



The Exponent

February 11-17, 2022

WORSHIP

February Series "Instructions for Evolution"

Sunday, February 13, 10:00 AM "When We Finally Change"

Rev. Jake leading service

The risk of sticking your neck out. The habit of being vulnerable. The courage to not accept the rut. What does it take to gather the courage to say the hard thing in relationship, to do the hard thing in life? This is a Sunday about being brave enough to not accept how things have been, so far.

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

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

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	

UP FRONT

***ORUUCians, one and all, get ready
to CELEBRATE MARGE SWENSON'S 100TH BIRTHDAY
next month!***



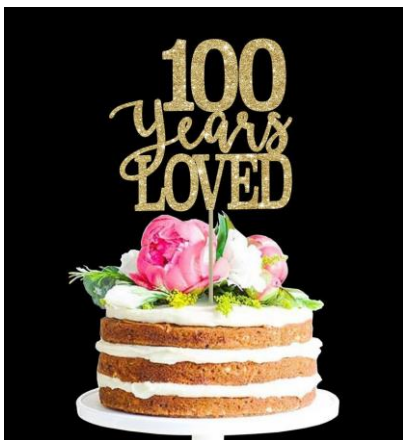
Here's how: Right now, contribute to Marge's birthday scrapbook from ORUUC. Mail photos, notes of appreciation, and memories to the church at ORUUC, 809 Oak Ridge Turnpike, Oak Ridge, TN 37830. Email messages and photo files to office@oruuc.org. Drop by the office with notes,

photos, and thumb drives/USBs with photo files. **However you choose to get your contributions to the office, do so by February 28.** Let's have something in there from every ORUUCian! Big thanks to April Dixon for coordinating this project with help from Steven Albright, Jen Stark, and Susan Rosenbaum.

Right now, sign up to deliver a small soup and/or salad meal to Marge by clicking on this link: [Marge's 100 Meals Calendar - Google Sheets](#) or contact Debbie Oscarson (debraoscarson@gmail.com) or Jen Stark (jen.stark@hotmail.com).

Please sign up by February 28. We will present Marge with a 2022 wall calendar that has 100 deliveries of soup/salad written on it, so she will know who is delivering when. Big thanks to Debbie Oscarson and Jen Stark for coordinating our 100 Meals for Marge!

Right now, team up with others to donate 100 items to a good cause in honor of Marge. Perhaps you want to donate 100 pencils to a local school. Or 100 pennies, or dimes, or quarters, or dollars to a favorite charity. Maybe it's 100 pieces of fruit for "Fresh Fruit for Kids" or 100 canned items for Second Harvest. Get creative, share ideas on Facebook, work together and give 100 of something to someone in honor of our Marge. If possible bring your donations to Marge's party (see below) for Marge and all to appreciate. Big thanks to all of you for your creativity and generosity!



Tuesday, March 8: Marge officially turns 100! That afternoon we will serenade her outside her home at 5:30. Please meet at church at 5:00 to carpool to Marge's home as parking is limited. Do come!

Saturday, March 12, drop by ORUUC between 2 and 4 p.m. to tell Marge in person how much she means to you. You can also meet her family, see some of her personal history on display, bring/see all

of the 100s of things we are all donating in Marge's honor, enjoy some refreshments and each other, check out Marge's amazing scrapbook, and see the calendar of 100 Meals for Marge. We will celebrate outside and will have a warm welcoming spot for Marge to receive us all. Do come!

Rev. Tandy Scheffler, Minister of Care and Connection



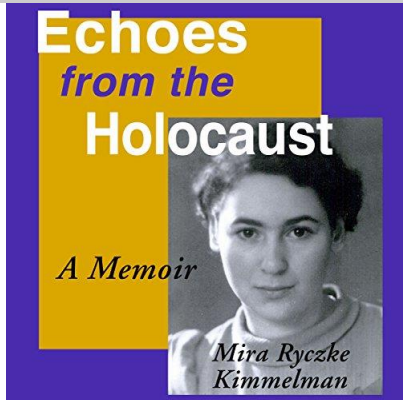
T-Shirt Fundraiser!

