



The Exponent

April 8-14, 2022

WORSHIP

April Series Theme

Good Enough:

**Embracing the Imperfections
of Life and Faith**

*A Worship Series based on
the work of Kate Bowler
and Jessica Richie.*

March 6 - April 17, 2022

Bloom where you are planted!



Sunday, April 10 10:00 AM "You Are a Group Project"

Rev. Jake, leading worship service

None of us makes it through this life alone. None of us, despite how we might answer, is always "just fine." Each of us needs support. We are interdependent. You may understand yourself as a rugged individual. But you are a group project. This Sunday, in our "good enough" series, let's reflect on our nature as interconnected and in need of others, and how beautiful that can be.

In-Service and Zoom. ZOOM door opens at 9:45 am. See link below.

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

Send Prayer Requests: prayers@oruuc.org or Text 865-224-6388

Easter Vigil Sunday, April 17

Come as you are--pajamas or in your Easter best--to the ORUUC Memorial Garden for the annual informal sunrise Easter vigil. This is a chance to quietly reflect on the Easter story and to ponder what's dawning in each of our lives.

Then, join Rev. Jake for bagels and coffee before morning worship, organized by the Good Goodbye Team. Morning Worship begins at 10 a.m. Following worship, visit with Rev. Tandy over cookies and coffee in the Social Hall. Faith Formation Hour will happen as scheduled. **Please bring coins to church on Sunday, April 10 and 17 for the Egg Hunt.** Middle schoolers will be filling the eggs with coins during Faith Formation on Easter Sunday; the High School group will hide the eggs for the Egg Hunt.

The Egg Hunt begins at 12:15 p.m. Nursery and preschool-age children will

hunt for candy treat-filled eggs on the playground (Parents must meet their children at the nursery/classroom at 11:15, after Faith Formation, and take them to the playground for the Egg Hunt). Elementary age children will hunt for eggs in the field beyond the playground. Following the Egg Hunt, the children will empty their eggs of coins and walk the Bunny Trail set up near the Pavilion and Fire Pit to choose which Split the Plate recipient buckets to deposit their coins into. Thank you to all for helping make this special day possible!

Email Charlene Luther at lutherca@comcast.net by April 14 if you can bring one or two dozen cookies to share on Easter Sunday.

UP FRONT



JUNE 18, 2022

Date & Time

Saturday, June 18, 2022

6:30 p.m. Program in the sanctuary honoring Jake and Tandy

7:30-10:30(ish) - The Good Goodbye Party in the Social Hall & Outdoors

Interested in joining the Good Goodbye Event Planning Team? Or do you have questions, concerns, or suggestions? Please reach out to us directly at goodbye.oruuc@gmail.com. Thank you!

Good Goodbye Event Planners: Christy White, Charlene Luther, Liz McGeachy, Maureen Hoyt, Beth Meyer, and Gina Grubb

Giving Campaign



Dear Friends,

As a member of the ORUUC community, you are part of something profoundly powerful in countless lives.

Last month, a man called me to share the sad news of the loss of his wife; they had moved out of the area almost ten years ago, but have kept up with ORUUC, and have continued to find your ministry to each other and to the wider

community a source of inspiration and uplift. Even though he lives far away, you were the community he thought of in his time of need.

On a recent Sunday, you heard from the Sanctuary Team about the difference you've made to Juan and his family, as they re-settle from Guatemala here in East Tennessee.

You know how being part of ORUUC has affected your life and deepened your own journey.

And, now, as ORUUC goes through a major transition, moving toward its next exciting chapter, you know how much it means to dig deep and pull together with your friends and traveling companions in this congregation.

I'm writing today on behalf of Giving Campaign Co-Chairs, Robyn Naughton and Michelle Dicken, to ask you to make your financial pledge to ORUUC, for the fiscal year that starts on July 1. It only takes a minute and you'll be good to go. Think of what ORUUC means to you, and then, to make your pledge, click this link: <https://onrealm.org/oruuc/AddPledge/2022n2023pledge>

With the generations of ORUUC-ians before us, and the ones yet to come, in mind, thank you.

Peace,
Jake



Change for Change

Bring your extra coins to church on **Sunday, April 10 and 17**. Leave coins in the basket in the church lobby. These coins will be used to fill plastic eggs for our Bunny Trail on Easter Sunday, April 17. After the egg hunt, the children will donate these coins to our Split-the-Plate recipients. Thanks!



There will be an East Coast Heritage Trip Parent Meeting this Sunday, **April 10, at 11:15 am** in the Sanctuary.



