



The Exponent

February 4-10, 2022

WORSHIP

February Series "Instructions for Evolution"

Sunday, February 6, 10:00 AM " Darwin's Tangled Bank: Why We Stay Stuck"

Rev. Gaye Morris leading service

The Origin of Species, written by Charles Darwin, whose birthday we celebrate this month, analyzes the ever-changing process of evolution in our world. Darwin observed a tangled bank of plants, birds, and insects, seeing that they were different from each other, and yet "dependent on each other in so complex a manner." Like the symbiotic nature of these living things, beneficial relationships between human beings are founded on cooperation to enable positive change.

What can we learn from Darwin and the science of evolution about the necessity of change? What keeps us from moving forward when we feel stuck and resistant to change?

No In-Service, Zoom only. ZOOM door opens at 9:45 am. See link below.

Order of Service [here](#) Go to [ORUUC](#) 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: A decision Whether or not to have the service will be made by 9:00am. Check email and/or Facebook for status before coming to church

Saturday and Evening Events: A go/no go decision will be made one hour prior to the event. Check email and/or Facebook for status before coming to church.



Spirit Play friends: Stop by ORUUC tomorrow morning (**Saturday, February 5**) to pick up card making supplies (cardstock, stickers, and more). Create Valentines for friends and neighbors!

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 | Click here 682-663-607 | 678820 |
| Spirit Play | Ages 5-11 | Click here 992-2433-6010 | 678820 |
| Middle School | Ages 12-14 | Click here 944-508-2777 | 678820 |
| High School | Ages 14-18 | solarmanj@gmail.com to join Discord Group | |

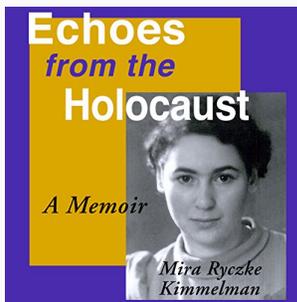
ORUUC Volleyball

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 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.

Save the Date



2022 Mira Kimmelman Holocaust Education Study Group

Register here: [2022 Registration](#)

([google.com](#)) or <https://docs.google.com/forms/d/e/1FAIpQLSew09ONS9gx40mmozJJkaEo7bWT1wFVtjX6dyTOWEmMByu2FQ/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.

Mother Goose



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

of Oak Ridge

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 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



FEBRUARY Split the Plate Housing and Living Assistance

Aid to Distressed Families of Appalachian Counties (ADFAC) Aid to Distressed Families of Appalachian Counties (ADFAC) began in the mid 1980's as a local ecumenical effort to provide assistance to impoverished families. As the broad needs of the low-income community became evident, the faith-based collaborative moved to become a 501(c)(3) public charity in January, 1987. Over the years, ADFAC has honored its roots by developing a broad variety of programs designed to meet unfilled needs in the community and currently answers over 6,000 requests for assistance each year. ADFAC is the prime and preeminent social service agency in Oak Ridge and surrounding counties. Not only does ADFAC provide direct services to our needy community, it is also the clearing house for most other local social service agencies and churches.



ORUUC Art Gallery

Tina Brunetti

Artist

Alcohol Ink on Metal

My intense love and respect for animals and nature drives me to paint. My goal is to communicate to the world the importance of ecological balance between humans and Mother Earth through my artwork.

I create vivid colorful translucent alcohol ink paintings through the application of alcohol ink to aluminum, steel, copper, and brass sheets. Prior to applying the alcohol ink, texture is added to metal with grinding tools, or a torch is

applied to the copper to produce vibrant intricate colors or an "aged" blue green patina is created by chemically treating the copper with salt and ammonia. These unique processes create stunning colors and patterns that results in multi-patterned light refractions. The transparency of the alcohol ink lets the patterns on the treated metal shine through. The layering of pigments and use of dremel tools to add fine details produces a three-dimensional effect that make my landscape, animal, and Native American paintings come to life.

Even though I was born in St. Louis, I knew that I would one day move to the Appalachian/Smoky Mountains. When I visited the Smokies for the first time, over thirty years ago, I knew my heart belonged to this region. The area's beauty and wilderness inspire my love for nature and wildlife.



I reside in Loudon, Tennessee with my husband and business partner, David Watson. Between us, we have three grown children and three grandsons. We also have a pup.

