### September 22-28, 2023

In this issue >>>

This Sunday (pg.2) Announcements (pgs.3-4) Caring News (pg.5) Social and Volunteer Activities (pg.6) Family News (pg.7) Community News (pg.9) Church Calendar (pg.11)



News from Oak Ridge Unitarian Universalist Church

# The Exponent





**Coffeehouse Talent Show** Friday, Sept. 22 Food & Social starts at 6:30 p.m. Program begins at 7:00 p.m.

Past shows have included one-act plays, singer-songwriters, vocal and instrumental solos or ensembles, joke telling, dancers, and novelty acts. It's sure to be a fun evening! Thanks to Nancy Starr for coordinating this event!

Guitar and Ukulele players: We will close the evening with a singalong of Jimmy Buffet's "Margaritaville". Anyone who plays a guitar or ukulele is invited to bring your instrument and join in this musical number. A chord sheet can be provided in advance (email Nancy at

starroakridge@gmail.com or text/call 865-742-9993). Copies will also be available at the event.



# Stone Soup Celebrates 13 Years Jen Stark, Stone Soup Team Leader

Stone Soup served the first meal in September 2010 and has continued, never missing a meal - including meals on two Christmas days. This month, we will celebrate this ministry's 13th birthday at our Friday, Sept. 29 meal. What an opportune time to tell you more about this ministry!

The original concept of a hearty soup, bread and fruit (and later a cookie), has remained the format of most Stone Soup meals. During the summer months, the meals shift to a hearty pasta or potato salad. With only a couple of exceptions, brought on by the COVID-19 pandemic, meals were homemade. Soups and salads are made in the ORUUC kitchen, cookies and breads are made by home cooks and brought in. Kroger Marketplace in Oak Ridge donates fresh fruit to round out the meals. Bags of non-perishable groceries are made up to hand out to diners and those requesting assistance through the church office. Financial donations from the ORUUC congregation, the Jewish Congregation of Oak Ridge, and the community provide the primary financial support.

I started volunteering with Stone Soup in about 2018 and did so on and off, as I was able, for many years. The original leaders stepped down and new leaders stepped up; I continued to volunteer. Recently, some of the new leaders needed to take a step back. so I stepped forward as a co-leader. This ministry is important to me because of the people we help. We provide a meal for those who are food insecure, those who need social interaction, and those who just don't want to cook the last Friday of the month. In Anderson County alone, there are 10,580 persons who are considered food insecure. That's 13.8% of the county residents (feedingamerica.org, 2021). And having been there, I know that a meal makes a difference. It made a bigger difference to me to know that I was seen, valued, and loved by a community who wants to help.

Guests regularly express their appreciation for the meals and groceries Stone Soup provides each month. An extra meal for



everyone is one less hassle to start the weekend. And a bag of groceries helps stretch a food budget just a bit farther.

When making a large meal, it's easier to get better deals so we can keep the cost under \$2 per meal. (Anderson County's average cost per meal according to Feeding America data is \$3.24.)

It takes a big team to pull off each Stone Soup meal: approximately five people to bake the sweets, almost twice that on prep and cooking teams, and 10-12 for serving and distribution. That's a lot of folks! Starting with this month's meal, we will be going back inside for dining service for the first time since the beginning of the pandemic. That's going to take a lot more folks. If you can help, especially with the serving team, please contact me at jen.stark@hotmail.com.

# This Sunday, Sept. 24 The Soul's Beautiful Affliction

Most human beings seek the good, and yearn like a plant towards the light. But the light casts dark shadows, and no matter how hard we strive to do right, perfection is impossible. Brokenness is inevitable. We are sometimes made to endure others' misdeeds, and we are often implicated in the wounding of others. How do we find forgiveness, and reconciliation? The ancient Jewish sages designed Yom Kippur, the Day of Atonement, as a pathway back to wholeness. Interim Minister Rev. Lisa Romantum Schwartz will explore how we welcome ourselves, and each other, into wholeness.

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 <u>prayers@oruuc.org</u>

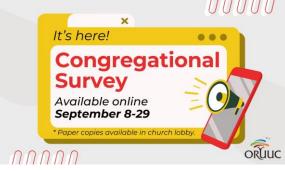


#### This month's Split the Plate Offering: TORCH

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

Covid-19 Update: Masks are <u>not</u> required in the building; we have masks and hand sanitizer available, and we encourage you to do what makes you feel comfortable. There are currently Covid cases in our community. If you have recently tested positive, please stay home and worship with us on Zoom. We care for one another!

