



The Exponent

August 5-11, 2022

WORSHIP

August Theme "Transition"

Sunday, August 7, 2022 "The Spirit Moves"

Rev. Lisa leading service

The service will include the ritual of welcoming Rev. Lisa as interim minister.

An interim time is an in-between time, but it isn't just a time of waiting around for the really real, truly important thing to happen. According to William Bridges, transition is "a fertile state, a creative state, a state of pure energy and great

potential.” ORUUC’s new interim minister, the Rev. Lisa Romantum Schwartz, will explore with us the flux and flow of this time of interlude.

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/.../tJArf-CvrT4iHtlsgktTYAWotY75rmxi5V78](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.

If you’re worshipping with us in person, please join us after the service for cake in the pavilion to celebrate Rev. Lisa’s first Sunday at ORUUC.

Youth and 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>.

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

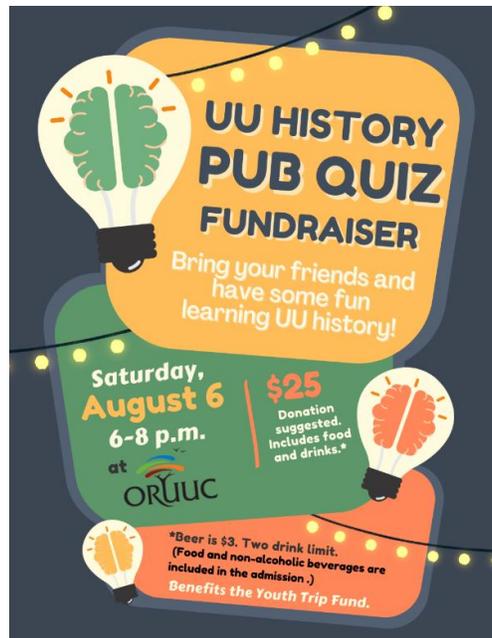
UP FRONT



*Welcome,
Rev. Lisa Schwartz*
Interim Minister



Rev. Lisa has spent the week getting settled in her office at ORUUC, reaching out to community members, and preparing for this Sunday. Need to contact Rev. Lisa? Email her at Rev.Lisa@oruuc.org or call 865-483-6761 ext. 102.



The UU History Pub Quiz Fundraiser is **TOMORROW, Saturday, August 6**. 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?

ORUUC All-Church Retreat

**Friday,
Sept. 30 -
Sunday,
Oct. 2**



**Cane Creek
Group Camp
Fall Creek Falls
State Park,
Spencer, TN**

Games, dancing, hiking, crafts, fellowship, s'mores, and more!

Want to help? Contact Sara Wieland at sarawieland@yahoo.com or Christy White at christy_white@comcast.net.



Sara Wieland sarawieland@yahoo.com

Christy White christy_white@comcast.net

The Retreat Committee will have a table set up at church each Sunday, August 14th through September 25th. Please come by the table to get your registration forms and additional information, and pay fees. We will be asking you what activities you want to lead or participate in, and your housing preference when you hand in your registration and pay for the retreat.



Fall Rummage Sale: September 16 and 17

Big Rummage Pick UP: Saturday, Sept. 10 starting at 9 a.m.

Preview Sale: Friday, Sept. 16, 6-8 p.m. (all prices double)

Sale: Saturday, Sept. 17, 9 a.m. – 2 p.m.

More details to come!



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->

[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



August Split the Plate

Eastern Kentucky Flood Relief. Recent flooding in Eastern Kentucky has killed at least 37 people, destroyed homes, roads, bridges, water supplies, and other infrastructure, devastating the lives of thousands of Kentuckians. Many of them are in areas that had never flooded

before, and they've lost everything. Please give as you are willing and able. [GIVE](#)
[HERE](#) or text "ORUUC" to 73256.



Interested in playing the ukulele?

Join the Ukulele Group!
Beginners and Teens welcome!
Practices held twice a month.

Contact Abbie Moore
or Linda Osborne for more
information.



**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

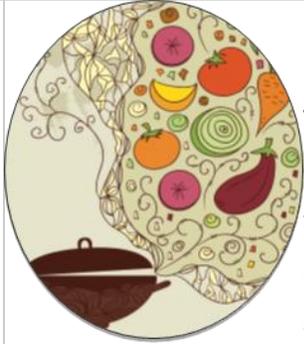
The works included in this series are all photos of churches in Havana, Cuba, taken over the past two years.

Erica is the daughter of ORUUC member Rebecca Bowman.

Fresh Fruit for Kids is looking for more volunteers!



