



The Exponent

November 12-18, 2021

WORSHIP

November 14, 10:00 AM "The Middle of the Journey"

Rev. Jake Preaching

If starting on a quest asks us to leave the comfort of home, it's the middle of the journey where things can bog down and get foggy and muddled. Lacking the clarity of the start or the finish, whether in a relationship, a project, or some other adventure, mindfully tending to the middle is how we get through. So how do we do that?

for

Order of Service [here](#). Go to [ORUUC](#) for zoom information.

UP FRONT

The Healthy Transition Task Force

The Healthy Transition Task Force invites you to participate in a conversation about ORUUC's strengths, needs, and challenges.

Sunday November 14 from 11:15-12:15

<https://roanestate.zoom.us/j/86793980747>

Meeting ID: 867 9398 0747

Call in info upon request.

If you would like to participate virtually, this form can guide you through the same questions we have posted in the lobby:

https://docs.google.com/forms/d/e/1FAIpQLSfUAJe3L92RiXjL4xQDR5Vu3Fq6ttqInKPA9oZNLQvQ6wOHw/viewform?usp=sf_link

In addition, posters related to this conversation will be placed around the church November 6-14 to invite your feedback.

We look forward to hearing of your experience of the past and present, and your vision for the future of ORUUC.

Depression & Anxiety Support Group

Tuesday, November 16, 6pm – 7pm

<https://zoom.us/j/96275167480?pwd=UkxQNmkvQjVqWTYxWmxJR1Qxc3krZz09>

Please join us Tuesdays 6-7pm to check in and support each other. The first Tuesday of the month, we are joined by ORUUC's own Freddie Nechtow, a retired doctor, who speaks to us about medical aspects of depression and anxiety. To be added to our email list and get a weekly reminder, contact Bill Moore (akitaz@mac.com). Leaders: Bill Moore, Dennis McGetrick.

You don't have to be alone.

Meeting ID: 962 7516 7480 One tap mobile +16468769923,,96275167480# US (New York)
+13017158592,,96275167480# US (Germantown) Dial by your location +1 646 876 9923 US (New York).

Stone Soup



Final Friday of Every Month


Menu: Potato Corn Chowder, Bread, Fruit

Drive through the ORUUC parking lot to the front of the building where a volunteer will assist you. Please remain in your car and maintain a safe distance from other drivers.

Friday, November 26, 2021
5:00 p.m. – 6:00 p.m. - Or Until Supplies Run Out

809 Oak Ridge Turnpike, Stoplight #2

Oak Ridge Unitarian Universalist Church
(865) 483-6761



Special thanks to our Community Partners for participating in our meal:
Kroger Marketplace
Jewish Congregation of Oak Ridge



Coats for the Cold 2021

COATS FOR THE COLD

KNOX AREA RESCUE MINISTRIES
Restoring Lives in Jesus' Name

COVER THE ENDZONE
WITH 10,000 COATS

COAT DONATIONS
OCTOBER 18 - NOVEMBER 13
ANY KARM STORES OR PRESTIGE CLEANERS LOCATION

COAT DISTRIBUTION
NOVEMBER 15 - DECEMBER 11
BRING A COAT VOUCHER TO ANY KARM STORES
LOCATION TO SELECT A COAT

KARM STORES
The Thrift Store with a Mission

WKV 107.7

PRESTIGE CLEANERS

WVLT 8

NEWS TALK 98.7

www.KARM.ORG/COATS

From November 15 to December 11, anyone with a voucher may select a cleaned and prepared for distribution coat **from any KARM store**. Jeannie now has the vouchers in the church office.

FYI – In the 3rd quarter of 2021, KARM stores received 38 donations from those connected to ORUUC. Those donations included household items as well as donations of time. In return, we received \$100 in gift cards to share. Over the past 12 months churches and other partners received nearly \$500,000 in gift cards to share with the East Tennessee community; since January 1, 2001, 80,000 nights of safe shelter were provided to men, women, and children and 135,000 meals have been served at KARM.

Mother Goose



of Oak Ridge

Join us with your baby, toddler and/or preschooler for bouncing, tickling, touching, clapping and action rhymes, musical circle games, simple songs, and play.

FIRST and THIRD Thursdays each month
at 10:30 AM
with "Father Goose" Michael Raymond
September through May

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.

Mother Goose of Oak Ridge meets in the Oak Ridge Public Library Auditorium.

Mother Goose of Oak Ridge meets in Oak Ridge Library Auditorium



Nomadic Yoga Co-op
Sunday, 11:15 am with Jennifer

The Nomadic Yoga Group at ORJUC serves the people of the church and community by helping them bring the body, mind, and spirit together. It is a sharing of different yoga practices to meet various needs and abilities every



Line Dancing
Sunday, 3:00 pm

We teach line dancing. Through our dancing, we bring together total strangers through-out the Oak Ridge community. We learn a variety of dances, country, jazz, waltz and cha-chas. Close friendships are developed with the willingness to share individual talents with others. A donation of \$3.00 per session is suggested.

For more information contact Jo Curran or Steven Albright



Tai Chi
M-W-F, 11-12 am

We minister to health & stability through learning & practicing tai chi. Tai chi has helped individuals maintain & improve their balance, strength, & blood pressure, & reduce knee, arm, shoulder & back pain. It has helped with MS, Alzheimers, dropped cervix, bunions, & more.

For more information call Janet Hoegler at 865-963-5115

ANNOUNCEMENTS

Youth Faith Formation Programming Update (updated November 3, 2021)

Under the guidance of the PALs framework, we are updating our Sunday morning programming. We will continue to use this framework and the guidelines set by the COVID Task Force to keep our children and youth safe and engaged. We will continue to utilize outdoor space as much as possible, weather permitting, so please remember to dress accordingly as the temperatures drop. The Faith Formation Staff thanks you for your patience and flexibility as we navigate these uncertain times. As always, thank you for sharing your family with us.