#### There's Only One Week Left to Take the Congregational Survey!



#### Take the Congregational Survey TODAY! Visit https://forms.gle/V8myCbtyFov1cZcv5

Prospective ministers want to know as much as possible about a congregation they are considering serving at. They want to know not only the history of our church, but also what its members think are the important things we've done. Above all, they want to know what kind of a minister we are looking for. There are many ways that a minister can serve a church, some essential, some less so. This 15-minute survey will ask you to rank the most important tasks for the minister. Do you want good sermons more than anything else, or maybe great pastoral care? What about administration of the staff? No minister can be great in all of these tasks, so it's important for us to be honest about what we are looking for. Please fill out the survey, either online or on paper, by September 29. Thank you! ~The Ministerial Search Committee

### *This Month's Split the Plate Offering:*

#### The Split-the-Plate recipient for the month of September is Tennessee Out-Reach Center for Homeless (TORCH). Using a Housing First model, TORCH serves the homeless by providing assistance with a permanent housing address, thus allowing them to gain better access to stable employment, promotions, success in school and disability benefits. Eligible clients are connected to needed resources until

Eligible clients are connected to needed resources until housing is available. In the spring of this year, TORCH celebrated the opening of Brookhart Village, which will provide temporary housing



for six homeless families or up to 30 individuals.

Please donate to TORCH to help in their mission to make homelessness part of our past instead of our present.

To learn more about the various programs available to assist the homeless, visit <u>https://oakridgetorch.org/</u>.

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

### Announcements



One more HUGE THANK YOU to everyone who helped make the rummage sale a success! If you missed September 17 service, we wanted to share that the sale made, after expenses, roughly \$12,700! The youth trip fund will get \$790 out of that for the 79 hours of work put in by youth during the week! ~Christina Elliott, Rummage Team Co-Leader

Sue Lasky writes: Thank you to all of the talented chefs who donned their aprons, gathered their pots and pans, and prepared delicious food for our ORUUC rummage workers. Hats off to you for cooking wonderful meals for us during the entire preparation and sale week! The volunteers were extremely grateful for your efforts. I cannot thank you enough for your generosity and commitment to feeding our hungry workers. Your home cooking and thoughtful food donations showed how much you appreciate our workers. Our volunteer cooks made it the most delicious rummage sale yet. On behalf of ORUUC, thank you for making the sale a huge success. I sincerely hope you will be part of our efforts again in the spring.

The Rummage Team will meet this Sunday, Sept. 24 at 12:30 p.m. in the Sanctuary. The main goal will be to discuss loose ends & lessons learned, then make plans for the spring sale, which is scheduled for March 1 & 2, 2024.



#### Help with Ecumenical Storehouse Pick Ups TOMORROW

#### Saturday, Sept. 23, 9 a.m. to noon



It's ORUUC's turn to volunteer at Ecumenical Storehouse--there's no training required, just a willingness to help! The items picked up range from heavy furniture to linens, lamps, and pots and pans. Want to help? Show up at 134 E. Division Road at 9 a.m. and lend a hand! Contact Michael Bjerke at michaelbjerke@comcast.net.

> Adult OWL Orientation This Sunday, Sept. 24 at 11:15 a.m.



ORUUC is offering *Adult* OWL this fall during Faith Formation hour. Show up at the informational meeting September 24 to find out more! The 7-week course begins October 22 and runs through December 3. You do not have to attend all sessions.

Childcare will be provided for ages 10 and under this Sunday during orientation, in case the session extends beyond 12:15. <u>Please let Christine Rehder know if you</u> <u>plan to attend the orientation and might need childcare</u>.



**Church Pantry Need: A dozen jars of peanut butter to pack next week's grocery bags that will be handed out during Stone Soup.** Donations may be dropped off any time during church office hours or on Sunday.

