

October 14-20, 2022

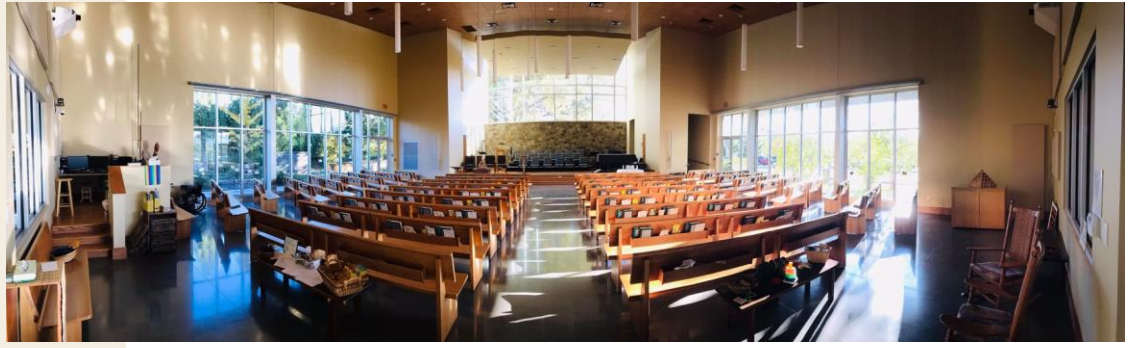
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News from Oak Ridge Unitarian Universalist Church

The Exponent



Fun times at the All-Church Retreat

This year marked the return of the ORUUC All-Church Retreat! More than 80 church members and friends signed up for the weekend at Fall Creek Falls State Park. Participants enjoyed hiking, crafts, games, meals, stories by the campfire, s'mores, and countless hours of fellowship. Thanks to Sara Wieland and Christy White for taking the lead and organizing this wonderful event, and to all those who helped in any way. Turn to page 8 to enjoy more photos!



Retreat Hike (photo submitted by Jann Nielsen)

A New Exponent...

Abundant Gratitude for Debby Crider's Work

An "Exponent" is defined as one who expounds or interprets, and ORUUC has had a faithful exponent in Debby Crider, our newsletter (Exponent!) editor for over a decade. Debby has done terrific work for ORUUC, and also as part of the Launchpad team. You might remember Debby's friendly face in our front office, as years ago she was the Church Administrator.



ORUUC Newsletter The Exponent

Over the years she's moved closer to full retirement, stepping away from her Admin role in 2016. This month, Debby hands the Exponent editor role

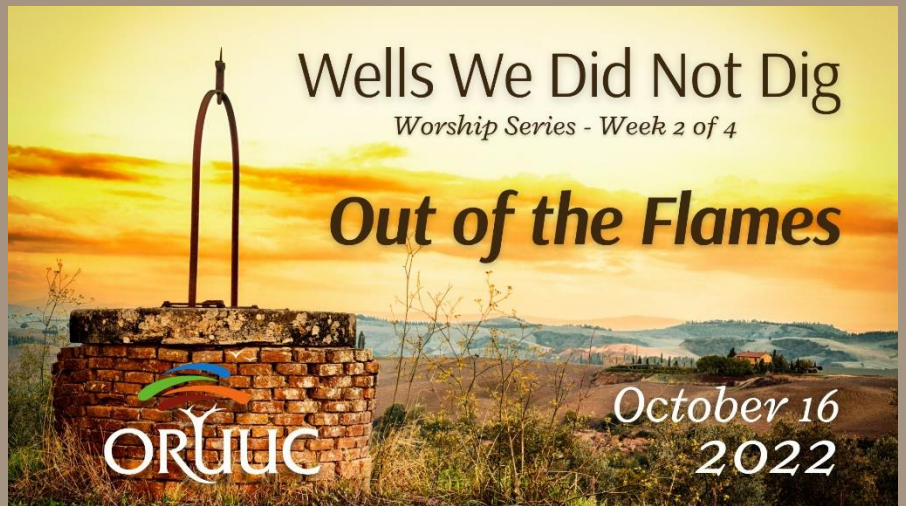
over to our Communications and Infrastructure Coordinator, Rachel Smith-Jones.

