



The Exponent

July 29-August 4, 2022

WORSHIP



Sunday, July 31 "Theo-Photography"

Rev. Gaye leading service

This Sunday, join us in person or on Zoom at 10 a.m. for our Summer Worship Series. The theme is, "Theo-Photography." The Rev. Dr. Gaye Morris will be preaching.

An American theologian named Thomas Oord sends out a monthly newsletter, and twice a year it is given over to photographs Oord has taken that for him opens up a dialogue between the natural world and the Divine. Rev. Gaye will seek to present a selection of her photos that do the same for her.

Please note: Due to High Covid-19 Community Levels for Anderson and surrounding counties, masks will be required in the building.

To participate in worship on Zoom, please register here <https://zoom.us/j/9123456789> If you've already registered (a one-time process), use the link you've received via email to attend worship.

Adult Faith Formation classes take place Sunday mornings from 11:15 a.m. to 12:15. p.m. To find out more about our classes, visit our website: <http://www.oruuc.org/religious-education> and <http://www.oruuc.org/faith-formation-for-adults>.

Oak Ridge Schools are back in session, and **Youth Faith Formation starts back this Sunday!** To find out more about our programming, visit <http://www.oruuc.org/religious-education>.

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 865-272-2249

UP FRONT

Stone Soup

FREE
Meal!
Groceries
available



Dine in
Or Drive
Thru

Friday, July 29

5 p.m. – 6 p.m.

Or until supplies run out!

***Menu: Chicken Salad Sandwich,
Fruit and Scotchies***

Stop by the church Social Hall for a meal, or drive through the loop near the church entrance where a volunteer will bring a meal to your vehicle.

Oak Ridge Unitarian Universalist Church
809 Oak Ridge Turnpike, Stoplight #2

(865) 483-6761



Special thanks to our Community Partners for
making this Final Friday Monthly Meal possible:
Kroger Marketplace
Jewish Congregation of Oak Ridge



Due to High Covid-19 Community Levels in our area this week, drive thru only will be offered. Volunteers will be waiting at the loop near the church entrance to bring a meal to your vehicle.



ORUUC Work Day

Saturday July 30, 9-Noon

We will be working around Faith Formation teacher workshop, so some of activities will be limited, especially in the social hall and sanctuary. On tap:

- Usual lights, exit signs, bathroom checks.
- Wash down the solar cell panel array. Needs people comfortable with roof work, ladders, and high places.
- Work on gate in playground. I need to look up correct wood, or replace gate entirely. Could use advice here. May be just a planning session.
- Hook up drier vent in maintenance closet. Someday also run 240V/30A power to drier.
- Rocking glider in pavilion needs cleaning and then sealing/painting.
- Reset ice machine and level it.
- And I am sure other things will turn up.

Martin

High School Youth Lock-In This Saturday Starting At 8pm

All recently graduated high schoolers, as well as incoming high schoolers, are invited to attend a lock-in at ORUUC this Saturday night, **July 30 from 8 p.m. until Sunday morning, July 31 at 8 a.m.** We will be outdoors as much as possible, and masked when inside. Youth and parents will need to sign the overnight permission slip to attend. I will also have some available that day.

Food and snack donations are welcomed. We could also use some lock-in chaperones if you're willing and able to spend some time with our youth during the lock-in so that we can make this happen for them! Thank you, Jason Fishel

Rev. Lisa Schwartz begins her interim ministry with ORUUC on Monday, Aug. 1!

For more information, go to <http://www.oruuc.org/interim-minister-announcement>



Welcome, Rev. Lisa Schwartz

Rev. Schwartz will begin serving
as ORUUC's Interim Minister
on August 1!

For more information, go to
<http://www.oruuc.org/interim-minister-announcement>



The UU History Pub Quiz Fundraiser is only a week away! Brush up on your knowledge today!

