



# The Exponent

**September 2-8, 2022**

**WORSHIP**

**Our September Worship Theme is “Living the Questions”**

**Sunday, September 4, 2022**

*The pundits say that “may you live in interesting times” (not really a Chinese proverb) is more of a curse than a blessing. That’s beginning to feel true, what with the ongoing pandemic, advancing climate change, continuing racial injustice, economic instability, and threats to democracy, to name a few of the “interesting” dilemmas we live with in these times. And in the midst of it*

*all, ORUUC is at the beginning of a ministerial transition. What questions emerge, not from any particular issue, but from living with so many at once?*

This Sunday, we will ponder and explore how workers are addressing these “interesting” times. Join us as Worship Co-Director Gina Grubb facilitates a discussion with ORUUC members and labor activists that is sure to inform us and inspire us and undoubtedly lead us to more questions.

**Please note: The CDC’s Covid-19 Community Level for Knox County is HIGH this week; the levels for Anderson, Roane, and Morgan counties remain at MEDIUM this week. Masks will be required in the building. Coffee hour will be held outside.**

To participate in worship on Zoom, please register [here](#). 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](mailto:prayers@oruuc.org)**

## UP FRONT



**Monday, September 5, 2022**



***ORUUC Maintenance Day***, Saturday, September 3, 9-noon.

In addition to the usual building checks, the special project of the day will be to get the dryer vent system installed.

Martin

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 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](mailto:sarawieland@yahoo.com) or Christy White at [christy\\_white@comcast.net](mailto:christy_white@comcast.net) with questions and offers to help.

**Register online:** <https://forms.gle/5CUGGjG5NgUAt23EA>.



**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!**





## Tying things up for our Rummage Sale on September 16 and 17

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.
- **Large Item Pickup** is scheduled for **Saturday, Sept. 10, from 9 a.m. 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](mailto: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, Sept. 10** or we can **pick them up** during the large item pickup.
- **Help is needed for setup on Sunday, Sept. 11 from 12 to 5 p.m., and for Cleanup on Saturday, Sept. 17 from 2 to 5 p.m.**
- Donations may be brought to church starting **Sunday, Sept. 11 from 12:15 p.m. until 5 p.m., then Monday through Thursday between 9 a.m. to 8 p.m.** 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

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

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, Sept. 15 is a make-up date, 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**



## ***Yoga***

Join us for Yoga in the pavilion **Sunday at 11:15**. Beginners are welcomed. We will focus this practice on a set of poses designed for chronic lower back pain. For questions email [Sarahcjhunter@gmail.com](mailto:Sarahcjhunter@gmail.com)



## ***Line Dancing***

**Sundays at 3:00 pm**

**AND**

**Tuesdays at 6:30 pm**

***(Line Dancing is currently on a break and will resume Sunday, Sept. 18.)***

We teach line dancing. Through our dancing, we bring together total strangers throughout 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



### *September Split the Plate*

#### **Fresh Fruit for Kids**

The Fresh Fruit for Kids program is a shared ministry group at ORUUC that provides fresh fruit to Oak Ridge preschool, Head Start, and elementary school children who may not have food available outside of school. This program has delivered over 17,000 pieces of fruit since it was started by Elizabeth Peelle in November 2012. During COVID, we had to deliver individually wrapped snacks. Because of the cost, we limited our deliveries to the holidays and end of school. We are very happy that the schools will accept the weekly fresh fruit starting in August. When we left off, we were delivering 330 pieces of fruit each week. We will know the number for this year in mid-August.

As an ORUUC shared ministry, 100% of donations to Fresh Fruit for Kids goes directly to providing food to area school children. This program supplements the non-perishable foods provided by Second Harvest Food Bank's backpack program with fresh, nutritious produce. This effort to alleviate hunger is social justice work that helps reduce instances of behavioral difficulties, malnutrition, and food insecurity in our community. By bringing delicious and nutritious fruit to our at-risk children, we demonstrate through our actions that these children are a beloved part of our community.