## Announcements



#### October 1 is the registration deadline!

Register for the ORUUC All-Church Retreat TODAY! Join your friends or make new ones October 13 thru 15 at Harrison Bay State Park group camp. There will be fun, fellowship, games, and more! Register <u>HERE</u> today! Pay online via Realm: <u>https://onrealm.org/oruuc/-</u>

<u>/form/give/now</u> Choose "All Church Retreat" from the drop down menu under "Fund." (Cash and checks are also accepted.)



This month, Stone Soup is the recipient of a wonderful donation! A member of the larger Oak Ridge community is donating barbeque, potato salad, baked beans, and coleslaw for 150! The meal is open to all! We'll be celebrating our 13th birthday with cake as well, so make sure you come down to church on Friday, Sept. 29 from 5:30 to 6:30 p.m. to have some with us! ~Jen Stark



ORUUC

Auction

Sunday, Oct. 22 3-7 p.m. at Oruco The Auction Returns! On Sunday, October 22, ORUUC will hold an auction from 3 p.m. – 7 p.m. One item being offered: a beautiful quilt from our own Carol Mason! We need your treasures (arts, crafts, heirlooms), your talents (offering a dinner party, a concert or gourmet meal perhaps), and your time (setting up, serving, cashiers and more) to make this fun and exciting event a success. So save the date and donate items and events for the silent and live auctions. Contact Michael Bjerke at 865-567-8385 or through michaelbjerke@comcast.net with questions, donations, or for more information.



Get those recipes ready for the Chili Cookoff! Sunday, Oct. 29 during Faith Formation hour (before Trunk or Treat!) Free to enter! \$5 suggested donation to taste/judge.

# 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 September**

Rachel Smith-Jones <u>smithnjones3@comcast.net</u> 603-252-2295 (cell) Janet Fryer <u>fryerjanetr@gmail.com</u> 847-821-1205 (cell)

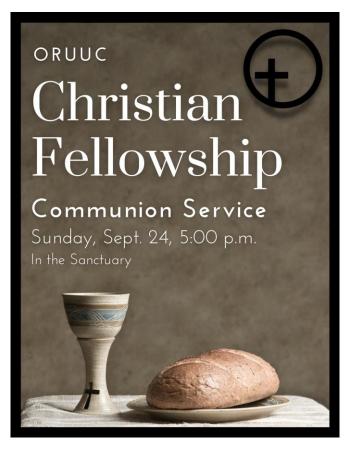
Please call at least two days in advance to allow time for Caring Coordinators to find a volunteer to provide the care that you need. Our ability to provide transportation is limited. If your appointment is routine and/or can wait, please reschedule it rather than call a Caring Coordinator. Thank you for reserving our Caring Volunteers for those situations that address serious needs that cannot wait.

### In Memoriam

Susan "Suzanne" Johnson, beloved daughter of ORUUC member Ann Ragan, passed away peacefully last week at her home in a long-term care facility in Oak Ridge. Suzanne loved words, was a whiz at Scrabble, and was skilled at American Sign Language. She is survived by her mother Ann, and two siblings. A memorial is being planned for early November. Cards may be sent to Ann at 103 Albright Rd., Oak Ridge, 37830-7840.



# **Communion Service**



The Christian Fellowship group hosts a Communion Service the last Sunday of each month at 5 p.m. in the Sanctuary. All are welcome to this service this Sunday, Sept. 24.

# 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

Some of us are planning to participate in the Coffeehouse September 22 playing Margaritaville by the late Jimmy Buffett. The plan is to invite whomever would like to participate to come up - guitar, ukulele, etc. Email me if you'd like the lyrics and chords in case you'd like to join in. Or join us for our regular practice the next day, Saturday, Sept. 23 at 3 p.m. in the Sanctuary. Abbie Moore <u>abbie.moore@icloud.com</u>.

# 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.

### October is ORUUC's turn to run



We need your help! This organization, which supplies furniture and household goods to those in need, will be open every Tuesday and Thursday from 10 a.m. to noon. For each day we need two people to gather up the small items for the clients, and two people to help load the heavier items. The work is easy and very much needed in this community. Please sign up by contacting Michael Bjerke at 865-567-8385.



**Beginning in October: Eggs and Pegs!** Play cribbage, eat breakfast, have fun! These get togethers will be held the first Sunday of each month at 8:30 a.m. in the Social Hall, beginning October 1.