UU Pub Quiz Study Sheet

UU History Websites

UU Studies Network- <https://www.uustudiesnetwork.org/>

Unitarian Universalist Association History Page: <https://www.uua.org/beliefs/who-we-are/history>

Youtube: <https://youtu.be/9Yw-RdtOM8U>

Facts About Boston:

Fun Facts about Boston: <https://www.trolleytours.com/boston/facts>

General Boston Trivia: <https://kidadl.com/kids/trivia/boston-trivia-all-real-bostonians-will-get-all-61-right>

Quincy Market: <https://www.quincy-market.com/>

Gettysburg

Gettysburg National Cemetery: <https://www.nps.gov/gett/index.htm>

Ironmasters: <https://www.atmuseum.org/ironmasters.html>

ORUUC Youth - Ask a Youth!

Where did you stay in Boston?

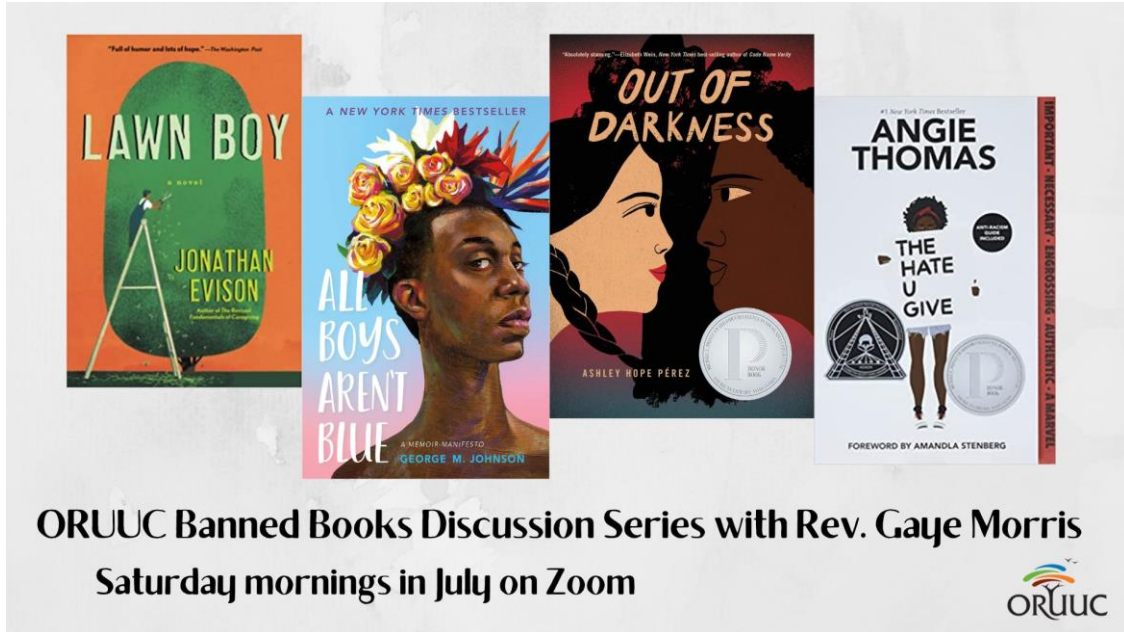
What modes of transportation did you use?

What kinds of foods did you eat?

What colleges did you visit?

Where did you attend Worship?

***Join the ORUUC Banned Books Discussion Series
Saturday mornings in July on Zoom***



**ORUUC Banned Books Discussion Series with Rev. Gaye Morris
Saturday mornings in July on Zoom**

Last year in the Young Adult fiction genre, more than 1500 books were either challenged or banned in the United States. The reasons they are banned vary; some because they are accused of being sexually explicit or violent...but they are worth exploring in the censorship climate we face today, especially in our education system.

Our Fourth UU Principle urges us to affirm and promote “a free and responsible search for truth and meaning.” What better way for our congregation to put this into action than to read a banned book?

ORUUC’s Community Minister Rev. Gaye Morris will facilitate a Zoom discussion Saturday mornings in July at 11:00 a.m. for book readers, including high school youth who want to read these books and contribute to the group discussions. A list of the books and their discussion dates appears below. You may wish to purchase these books for yourself, but I also urge you to ask your local librarian for these titles, as a gesture of solidarity against book censorship.

