



The Exponent

April 29 – May 5, 2022

WORSHIP

Sunday, May 1, 10:00 AM "How We've Grown "

Rev. Jake and Rev. Tandy, leading worship service

As we begin the “Good Goodbye” series in Jake and Tandy’s final weeks with ORUUC, this Sunday brings the first of their dialogues on a topic related to saying goodbye. For today, the focus of their conversation is “How We’ve Grown,” in which they’ll talk about how ministry has helped each of them grow, and how congregational life in community is always an invitation to grow.

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

UP FRONT

Stone Soup



Final Friday of Every Month

Menu: Potato Soup, 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, April 29, 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



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



THIS MONTH'S STONE SOUP

Final Friday is here and this month's potato chowder will knock your socks off! Cornbread, cookies and fruit will round out the meal and we've made 160 of

them, Just right for picking up and eating with a friend! Drive by at 5 pm and the Regina/Derek Guy duo will hand your meals through the driver's window with lots of laughs and good cheer! You may even catch a final glimpse of Dennis McGetrick, our safety, before he takes off for California. Dorn Kile and Steven Albright, trusty, loyal volunteers will be there to make things go as planned!

What has preceded this month's drive-through meal include the generous donations of money from JCOR and our own church members; the unseen work of the communications angels: Maureen Hoyt, Jeannie Cuevas, Rachel Smith-Jones & Debby Crider; a delivery to Callaghan Towers, done this month by Patsy Stacy and one of our high schoolers! Packers of these delicious meals as well as large grocery bags include Jil & Don Smith, Patsy, Dorn, Freddie Nechtow and Nancy Highfill. Bakers of the large portions of cornbread include Carol Mason, Lynda McLaren, Sue Gross and Abbie Moore. And soup cooks included Abbie, Mary Beth Robinson, Anna Perkins, Steven Albright, Megan Harrison and Jinx Watson.

With this April 2022 meal, Abbie More and Jinx Watson will retire from their leadership duties. But, luckily for this 11 and a half year outreach program, we have several folks who will continue as leaders, all named above! Meg Harrison will serve as the Stone Soup administrator and, if you have comments or questions, she will either answer or find out the answers!

Stone Soup is left in good hands: this month's soup is a testimony to the quality of what the new team can produce. We've all shared in this transition and feel confident that with changes or not to the basic template, ORUUC will continue offering the community food in one loving way or the other.

UU MAKE A DIFFERENCE



**MAKE YOUR
PLEDGE TODAY!**

WWW.ORUUC.ORG/PLEDGE

**If you light a lamp for
someone else,
it will also brighten
your own path.**

Please go to www.oruuc.org/pledge and make your pledge today! Thank you! Giving Campaign Co-Chairs, Robyn Naughton and Michelle Dicken

Congregation Photo

MARK YOUR CALENDARS: There will be **Congregation Photo** taken on **Sunday, May 15th, immediately following the worship service.** Please show up to be part of this whole-group congregational photo shoot! We have a top-secret plan for this picture... ~ The Good Goodbye Event Planners: Christy White, Charlene Luther, Liz McGeachy, Maureen Hoyt, Beth Meyer, and Gina Grubb. (If you are interested in joining us on the Event Planning Team, please email goodbye.oruuc@gmail.com.)



2017 Congregation Photo



The May Day Picnic is on!



When: Sunday, May 22, 2022, 11 AM (yes, we know this isn't actually May Day, however, we're trying to work it in the VERY busy month of May.)

Where: ORUUC, in the Social Hall and the Pavilion

What to bring: Your favorite side dish/dessert that feeds 6 - 8 people to accompany hotdogs. Also, if the weather is decent, bring chairs and/or blankets so that you may dine comfortably outside if you are so moved.

What you can do: VOLUNTEER. Help is needed in all areas, particularly setup and cleanup. This particular Sunday is filled with special events including Bridging and the annual picnic is usually a highlight of the church year (made even more poignant with the departure of Tandy and Jake) so we need you! To officially volunteer, email Val Herd at vhherd@gmail.com

Note: of course, there's always the possibility that a rise in local Covid infection rates could put the kibosh on these plans but, for the time being, we're going to believe in unicorns and plow ahead!

So, again, please volunteer if you can. I look forward to seeing you all!

(Rumor has it that the May Pole will be making an appearance. 😊)

-Val Herd



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*

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**

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

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

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.

ANNOUNCEMENTS

Interim Minister Search Update from the Board

Your Board appointed Interim Search Committee submitted our Congregational Interim Record Sheet to the UUA on April 21. Our next milestone is on May 2nd when the UUA will send to the Interim Search Committee the applications of interim ministers that have reviewed our Interim Record Sheet, liked what they saw, and decided East Tennessee might be a nice place for an interim ministry. On May 16th, our Interim Search Committee will submit to the UUA a list of our preferred picks from this collection of applications. On May 18th, first offers will be extended by the Search Committee to interim ministers. If our offer is accepted, then the interim minister will arrive sometime in August. Throughout the month of May, members of the Board will be available during the social hour after service to talk about the interim search process, answer questions, and listen to hopes, dreams, and concerns.