As an Interim Minister, it's been great to step into a well-functioning church system, and I join ORUUC in thanking Debby for her years of service. I'm grateful she continues to produce the newsletter for Northwest UU Church in Sandy Springs, Georgia as part of the Launchpad program.

Rev. Lisa Romantum Schwartz

This Sunday, Oct. 16 Out of the Flames

What is a book? A combination of paper, ink, glue, and cardboard or the embodiment of ideas, the physical representation of a life's work? Rev. Lisa Romantum Schwartz will tell the story of Michael Servetus, a scientist and freethinking theologian of the 16th century who was executed for publishing a book stating that the trinity is a theological fallacy. The fire that killed Servetus was stoked with the last known copy of his book so as to eradicate the ideas along with the man, but this is the story of the enduring power of ideas.



Worship with us in person or on Zoom at 10:00 a.m.
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

The CDC Covid-19 Community Levels are Low this week in Anderson, Knox, Roane, and Morgan counties. Masks are not required in the building; however, we encourage you to do what makes you feel comfortable.



ONE person = ONE vote

MOST votes = WINNER



Special Congregational Meeting this Sunday Following Worship

Vote on a Congregational Resolution, brought forth by the Shared Ministry, Unitarian Universalists Improving Democracy. UU Churches petition their state legislatures to join the National Popular Vote Compact to make our Presidential election consistent with UUA Principle 5.

October Split the Plate: Stone Soup

This monthly free community meal, lovingly planned, prepared, and distributed by volunteers at ORUUC, has been part of our community outreach for more than a decade. Since the start of the pandemic, takeout meals and non-perishable groceries have been available on a drive thru basis, while volunteers deliver meals to residents of Callahan Towers. Collaborating with the [Jewish Congregation of Oak Ridge](#) and [Kroger Marketplace](#), Stone Soup matches our vision of kinship with our neighbor, and our mission of cultivating a community alive with justice and joy. A welcoming meal fills spirits and minds while filling bellies.



Please give as you are willing and able: [GIVE HERE](#) (under the Fund menu, use the drop down arrow to select Split the Plate) or text "ORUUC" to 73256.

IN THE ORUUC GALLERY: Paintings by Terri Gilbert



Morning Glory (2022), Acrylic on canvas

Terri Gilbert is a Georgia native, having lived in metropolitan Atlanta for over forty years. She earned a BA in English from the University of Georgia, a Masters in English Education from North Georgia College and State University, and an Education Specialist degree from the University of Tennessee. Terri taught high school English at Clinton High School for twenty years before retiring in the fall of 2020, a few months into the pandemic. Terri's art education prior to retirement was limited to one drawing class in college and a watercolor class almost thirty years later. She has been studying acrylic painting for two years.

Although I've always dabbled in painting and crafts, I did not pursue my interest until my retirement. I inherited my mother's art supplies around that time and was surprised to discover a set of acrylic paints among the oil paints I remembered as the medium for her hobby and for my own introduction to painting. Although my first attempts were frustrating, I quickly came to appreciate the versatility of acrylics and they became my preferred medium.

Ours in a beautiful country, and at first I painted just the grand vistas, the majestic landscapes and dramatic skies I encountered in my travels. However, I also find inspiration on my daily walks, observing what runners and faster walkers may overlook – spiderwebs shimmering with dew, insect husks hanging on tree trunks, the interplay of shadow and light on paths and trees, the cloud formations reflecting in the lake, the sudden appearance of wildlife that call East Tennessee home.

In my art, I seek to invite the viewer into those quiet places, to be still, to watch and to be at peace.

The exhibit runs through October 31, 2022. The ORUUC Gallery is open during the church's regular office hours: Monday through Friday, 9 a.m. to 3 p.m., and on Sundays. To contact the artist, email terrimcmim@gmail.com.

Weekly Activities at ORUUC



Yoga

Sundays at 11:15 a.m. in the Pavilion. All are welcome! We will focus this practice on a set of poses designed for chronic lower back pain. Questions? Email Sarahcjhunter@gmail.com.



Line Dancing

**Sundays at 3 p.m. and
Tuesdays at 6:30 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.

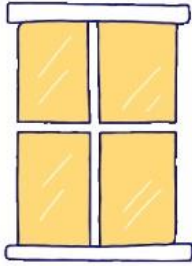
**Update: NO Line Dancing on
Tuesday, Oct. 18.**



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

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 October

Mary Thornburgh ttael@comcast.net 865-567-9535

Irene Robbins robbinsif1@comcast.net 865-207-0743



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.

