

October 21-27, 2022

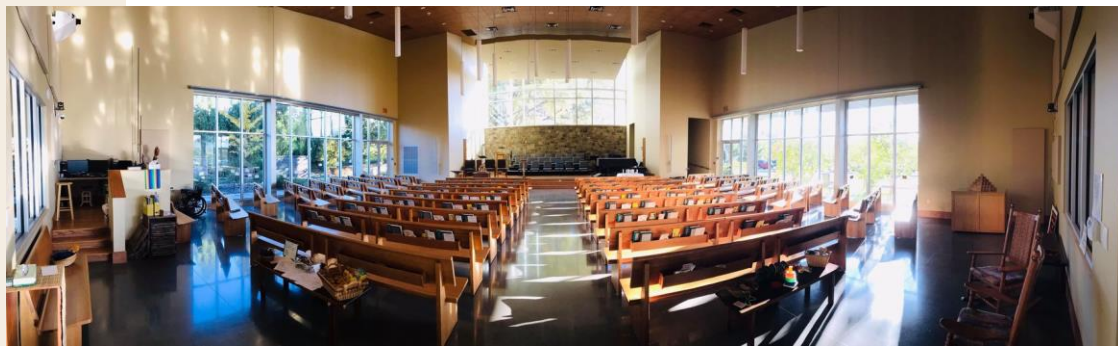
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## News from Oak Ridge Unitarian Universalist Church

# The Exponent



## Trunk or Treat is next Sunday, Oct. 30!

Get those costumes ready! Make plans to decorate your vehicle and hand out treats! **Please leave donated candy or other treats in the collection bin in the church lobby.** Thank you!

### October 30 Schedule

10 a.m. Worship. Wear your costume and join in the Costume Parade! All ages welcome!

11:15 a.m. Combined Spirit Play and Create & Connect classes: Crafts and stories

**LUNCH! \$5 hot dog, chips, and drink. A youth fundraiser!**

1 p.m. Trunk or Treat!

*More information on page 7.*



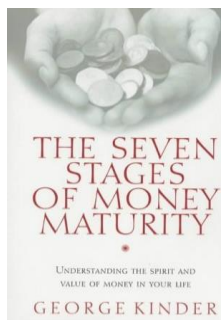
Trunk or Treat at ORUUC (2019)

## This Sunday...

### Money Maturity with Rev. Lisa During FF Hour *It's Time To Get Comfortable in Your Own Skin*

Can money buy happiness? (Some research suggests that it can.) For you, is money a source of endless worry, or a source of comfort and joy? The Money Maturity class is NOT about giving to the church, it's NOT about how to make a budget, nor about investment strategies. It's about getting comfortable in your own "money skin," using the ideas of Buddhist teacher and Certified Financial Planner (CFP) George Kinder. (If "Buddhist teacher" and "Certified Financial Planner" seem like oxymorons, you need this class.) Jacob Needleman says, "You can't escape money. If you run from it, it will chase you

and catch you. If we don't understand our relationship to money in this culture, then I think we're doomed. If you don't know how you are toward money and really understand that relationship, you simply don't know yourself." Interim Minister Rev. Lisa Romantum Schwartz is the guide for this brief



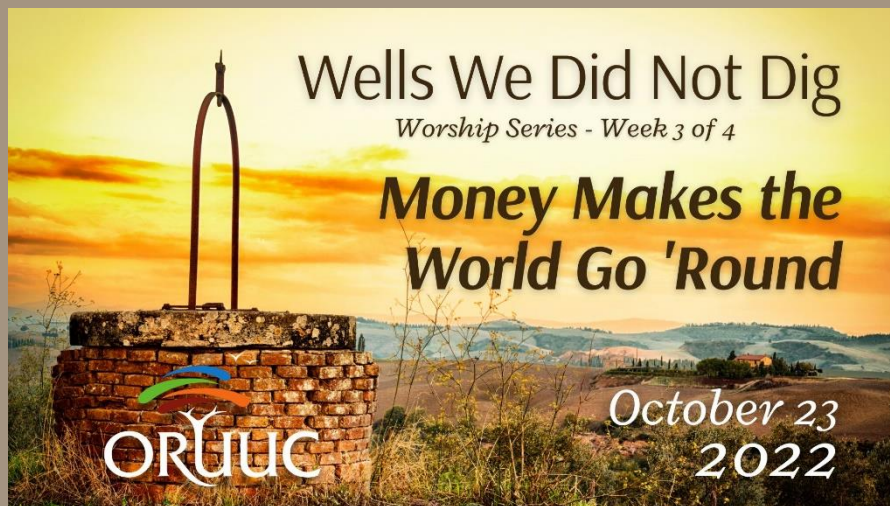
Introduction to Money Maturity. (If there's interest, Rev. Lisa will schedule an in-depth exploration after the holidays.)