**[GIVE HERE](#)** or text "ORUUC" to 73256.



## ***Nature and Hiking Group***

The ORUUC Nature & Hiking Group, a multi-generational Shared Ministry, spent a beautiful afternoon Sunday, Aug. 28 at Ozone Falls near Crab Orchard, TN. Thanks to Jimmy Groton and Aubrey Wick Sebastian for leading this hike, and to the Gunters for loaning the group their van. Stay tuned for details about the next outing!

## ***CONs are back at the Mountain!***

**FALL  
MOUNTAIN  
CONS!**

+  
+  
+

November 18-20: Intermediate  
December 2-4: Elementary  
December 9-11: Senior High

Contact Christine Rehder, Director of Youth  
Faith Formation, at [crehder@oruuc.org](mailto:crehder@oruuc.org)

Registration is open for Fall CONs! <https://www.themountainrlc.org/cons>. Once you've registered, please contact Director of Youth Faith Formation Christine Rehder @ [crehder@oruuc.org](mailto:crehder@oruuc.org), so lists can be compiled, travel arrangements made, and advisors found. Potential advisors need to complete a background check every 2 years to be eligible. If you are interested in being an advisor, please contact Christine.

**Fall CONs:**

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

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

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

**MARK YOUR CALENDAR FOR Spring 2023 CONs:**

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

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

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



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](mailto:office@oruuc.org) or 483-6761  
to learn more.**



***The Stone Soup Team needs your help!***

**Stone  
Soup** 

**Friday, Sept. 30**

**5- 6 p.m.**

**or until supplies run out!**

Drive Thru or Dine In  
for this free meal!



***Interested in joining the Stone Soup Team? We need more cooks and bakers!  
Contact Miria at [meg.harrison84@gmail.com](mailto:meg.harrison84@gmail.com) or the church office to volunteer.***



## COVID-19 Update

**Please note: The CDC's Covid-19 Community Level for Knox County is HIGH this week; the level for Anderson, Roane, and Morgan counties is MEDIUM. Masks will be required in the building. Coffee hour will be held outside.**

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.

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"><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>If you are <a href="#">at high risk for severe illness</a>, talk to your healthcare provider about whether you need to wear a mask and take other precautions</li><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>Wear a <a href="#">mask</a> indoors in public</li><li>Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li><a href="#">Get tested</a> if you have symptoms</li><li>Additional precautions may be needed for people <a href="#">at high risk for severe illness</a></li></ul>
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.		



# 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](mailto: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](mailto:office@oruuc.org) or a Caring Coordinator!

#### Caring Coordinators for September

Gina Banick [luvsdogs@bellsouth.net](mailto:luvsdogs@bellsouth.net) 865-789-4779

Freddie Nechtow [FreddieN123@gmail.com](mailto:FreddieN123@gmail.com) 865-599-4359



### September Caring Coordinators

Gina Banick [luvsdogs@bellsouth.net](mailto:luvsdogs@bellsouth.net) 865-789-4779

Freddie Nechtow [Freddie123@gmail.com](mailto: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](mailto: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

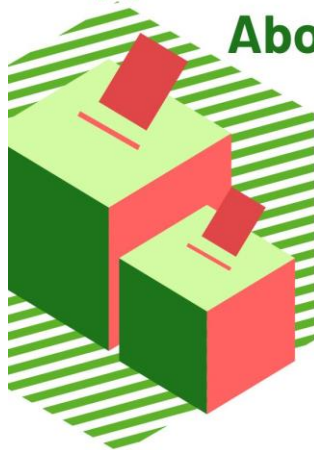
President: Jim Nutaro  
Past President: Val Herd  
President-Elect: Michele Thornton  
Secretary: Jason Fishel  
Treasurer: Brandon White  
Members-at-Large:  
Shelaine Curd  
Regina Guy  
Nathaniel Bass  
Ethan Coon

### The ORUUC Executive Team

Rev. Lisa Schwartz  
Christina Elliott  
Amanda Fishel  
Christine Rehder

## Community/UU

# Support Abortion Access



Tell Knoxville City Council  
to pass the 'Abortion is  
Healthcare' Resolution

Tuesday,  
September 6 @6pm

Main Assembly Room,  
Knoxville City County Building  
400 Main Street, Knoxville