Remembering Kenneth Stephen Toth (1934-2022)

Dear members and friends of Oak Ridge Unitarian Universalist Church,

I'm writing today (October 7) to bring you the news of the passing of one of our members, Kenneth Stephen Toth.

Ken was born in Shanghai to a Russian mother and an American father, and came to the U.S. when he was about 16 years old to attend college. He received his doctorate at UC Berkeley where he met his wife Robin at the now "infamous" tequila party. They were married a year or so later, and eventually moved to Oak Ridge, where he worked at X10 as a nuclear physicist.

Ken loved classical music and languages. You could often find him in the living room just sitting and listening to WUOT, a beloved symphony or some old Russian folk music. He was fluent in English, Russian and French, and knew quite a bit of Danish. While he was listening to music, he would also have a dictionary or two close by to look up the etymology of a word that popped in his mind or someone had just used.

He loved a good joke and enjoyed both telling and hearing a good knee slapper (or something a bit racy as well). He loved slapstick and delighted in The Pink Panther movies and Get Smart, and even a good Tom and Jerry cartoon.

He was preceded in death by his wife Roberta Joan Toth and is survived by his children Deborah Wyatt and Kenneth Toth, Jr, as well as his grandchildren Emma Toth, Christina Wyatt (and her husband Eric Hart) and Kenneth Wyatt, and his great granddaughter, Anna Hart.

The family is planning a private interment in the ORUUC memorial garden later this year. You may send care and condolences to Ken's family c/o Debbie Wyatt, 103 Canterbury Rd., Oak Ridge, TN 37830.

In peace,
Rev. Lisa Romantum Schwartz, Interim Minister

Announcements



PFLAG To Meet With Candidates Monday, Oct. 17 at ORUUC

LGBTQ issues in the Tennessee legislature will be the topic at the next [PFLAG](#) meeting, Monday, Oct. 17 at ORUUC. The group gathers at 6:45 p.m. for a social time, followed by the meeting from 7 to 8 p.m.

The meeting will be structured as a conversation with the candidates for Tennessee House District 33, which includes Anderson County. Current [Representative John Ragan](#) and [Candidate Jim Dodson](#) have been invited to discuss LGBTQ issues.

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, and the [Jewish Congregation of Oak Ridge](#).

PFLAG (formerly known as an acronym for Parents, Families and Friends of Lesbians and Gays) is the United States' largest organization uniting families and allies with people who are lesbian, gay, bisexual, transgender, or queer (LGBTQ). Its mission is to provide opportunities for dialogue about sexual orientation, gender identities, and to create a society that is healthy and respectful of human diversity.

For more information contact Anne Backus at backusanne@comcast.net.



Join the Ukulele Group!

Beginners and Teens welcome! Learn "Hotel California" by the Eagles!

Upcoming practices: Saturdays, 3-4 p.m. Oct. 22, Nov. 5 and 19, Dec. 3 and 17

Contact Abbie Moore at abbie.moore@icloud.com or Linda Osborne at lindadrly@bellsouth.net for more information. As a reminder and a courtesy to others, if you have borrowed either music or a ukulele, please return them to the church office so others can have a turn. Thank you!

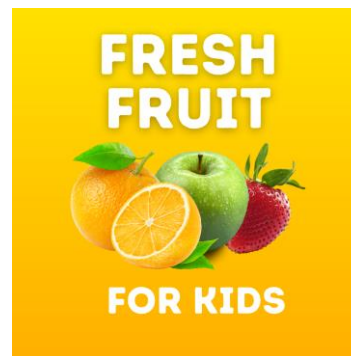
Join Francie Hunt in Oak Ridge, Nov 1



WE HAVE AN OPPORTUNITY TO SUPPORT WOMEN'S RIGHTS! Francie Hunt will be walking across Tennessee and will be arriving in Oak Ridge on Tuesday, Nov 1. We can stand up for women's rights and show our support by forming a Small Group Ministry. One way the SGM can help is to help with a simple lunch at ORUUC. Local organizer Natalie LaRose is planning the meal, so the SGM members will have minimal responsibilities. Individuals can also participate in other ways, including walking with Francie for a portion of her walk in Oak Ridge. Anyone interested in forming a Small Group Ministry for this Luncheon can contact Christine Rehder crehder@oruuc.org. For more information about what you can do, contact Natalie LaRose at 865-567-2675

Can you help? Fresh Fruit for Kids needs delivery

drivers! Volunteers pick up pre-ordered fruit from Kroger every Thursday and deliver it to six Oak Ridge schools. That's 450 pieces of fruit going to children in need! **Contact Rebecca** rebecca.r.bowman@gmail.com or **Lynda** lhmcclaren@comcast.net to help!