**The Money Maturity class takes place Sunday, Oct. 23 from 11:15 to 12:15 in the Social Hall. All other adult FF hour classes are canceled.**

# This Sunday, Oct. 23

## Money Makes the World Go 'Round

In most churches there are topics that can never be broached: Sex, for example, or politics. Unitarian Universalists boldly go where most other churches don't, or won't, on those "forbidden" topics. But when it comes to money, most UUs cringe (or decide to stay home from church on that day). Today is NOT the pledge drive kickoff nor the start of any special fundraising initiative. Interim minister Rev. Lisa Romantum Schwartz will explore how we might get more comfortable with money, especially as we remember historical figures like UU Whitney Young.



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](mailto: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.*



**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](mailto:communications@oruuc.org)*

## 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. 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](mailto: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](mailto:Sarahcjhunter@gmail.com).



### Line Dancing

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

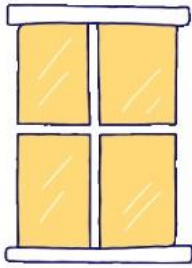
We learn a variety of dances: country, jazz, waltz and cha-chas. Through our dancing, we bring together total strangers in the community and develop close friendships with the willingness to share individual talents with others. A donation of \$3 per session is suggested. For more information, contact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



### 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](mailto:office@oruuc.org) or a Caring Coordinator!

## Caring Coordinators for October

Mary Thornburgh [ttael@comcast.net](mailto:ttael@comcast.net) 865-567-9535

Irene Robbins [robbinsif1@comcast.net](mailto: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.



# October on the ORUUC Campus



# Announcements

## Stone Soup

FREE  
Meal!  
Groceries  
available



Drive  
Thru  
ONLY

*New Time!*

**Friday, Oct. 28**

**5:30 p.m. – 6:30 p.m.**

Or until supplies run out!

**Menu: Coconut Sweet Potato Soup,  
Fresh Fruit, and Brownies**

Drive through the loop near the church entrance and a volunteer will bring meals to your vehicle. Non-perishable groceries available upon request.

Oak Ridge Unitarian Universalist Church  
809 Oak Ridge Turnpike, Stoplight #2

(865) 483-6761



Special thanks to our Community Partners for making this Final Friday Monthly Meal possible:

**Kroger Marketplace**  
**Jewish Congregation of Oak Ridge**



*The church pantry shelves are becoming bare! Please pick up some of these non-perishables when you're out shopping:*

- **Canned Meats (Tuna, etc.)**
- **Peanut Butter**
- **Canned Soups**
- **Canned Fruit**
- **Canned Green Vegetables**
- **Individual Snack Crackers**
- **Canned Pasta/Meat Meals**

*Donations may be dropped off during church office hours or on Sundays.*

Interested in joining the Stone Soup team? They'll be making Coconut Sweet Potato Soup and baking brownies next week. Email Miria at [meg.harrison84@gmail.com](mailto:meg.harrison84@gmail.com). Thank you!

**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](mailto:rebecca.r.bowman@gmail.com) or **Lynda** [lhmcclaren@comcast.net](mailto:lhmcclaren@comcast.net) to help!

**FRESH  
FRUIT**



**FOR KIDS**



### 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](mailto:abbie.moore@icloud.com) or Linda Osborne at [lindadrly@bellsouth.net](mailto: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!