***Big Rummage April 9:
Extra Help Needed!***

In addition to having a whopping 13 pickup requests so far, one of them is an entire house! If you're free this Saturday morning starting at 8am, please consider joining us for big rummage. Christina will be at the church before 8 with some tasty bagels and to direct folks towards that first pickup. Even if you can't be there until our usual start time of 9am, there's still plenty of opportunity to help that day! The more the merrier, and the sooner we can have lunch. If you have any questions, my contact info is below.

If you would like to schedule a big rummage pickup, the deadline is 5pm Friday. You can do that by contacting me at oruucrummage@gmail.com or by calling or texting (865) 804-7033.

Also, parents of youth, remember that we donate \$10 for every hour (up to 100 hours) that a youth spends helping to the youth trip fund; this year, that will help them enjoy the Youth Heritage Trip to Boston.

Hope to see you there for the fun and friendship!

-Amanda Fishel



Tying things up for our Rummage Sale on April 15 and 16

With the Rummage Sale just around the corner here is some information that you may find helpful.

- Please **volunteer** to help. **From kids to seniors** there is something you can do to make a difference! If everyone spent **even just a few hours** to help during the week to price, organize, etc., and/or to help during the Friday evening and Saturday sales, the burden wouldn't be on the same few people. Signup sheets are in the Social Hall, **on line** (check Facebook or the Exponent), or just drop in for a few hours during the week. You're also welcome to just stop by!
- **Large Item Pickup** is scheduled for **Saturday, April 9, from 9 am to noon** and continuing into the afternoon if necessary. **Volunteers** with strong backs and trucks and vans are needed. If you can help or want to schedule a pickup please contact Amanda Fishel - oruucrummage@gmail.com or (865) 804-7033.
- If you have a **folding table** to lend for the sale please label it with your name and phone number. They can be **brought to church starting Saturday, April 9** or we can **pick them up** during the large item pickup.

- **Help is needed for setup on Sunday, April 10 from 12 pm to 5 pm. and for Cleanup on Saturday, April 16, from 2 pm to 5 pm.**
- **Donations may be brought to church starting Sunday, April 10 from 12:15 pm until 5 pm. Then Monday through Thursday between 9 am to 8 pm.** On Friday, volunteers will be busy with the final setup, putting up signs and other last minute details for the preview sale that starts at 6 pm.

Thank you,

Christina Elliott and Amanda Fishel

Rummage Sale Team

Donations Needed



We'll gratefully accept the following items in resalable condition:

- **Clothing & Linens:** Washed, no tears, stains, mildewed, or strong odors from cigarettes, pets or mothballs. It would be helpful to fold clothing and put in clean trash bags.
- **Upholstered Furniture & Area Rugs:** No significant tears, no stains, no mildew, or strong cigarette or pet odors.
- **Wood or Solid Furniture:** Not broken or badly dented or water damaged, and not missing any vital parts. Minor dents or scratches are acceptable.

- **Televisions:** Flat screens, still in good working condition, less than 5 years old, with no missing knobs or buttons. Minor dents or scratches are acceptable. No big projection TVs or consoles.
- **Electronics:** Still in good working condition stereo components and speakers, computers only with flat screen monitors.
- **Appliances:** Only small, still in good working condition such as toasters and microwave ovens, mixers, etc. No missing knobs or buttons. Minor dents or scratches are acceptable.
- **Miscellaneous Items:** Toys, tools, music instruments, patio furniture and décor items, knickknacks, books (no school textbooks or magazines please,) artwork, clean area rugs, dishes, pots/pans, shoes, antiques, and jewelry.

Things we are unable to accept:

There wouldn't be a Rummage Sale without our volunteers and your generous donations! But you can help us greatly reduce work for our volunteers by allowing us to decline some items that we cannot sell in our sale. Your help is needed to dispose of items not in resale condition with your waste services.

- Anything that is wet from rain or floods, etc. or otherwise damaged
- Combustible fuel in any tanks or containers
- Console stereos or TVs, big projection TVs, or any that are older than 5 years, are not working, and those missing knobs or buttons
- Child car-seats
- Baby cribs with a sliding side rail
- Building materials, including paint and carpet remnants**
- Auto parts
- Electronics not in working condition
- **Mattresses***

- **Large appliances such as dishwashers, stoves and refrigerators, etc.***
- **Large exercise equipment (treadmills, elliptical machines, etc)***
- Pianos or organs
- Slate-top pool tables
- Safety helmets, including baseball, football, and cycling helmets

***Call Ecumenical Storehouse: (865) 481-0274**

****Call Habitat ReStore: (865) 483-5433**

OAK RIDGE RESIDENTS

Get rid of unwanted, unsaleable items during the city's annual curbside household trash pickup beginning **April 4**. Check here for your neighborhood's pick up dates: <http://www.oakridgetn.gov/content.aspx?article=4889...>

High School Car Wash Fundraiser



Saturday, April 23, 10 a.m. to 12 p.m. in the church parking lot

\$10 suggested donation

Car wash includes all of the exterior of the vehicle (and power washing, if needed), but **no interior cleaning.**

Thank you for supporting the high schoolers and the East Coast Heritage Trip!