Thank you, Board President Jim Nutaro

NASA, ESA and the Hubble Heritage Team



Finding Awe in the Complexity of the Universe

BY ALAN ENGLAND

I am a Humanist.

I have been associated with liberal religion since about age eighteen, which is about eighty percent of my life. My mother spent some time as a foster child in a Unitarian minister's home. As a result, my sister and I had early contact with the Unitarian philosophy. There was no Unitarian church or fellowship in the towns where I grew up but when I went to college, I easily found a Unitarian church with a college-age group. As the Unitarian movement achieved a larger following, my parents finally helped found a Unitarian fellowship in their hometown. My sister was similarly inclined and became a UU later with her husband and family. My biological children started their religious education in the Oak Ridge Unitarian-Universalist Church, where I have been a member since 1965. We now have a small humanist discussion group there.

Humanism came later in my life and is presently my main source of inspiration, study, and consideration. Most human activities are due to the necessities of staying alive, eating, procreating, child raising, etc. and are not necessarily governed by cerebral activity. They, however, can be augmented by thinking and other cognitive behavior. For example, love is a very human behavior and certainly not directly guided by thinking, but is nevertheless, very important to the maintenance of our health and positive outlook on life. Love is as important to humanists as it is to any other human endeavor or activity.

In my study of nature as a physicist, I have been awed with the size and complexity of the universe and all of its laws. The known physical laws are a constant source of marvel to me. The various aspects of the known universe are so overwhelming that I'm incredulous that anyone would attribute its creation to any of the little gods conceived of by humans. These gods and their religions were all created at a time when humans had not yet achieved any significant reasoning power or knowledge of the true nature of the universe and lacked the ability to do meaningful tests of their environment. In past millennia, humans have achieved large and powerful civilizations, but in the process have done great damage to our planet through destructive industrial and agricultural practices. Part of this damage was due to various oppressive, authoritative, and demanding religions, many of which are constantly in conflict with each other. Such conflicts are neither necessary nor helpful and do not aid anyone, even their own followers. If the energy that went into all the religious conflicts over the centuries could have been channeled into education and science, we would have a much better world.

My concern is for the betterment and improvement of the health, freedom, and spirit of mankind as well as the need for improved living conditions and alternative energy sources, and protection of the only planet we know. I believe that humanity must become more rational and reject the damaging aspects of the superstitions and religions it has created. Humanism can help the world become more rational. I think that our main concerns should be the improvement of mankind closely coupled with protection of the environment—such as from threats like climate change—without which we cannot survive.

Published in [the Spring 2022 Humanist](#)

Alan England is a physicist and a humanist.

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>

SPLIT THE PLATE OFFERING FOR MAY



Give @ ORUUC.org/online-giving
or Text 'ORUUC' to 73256



Habitat for Humanity is an ecumenical nonprofit that builds, rehabs, and repairs homes for income eligible families. They do business in accordance with the Federal Fair Housing Law. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin.

Helping homeless families find decent, safe and affordable housing has been a focus of concern for ORUUC for many years. Habitat has shown to be making a difference with the celebration of their 100th build. Let's continue to support the good works of this viable social service group!

Give [HERE](#)

OUR ORUUC FAMILY

Caring for Each Other

Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery?

Contact Rev. Tandy Scheffler, Minister of Care & Connection, or the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for May

Rachel Smith-Jones smithnjones3@comcast.net

603-252-2295

Irene Robbins Robbinsif1@comcast.net 865-207-0743



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

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

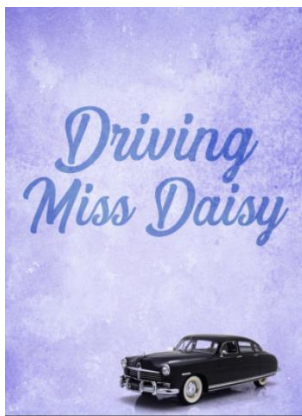
The ORUUC Board of Officers

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The ORUUC Executive Team

Rev. Jake Morrill
Christine Rehder
Christina Elliott
Debra Oscarson

Community/UU



I am reaching out to all the churches in Oak Ridge, asking people to consider volunteering at Oak Ridge Playhouse. The volunteer positions are relatively easy and just require a little bit of time. I have attached a link below for the upcoming production of ***Driving Miss Daisy, May 6-15***. I am asking each church to reach out to your congregations and let them know about this awesome opportunity to help serve their community. We can also provide a letter confirming volunteer hours for students.

Please email me with questions: bkhawk33@yahoo.com. Thank you, in advance, for the consideration.

