



The Exponent

August 26 – September 1, 2022

WORSHIP



WATER COMMUNION
Sunday, Aug. 28



Sunday, August 28, 2022

Rev. Lisa leading service

This Sunday is the final Sunday in this month's Worship Series: Transition

The Theme is Ingathering

The Sermon Title is Water Communion: Let's Reconstitute Our Community

The water communion is not exactly an ancient ingathering ritual, but it does have deep roots in Unitarian Universalism. At this annual ritual celebration of our community, the drama group will tell the story of the UU ancestors who began the tradition, and why most UU congregations continue it in the 21st century. We'll honor the ORUUC tradition of calling forth waters and associated energy from the four directions. Interim minister Rev. Lisa Romantum Schwartz is excited to join the mighty stream of this church, and celebrate our shared journey.

Please bring a little bit of water that has some significance to you to contribute to morning worship.

Please note: The CDC's Covid-19 Community Levels for Anderson, Roane, Morgan, and Knox counties are MEDIUM this week. Masks will not be required in the building. Coffee hour will be held in the Social Hall.

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.

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.

Email or Text Prayer Requests to: prayers@oruuc.org

UP FRONT

Stone Soup

FREE
Meal!
Groceries
available



Drive
Thru
ONLY

Friday, Aug. 26

5 p.m. – 6 p.m.

Or until supplies run out!

***Menu: Three Bean Salad,
Fresh Fruit, and Muffin***

Drive through the loop near the church entrance and a volunteer will bring meals to your vehicle. Non-perishable groceries available upon request.

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



ORUUC

All Church
RETREAT

TEXT "ORUUC RETREAT" TO 73256 TO PAY USING YOUR MOBILE DEVICE. THIS NUMBER WILL NEVER SEND UNSOLICITED TEXTS TO YOU. TO CANCEL FURTHER MESSAGES, TEXT STOP. IF YOU NEED ASSISTANCE WITH TEXT GIVING, TEXT HELP. STANDARD TEXT MESSAGE AND DATA RATES MAY APPLY.

Have you registered for the All-Church Retreat? Stop by the Retreat Committee's table at church on Sunday to get your registration forms and additional information, and pay fees, or use the QR code on this flyer to register and pay. **The Retreat is Friday, Sept. 30 through Sunday, Oct. 2 at Fall Creek Falls State Park.** There will be games, dancing, hiking, crafts, fellowship, s'mores, and more! Contact Sara Wieland at sarawieland@yahoo.com or Christy White at christy_white@comcast.net with questions and offers to help.



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!

Hey, Teens! Fall Rummage Week is September 10-17



Did you know you can earn \$10 an hour
(up to \$1,000 total) for the Youth Trip Fund
by volunteering to help with Rummage?

**Sign up using the volunteer link in Discord
TODAY!**





Donations Needed

Here's a list to help you get an early start on putting things aside to donate for the upcoming Rummage Sale on Fri., Sept. 16 (Pre-Sale) & Sat., Sept. 17

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

- Clothing & Linens: Washed, no tears, stains, mildewed, or strong odors from cigarettes, pets or moth-balls. 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 nobs 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



Photo of the ORUUC Team, Spring 2022, courtesy of Sarah Gunter

ORUUC Softball

**CHEER ON THE
TEAM TUESDAY
EVENINGS IN
OAK RIDGE**

Now Through
Mid-October!



The ORUUC Softball Team, part of the Oak Ridge Recreation and Parks Department's Co-Ed League play, took to the field for their first game of the Fall 2022 Season on August 9. **Don't miss your chance to cheer on our team! Games are played Tuesday evenings in Oak Ridge at Jefferson Middle School (200 Fairbanks Road). They'd love to see some fans in the stands!**

Schedule

August	30	8:30 p.m. v. VFL's
September	6	6:30 p.m. v. Tennessee Dogs
	13	7:30 p.m. v. Fat Penguins
	20	7:30 p.m. v. Crafter's Brew
	27	8:30 p.m. v. Oakey's Sports Grill

Thursday, Aug. 25 and Thursday, Sept. 15 are make up dates, if necessary.

October 4 and 11 are Make Up/Tournament dates.

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

Sundays at 3:00 pm

AND

Tuesdays at 6:30 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, and 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.



CONs are back at the Mountain!

And this is the earliest they have ever been announced, so mark your calendars. Registration opens in early August for Fall CON and lasts until 2 weeks prior to the beginning of the CON. Registration for Spring CONs are slated to begin in early January and also close 2 weeks prior to the CON start date.

