturday, March 16, 9 a.m.-12 noon Volunteers needed!



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



Eggs and Pegs are back! Play cribbage, eat breakfast, have fun Sunday, April 7! These get togethers will be held the first Sunday of each month at 8:30 a.m. in the Social Hall. Questions? Talk to Brandon White, Christina Elliott, Jane Flanagan, or Shelaine Curd.



ORRUC is always looking for members to add to its Caring Team! **Contact Rachel in the church** office (865-483-6761) or communications@oruuc.org if you would be willing to be called upon occasionally to

- Provide transportation to Sunday services, evening events at church, or medical/dental appointments
- Run errands or grocery shop
- Provide/deliver meals
- Visit
- Perform minor home repairs
- Provide computer repair and
- Haul items by truck
- Provide pet care
- Help with Memorial Service receptions
- Support new parents
- Perform yard work
- Sit with someone during Worship



Pack "Food for Kids" with Second **Harvest at First United Methodist Church of Oak Ridge.** This program provides backpacks with nonperishable foods for preschool and elementary students to take home on weekends. The next packing date is Monday, March 25 starting at 12 noon. Questions? Contact Coordinator Cara Weigel at 865-481-8108.

Family News



ALL ORUUC MEMBERS AND FRIENDS WELCOME TO HIKE THIS SUNDAY, MARCH 10! We'll be hiking the River Bluff Trail at Norris Dam State Park. Meet at the church parking lot at 2 p.m. or the Norris Dam State Park Visitor Center. The loop is approximately 3.2 miles. Middle school youth or higher do not need parent accompaniment (please complete a permission form at drop off). The visitor center is located at the east end of the dam on Norris Freeway (US Highway 441). It should be a fun hike and a chance to see some early spring wildflowers! Thanks to Aubrey Wick Sebastian, Jimmy Groton, Jim Nutaro, and Whitney Cole for organizing these hikes!



We have arrived at our final week of this Our Whole Lives journey. We will have a double session this Sunday, March 10 to make up for our missed week back in January. We will begin at 2:15 this Sunday with Workshop 9 - Consent and Peer Pressure, then have a break and snack before going into Workshop 10, Healthy Relationships. Starting at 4:45, we will have a little celebration for all the hard work these fantastic kids have put into learning more about themselves and their own values surrounding the topics we covered each week. You and your families are welcome to join us at 4:45 p.m. in the Hearth Room (next to the sanctuary with the fireplace) for light refreshments and recognition of each participant. If you have any questions or concerns, please contact Cara Jordan.



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

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

Don't miss the next gathering

March 21!

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

https://mailchi.mp/oakridgetn/orplfeb24



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

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



Check out ORUUC's monthly Family newsletter, *Connecting in Spirit,* by visiting https://www.oruuc.org/connectinginspirit.

Community News

For the sixth time, ORUUC will host the Oak Ridge Rock to Bach Music Festival, a fundraiser for the Oak Ridge Civic Music Association. ORCMA is the umbrella organization for the Oak Ridge Symphony Orchestra, Oak Ridge Chorus, Oak Ridge Chamber Music Series, as well as the free Family Concert and Coffee Concert series.

The Rock to Bach Festival will take place on Saturday, March 9, from 10 a.m. to 5 p.m. The doors open at 9:30 a.m., giving early attendees a chance to look over and bid on the silent auction items. Enjoy live music all day, coffee and sweets in the morning, and sandwiches and drinks for lunch.

You can come and go as you please or stay all day for a low cover charge of the advanced ticket price of \$15 or the same day charge of \$20. The cost for children ages 5 to 18 is \$5 per child and for families of three or more, \$30. Children under the age of five get in free. Tickets can be purchased by cash or check only at TNBank, Calamity's Coffee in Jackson Square and the ORCMA office, 118 E. Division Rd.

In a separate fundraiser, a buffet dinner provided by Birdwell Catering and music performed by Canta Libre Chamber Ensemble will be offered between 5:15 and 7:30 p.m. Dinner reservations were due by March 6.

Here are the individuals and bands that will be performing in the music festival in the ORUUC sanctuary: Vance Jazz Duo (jazz standards); Kristi Younkin and Josh Sumter (classical music on clarinet and piano); Da Capo Trio (classical music); Kayla Beard and Josh Sumter (opera, art song and musical theater pieces); Tanasi Winds (Americana, folk, rock, classical, jazz, klezmer, gospel and country music); Melony Dodson, piano selections by women composers; Mt. LeConte Jug Band (Americana music); Jeff Heidle (piano solos), and the Oak Ridge Chorus.