FREE EXPUNGEMENT CLINIC & VOTER REGISTRATION

DATE: OCTOBER 29, 2022

TIME: 9:00 A.M. UNTIL 11:30 A.M.

PLACE: ANDERSON COUNTY GENERAL SESSIONS COURT - DIVISION II, 728 EMORY VALLEY ROAD, OAK RIDGE, TENNESSEE

WHAT TO BRING: PLEASE BRING A PHOTO ID AND ANY COURT RELATED DOCUMENTS



YOU MAY BE ELIGIBLE FOR A FREE RECORD OF EXPUNGEMENT IF:

- YOU HAD CHARGES AGAINST YOU DISMISSED
- A "NO TRUE BILL" WAS RETURNED BY THE GRAND JURY
- YOU WERE ARRESTED AND RELEASED WITHOUT BEING CHARGED
- YOU WENT TO TRIAL THAT RESULTED IN A "NOT GUILTY" VERDICT
- YOU SUCCESSFULLY COMPLETED YOUR DIVERSION (FILING FEES MAY APPLY)
- THE CASE RESULTED IN A NOLLE PROSEQUI

*****NOTE: THIS IS ONLY FOR CHARGES FILED IN ANDERSON COUNTY, TN

BROUGHT TO YOU BY:

ANDERSON COUNTY BAR ASSOCIATION, LEAGUE OF WOMEN VOTERS, ANDERSON COUNTY NAACP, PUBLIC DEFENDER'S OFFICE

DON'T JUST MAKE ART, BE ART!

ZENDERLEY ART WORKSHOPS

STAND-ALONE WORKSHOPS*

Manderley and Zen will present workshops that include instruction to complete the weekly project. Participants are encouraged to learn in a warm and supportive environment.

TEN WEEKS STARTING SEPTEMBER 15
FROM 6:30 PM - 8:30 PM
ABBIE MOORE'S HOUSE
Pay What You Can

A light plant-based meal will be served. Bring your own beverage.

*Seating is limited; secure your place by Wednesday of each week.

UPDATE: The Thursday, Oct. 20 class is CANCELED. Classes resume October 27. Zenderley Art Workshops: If you're a novice, you will be amazed at what you can learn with good instruction in a warm & supportive environment. If you are an experienced artist, you will learn techniques to improve your skills. Contact Manderley at stormpixey@gmail.com or Abbie at abbie.moore@icloud.com for more information.

ORUUC Covid-19 Update

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](#)

The CDC's Covid-19 Community Levels this week for Anderson, Roane, Morgan and Knox counties are LOW. Masks are not required in the building, eating and drinking is permitted indoors.

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 vaccines • Get 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 precautions • Stay up to date with COVID-19 vaccines • Get tested if you have symptoms 	<ul style="list-style-type: none"> • Wear a mask indoors in public • Stay up to date with COVID-19 vaccines • Get tested if you have symptoms • Additional precautions may be needed for people at high risk for severe illness
<p>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.</p>		

Families



On Sunday, Oct. 30, Spirit Play and Create & Connect will be combined during Faith Formation Hour. We'll celebrate All Hallows Eve with a story and crafts. After class, have lunch provided by the High School Group—a youth fundraiser—then stick around for Trunk or Treat at 1 p.m.!

Drop off donations of candy or other treats in the bin in the church lobby any time! Thank you!

Mother Goose



of Oak Ridge

Join “Father Goose” Michael Raymond Thursday, Oct. 20 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 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.

Join us on the First and Third Thursdays each month at 10:30 a.m. with your baby, toddler, and/or preschooler for bouncing, tickling, clapping, and action rhymes, musical circle games, simple songs, and play.

