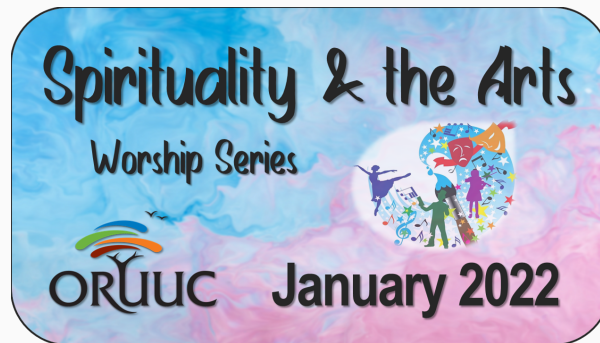




 **The Exponent**  
Newsletter

**January 28-February 3, 2022**

**WORSHIP**



**Sunday, January 30, 10:00 AM "Poetry"**

Rev. Jake leading service

We welcome Knoxville Poet Laureate Rhea Carmon (RheaSunshine). For 20 years, this teacher and motivational poet has traveled the country speaking to students and groups, sharing her inspirational message and the power of poetry. Hear more in her own words here: <https://youtu.be/wgA0La3FKkk>

For the worship service Zoom link, check out our website: <http://www.oruuc.org/sunday-worship>

Quilt Dedication This Sunday! At the end of morning worship, the ORUUC Commemorative Quilt will be dedicated. The quilt was created by church members during the pandemic to celebrate the 70th anniversary of the founding charter (December 30, 1950) and as a way to respond to the pandemic in a positive, artistic way, with individual and collective meaning. It will be permanently displayed in the church sanctuary. Check out the story in today's Exponent!

**There will be NO IN-PERSON WORSHIP THIS SUNDAY. ZOOM door opens at 9:45 am. See link below.**

Go to [ORUUC](http://www.oruuc.org) for zoom information.

**UP FRONT**



## ORUUC Weather/Closure Policy

**WEEKDAYS**

IF OAK RIDGE SCHOOLS ARE CLOSED; THE OFFICE AT  
ORUUC WILL BE CLOSED

**SUNDAY MORNINGS**

FOR INCLEMENT WEATHER, A DECISION WHETHER OR NOT  
TO HAVE THE SERVICE WILL BE MADE BY **9:00 A.M.**  
PLEASE CHECK YOUR EMAIL AND/OR FACEBOOK FOR  
STATUS BEFORE COMING TO CHURCH

**SATURDAY AND EVENING EVENTS**

FOR INCLEMENT WEATHER, A GO/NO GO DECISION WILL  
BE MADE AT LEAST **ONE HOUR PRIOR** TO THE EVENT.  
PLEASE CHECK YOUR EMAIL AND/OR FACEBOOK FOR  
STATUS BEFORE COMING TO CHURCH

Please watch for email and/or Facebook post before any event this weekend.



## Stone Soup



### Final Friday of Every Month

**Menu: Santa Fe Chili, Cornbread, Cookie, 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, January 28, 2022  
5:00 p.m. – 6:00 p.m. - Or Until Supplies Run Out  
Pick up only

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





*This  
Sunday*

Knoxville Poet Laureate  
Rhea Carmon  
(RheaSunshine)  
shares inspiration through  
her life lessons and stories  
of liberation and healing.

*Join us for morning worship at 10 a.m.  
on Zoom!*



### **Congregational Dynamics: A Collaborative Exploration**

**Monday, Jan. 31, from 6:30 to 8:30 PM on Zoom**

Congregational Dynamics: A Collaborative Exploration Monday, Jan. 31, from 6:30 to 8:30 PM on Zoom: See how a family assessment model can be used to help understand the dynamics of a congregation. Curious to develop a vocabulary and way to think about creativity, tension management, and resourcefulness in congregational life at ORUUC? Want to hear what your fellow ORUUC-ians observe in our community? Show up for this interactive conversation, to develop a way to notice the quality of relationships at ORUUC, and to learn a way to talk about it with others. Rev. Jake will be leading this conversation. Join the Zoom Meeting here:

[Join Zoom Meeting](#) Meeting ID: 816 3870 6050 Passcode: 631626

### **Faith Formation Update**

Faith Formation is all online this week.