In the ORUUC Social Hall, you can hear and see these performers: Jodi Harbin (bluegrass); Single Malt (jazz and pop tunes); Missing Goats (Irish, Scottish, Americana, folk, rock and roll and bluegrass music); Silver Winds Flute Choir (classical and contemporary music); Battle Brass Quintet (swing music); Secret City Winds (classical and contemporary music); Tim Marema (original Appalachian songs) and David Easterling (original Americana acoustic music and amusing Appalachian stories).

For more information, visit https://orcma.org/fromrocktobach.



Tickets: \$25.00

Eventbrite Registration: entbrite.com/e/fisk-jubilee-singers-in-concert-tickets-779962668337?aff=oddtdtcreator



Contact: John Spratling (865) 363-9759 jspratling@ortn.edu

Ticket sales begin lanuary 31, 2024

The heroic Scarboro 85, the first black students to desegregate a public school in the South, present the legendary Fisk Jubilee Singers to Oak Ridge for a night of joy and celebration, Friday, March 29 at 6 p.m. at the Historic Grove Theater. Ticket sales from this event will go toward the coming Scarboro 85 monument. To purchase tickets, visit https://www.eventbrite.com/e/the- scarboro-85-present-the-fisk-jubilee-singers-in-concerttickets-779962668337.

The Fisk Jubilee Singers are vocal artists and students at Fisk University in Nashville, who sing and travel worldwide. The original Jubilee Singers introduced 'slave songs' to the world in 1871 and were instrumental in preserving this unique American musical tradition known today as Negro spirituals. They broke racial barriers in the US and abroad in the late 19th century and entertained Kings and Queens in Europe. At the same time, they raised money in support of their beloved school.



This Week at ORUUUC

Friday, March 8

Spring Elementary Mountain CON (Canceled) 11am Tai Chi Practice 4pm ORCMA Setup

Saturday, March 9

Spring Elementary Mountain CON (Canceled)
10am-5pm Rock to Bach Music
Festival
3pm Ukulele (Canceled)

Sunday, March 10

Daylight Saving Time Begins

Spring Elementary Mountain CON (Canceled)

8:15am Circle of Trust VII

10am Worship

11am High School (Canceled)11am Together in Spirit (Canceled)11:15am Circle of Trust IV11:15am Newcomers (Canceled)

11.13am Newcomers (Canceled)

11:15am Reflections (Canceled)

11:30pm Circle of Trust II

12:15pm Circle of Trust V

12:30pm Buddhism Study Group

1pm Circle of Trust VI

2pm All Church Hike

2:15pm 5th/6th Grade OWL

3pm Line Dancing

4:45pm OWL Family Celebration

5-7pm Zentangle 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.

Monday, March 11

11am Tai Chi Practice 6pm EMBERS 7pm PFLAG (First Presbyterian Church)

Tuesday, March 12

6pm Presidents Council 6pm Depression & Anxiety Group TBD Volleyball Tournament

Wednesday, March 13

6:30am Breakfast Rotary 11am Tai Chi Practice 5:15pm Circle of Trust III 7pm Choir Practice (Canceled) 7:45pm Band Rehearsal

Thursday, March 14

12pm NWUUC & Launchpad Meeting 12:30pm Lunch Bunch

To view the church calendar anytime, visit https://www.oruuc.org/members-section Need password help? Contact the church office!

The heating system in the Sanctuary has finally been fixed! Thank you for your patience!



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





ORUUC Board of Trustees 2023-24

President: Jason Fishel

Past President: Michele Thornton

President-Elect: Kara Raymond

Secretary: Nathaniel Bass Treasurer: Brandon White

Members-at-Large:

Freddie Nechtow

Charles Davis

Jami Garner

Jen Stark

ORUUC Executive Team

Rev. Lisa Romantum Schwartz
Whitney Cole (for Christine Rehder)
Amanda Fishel
Donna Maloney
Jeannie Cuevas, Office Administrator

Coming up... Sunday, March 17 Born of the Earth



An interdependent world is like an immense web, and every action has consequences for the rest of the web. When we recognize the connections between the parts of the living earth it can restore a sense of balance and transform our lives. Cuban dancer Elier Estrada is a special guest as we celebrate the emergence of Spring!