There is only one Saturday left in the series! To register, please click on this link: <https://onrealm.org/oruuc/Registrations/Info/c0dbc63c-4212-4e36-b75b->

[aea6013a534b](#). Registration will enable you to receive the Zoom link for this week's discussion. If you need help registering, please contact Rachel at communications@oruuc.org.

Schedule

- **Final Saturday, July 30** - *The Hate U Give* by Angie Thomas. This is the story of a 16-year old girl whose childhood best friend is gunned down by a police officer. Starr Carter lives in a poor neighborhood but attends a fancy suburban prep school; when she witnesses the shooting of the unarmed teen, her life is turned upside down and her community is caught up in the uproar and chaos surrounding the fatal shooting. This book was banned and challenged for profanity, violence, and because it was thought to promote an anti-police message and indoctrination of a social agenda.

We end the month with a wide-ranging discussion of what freedom of speech means in the current censorship debate, and how we as UUs understand our obligation to contribute our voices and opinions to it.



ONE person = ONE vote

MOST votes = WINNER



Opportunity to Improve Our Democracy: Fix The Broken Electoral College

The Shared Ministry Group, "ORUUC Improving Democracy," desires to work toward the goal of petitioning the Tennessee State Legislature to change the present un-democratic electoral law to the National Popular Vote Interstate Compact: [https://www.nationalpopularvote.com/written-](https://www.nationalpopularvote.com/written-explanation)

[explanation](https://www.nationalpopularvote.com/written-explanation) We could also request any UUA churches in uncommitted states to petition their state legislatures in like manner.

In our group's opinion, state electoral college laws break the fifth principle of ORUUC and the UUA, which advocate democratic methods in society. In 48 states, the state winning candidate gets all of the state's electoral votes, even if there is only a one vote difference in popular vote.

A majority of 270 electoral votes will go to the candidate with the highest national popular vote if 75 more state electoral votes change their electoral vote law to the National Popular Vote Interstate Compact. Fifteen states and D.C. have already committed 195 electoral votes to the compact. The presidential candidate with the highest national popular vote will be the elected president, and every voter's vote will be counted.

Our shared ministry group, "ORUUC Improving Democracy," would like to know what you think of this project. Send any questions and comments by email to TIMHOLT39@COMCAST.NET.

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



Line Dancing

Sunday, 3:00 pm

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



**NEEDED: Greeters and Ushers for Sunday mornings,
and Sanctuary Stewards during the week**

It's easy and fun! And extremely important!

**Contact Jeannie at office@oruuc.org or 483-6761
to learn more.**



This month in the ORUUC Gallery

Erica Entrop

Iglesias de la Habana

Erica Entrop was born in Roswell, New Mexico and graduated *Cum Laude* from the University of New Mexico in Albuquerque with her BFA. After completing her studies, she began traveling across the United States, exhibiting in different locations including Chicago, New York, and Los Angeles.

She has had an extensive artistic career having participated in exhibitions across the country and the world. Her works have recently been included in the premier edition of *Blue Bee Magazine*. In the past year she has participated in the 13th Havana Biannual and the 25th

Romerias Festival showcasing her newest film works in collaboration with her husband, Cuban artist, Darwin Estacio Martinez

The works included in this series are all photos of churches in Havana, Cuba, taken over the past two years.

Erica is the daughter of ORUUC member Rebecca Bowman.

Fresh Fruit for Kids is looking for more volunteers!



WE'RE BACK! BUT WE NEED MORE HANDS!!!

Regular deliveries for the Fresh Fruit for Children is returning mid-August. We need volunteers to deliver fruit or to help with our fundraising luncheons. Please contact Rebecca Bowman (rebecca.r.bowman@gmail.com) or Lynda McLaren (lhmlaren@comcast.net) to join this important ministry.

Contact Rebecca Bowman at rebecca.r.bowman@gmail.com or Lynda McLaren at lhmlaren@comcast.net to join this important ministry.