Want to represent ORUUC **AND** support the youth going on the East Coast Heritage Trip in June? Order a t-shirt here: <https://oruuc.spiritsale.com/>

Shirts are \$20 each and come in two designs for both youth and adults. **Orders will be taken until March 1st.** Shirts can be mailed directly to your home address if you pay for shipping, or if you prefer to pick them up at church, please select "Group Order Pick Up." Shirts will be distributed at the church beginning Sunday, March 27.



Thank you for your support!



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.



Save the Date

A message from Clovice Lewis, former ministerial intern at ORUUC (2020-2021)

After nearly four years of study and toil, the time has finally come for me to put on the robe of a Unitarian Universalist Minister! **Please join me online on March 26, 2022, at 2:00 PM PST to celebrate my ordination.** The Unitarian Universalist Community of Lake County, California, my home congregation for over 22 years, will bestow this great honor upon me then.

Use the following Zoom link to access the ceremony on the 26th:

<https://us02web.zoom.us/j/2550208121...>

Save the Date





More information coming soon!

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 15 at 6 p.m. v. Top Gun

February 22 at 7 p.m. v. Chewblocka

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 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 cancelation 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, Alzheimer's, dropped cervix, bunions, & more.

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

ORUUC Weather/Closure Policy

Weekdays: If Oak Ridge Schools are closed, the church office 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.

ANNOUNCEMENTS

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).

For the weekly Covid-19 data for Anderson County, click here: [Tennessee Department of Health Covid-19 Data](#)

See this [link](#) for more details



! NEW VACCINE UPDATE

Four stylized icons of diverse people (two men and two women) representing adolescents and teens.

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)

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Covid-19 Rapid Testing Events with Vaccines

Sponsored by The Free Medical Clinic

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/>

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

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 or
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



***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.



Music Week at The Mountain

The Mountain Retreat and Learning Center
Highlands NC

April 10-15, 2022

with Friction Farm, Tret Fure, and more

- * explore music with national touring songwriters & performers
- * enjoy opportunities to play, sing, learn in workshops for all levels
- * expand your musical horizons in a supportive environment
- * join in community singing and jamming
- * less musically inclined will enjoy lectures, concerts, hikes
- * peaceful, rustic mountain setting
- * good food for all dietary choices

visit <https://www.themountainrlc.org/music-week>
or email aidan.christine@gmail.com



<https://www.themountainrlc.org/music-week>

aidan.christine@gmail.com



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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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You can [update your preferences](#) or [unsubscribe from this list](#)

ON THE CALENDAR THIS WEEK

Friday, February 11

11:00am Tai Chi Practice

Saturday, February 12

11:00am Women of the Bible (Registered Participants Only)

2:00pm Tabletop Adventures Group

3:00pm Ukulele

Sunday, February 13

8:15am Circles of Trust VII

10:00am Worship Service

11:00am (Canceled)Yoga

11:00am Family Group

11:00am High School

11:00am Reflections

11:00am Together in Spirit

11:15am Circle of Trust II

11:15am Circle of Trust IV

12:00pm Circle of Trust V

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

1:00pm Circle of Trust VI

3:00pm Line Dancing

3:00pm OWL (4-6) Parent Orientation

Monday, February 14

11:00am Tai Chi Practice

6:30pm PFLAG

6:50pm Meditation Learning and Practice Group

7:00pm Red Tent Temple

Tuesday, February 15

6:00pm (Canceled) Nomadic Yoga

6:00pm Depression & Anxiety Support Group

6:00pm Volleyball at Oak Ridge Civic Center

Wednesday, February 16

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, February 17

2:00pm (Rental) Friends of Literacy

3:00pm Executive Team Meeting

5:00pm Potluck

6:50pm Meditation Learning and Practice Group