Holocaust Remembrance Service Open to the Public Jointly Sponsored by Jewish Congregation of Oak Ridge (JCOR) Oak Ridge Unitarian Universalist Church (ORUUC) **Sunday, April 24, 2022, 3:30 PM – 4:30 PM** In the JCOR Sanctuary and On

Zoom <https://us02web.zoom.us/j/85792610070?pwd=VFZ6ZEtnUnNSYW1zU0QyK3hJSUxoUT09>

Candle lighting ceremony Readings, Song, and Prayers Essays from the Mira Kimmelman “Learning from the Holocaust” Contest Closing Speaker, Bob Fortney, son of liberator Dr. Thomas Fortney Holocaust Memorial Candles will be available to attendees for pick-up at the Service Candles Donated by JCOR Men’s Club.



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May Day Picnic



Join us for the May Day Picnic on Sunday, May 22 after Morning Worship (There will be no Faith Formation that day. The worship service will include Leadership Recognition and Bridging). More details to come!

Multigenerational Coordinator Whitney Cole

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.

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Nomadic Yoga Co-op

Nomadic Yoga Co-op: Sunday morning and Tuesday evening yoga will continue to be on hiatus until further notice. Please continue your home practice. We hope to gather again soon! Namaste.

~Melissa Kay



Line Dancing

NO LINE DANCING APRIL 10 OR APRIL 17

(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 am -12 noon

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*

ANNOUNCEMENTS

COVID-19 Update

Our Pandemic Action Levels (PALs) risk is now MODERATE: Masks are no longer required in the building; those who are more comfortable wearing one are welcome to do so. Coffee Hour will be held in the Social Hall. We respectfully ask that if you have symptoms, a positive test, or exposure to someone with COVID-19, please stay home and join us on Zoom.

For the weekly Covid-19 data for Anderson County, click here: [Tennessee Department of Health Covid-19 Data](#). See this [link](#) for ORUUC's PALs reports and resources.

Know Your COVID-19 Community Level

Covid-19 Community Levels are a new tool from the CDC to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high, and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area. [COVID-19 by County | CDC](#)

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Low	Medium	High
<ul style="list-style-type: none">Stay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautionsStay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">Wear a mask indoors in publicStay up to date with COVID-19 vaccinesGet tested if you have symptomsAdditional precautions may be needed for people at high risk for severe illness

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.



Get Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to receive **four free at-home COVID-19 tests**. Orders usually ship in 7-12 days. Order tests now so you have them when you need them: <https://www.covidtests.gov/>

Note: At-home COVID-19 rapid test kits contain a small amount of sodium azide. To prevent accidental poisonings, poison control centers recommend the following tips:

- Store the kit “up and away,” out of the sight and reach of children and pets.
- Leave the kit sealed until needed and throw it away immediately after use.
- Make sure to read and follow the instructions on the package before using.

<https://blog.cincinnatichildrens.org/84/covid-19-home-test-kit-dangers-what-parents-need-to-know>

APRIL Split the Plate

Ukraine Relief Efforts



The Unitarian Universalist Service Committee's efforts in Ukraine will be our Split the Plate Recipient for April per the Executive Team. Their website

is <https://www.uua.org/pressroom/press-releases/supporting-ukraine>

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 April

Jill Adler TEXT/PHONE 704-989-2252 Jill.adler.62@gmail.com

Rachel Smith-Jones smithnjones3@comcast.net 603-252-2295

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.

Dear ORUUCians,

I write to share sad news of the death of our longtime and beloved member Elizabeth Peelle, June 3, 1932 - April 6, 2022. Elizabeth, who had been under hospice care, died peacefully at home Wednesday morning. The birds were serenading, and the spring green was burgeoning outside her wide window into the backyard.

Please hold in care Elizabeth's daughters, Evelyn Peelle and Annette Sargent and their spouses and families. They are planning a memorial service for May or June, and interment in our Memorial Garden where her husband Bob's ashes are also interred.

