



  
**ORUUC**  
Newsletter

# The Exponent

**September 30-October 6, 2022**

**WORSHIP**



SUNDAY, OCTOBER 2ND  
**WORSHIP  
CHOICE BOARD**

*There will not be a live worship service at ORUUC on Sunday, October 2nd. You are invited to explore some other worship services below, or you may join others for the streaming of Westside UU Church's worship at ORUUC and on Zoom.*

Join Rev. Juniper Meadows at  Second Unitarian Church of Omaha 11:30 EDT	 Arlington Street Church Boston, MA 11:00 EDT	King's Chapel Boston, MA 9:00 EDT 11:00 EDT
 ↓	 All Souls NYC A Unitarian Universalist Congregation 11:15 EDT	oak valley baptist church Oak Ridge, TN 11:00 EDT

**WESTSIDE  
UNITARIAN  
UNIVERSALIST  
CHURCH**

**10:00AM**

**STREAMING AT ORUUC SANCTUARY & ON ZOOM**

**Sunday, October 2, 2022**

**Worship with us in person or on Zoom!**

This Sunday, while many ORUUC members and staff will be away for the All-Church Retreat, we invite you to consider visiting one of our cluster churches, either virtually or in person. **ORUUC will be open as usual and will stream the September 25 Westside UU Church service in our sanctuary and on Zoom at 10:00 for anyone who would**

**like to worship together.** Social hour will follow as usual. **There will be NO Nursery this Sunday, and no Youth Faith Formation classes following worship.**

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.

**Please note: The CDC updates its Covid-19 Community Levels every Thursday by 8 p.m. ET. If ONE of the following counties is HIGH—Anderson, Knox, Roane or Morgan--ORUUC's Pandemic Action Levels (PALs) guidelines require mask wearing indoors and eating/drinking outdoors. Check Community levels [HERE](#).** Please check the latest PALs report here: <http://www.oruuc.org/phased-reopening-plan> and watch for updates in the Friday email and in the ORUUC Facebook Group.

**ZOOM door opens at 9:45 am.** Go to [Sunday Worship Info — ORUUC](#) for Zoom information.

For more information about suggested alternate churches, see the list and links below, or go to <http://www.oruuc.org/sunday-worship>

**Join Rev. Juniper Meadows at Second Unitarian Church of Omaha** at 11:30 a.m. EDT <https://2uomaha.org/>

**Arlington Street Church, Boston, MA** 11:00 a.m. EDT <https://www.ascboston.org/index.html>

**King's Chapel, Boston, MA** 9:00 a.m. and 11:00 a.m. EDT <http://www.kings-chapel.org/>

**Westside Unitarian Universalist Church, Knoxville, TN** 10 a.m. <https://www.westsideuuc.org/> STREAMING IN THE ORUUC SANCTUARY AND ON ORUUC'S SUNDAY WORSHIP ZOOM LINK.

**All Souls NYC,** 11:15 a.m. EDT <https://www.allsouls-nyc.org/>

**Oak Valley Baptist Church, Oak Ridge, TN,** 11:00 a.m. EDT <https://oakvalleybc.com/watch-online/>

UP FRONT

# Stone Soup

FREE  
Meal!  
Groceries  
available



Drive  
Thru  
ONLY

**Friday, Sept. 30**

**5 p.m. – 6 p.m.**

**Or until supplies run out!**

***Menu: Turkey Enchiladas,  
Fresh Fruit, and Snickerdoodle Bar***

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**





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

## ORUUC Softball

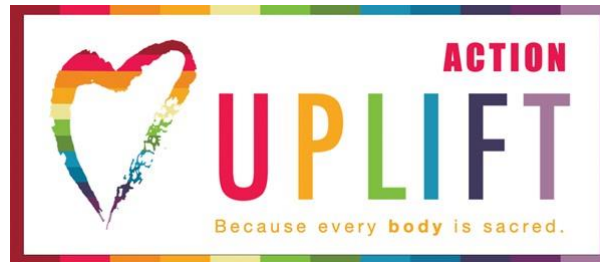
CHEER ON THE  
TEAM TUESDAY  
EVENINGS IN  
OAK RIDGE

Now Through  
Mid-October!