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



The Stone Soup Team needs your help!

The next Stone Soup—the monthly free community meal hosted by ORUUC—is **Friday, Aug. 26**. Do you enjoy baking at home? Maybe you'd like to cook with some great folks in the church kitchen once a month? Stone Soup needs you! Contact Miria at meg.harrison84@gmail.com or the church office with questions or to volunteer. Thank you!

COVID-19 Update

The CDC's COVID-19 Community Levels for Anderson, Knox, Roane and Morgan County are HIGH this week; Based on these guidelines, and our PALS Framework, **masks will be required indoors, and food and drink outdoors.** 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.

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!

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 August

Freddie Nechtow FreddieN123@gmail.com 865-599-4359

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



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.

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. Lisa Schwartz
Christina Elliott
Amanda Fishel
Christine Rehder

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.

Foster Parent Forum

**Wednesday, Aug. 10 from 5 to 7 p.m.
4028 Chapman Highway, Knoxville**



Join Knox Pride and the Tennessee Department of Children's Services next Wednesday for a Foster Parent Forum to learn about becoming a foster parent for the LGBTQIA+ community.



Kids can enjoy inflatables, crafts, and activities while learning how to live a life that is safe, healthy, and drug free!

Parents and Other Community Members are Invited to a lunch conversation about student health and safety in Oak Ridge. The lunch is free! Discuss with friends and neighbors how we can work together to make Oak Ridge safe for all!

SPONSORED BY: OAK RIDGE PERIODIC TABLES



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



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](#)

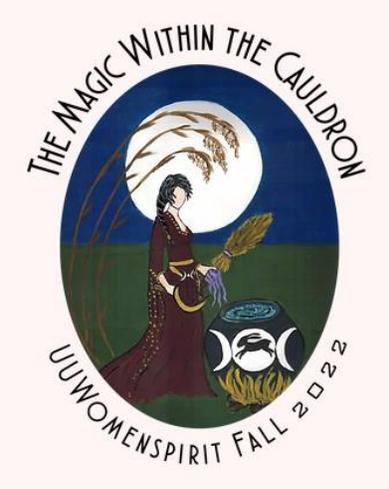


**Adult Farm Camp
September 5–9, 2022
Open to the Public**

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](#)

Womenspirit 2022: October 5-9, 2022



UUWomenspirit is a biannual spiritual retreat for women from all walks of life. We gather recognizing that we have journeyed on varied paths to Spirit: earth-based, indigenous tribal, Christian, Hebrew, Wiccan, Buddhist, and more. We gather to honor the manifestation of the Feminine Divine in our own deep beings, in each other, and in the world around us.

We recognize and celebrate the four ages of Woman: the Maiden, whose curiosity and boundless energy propel her towards discovery; the Mother, whose endurance and nurturing comfort all; the Warrior, whose passion and strength protect what is vital for the greatest good;

and the Crone, whose wisdom and patience bring a wise perspective to us all. Each passage teaches us and those around us.

All women are welcome at UUWomenspirit, regardless of sex assigned at birth. Here, we believe and affirm that transgender women are women. While we recognize that we are still learning and growing, we aim to be a welcoming and inclusive place for all women who wish to celebrate the Feminine Divine.

We can't wait for you to join us at the Fall 2022 event.

Register here: <https://www.uuwomenspirit.org/register>

ON THE CALENDAR THIS WEEK

Friday, August 5

11:00am Tai Chi Practice

Saturday, August 6

12:00pm UU History Pub Quiz Setup

6:00pm UU History Pub Quiz Fundraiser

Sunday, August 7

Rev. Lisa's First Sunday at ORUUC

10:00am Worship Service

11:00am High School

11:00am Reflections

11:00am Together in Spirit

11:15am Circle IX

11:15am Circle of Trust I

11:15am Newcomers

12:30pm Buddhism Study Group

1:30pm Book Club

3:00pm Line Dancing

4:00pm Circle of Trust XI

5:30pm Circle of Trust X

Monday, August 8

11:00am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

Tuesday, August 9

5:00pm Pastoral Care Associates

6:00pm Presidents Council

6:00pm Depression & Anxiety Support Group

Wednesday, August 10

6:30am Breakfast Rotary

11:00am Tai Chi

5:15pm Circles of Trust III

6:30pm Retreat Planning Team meeting

6:45pm Choir Practice

7:45pm Band Rehearsal

Thursday, August 11

12:00pm NWUUC & Launchpad 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
Office Hours: Monday through Friday, 9 a.m. to 3 p.m.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