While painting my animals, especially protected or endangered species, I am in a zone. I feel like I have been given the mission to remind people of their importance to the earth and the environment. They need to be respected, they need to be safe, they need to be loved, they need to be alive.

www.TinaBrunettiart.com

Brunetti.tina945@gmail.com

Updated Covid Policies

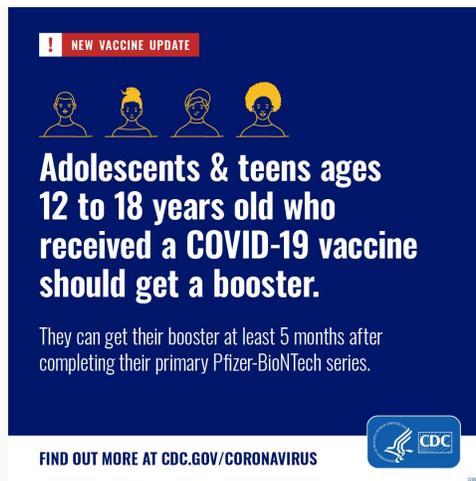
PALS Framework

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



! 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.

Covid-19 Rapid Testing Events with Vaccines

Sponsored by The Free Medical Clinic

Saturday, Feb. 5

8:00 AM - 12:00 PM

Harriman FMC Clinic, 521 Devonia St, Harriman

Thursday, Feb. 10

4:00 PM - 8:00 PM

Roane State Community College, 701 Briarcliff Ave, Oak Ridge

Saturday, Feb. 12

8:00 AM - 12:00 PM

Rocky Top Community Center, 207 Jacksboro Ave, Rocky Top

Thursday, Feb. 17

4:00 PM - 8:00 PM

Harriman FMC Clinic, 521 Devonia St, Harriman



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/>

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 February

Jami Garner Jamigarner@me.com 250-5505

Christina Elliott 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
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

FREE COVID TESTING, VACCINE AND BOOSTER CLINIC

The Free Medical Clinic of Oak Ridge will be hosting a clinic on Thursday, February 10th in the parking lot at Roane State Community College Oak Ridge Campus from 4:00 pm until 7:00 pm.



***Youth CON Registration Now Open for
Spring 2022 Camps!***

Youth "CONs" are weekend long events in Highlands, North Carolina, an experience in building covenantal community and empowering youth leadership. **Register online through February 25!**

Camp Dates:

[Intermediate \(6th – 8th graders\): March 4 - 6 -2022](#)

[Elementary \(3rd – 5th graders\): March 18 - 20 - 2022](#)

[Senior High \(9th – 12th graders\): March 25 - 27 -2022](#)

Please email Christine Rehder, Director of Faith Formation, at crehder@oruuc.org if you plan on attending.

ON THE CALENDAR THIS WEEK

Friday, February 4

11:00am Tai Chi Practice

Saturday, February 5

11:00am Women of the Bible
(Registered Participants Only)
3:00pm (Rental) Birthday Party

Sunday, February 6

10:00am Worship Service Zoom only
11:00am E. Coast Heritage Trip Youth Meeting
11:00am (Canceled)Yoga
11:00am Family Group
11:00am High School
11:00am Reflections
11:00am Together in Spirit
11:15am Circle IX
11:15am Circle of Trust I
12:30pm OWL 4-6 Grade (Canceled until further notice)
12:30pm OWL (7-9 Grades) (Canceled until further notice)
12:30pm OWL 10-12 Grade (Canceled until further notice)
12:30pm Buddhism Study Group
1:30pm Book Club (On Zoom until March)
3:00pm Line Dancing
4:00pm Circle of Trust XI
5:30pm Circle of Trust X

Monday, February 7

11:00am Tai Chi Practice
6:00pm Healthy Transitions Task Force Meeting
6:50pm Meditation Learning and Practice Group

Tuesday, February 8

6:00pm Presidents Council
6:00pm (Canceled) Nomadic Yoga
6:00pm Depression & Anxiety Support Group
9:00pm Volleyball at Oak Ridge Civic Center

Wednesday, February 9

6:30am Breakfast Rotary
11:00am Tai Chi
5:30pm Circles of Trust III
6:00pm Circles of Trust VI
6:45pm Choir Practice
7:45pm Band Rehearsal

Thursday, February 10

12:00pm NWUUC & Launchpad Meeting
2:00pm (Rental) Friends of Literacy
5:00pm Potluck
6:50pm Meditation Learning and Practice Group

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Our mailing address is:
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