### ORUUC Softball Team Update

Final games of the season were played this week! Playoffs are scheduled for Oct. 4 and Oct. 11. Find out when ORUUC plays in the playoffs by checking the Facebook Group!



Do you believe every body is sacred? Are you interested in organizing on the side of love for LGBTQIA+, gender, and reproductive justice? **Join Side With Love for the official launch of our latest organizing campaign, UPLIFT Action! This virtual event will be held on Thursday, October 13th at 8pm ET. Register**

at <https://bit.ly/UpliftActionLaunchParty>. We'll be honoring the sacred importance of bodily autonomy with several of our partners and Unitarian Universalists from around the country who are faithfully organizing for LGBTQIA+, Gender, and Reproductive Justice. Come be a part of this special event where we proclaim "Every Body is Sacred!" and celebrate the inherent worth and dignity of every person and launch ourselves into action!



## ***New Email Address for Exponent Articles***

Please send your articles to [newsletters@oruuc.org](mailto:newsletters@oruuc.org).

Deadline for articles: Every Wednesday, 12:00pm.

**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 6:00 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, 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



### Hiring Childcare Workers

- Must be 14+ years old and reliable
- Experience and/or certification required
- Pay is \$10 an hour

Please contact Childcare Coordinator,  
Laura Scott, at **(865)-591-8550**  
with any questions or applications.



Thank you for the donations to the church pantry! Please keep them coming! Non-perishable items needed: canned meats (tuna, etc.), peanut butter, canned soups, fruit, green



vegetables, individual snack crackers, canned pasta/meat meals. Items may be dropped off during church office hours, Monday through Friday, 9 a.m. to 3 p.m. or on Sunday mornings.



### ***Don't forget your tables!***

Thanks to all those who let the church borrow tables for the Fall Rummage Sale. There are still tables in the main hallway that need to be picked up. You're welcome to stop by during church office hours, Monday through Friday, 9 a.m. to 3 p.m., or on Sundays. Give us a call at 865-483-6761 if you need to make special arrangements. Thanks!

### ***In the Interim***

#### **Musings on the Transitions Process by the Rev. Lisa Romantum Schwartz**

I don't have to tell anyone reading the Exponent that ORUUC is a fabulous congregation, but I'll say it anyway: ORUUC, you are a fine and fabulous congregation, and you've got all the skills and resources you need to progress through the transitional process we call an interim.

I gave a thumbnail sketch of some of the steps and stages of this process in the sermon from August 21st (<http://www.oruuc.org/worship-recordings/sunday-worship-august-21-2022>), and even though I said then that a Ministerial Search Committee (MSC) is NOT something a congregation starts on in the early days of an interim time, it remains the topic about which interim ministers and lay leaders get the most questions.

So, given the high level of interest in the how/when/who queries about the MSC, here are a few thoughts taken from the UUA's settlement handbook (a link to that whole document is at the end of this brief summation).

#### **Who Should Serve On the MSC?**

Members in good standing who are trusted by the entire congregation and have demonstrated both responsible participation and responsible leadership are encouraged to think about serving ORUUC in this way. The Nominating Committee (charged in ORUUC's bylaws with

developing a slate for the MSC election process) will be looking for people who work well with others and are not perceived as having a coalition to represent or an axe to grind. An MSC member must be able to represent the whole congregation, not just a faction or particular demographic.

Other qualities include knowing (or being willing to learn) the history of ORUUC, having a high level of awareness about the congregation's strengths and growing edges, and the ability to keep details of the search or the potential candidates absolutely confidential.

Members of the MSC should be clear that it's a very time-intensive commitment, and they'll be strongly encouraged to give up any other leadership roles at the church during the duration of the search.

#### How Will the MSC Be Selected?

The current ORUUC bylaws directs the Nominating Committee to select a minimum of twelve qualified candidates and present the ballot to the congregation at the May 2023 meeting so that an MSC of seven can be voted on.