ORRUC needs to add members to to its Caring Team! **Contact Rachel in the church office** (865-483-6761) or

**<u>communications@oruuc.org</u>** 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 support
- 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 Monday, Oct. 16 at 12 noon in the Multipurpose Room. The bins of food will be delivered to the schools Tuesday, Oct. 17. Other packing dates for the fall are November 6 & 7, November 27 & 28, NONE IN DECEMBER. Questions? Contact Coordinator Cara Weigel at 865-481-8108.

# Family News

#### Faith Formation Dates for 2023-24

- August 6 First Day of Youth Faith Formation
- September 15-16 Rummage Sale (Teens who volunteer during Rummage Week can earn money for the Youth Trip Fund!)
- September 29 October 16 OR Schools Fall **Break**
- October 1 Church Potluck (No Faith Formation) •
- October 13-15 All Church Retreat (Harrison Bay State Park) (No Faith Formation)
- October 29 Trunk or Treat •
- November 3-5 Fall Elementary Mountain CON ۰
- November 17-19 Fall Intermediate Mountain • CON
- November/December Tamaladas (A tamale • making party!) TBD
- December 1-3 Fall Senior High Mountain CON •
- December 3 Cocoa and Caroling •
- December 10 5th/6th OWL Parent Orientation •
- January 7 5th/6th OWL Begins •

It's never too late to join Youth Faith Formation! Bring a friend! Check out our updated programming at http://www.oruuc.org/religious-education.





Middle and high school youth are invited to hike on Sunday, Sept. 24 at the North Boundary guarry in Oak Ridge. Bring water and a swim suit! We'll meet at the trailhead at 2 p.m.: https://www.google.com/.../data=!4m6!3m 5..... Pick up time is at 4:45 p.m. in the same location. Parents: Please make sure that you fill out and turn in a release form before the hike. Forms will be available at drop off. Parents are welcome to join the hike! Thanks to Jim Nutaro, Aubrey Wick Sebastian, Jimmy Groton, and Whitney Cole for organizing these monthly hikes!



#### 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 <sup>at</sup> 10:30 a.m. in the Oak Ridge Public Library Meeting Room

#### Don't miss the next gathering October 5!

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

https://mailchi.mp/oakridgetn/orplsept23

**Check out our monthly Family** newsletter, Connecting in Spirit! Visit http://www.oruuc.org/connectinginspirit 7

https://www.themountainrlc.org/

# September Worship Series The Gift of Welcome

September 3: *Putting Labor back in Labor Day* 

September 10: Love Meets the Dragons

September 17: Sweet Dreams of Autumn

September 24: The Soul's Beautiful Affliction

Join us for Sunday Worship at 10 a.m. in person and on Zoom Youth and Faith Formation classes are from 11:15 a.m. to 12:15 p.m. Nursery is available during the FF hour.

# Community News



Creating Community for All Abilities

Mark your calendars to attend the Celebrate Different Abilities Fair, Saturday, Oct. 7, 11 a.m. – 3 p.m. at the Oak Ridge Civic Center. The first-ever disability fair in Oak Ridge has two main goals: to provide information on resources to people with disabilities, their families and caregivers, and to attract others to come and learn about how we can plan and build our communities so that all can live, work and play to their full potential. There will be 50 vendors, 20 activities,

demonstrations, ten speakers, art exhibits, music, food, games, prizes and more! Sponsored by The City of Oak Ridge, United Way of Anderson County, and Periodic Tables: Healing Starts Here. For more information, visit

https://www.oakridgeperiodictables.com/blog/periodic-tablesfall-line-up-is-here.

#### **SHOE BOXES NEEDED**



Our church is providing brownies for the Access Oak Ridge Disability Fair on October 7. Jinx Watson has kindly volunteered to organize the brownie making (500 brownies), but needs approximately **30 shoe boxes** to put them in for transport. If you have any **shoe boxes** you can spare, please let Heidi Brenner know (865-567-8384). She can pick them up or they may be left at church, whichever is convenient. Thank you so much for your help!



Interested in being part of an East TN UU cluster table at this fall's Knox Pride event October 6-8 at World's Fair Park? Contact <u>communications@oruuc.org</u>. ORUUC will work with other UU churches to be supportive at this important event. Questions? Contact Mark Mohundro at TVUUC: <u>markm667@gmail.com</u>. For more information on the Knox Pride event, visit <u>https://www.knoxpride.com/pride-fest-</u> 2023.