Introducing the 2022-2023 Board of Trustees

ORUUC's 2022-2023 Board of Trustees



Michele Thornton
President
Board term expires in 2024



Jim Nutaro
Past-President
Board term expires in 2023



Sue Lasky
President-Elect
Board term expires in 2025



Brandon White
Treasurer



Jason Fishel
Secretary



Ethan Coon
Member-At-Large
Board term expires in 2023



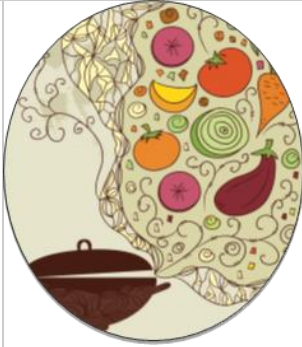
Nathaniel Bass
Member-At-Large
Board term expires in 2023



Freddie Nechtow
Member-At-Large
Board term expires in 2024



Charles Davis
Member-At-Large
Board term expires in 2024



The Stone Soup Team needs your help!

The Stone Soup Team is in need of more help for both cooking and baking in the future! We're looking for at least 4 more cooks who can be available most months to assist. Please consider joining us this month! **Our next meal is Friday, Aug. 26.** Please contact Miria at meg.harrison84@gmail.com or the church office to volunteer.

COVID-19 Update

The CDC's COVID-19 Community Levels for Anderson, Roane and Morgan County are HIGH this week; Knox County is Medium. Based on these guidelines, the PALS Framework, which the ORUUC Covid-19 Task Force updated in May 2022, that received approval from the Executive Team, additional safety measures are required to slow the spread of the virus. This Sunday, **masks will be required indoors, and food and drink will not be allowed inside the building.** If you have symptoms or have had a COVID exposure, please stay home and follow us on Zoom. We appreciate your continued cooperation as we work to keep all ORUUCians safe and healthy. In Care and Faith, Christine Rehder, DFF and Acting Head of Staff, on the behalf of the Executive Team

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 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>

NEW COVID-19 VACCINE OUTREACH PROGRAM IN EAST TENNESSEE

Anyone Over 60 who needs a
Vaccine or Booster
And May Need Assistance with:

- Making an Appointment
- Assistance with Transportation
- Receiving the Vaccine at Home

Please contact:
Stephen Woodward
865 691-2551, 4448
SWoodward@ethra.org

BE COVID SAFE, GET VACCINATED TODAY



There's a new Covid-19 vaccine outreach program in East Tennessee for seniors-- anyone over 60 who needs a vaccine or booster, and may need assistance with making an appointment, transportation, or would like to receive the vaccine at home should contact Stephen Woodward at 865-691-2551 or 4448, or email Stephen at SWoodward@ethra.org . Thanks to Louise McKown and Anne Child for sharing this information!



July Split the Plate

5th Sunday, Minister's Discretionary Fund

This important fund is used by our ministers to provide immediate assistance to neighbors in need. Please give as you are willing and able. [GIVE HERE](#) or text "ORUUC" to **73256**.

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 the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for July

Kate Holtkamp-Readle Kate.holtkamp@gmail.com 423-231-5482
Freddie Nechtow FreddieN123@gmail.com 865-599-4359



July Caring Coordinators

Kate Holtkamp-Readle kate.holtkamp@gmail.com 423-231-5482

Freddie Nechtow Freddie123@gmail.com 865-599-4359

August Caring Coordinators

Freddie Nechtow Freddie123@gmail.com 865-599-4359

Gina Banick luvsdogs@bellsouth.net 865-789-4779

If you are going through difficult times and would like emotional support, or are in any situation where support and caring are needed, contact:

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.

Long-time former ORUUC member **Janine Holleman** passed away peacefully in Michigan on June 21, 2022 at the age of 95, with loving family at her side. Her ashes will be interred at ORUUC in the Memorial Garden at a date to be determined.

Cards and other communications may be sent to Mrs. Holleman's daughter, Fran Degnan, at 1122 Balfour, Grosse Pointe Park, MI 48230.