#### **Faith Formation Links**

Group Name	Target Group	Meeting Link or Join by Phone	Password
Reflections	All	682-663-607	678820
Spirit Play	Ages 5-11	992-2433-6010	678820
Middle School	Ages 12-14	944-508-2777	678820
High School	Ages 14-18	<a href="mailto:solarmanj@gmail.com">solarmanj@gmail.com</a> to join Discord Group	

### **ORUUC Volleyball**

Join ORUUC on **Tuesdays** this winter at the Oak Ridge Civic Center for volleyball! All levels of experience are welcome—we're out to have fun and fellowship! Interested in playing? Contact Shelaine Curd or Christina Elliott, or check out the ORUUC Facebook group for updates: <https://www.facebook.com/groups/oruuc> Want to cheer on the team? Find out what time they're playing each week here: <https://orrecparks.recdesk.com/Community/League/Detail?leagueId=14575&divisionId=18246&mode=schedule>



ORUUC plays the following Tuesdays:  
February 1 at 8 p.m. v. Team Iguanas

February 8 at 9 p.m. v. the Volleyholics  
February 15 at 6 p.m. v. Top Gun  
February 22 at 7 p.m. v. Chewblocka  
March 1 and March 8 are Tournament Games or Make Ups. Times TBD.

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***Save the Date***



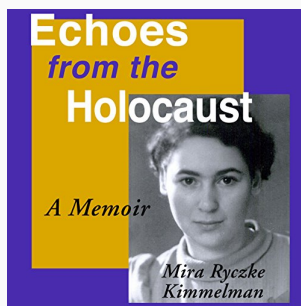
Dear ORUUCians,

Serving and learning as ministerial intern of ORUUC was one of the greatest pleasures of my life. This congregation supported me through some serious growing pains and modeled courageous adaptability in the face of global uncertainty. From my very first day in the sanctuary, when you put hands on me and called me yours, I knew that my life was taking a dramatic turn, though I doubt any of us could have predicted how dramatic that turn would be.

When Covid hit our area, I was full of grief. I'd felt like my education had been stolen from me by fate, but as fate would have it, I was entering into a time of deep learning alongside all of you. Plague didn't stop this church from continuing on its pilgrimage for justice. ORUUC stayed committed to its identity, mission, and vision. Your constancy in the face of uncertainty has taught this flighty, often carefree heart, to deepen her capacity to care, to stay committed, and to give myself over to the love and trust of a community.

I'm overjoyed to announce that I have accepted a contract to serve the 2nd Unitarian Church of Omaha. Nebraska is a long, long way from home, but I feel ready to serve, thanks to the life lessons I received amongst you all. These next few months and years promise to be the adventure of a lifetime, but I will never forget where my first steps were taken, where the work really began, surrounded by all of you with all of your hands pulling back the curtain on my heart and naming the soul behind it a minister. I have left ORUUC, but you have not left me. I remain on this pilgrimage with you, ever the fool, but perhaps a wiser fool for my time learning amongst you. I am different for knowing you, better than I ever could have imagined, and I commit to carrying the lessons and love you have given me in my heart no matter where the road may take me. May our paths meet again!

Your fool,  
Juniper Meadows, M. Div.



***2022 Mira Kimmelman Holocaust  
Education Study Group***

Register here: [2022 Registration](#)

([google.com](https://www.google.com)) or <https://docs.google.com/forms/d/e/1FAIpQLSew09ONS9gx40mmozJkaEo7bWT1wFVtjX6dyTOWEmMByu2FQ/viewform>  
by February 20.

The Jewish Congregation of Oak Ridge (JCOR) and the Oak Ridge Unitarian Universalist Church (ORUUC) have been partners in offering this study for many years, focusing particularly on the Holocaust and its ramifications in today's world.

It is part of our preparation for the community-wide Holocaust Remembrance program each year. **This year, we would like to open the invitation to anyone in the larger community to join us in this important study of hate, intolerance, and our potential to build a more just, peaceful, and inclusive society.**

This is a four-session interactive course examining the complexities of the history leading to, during, and after the Holocaust. Longtime Oak Ridge educators Julie Kinder-McMillan and Steve Reddick will facilitate the study group.

Participants will be expected to attend all 4 classes and will have outside reading/video assignments. Reading and discussion of *Echoes from the Holocaust* by survivor Mira Kimmelman, a long-time Oak Ridger, will also take place. Participants will have the opportunity to serve as Readers in the Holocaust (Yom HaShoah) Remembrance Service.