The ORUUC Bylaws Committee is reviewing ORUUC's current bylaws and the UUA's Settlement Handbook to clearly define the process of how the MSC selection process will be implemented. Any changes to our current bylaws will require a congregational vote at the December 2022 meeting.

If you're interested – better yet, passionate about – the MSC, you might want to write up a short biographical statement that includes your involvement in and leadership experience at ORUUC, and something about why you'd like to serve. Send it to a member of the Nominating Committee.

The process of selecting MSC candidates may include balloting, or perhaps phone calls to members by the Nominating Committee to poll congregation members about who should be entrusted with this important work. One of the Nominating Committee members will act as a "data manager," counting how many times certain names get mentioned in this polling process. The top candidates, for instance, might be names that get mentioned independently twenty times or more by ORUUC members.

Board and/or Nominating Committee members will call the top candidates for the MSC to check on whether they have the time to offer for a very busy year. Tasks of the MSC include

conducting a congregation-wide survey and tabulating the results, conducting cottage meetings and compiling results, using this data (and more) to put together ORUUC's congregational record, conducting interviews of interested ministers, checking references, and attending all three pre-candidating weekends. The MSC's work culminates in preparing to present the final candidate to the congregation, and spring of 2024 and managing the activities of an action-packed candidating week.

The final MSC slate should be broadly representative of the diversity and vitality in ORUUC, and not just a list of the top seven beloved elders of the congregation. At times the board makes appointments from the Nominating Committee's top 12 to ensure the broadest possible demographic in terms of age, gender, race/ethnicity, socio-economic status, and sexual orientation. The Nominating Committee and Board will never reveal to anyone, including the MSC, who was elected and who was appointed. Alternate MSC members are not allowed, as per UUA guidelines.

Sounds like a lot of work!

The work of selecting/electing the MSC shouldn't begin in earnest until March of 2023, so the Nominating Committee and Board will do this important work in the span of about six weeks. The MSC, on the other hand, really is a lot of work! There's a good list of the average time commitment required on the top of page 39 of the UUA's settlement handbook, which can be found here: [https://www.uua.org/files/pdf/s/settlement\\_handbook.pdf](https://www.uua.org/files/pdf/s/settlement_handbook.pdf)

And if you're interested in the whole "soup to nuts" process of the settlement of a new minister, the whole 109-page document (plus appendix) will make a fascinating read!