# WORD WISE: Inclusive Language Workshop at

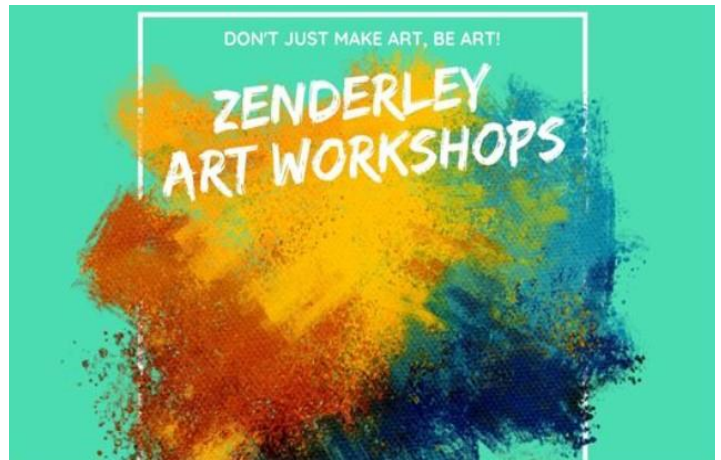
Want to keep ORUUC a welcoming congregation and be a better ally to our LGBTQIA beloveds, but finding yourself tongue-tied? Relax, our experienced OWL facilitators are here to help you learn how to speak (and think and LOVE) beyond the binary. Learn, un-learn, and re-relearn gender and sexual orientation terms and phrases that support ALL people.

**Join us Sunday, Nov. 13  
1-3 p.m. in the Hearth Room**

Email Christine @ [crehder@oruuc.org](mailto:crehder@oruuc.org) to register.



Email Christine Rehder at [crehder@oruuc.org](mailto:crehder@oruuc.org) to register!



**Zenderley Art Workshops: Weekly on Thursday evenings through November 17.** 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.

**The next class is Thursday, Oct. 27, 6:30-8:30 p.m. at Abbie Moore's house. Reserve your spot by Wednesday each week!** Contact Manderley at [stormpixey@gmail.com](mailto:stormpixey@gmail.com) or Abbie at [abbie.moore@icloud.com](mailto:abbie.moore@icloud.com).

A light, plant-based meal will be served. Bring your own beverage. Classes are on a pay-what-you-can basis.

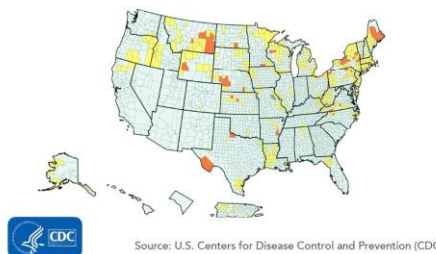
## ORUUC Covid-19 Update

Covid-19 Community Levels are a tool from the CDC to help communities decide what prevention steps to take based on the latest data. Levels can be Low, Medium, or High, and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area. [COVID-19 by County | CDC](https://www.cdc.gov/covid19/community-levels)

**The CDC's Covid-19 Community Levels this week for Anderson, Roane, Morgan and Knox 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>

	% of Counties	% of Pop.
Low	79.7%	79.5%
Medium	18.1%	19.5%
High	2.1%	1.0%

Percentages do not sum to 100% because of rounding.



# Families



On Sunday, Oct. 30, Spirit Play and Create & Connect will be combined during Faith Formation Hour. We'll celebrate with crafts and stories. **Children younger than 5 are welcome to participate in the crafts with a parent or another adult.** Nursery will be available both hours.

After class, have lunch provided by the High School Group—a youth fundraiser—\$5 for a hot dog, chips, and drink. Then stick around for Trunk or Treat at 1 p.m.!