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

Christine Rehder
Christina Elliott
Amanda Fishel

Community/UU



MARK YOUR CALENDARS: The Friday Night Community Concert for August is the annual Beatles Birthday Bash. It'll be at [St. Paul UMC, Fountain City](#) and will be live for the first time in three years. Friday, Aug. 26 at 7 p.m. \$10. One of this year's guest performers is [Dave Dunkirk](#). Please call St. Paul UMC at 865-687-2952 to reserve your tickets.



This special garden needs special volunteers... **Learn to “rake the rocks” at the International Friendship Bell peace garden in Oak Ridge** (you don't even need a green thumb)! Interested? Send a message to the Grow Oak Ridge & Market-To-Go Facebook page: <https://www.facebook.com/GrowOakRidge> or email manager@growoakridge.org

Self-administered COVID-19 testing available at library through November

Oak Ridge Public Library is providing free tests to people who have been exposed to COVID-19, show symptoms of COVID-19, or are at high risk for complications from COVID-19.

The polymerase chain reaction (PCR) tests are available Mondays, Tuesdays and Wednesdays from 10 a.m. to 4 p.m. Located to the right of the library's plaza entrance, these tests are self-serve, and you won't need to enter the library to get a test, according to a city of Oak Ridge news release.

More information [HERE](#)



Join us for a Mountain Experience
The Mountain Retreat & Learning Center

3872 Dillard Road, P.O. Box 1299

Highlands, NC 28741



**Creating Ritual,
Ceremony and the Medicine Wheel**

Aug 11 - 14, 2022

Open to the Public

All are welcome to discover and explore the ancient technology and power of Ritual, Ceremony and the Medicine Wheel.

[Register](#)



Tales From the Grove

Aug 12, 3-8pm, 2022

Open to the Public

The concert is an original composition for piano and bassoon, by Amber Ferez Spuller. Bill Jacobs, geologist, will present an overview of the area. Freeman Owle, Cherokee educator, will discuss the significance of these mountains for the Cherokee peoples.

Out of area guests are encouraged to plan a personal retreat to enjoy the area, and possibly stay for the August 14 farm foraging tour and forest-to-table dinner.

[Register](#)



Adult Farm Camp

September 5–9, 2022

Open to the Public

Each day will have a central theme such as plants, mushrooms, and animals, with the program including talks, hands-on activities, and entertainment related to the theme.

[Register](#)

2022 DATES & DEADLINES

DATES & DEADLINES	AUGUST 4 State and Federal Primary & State and County General Election	NOVEMBER 8 State and Federal General Election
Voter Registration Deadline	July 5	October 11
Early Voting Period	July 15–30	October 19–November 3
Absentee Deadline	July 28	November 1
Election Day	August 4	November 8

GoVoteTN.gov

Tennessee Secretary of State

Anderson County Election Commission [HERE](#)

ON THE CALENDAR THIS WEEK

Friday, July 29

11:00am Tai Chi Practice
5:00pm Stone Soup Community Meal (Drive Thru)

Saturday, July 30

8:00am Faith Formation Leader in-Service
9:00am Maintenance Day
3:00pm Ukulele
8:00pm High School Youth Lock-In

Sunday, July 31

8:00am High School Youth Lock-In
10:00am Worship Service
11:00am High School
11:00am Reflections
11:00am Together in Spirit
11:15am Newcomers
11:15am Youth Faith Formation Hour Resumes
12:15pm FFFK Launch Meeting
12:30pm Buddhism Study Group
2:00pm (3-5pm) Line Dancing

Monday, August 1

Welcome, Rev. Lisa!

11:00am Tai Chi Practice
11:30am Interfaith meeting
6:50pm Meditation Learning and Practice Group

Tuesday, August 2

6:00pm Depression & Anxiety Support Group

Wednesday, August 3

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

Thursday, August 4

2:00pm Executive Team Meeting
6:00pm 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:

809 Oak Ridge Turnpike
Oak Ridge, TN 37830

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

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