Preschool/Nursery - Our youngest ORUUCians will continue to meet in person with beloved Nursery Coordinator Susan Rosenbaum and her helpers to play and love together.

Spirit Play will resume a hybrid format of meeting in person and online.

The online <https://zoom.us/j/99224336010?pwd=WFFKMnVL2tnSjlWU1FsWXhuMnY4Zz09>



Create and Connect will remain outside as long as weather permits, but will move indoors as colder weather approaches. Multiage Coordinator Whitney Cole and her team of assistants will lead a variety of interactive experiences connected with the themes of Worship.

Middle School - Middle Schoolers will continue their hybrid format, exploring the themes of Worship together and learning through community. They will also continue their partnership with the Groundskeeping Crew on the 4th Sunday of every month. Click here for the Middle School Zoom link: <https://zoom.us/j/94450682777?pwd=RkcvTUdhb0p5bTB4OWI0aklDTDJFdz09>



High School - The Senior High will also continue their hybrid format, meeting both in person and virtually. The Group has begun planning for an East Coast Heritage Trip in June and will meet in the Hearth Room the 1st Sunday of each month for the remainder of the year with 8th Grade trip participants to learn about UU history and foundational values and ideas in preparation for it. The Group meets virtually on Discord. Please contact Jason Fishel @ solarmanj@gmail.com to be added to the group server.

Updated Covid Policies

PALS Framework

Pandemic Action Levels - PAL — ORUUC

We are all excited about returning to our beautiful facility ... but we must do it safely! The ORUUC Task Force was chartered by the Executive Team, beginning in May 2020, to provide a framework for a Phased Reopening Plan.

You can see the framework for November 10, 2021 [HERE](#)

COVID-19 →

Am I eligible for a booster shot?

Who?
 If you received a Pfizer or Moderna series:

- > 65 years and older
- > Age 18+ who live in long-term care settings
- > Age 18+ who have underlying medical conditions
- > Age 18+ who work or live in high-risk settings

If you received a J&J vaccine:


- > Age 18+

When?


- > At least 6 months after Pfizer or Moderna
- > At least 2 months after J&J

Which booster shot do I get?

- > You may have a preference, but you can get any booster shot.



FIND OUT MORE AT [CDC.GOV](https://www.cdc.gov) & [VACCINES.GOV](https://www.vaccines.gov)



276630-8E

***Split the Plate for November
 Blossom Center for Child Excellence***



Education and Children's Family Services

Blossom Center is a non-profit childcare facility serving Oak Ridge and surrounding areas. The Center's program is academically orientated, 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.

OUR ORUUC FAMILY

Caring for Each Other

If you are going through difficult times and would like emotional support, or are in any situation where support and

caring are needed, contact

Rev. Tandy Scheffler, Minister of Care and Connection
Jeannie Cuevas, Office Administrator

(865) 483-6761 Office Hours M-F 10 AM to 4 PM office@oruuc.org

Caring Coordinators for November

Diane Nelson Mona_Nelson@att.net 512-878-7705
Nancy Lain Highfill highfillnancy@gmail.com 483-1935
Amanda Fishel amsfishel@gmail.com 865-804-7033

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.

ORUUC LEADERSHIP

The ORUUC Board of Officers

President: Jim Nutaro
Past President: Val Herd
President-Elect: Michele Thornton
Secretary: Jason Fishel
Treasurer: Brandon White
Members-at-Large:
Shelaine Curd
Regina Guy
Nathaniel Bass
Ethan Coon

The ORUUC Executive Team

Rev. Jake Morrill
Christine Rehder
Christina Elliott
Debra Oscarson

Community/UU



Join us on
The Mountain
for our **Grateful Gathering**

Starts Nov 24th on Wednesday
& ends on Sunday the 28th.

Register at: TheMountainRLC.org

ON THE CALENDAR THIS WEEK

Friday, November 12
 11:00am Tai Chi Practice

Saturday, November 13
 2:00pm Tabletop Adventures Group
 3:00pm (RENTAL) Wedding Reception

Sunday, November 14
 8:15am Circles of Trust VII
 10:00am Worship Service
 11:00am Family Group
 11:00am High School
 11:00am Reflections
 11:00am Together in Spirit
 11:00am Yoga
 11:15am Circle of Trust II
 11:15am Healthy Transitions Task Force
 12:00pm Circle of Trust V
 12:30pm OWL 10-12 Grade
 12:30pm OWL 7-9 grades
 12:30pm Buddhism Study Group
 1:00pm Good Goodbye Task Force Meeting
 1:30pm Book Club
 2:00pm (3-5pm) Line Dancing
 3:00pm OWL (7-9 Grades)

Monday, November 15
 11:00am Tai Chi Practice
 6:50pm Meditation Learning and Practice Group

Tuesday, November 16
 6:00pm Board Meeting
 6:00pm Depression & Anxiety Support Group

Wednesday, November 17
 6:30am Breakfast Rotary
 11:00am Tai Chi
 11:00am Circle of Trust VIII
 6:45pm Choir Practice
 7:45pm Band Rehearsal
 8:00pm Evening Prayer

Thursday, November 18
 2:00pm (Rental) Friends of Literacy
 3:00pm Executive Team Meeting
 5:00pm Potluck
 6:50pm Meditation Learning and Practice Group



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Our mailing address is:
 809 Oak Ridge Turnpike
 Oak Ridge, TN 37830

oruuc.org | 865-483-6761 | office@oruuc.org

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