## OWL Facilitator Training Coming in April 2023

ORUUC will host a training for persons interested in facilitating the Our Whole Lives (OWL) lifespan sexuality curriculum from Friday, April 14<sup>th</sup>-Sunday, April 16<sup>th</sup>. Limited space available for ORUUCians wishing to lead the program in our congregation, community members, and UU's in our region. If you are interested or know someone who may be, **please contact Christine Rehder @ [crehder@oruuc.org](mailto:crehder@oruuc.org).**

We are also looking for a **Registrar** to help with enrollment and administrative duties. **The position is limited and short-term, but paid.** Please contact Christine at the address above if you or someone you know is interested.

**Hospitality help** is also much appreciated! If you would like to **help with meal or snack preparation for the April training, or if you have some spare space in your home and could host a training participant**, please let Christine or another OWL Facilitator know.



**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](mailto:crehder@oruuc.org), so lists can be compiled, travel arrangements made, and advisors found.

## Looking Ahead



**Oak Ridge Christmas Parade**  
**Saturday, Dec. 10**  
**6-8 p.m.**

ORUUC has signed up to participate in the Oak Ridge Christmas Parade again this year! **Want to get a group together to create a float? Or do you have more creative ideas and energy to share? Contact Multigenerational Coordinator Whitney Cole at [whit.cole79@gmail.com](mailto:whit.cole79@gmail.com) or the Church Office at 865-483-6761.**



***Everyone should have someone to give thanks with on Thanksgiving!*** Once again, a grassroots group of individuals will host a **free community Thanksgiving Dinner at High Places Community Church/Grove Theater on Thanksgiving Day. Dinner will be served via inside seating from 11:00 a.m. - 1:00 p.m. at 123 Randolph Road, Oak Ridge, TN.** Food will be prepared internally and thus, no outside food donations will be accepted. As such, we will rely more heavily on financial donations. [You can Donate Money Here](#)

**People wanting to volunteer can text 865.384.5683, email [OakRidgeCommunityThanksgiving@gmail.com](mailto:OakRidgeCommunityThanksgiving@gmail.com), or send a message via [Facebook.com/OakRidgeCommunityThanksgiving](https://www.facebook.com/OakRidgeCommunityThanksgiving). Follow the group on Facebook for frequent updates.**

**Delivery Options:** Organizers of this event will not be making deliveries; however, individuals who are aware of specific needs in our community and who are willing to pick up and deliver meals using their own transportation are welcome to come by during the dinner and carry out meals.



# This Week at ORUUUC



## Friday, Oct. 21

11am Tai Chi Practice  
4:30pm Staff Meeting

## Saturday, Oct. 22

8am CPR Training (Safety Team)  
9am Ecumenical Storehouse Pickup  
3pm Ukulele

## Sunday, Oct. 23

8:15am Circle of Trust VII

### **10am Worship Service**

11am High School  
11am Reflections (Canceled)  
11am Together in Spirit (Canceled)  
11:15am Circle of Trust II (Canceled)  
11:15am Circle of Trust IV (Canceled)  
11:15am Newcomers (Canceled)  
**11:15am Money Maturity with Rev. Lisa**  
11:15am Yoga (Canceled)  
12pm Circle of Trust V (Canceled)  
12:30 pm Buddhism Study Group  
12:30pm Circle of Trust IX  
2pm(3-5pm) Line Dancing

## Monday, Oct. 24

11am Tai Chi Practice  
6:50pm Meditation Learning and Practice Group

## Tuesday, Oct. 25

9am Stone Soup Prep  
5pm (6:30-7:30) Line Dancing  
6pm Depression & Anxiety Support Group

## Wednesday, Oct. 26

6:30am Breakfast Rotary  
11am Tai Chi  
5pm Stone Soup Prep  
5:30pm Circle of Trust III  
6:45pm Choir Practice  
7:45pm Band Rehearsal

## Thursday, Oct. 27

12pm NWUUC & Launchpad Mtg  
1:30pm Executive Team  
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*  
*Jeannie Cuevas, Office Administrator*



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](mailto:communications@oruuc.org).



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



## **Don't forget...**



**Furniture Pickups for Ecumenical Storehouse This Saturday, Oct. 22 9 a.m. to noon**

Show up at 134 E. Division Road in Oak Ridge and lend a hand!