Update from the group "Supporters of the Anderson County Public Libraries" via the Anderson County Democratic Party

Key highlights of the September county library board meeting at the Norris Public Library:

- Vote on the Removal of Books with "Sexual Acts": The motion to remove books with "sexual acts" from the libraries was brought up but did not pass. The vote ended in a tie, with 4 in favor and 4 against. It failed.
- Vote on Restricting Books with "Sexual Acts": This is where the meeting took an interesting turn. Initially leaning towards restrictions, Chair Joshua Anderson yielded the floor to Commissioner Anthony Allen, who has been actively involved in this issue. However, Anthony's stance was clear – he advocated for the removal of these books rather than restrictions, leading to another tied vote of 4 to 4. It failed.

So, what does this mean for our libraries and where do we go from here? It's evident that there are two distinct groups with opposing views:

**The Book Banners:** This group desires a ban on books they find offensive, even though they argue it's not a ban since the books would still be accessible through third-party retailers. However, removing books is a ban.

**Everyone Else:** On the other side, there are those who understand this is somewhat a complex issue, and are okay with discussions on where to place these books within the library and what age groups they are appropriate for. The librarians are already doing an amazing job with this.

The unfortunate reality is that there seems to be no middle ground when it comes to removing books from our libraries. We must acknowledge this truth. The book banners repeatedly mentioned that it's "just about two books," but history has shown that such actions can lead to further restrictions, ultimately resulting in empty library shelves. *Read more <u>here</u>. Sign up for updates* 9 *here.* 

# This Week at ORUUUC

Friday, Sept. 22 11am Tai Chi Practice 6:30pm Coffeehouse Talent Show (Program begins at 7.)

Saturday, Sept. 23 9am Ecumenical Storehouse Pickup 3pm Ukulele

Sunday, Sept. 24 8:15am Circle of Trust VII **10am Worship** 11am High School 11am Together in Spirit 11:15am Adult OWL Orientation 11:15am Circle of Trust II 11:15am Newcomers 11:15am Reflections 11:30am Circle of Trust IV 12:15pm Circle of Trust V 12:30pm Buddhism Study Group 12:30pm Rummage Meeting 1pm Circle of Trust VI 2pm Middle and High School Youth Hike 3pm Line Dancing 5-7pm Zentangle Group 5:00pm Christian Fellowship **Communion Service** 

Monday, Sept. 25

11am Tai Chi Practice

The deadline to submit news for *The Exponent* is <u>Wednesday at noon.</u> Please send news, comments, and feedback to Rachel at <u>communications@oruuc.org.</u> Tuesday, Sept. 26 4:30pm Work session 6pm Depression and Anxiety Group 6:30pm Auction Meeting

Wednesday, Sept. 27 6:30am Breakfast Rotary 10:30am Memorial Services Committee Meeting 11am Tai Chi Practice 5:30pm Circle of Trust III 7pm Choir Practice 7:45pm Band Rehearsal

Thursday, Sept. 28 12pm NWUUC & Launchpad Meeting 12:30pm Thursday Lunch Bunch 7pm Cornhole Game



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/23128455129

4053. Once you click "Submit," the form goes to ORUUC's Multigenerational Coordinator Whitney Cole, who will work with Childcare Coordinator Laura Scott to arrange childcare. Thank you!



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



# 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 Christine Rehder Amanda Fishel Donna Maloney Jeannie Cuevas, Office Administrator

Sunday, Oct. 1 How to Live A Life of Courage, and Compassion Rev. Lisa Romantum Schwartz, Interim Minister



We kick off our month-long celebration of **Heritage** by telling the story of one of our ancestors. She was a girl in the 1820s who liked to ride fast horses and play baseball, and she was often the smartest kid in the room. Long before "public health nurse" was a thing, this young and courageous woman worked as a healer and educator and went on to have an international platform to advocate for compassionate responses to public health crises. Universalist Clara Barton started nursing the sick at age 10 and worked at the American Red Cross (which she founded) until she was 83. We'll bring Clara to life at this multigenerational service. A potluck follows, so bring some food to share!