**The group will meet in person at the Jewish Congregation of Oak Ridge, 101 W. Madison Lane, with masks and social distancing required.**

**Meeting Dates: Sundays, March 6, March 27, April 3, and April 10 from 3 to 5 p.m.**

**Yom HaShoah Remembrance Service: Sunday, April 24 at JCOR**

Space is extremely limited. Registration closes on February 20. For more information, please contact [Events@jcor.info](mailto:Events@jcor.info).



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 Morning yoga will be on hiatus until further notice, due to the cold weather and Covid restrictions for inside the building. Please continue your home practice and consider joining me on Monday evenings at Ascension Yoga for a Gentle Flow class. We hope to be able to gather again soon. Namaste. ~Jennifer Yarrow Alexander



### ***Line Dancing***

**Sunday, 3:00pm**

(Check with the group leader for cancellation due to weather)

We teach line dancing. Through our dancing, we bring together total strangers throughout 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**



**Finding Ways To Be Together When We Can't Be Together: ORUUC Commemorative Quilt Project**

by Rachel Smith-Jones

This Sunday, a new work of art will become part of the fabric of ORUUC's rich history and future: an 89 x 100-inch quilt containing 56 colorful cotton squares created by church members and friends during the pandemic.

In 2020, ORUUC members Shelaine Curd, Christina Elliott, Christy White, and Donna Maloney got together to brainstorm ideas for what would become the Commemorative Quilt Project.

Their goal: to create a legacy piece to honor the 70<sup>th</sup> anniversary of this congregation (founding members signed the charter December 30, 1950),

and to commemorate the pandemic in a positive, artistic way with individual and collective meaning.

"We had been talking for a while about doing something crafty involving the church," White said Wednesday. Then the pandemic happened. In those initial days of confusion, when no one knew quite how to react or what to expect, the group decided time was one thing most people seemed to have more of. They tossed around ideas, experimented with simple chalice designs, and drafted sewing instructions.



In the Fall of 2020, about eight months into the pandemic, an invitation went out to congregants--anyone interested in being part of the quilt project could pick up a chalice pattern and donated fabrics, or use their own, as long as they were 100% cotton. Church members spent about six months working on the squares before dropping off their completed works at the church.

"It was really important to us to find a way to be together when we couldn't be together," White said. The pattern was basic enough so that anyone, from experienced quilters to first timers, could participate. Maloney squared up all of the squares and pre-cut the binding. One afternoon, the committee members brought their sewing machines to church and sewed the squares all together. A friend of Maloney's, Lissa Hevrdeys, added the backing and finished the project last fall. This weekend, the committee will meet at church to hang the quilt in the back of the sanctuary.

"It's been wonderful to spend time (virtually and in person) with these creative women," Curd said in a recent email.

White reflected on how throughout the pandemic, from Whitney Cole's weekly craft projects for kids and her "How To" videos on Facebook, to all-inclusive Faith Formation classes virtually and in person, ORUUC has remained connected. The quilt project was another tangible testament to the ways we engage with each other, she added.

"One of the things I love about this church is you show up on Sunday, and it's always such a delight to see people show up and be who they are. That's what we did with this project. We said, 'Here's this idea. Go for it.' And people did. And it's amazing."

The committee plans to create a picture book with close ups of each square and artist statements about what it meant to be part of the project. The book will be completed by the summer, and will available in the church library.

Do you have an idea for a Friday Feature for The Exponent? Contact Rachel at [communications@oruuc.org](mailto:communications@oruuc.org)

Rachel





### **Updated Covid Policies** PALS Framework

**Worship service and all faith formation on Sunday  
will not be in person, only on zoom.**

Based on the still-rising number of Covid cases in our area, our PALS risk level is MAX this week, which means Sunday Morning Worship and Faith Formation hour classes will be online. Small groups that have been meeting during the week in the church building may continue to do so (wearing masks, following the usual protocol).

See this [link](#) for more details

A graphic from the CDC with a dark blue background. At the top, a red banner with a white exclamation mark says "NEW VACCINE UPDATE". Below this are four stylized human icons in yellow and white. The main text in white reads: "Adolescents & teens ages 12 to 18 years old who received a COVID-19 vaccine should get a booster." Below that, in smaller white text: "They can get their booster at least 5 months after completing their primary Pfizer-BioNTech series." At the bottom right is the CDC logo. At the bottom left, it says "FIND OUT MORE AT CDC.GOV/CORONAVIRUS".