Elizabeth arrived in Oak Ridge in 1954, in her words, "clutching my new bachelor's degree in chemistry and showing up for a job at K-25". A friend introduced her to Bob. They were married in 1955, the year of the desegregation of the Oak Ridge Schools and the city swimming pool. From the start, Elizabeth was one of the most steadfast activists in the ongoing process of intentionally integrating Oak Ridge in all areas of community life—transportation, access to services like barbershops and restaurants, housing issues, and more. This was her passion. Elizabeth was also instrumental in bringing Roane State Community College to our community, as well as our Greenbelt, Literacy Council, Tabitha's Table and Martin Luther King Day Celebration. Elizabeth was a collaborator and a force in her own right. She leaves her legacy throughout civic life in our city.

Elizabeth was this congregation's board president when she was all of 25 years old. She leaves her legacy here among us as well. Our church shared ministry "Fresh Fruit for Kids" grew out of our first reverse offering more than a decade ago. Elizabeth had a definite idea for what to do with the cash she received, and she invited others to join her. Together they pooled their money and purchased as much fresh fruit as could be bought to send home with children in food-insecure households who received food to take home from school on Fridays.

Fresh Fruit continues to this day and has expanded to serve many of the food insecure children in our school system.

My husband, Peter, worked with Elizabeth in her later years. He knew her to be a true optimist and inveterate problem-solver. When Elizabeth became aware of a problem, she turned her keen mind and connections with others toward figuring out solutions. She and Bob were both medical marvels, living through numerous complex health issues. They not only survived but stayed strong, their keen senses of humor and natural pluck intact.

Many of us have fond memories and great stories about Elizabeth and her exemplary life. Let us tell those stories! May each of us give thanks for Elizabeth Peelle, for the good life she lived, for her legacy of activism and civic leadership. Honor Elizabeth today. Do something for someone else. Support a cause you believe in. Take a walk on the Greenbelt. Find your pluck. See the humor. Consider your legacy. Live your full and precious life.

In care and connection, and with much love, Tandy

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

ON THE CALENDAR THIS WEEK

Friday, April 8

11:00am Tai Chi Practice
11:30am Stone Soup Meeting

Saturday, April 9

9:00am Big Rummage Pickup
2:00pm Tabletop Adventures Group
3:00pm Ukulele
6:00pm Giving Campaign Dinner

Sunday, April 10

8:15am Circles of Trust VII
10:00am Worship Service
11:00am High School
11:00am Reflections
11:00am Together in Spirit
11:00am Yoga (Canceled)
11:15am Circle of Trust II
11:15am Circle of Trust IV
11:15am East Coast Heritage Trip Parent Meeting
11:15am Newcomers
12:00pm Circle of Trust V
12:30pm Rummage Setup
12:30pm OWL Grades 10-12
12:30pm OWL Grades 7-9
12:30pm Buddhism Study Group
1:00pm Circle of Trust VI
3:00pm CANCELED Line Dancing
2:30pm Bridging Seniors
3:00pm Mira Kimmelman Holocaust Education Study Group (Registered participants only)
3:00pm OWL Grades 4-6

Monday, April 11

9:00am Rummage Setup
11:00am Tai Chi Practice
6:50pm Meditation Learning and Practice Group

Tuesday, April 12

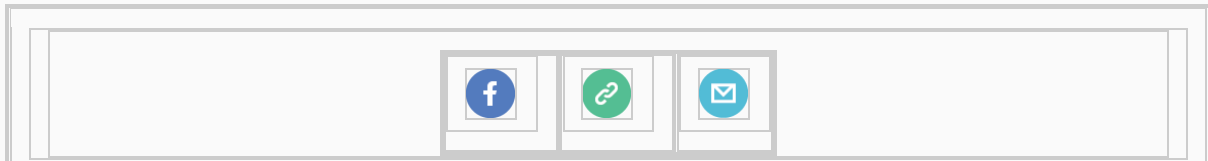
9:00am Rummage Setup
2:00pm (Rental) Friends of Literacy
6:00pm Presidents Council
6:00pm (Canceled) Nomadic Yoga
6:00pm Depression & Anxiety Support Group

Wednesday, April 13

6:30am Breakfast Rotary (Alternate Location)
9:00am Rummage Setup
11:00am Tai Chi
12:00pm EXPONENT DEADLINE
5:15pm Circles of Trust III
6:00pm Circles of Trust VI
6:45pm Choir Practice
7:45pm Band Rehearsal

Thursday, April 14

9:00am Rummage Setup
12:00pm NWUUC & Launchpad Meeting
5:00pm (Canceled) Potluck
6:50pm Meditation Learning and Practice Group



Reminder: The deadline to submit news for the weekly Exponent is WEDNESDAY at NOON. Please send news to Rachel at communications@oruuc.org **AND** Debby Crider at newsletters@launchpad.faith

Our mailing address is:

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Oak Ridge, TN 37830

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