Byron Hawkins, Volunteer Coordinator
Oak Ridge Playhouse Board Member

DRIVING MISS DAISY - Front of House Sign up now: [DRIVING MISS DAISY - Front of House](#)



NEWS RELEASE

For Immediate Release
April 22, 2022

Contact: Abbie Moore
LWVOR 1st VP
865-806-3642
abbie.moore@me.com

The League of Women Voters of Oak Ridge welcomes the community to Lunch With the League from 12:00 PM EDT – 1:00 PM EDT, Tuesday, May 3, 2022. In an effort to keep everyone safe during this time of pandemic, the meeting will again be virtual. Those who desire to gain access to the meeting may do so by following the instructions provided at the close of this article.

Gender Equality

Professor Valorie K. Vojdik joined the faculty in 2011 as professor of law and served as director of clinical programs from 2011-2015. She currently teaches civil procedure, civil rights, gender and the law, children and the law, and she has also taught in the Advocacy and Appellate Clinics. Education. She received a AB from Brown, University, 1982 and JD, 1986, from New York University School of Law. Professor Vojdik came to Tennessee from West Virginia University College of Law, where she also taught as a professor of law and served as associate dean for faculty development and deputy director of its clinical program. She began teaching in 1994 at New York University School of Law in its Lawyering Program, and then taught at Western New England College School of Law. She has taught as a visiting professor at the University of Richmond and guest lectured as a research scholar at the University of Cape Town.

Professor Vojdik's teaching and research focuses on gender and the law, civil and human rights, and social institutions. Her recent scholarship addresses masculinities theory, international women's rights, and sexual violence against men and women in war. She has worked twice as a consultant to the European Union's Seyada Project to empower the Palestinian judicial system and has taught for the Open Society Foundation in its Network Scholarship Program since 2007.

Prior to joining the legal academy, Professor Vojdik worked as a litigation associate at Shearman & Sterling in New York City, where she also served as associate co-ordinator of its pro bono program. She served as lead counsel to Shannon Faulkner and other women who successfully challenged the males-only admission policy of the Citadel in South Carolina in federal court. She has litigated numerous cases involving sex discrimination and civil rights, in both state and federal court.

Even though women received the right to vote over 100 years ago, gender inequality is still pervasive in our Society. Professor. Vojdik will discuss this gender inequality and the continuous challenges that women's reproductive rights are now seeing in states

and the Courts – particularly the SCOTUS which is seeing a recent and dramatic swing in opinion. Lunch with the League welcomes League members and nonmembers alike to this informative presentation. For instruction on linking to the live presentation, contact lwv.oakridge@gmail.com. All League members will receive an email with the zoom link prior to the meeting. A couple of days following the presentation, you may view the recorded presentation on the League's website (<https://my.lwv.org/tennessee/oak->

The League of Women Voters of Oak Ridge is a nonpartisan political organization for men and women. It encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.



ORPL Auditorium

Thursday

May 5th

Members Only

5:00pm-7:00pm

(memberships available at the door)

Friday

May 6th

Open to the public

10:30am-5:30pm

Saturday

May 7th

1/2 price sale

10:30am-5:00pm

Sunday

May 8th

Buy-A-Bag-of-Books for \$3.00

2:30pm-5:30pm

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:

809 Oak Ridge Turnpike

Oak Ridge, TN 37830

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

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ON THE CALENDAR THIS WEEK

Friday, April 29

11:00am Tai Chi Practice
5:00pm Stone Soup Community Meal

Saturday, April 30

10:00am (Rental) Pugh/Gaston Memorial
3:00pm (Rental) Shelden Memorial

Sunday, May 1

10:00am Worship Service
11:00am East Coast Heritage Trip Youth Meeting
11:00am High School
11:00am Reflections
11:00am Together in Spirit
11:00am Yoga (Canceled)
11:15am Circle IX
11:15am Circle of Trust I
11:15am Newcomers
12:30pm OWL Grades 7-9
12:30pm OWL Grades 10-12
12:30pm Buddhism Study Group
1:00pm E. Coast Heritage Trip Chaperone Meeting
1:30pm Book Club
3:00pm Line Dancing
4:00pm Circle of Trust XI
5:30pm Circle of Trust X

Monday, May 2

11:00am Tai Chi Practice
5:00pm Caring Coordinators Transition Meeting
6:50pm Meditation Learning and Practice Group

Tuesday, May 3

2:00pm (Rental) Friends of Literacy
6:00pm (Canceled) Nomadic Yoga
6:00pm Depression & Anxiety Support Group

Wednesday, May 4

6:30am Breakfast Rotary
11:00am Tai Chi
11:00am Circle of Trust VIII
6:45pm Choir Practice
7:45pm Band Rehearsal

Thursday, May 5

2:00pm Executive Team Meeting
5:00pm Potluck
6:50pm Meditation Learning and Practice Group