**NEW VACCINE UPDATE**

Adolescents & teens ages  
12 to 18 years old who  
received a COVID-19 vaccine  
should get a booster.

They can get their booster at least 5 months after  
completing their primary Pfizer-BioNTech series.

FIND OUT MORE AT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)

The PALS level for this week are MAX. Masks are required in the building. No food or drink permitted inside the building. Please see the link (above) for details.



### **Get Free At-Home COVID-19 Tests**

Every home in the U.S. is now eligible to order **four free at-home COVID-19 tests**. It takes only a few minutes: you provide your name and address—that's it! Orders usually ship in 7-12 days. Order tests now so you have them when you need them. <https://www.covidtests.gov/>

***Split the Plate for January  
Ecumenical Storehouse***



The Ecumenical Storehouse provides household items to those in the community who cannot afford them. They accept donations of furniture, appliances and household goods (linens, dishes, cookware), and distribute them, free of charge, to needy families in the local 3-county region. The Storehouse works with the United Way, ADFAC, and many other organizations to reach those in need. Clients are vetted by local social service agencies and churches. Special consideration is given to those families for whom a fire has left them in a desperate situation. Run by a cooperative of Oak Ridge churches including ORUUC, Ecumenical Storehouse has been in operation since 1984.

Ecumenical Storehouse embodies the social action that ORUUC champions. The church is a founding member of the Storehouse. The Storehouse runs a very lean operation and has an all-volunteer organization and very modest budget. Its service in recycling used furniture and household goods back into society is a very green operation. We strive to maintain the Storehouse in a manner that supports our seven principles and serves as good outreach to our broader community. With your help, we can continue our membership in this organization.

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

**Caring Coordinators for January**

Mary Thornburgh [ttae1@comcast.net](mailto:ttae1@comcast.net) 567-9535

Jami Garner [Jamigarner@me.com](mailto:Jamigarner@me.com) 250-5505

**Caring Coordinators for February**

Jami Garner [Jamigarner@me.com](mailto:Jamigarner@me.com) 250-5505

Christina Elliott [christina.r.elliott@gmail.com](mailto:christina.r.elliott@gmail.com) 214-0756

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

**The ORUUC Executive Team**

Rev. Jake Morrill

Christine Rehder



President-Elect: Michele Thornton

Christina Elliott

Secretary: Jason Fishel

Debra Oscarson

Treasurer: Brandon White

Members-at-Large:

Shelaine Curd

Regina Guy

Nathaniel Bass

Ethan Coon

## Community/UU

### ON THE CALENDAR THIS WEEK

#### Friday, January 28

11:00am Tai Chi Practice

5:00pm Stone Soup Community Meal

#### Saturday, January 29

9:00am Quilt Project

11:00am Women of the Bible

(Registered Participants Only)

3:00pm Ukulele

#### Sunday, January 30

10:00am Worship Service

11:00am (Canceled)Yoga

11:00am Family Group

11:00am High School

11:00am Reflections

11:00am Together in Spirit

12:30pm OWL (Canceled)

12:30pm OWL (Canceled)

12:30pm Buddhism Study Group

1:00pm Coming of Age

3:00pm Line Dancing

#### Monday, January 31

11:00am Tai Chi Practice

5:00pm Caring Coordinators Transition Meeting

6:00pm Healthy Transitions Task Force Meeting

6:30pm Congregational Dynamics: A Collaborative Exploration

6:50pm Meditation Learning and Practice Group

#### Tuesday, February 1

6:00pm (Canceled) Nomadic Yoga

6:00pm Depression & Anxiety Support Group

8:00pm Volleyball at Oak Ridge Civic Center

#### Wednesday, February 2

6:30am Breakfast Rotary

11:00am Tai Chi

11:00am Circle of Trust VIII

#### 12:00pm Exponent Deadline

6:45pm Choir Practice

7:45pm Band Rehearsal

#### Thursday, February 3

2:00pm (Rental) Friends of Literacy

2:00pm Executive Team Meeting

5:00pm Potluck

6:50pm Meditation Learning and Practice Group