A poster with a dark red background and yellow confetti. A large yellow speech bubble contains the text 'FALL MOUNTAIN CONS!'. Below it is a yellow megaphone icon. The text lists dates: 'November 18-20: Intermediate', 'December 2-4: Elementary', and 'December 9-11: Senior High'. At the bottom, it says 'Contact Christine Rehder, Director of Youth Faith Formation, at crehder@oruuc.org' and features the ORUUC logo.

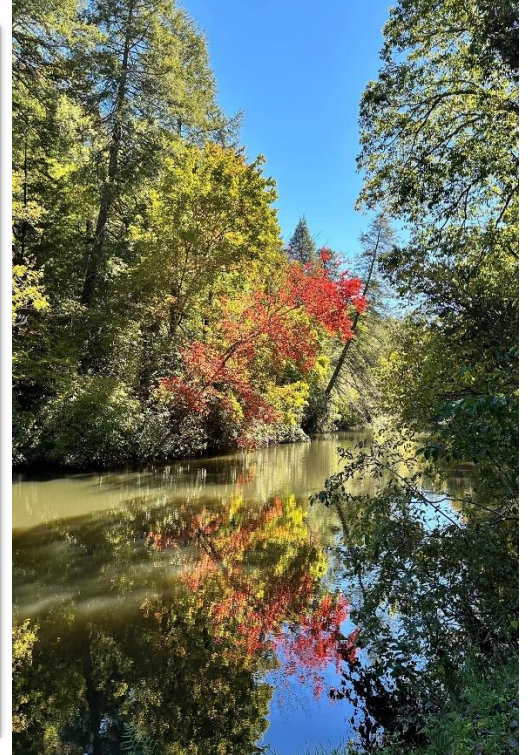
Time is running out! Register for Mountain Con today [here](#). Once you've registered, please contact Director of Youth Faith Formation Christine Rehder crehder@oruuc.org, so lists can be compiled, travel arrangements made, and advisors found.



Connecting In Spirit
Youth Faith Formation
Monthly News

Do you have children in your household from birth through high school? Join our monthly Family Newsletter mailing list! Email Rachel at communications@oruuc.org

*Photos from the All-Church Retreat
September 30-October 2, 2022, Fall Creek Falls State*



*Many thanks to
Jann Nielsen,
Gina Grubb, and
Sarah Gunter
for sharing
photos!*

This Week at ORUUC



Friday, Oct. 14

11am Tai Chi Practice
6pm Stark-Sherline Wedding
Rehearsal

Saturday, Oct. 15

Stark-Sherline Wedding

Sunday, Oct. 16

10am Worship Service

11am High School
11am Reflections
11am Together in Spirit
11:15am Circle of Trust I
11:15am Newcomers (Canceled)
11:15am Special Congregational Meeting
11:15am Yoga
12:30 pm Buddhism Study Group
12:30pm Circle of Trust IX
2pm(3-5pm) Line Dancing
4pm Circle of Trust XI
5:30pm Circle of Trust X

Monday, Oct. 17

11am Tai Chi Practice
6:15pm Set Up PFLAG
6:45pm PFLAG (Conversation with Candidates)
6:50pm Meditation Learning and Practice Group

Tuesday, Oct. 18

10am Memorial Services Meeting
5pm (6:30-7:30) Line Dancing (CANCELED)
6pm Board Meeting
6pm Depression & Anxiety Support Group

Wednesday, Oct. 19

6:30am Breakfast Rotary
11am Tai Chi
11am Circle of Trust VIII
6:45pm Choir Practice
7:45pm Band Rehearsal

Thursday, Oct. 20

1:30pm Executive Team Meeting
6pm Potluck
6:50pm Meditation Learning and Practice Group

The ORUUC Board of Trustees

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

The ORUUC Executive Team

*Rev. Lisa Schwartz
Christine Rehder
Christina Elliott
Amanda Fishel*

Looking Ahead...

**Sunday, Oct. 23rd 2nd hour:
Money Makes the World Go Round...**

...but sometimes it ties you up in knots. What would it be like to be comfortable in your own financial skin? If you're interested in improving your fiscal fitness in the coming year, join this fun and fast class led by Interim Minister Rev. Lisa. This is NOT a class on giving to the church, just a way to explore your relationship with money.



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



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