Fall CONs:

Intermediate CON- Grades 6-8- November 18-20th, 2022

Elementary CON- Grades 3-5- December 2-4th, 2022

Senior High CON- Grades 9-12- December 9th-11th, 2022

Spring CONs:

Elementary CON- Grades 3-5- February 17th-19th, 2023

Intermediate CON- Grades 6-8- March 3-5th, 2023

Senior High CON- Grades 9-12- March 17-19th, 2023

Registration and more information for all CONs is available at their website: <https://www.themountainrlc.org/cons>.

Once you have registered, please contact Director of Youth Faith Formation, Christine Rehder @ crehder@oruuc.org, so lists can be compiled, travel arrangements sorted, and advisors lined up. If you are interested in being an advisor, contact her at the same address. Potential advisors need to complete a background check every 2 years to be eligible.



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.



In The Gallery Through August

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

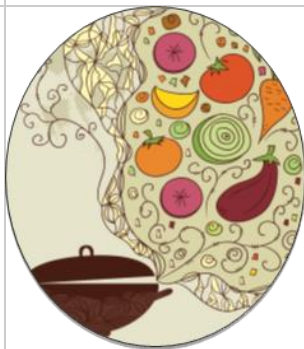
The works included in this series are all photos of churches in Havana, Cuba, taken over the past two years.

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 lhmcclaren@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

Please note: The CDC's Covid-19 Community Levels for Anderson, Roane, Morgan, and Knox counties are MEDIUM this week. Masks will not be required in the building. Coffee hour will be held in the Social Hall.

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.

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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

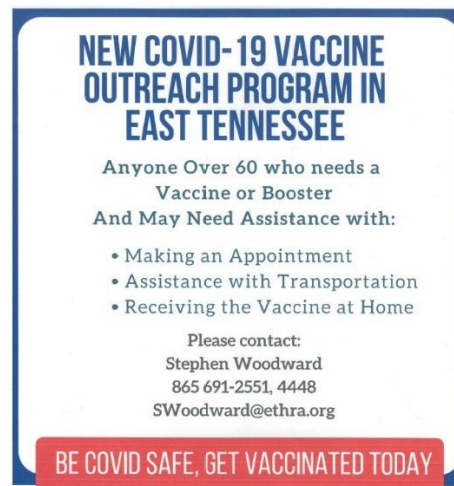
usually ship in 7-12 days. Order tests now so you have them when you need them:

<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

September Caring Coordinators

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

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

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

Sound Company: The Children's Showchoir of Oak Ridge



Do you know any kids (grades 1 - 12) who are interested in singing on stage? The Sound Company is looking to grow their numbers. In pre-COVID times, the company had over 80

members yearly. Last year, they only had 30. Here is how you can get your young stage star involved:

*Attend the **Monday, Aug. 29** rehearsal (Grove Theater 4:00 p.m. 1st-8th grade, 5:30 p.m. High School)

*Contact through the web page <http://soundcompanytn.net/> or Facebook <https://www.facebook.com/soundcompanychildrenschoir>

*Contact ORUUC Board member Charlie Davis



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.

Scarboro Community Alumni Association

Scarboro Community Fun Day

"It Just Takes 85"

Saturday, September 10, 2022
10 a.m. - 9 p.m.

Scarboro Community Center
148 Carver Ave., Oak Ridge, TN 37830

*Come out and honor the 67th anniversary of the first
public school desegregation in the Southeastern US:*

*Oak Ridge High School and
Robertsville Junior High School*



All proceeds go to the Scarboro 85 Scholarship Endowment.

Come out on Saturday, Sept. 10 for Scarboro Community Fun Day! We honor The Scarboro 85: the first African American students to integrate schools in the Southeast. Be a vendor, provide entertainment, or have a small table of crafts for youth. Let us continue to work together to unite the community and preserve our rich history!

UPDATE: Looking for individuals to do face painting, balloon making animals tricks, and any craft table for children. Vendor fee of \$85 will be covered. Please share and participate! Please email Rose Weaver at rs_wvr@yahoo.com with questions or offers to help.

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



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 26

9:00am Stone Soup Prep
11:00am Tai Chi Practice
5:00pm Stone Soup Community Meal (Drive Thru ONLY)

Saturday, August 27

9:00am Worship Team
3:00pm Ukulele
4:00pm Rental Birthday Party

Sunday, August 28

8:15am Circles of Trust VII
10:00am Worship Service
11:00am High School
11:00am Reflections
11:00am Together in Spirit
11:15am Circle of Trust II
11:15am Circle of Trust IV
11:15am Newcomers
12:00pm Circle of Trust V
12:30pm Buddhism Study Group
12:45pm Outing to Ozone Falls
1:00pm Circle of Trust VI
3:00pm Line Dancing

Monday, August 29

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

Tuesday, August 30

6:30pm Line Dancing
6:00pm Depression & Anxiety Support Group

Wednesday, August 31

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

Thursday, September 1

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

Office Hours: Monday through Friday, 9 a.m. to 3 p.m.

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