SHOW YOUR SUPPORT  
ATTEND THE MEETING

WEAR GREEN

## ***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](mailto:rs_wvr@yahoo.com) with questions or offers to help.



Garden Bros. Nuclear Circus is coming to Knoxville **September 15-18** at West Town Mall. Free children's ticket vouchers are available in the church lobby. Ages 3-13 are free with the purchase of an adult ticket. For more information, go to <https://www.gardenbrosnuclearcircus.com/>

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

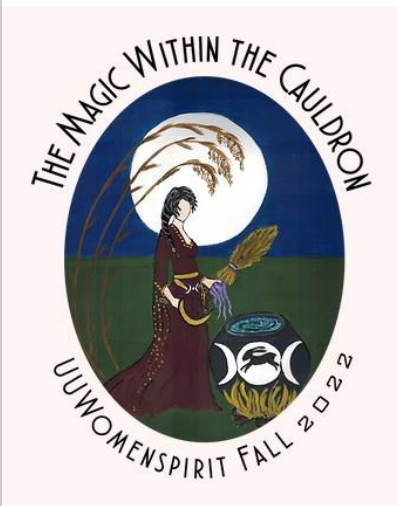
Oak Ridge Public Library is providing free tests to people who have been exposed to COVID-19, show symptoms of COVID-19, or are at high risk for complications from COVID-19.

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

### ***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>



## ***Zenergy Yoga & Wellness Retreat, October 23-25***

This retreat offers you the space, time and energy to relax, release stress, and rebuild your body, mind and spirit to reconnect with your intuition. By stepping away from the noise of life, you are able to listen to your true soul's song and reach a balanced state of health, vibrance and tranquility.

Through yoga classes, massage, herbs, crystals, meditation, dance and somatic healing, you will leave feeling nourished and energetically charged. You will be in the presence of 25 other individuals undergoing their own personal transformations, and we will all create a nurturing and loving space to support each other.

[Zenergy Yoga & Wellness Retreat in Highlands NC \(themountainrlc.org\)](http://themountainrlc.org)



## ***The Mountain's Grateful Gathering***

Gratitude and Resilience

**November 23 – 27**

Join us for a long weekend of acknowledging and celebrating the gratitude in our lives. Even through challenging times, there is much to be grateful for, be it friendships, family, community, opportunities for learning, The Mountain, and many other things in our lives.

The program includes workshops, entertainment, hiking, building connections with old and new friends, worship service, and outdoor adventures. This is a great opportunity to invite family and friends to share time together, and no one has to cook or clean up after the holiday feast.

[The Grateful Gathering - Rethinking Thanksgiving | The Mountain RLC](http://themountainrlc.org)

## ON THE CALENDAR THIS WEEK

### Friday, September 2

11:00am Tai Chi Practice

### Saturday, September 3

9:00am Maintenance Day

### Sunday, September 4

10:00am Worship Service

11:00am High School

11:00am Reflections

11:00am Together in Spirit

11:15am Circle of Trust I

11:15am Newcomers

11:15am Yoga

12:30pm Buddhism Study Group

12:30pm Circle IX

12:30pm Safety Team Meeting

1:30pm Book Club

2:00pm **(Canceled)** Line Dancing

4:00pm Circle of Trust XI

5:30pm Circle of Trust

### Monday, September 5

Labor Day Office Closed

11:00am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

### Tuesday, September 6

5:00pm **(Canceled)** Line Dancing

6:00pm Depression & Anxiety Support Group

### Wednesday, September 7

6:30am Breakfast Rotary

11:00am Tai Chi

11:00am Circle of Trust VIII

6:45pm Choir Practice

7:45pm Band Rehearsal

### Thursday, September 8

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](mailto:communications@oruuc.org) **AND** Debby Crider at [newsletters@launchpad.faith](mailto:newsletters@launchpad.faith)

#### Our mailing address is:

809 Oak Ridge Turnpike

Oak Ridge, TN 37830

[oruuc.org](http://oruuc.org) | 865-483-6761 | [office@oruuc.org](mailto:office@oruuc.org)



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

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