## ***October Split the Plate***

### **Stone Soup**

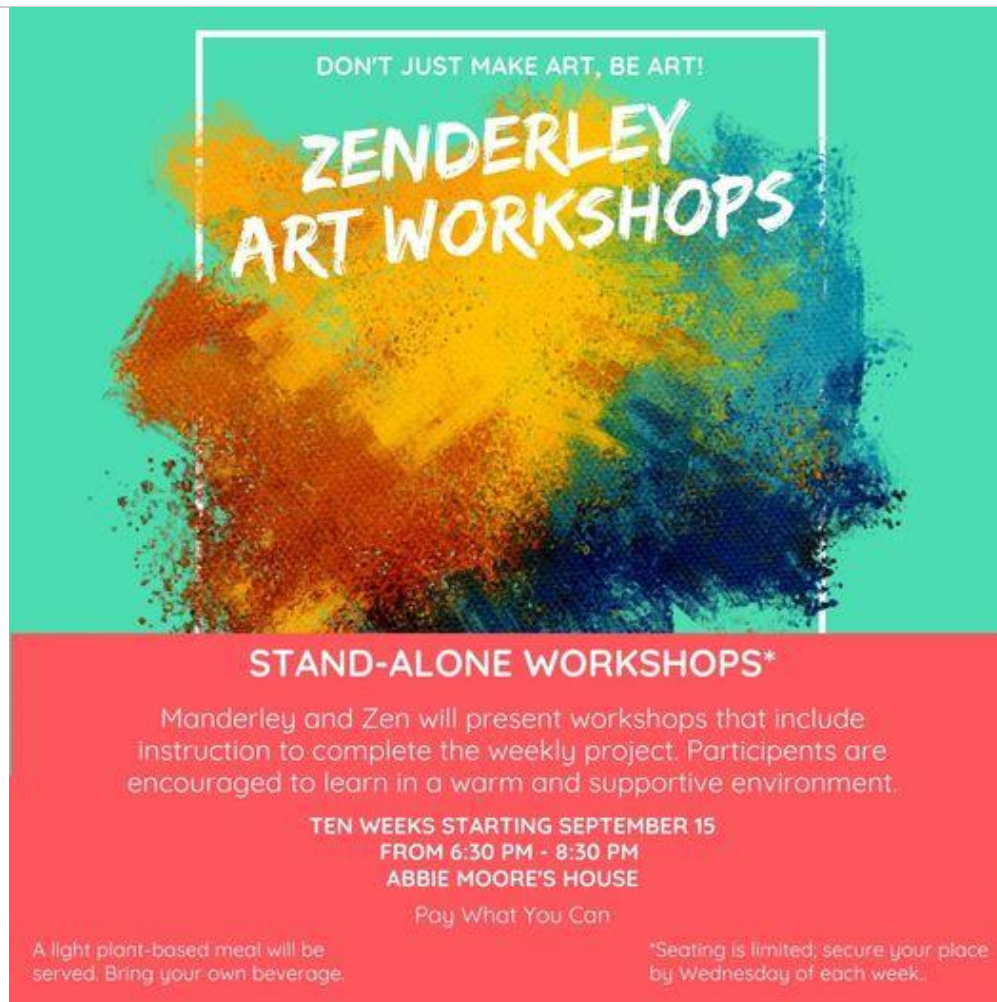
This monthly community meal, lovingly planned, prepared, and distributed by volunteers at ORUUC, has been part of our community outreach for more than a decade. Since the start of the pandemic, takeout meals and non-perishable groceries have been available on a drive thru basis, while volunteers deliver meals to residents of Callahan Towers. Collaborating with the Jewish Congregation of Oak Ridge and Kroger Marketplace, Stone Soup matches our vision of kinship with our neighbor, and our mission of cultivating a community alive with

justice and joy. A welcoming meal fills spirits and minds while filling bellies. Please give as you are willing and able. GIVE [HERE](#) or text "ORUUC" to 73256.



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. "It's great to be back to getting fresh fruit into little hands!" Rebecca Bowman said.

**Please give generously. [GIVE HERE](#)**

The poster features a teal background with a large, abstract splash of orange, yellow, and blue paint. At the top, the text 'DON'T JUST MAKE ART, BE ART!' is written in white. Below it, 'ZENDERLEY ART WORKSHOPS' is written in a large, white, hand-drawn font. The bottom half of the poster is a solid red color with white text.

DON'T JUST MAKE ART, BE ART!

# ZENDERLEY ART WORKSHOPS

## STAND-ALONE WORKSHOPS\*

Manderley and Zen will present workshops that include instruction to complete the weekly project. Participants are encouraged to learn in a warm and supportive environment.

TEN WEEKS STARTING SEPTEMBER 15  
FROM 6:30 PM - 8:30 PM  
ABBIE MOORE'S HOUSE

Pay What You Can

A light plant-based meal will be served. Bring your own beverage.

\*Seating is limited; secure your place by Wednesday of each week.

If you're a novice, you will be amazed at what you can learn with good instruction in a warm & supportive environment. If you are an experienced artist, you will learn techniques to improve your skills. Contact Manderley Swain or Abbie Moore for more information.

***Every Thursday until Thanksgiving. Sign up by Wednesday each week to be guaranteed a seat!***



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



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.



## *COVID-19 Update*

**Please note: The CDC's Covid-19 Community Levels for Anderson, Roane, Morgan and Knox counties are LOW.** Masks are not required, eating and drinking is permitted indoors.

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 October

Mary Thornburgh [ttae1@comcast.net](mailto:ttae1@comcast.net) 865-567-9535  
Irene Robbins [Robbinsif1@comcast.net](mailto:Robbinsif1@comcast.net) 865-207-0743



### October Caring Coordinators

Mary Thornburgh [ttae1@comcast.net](mailto:ttae1@comcast.net) 865-567-9535

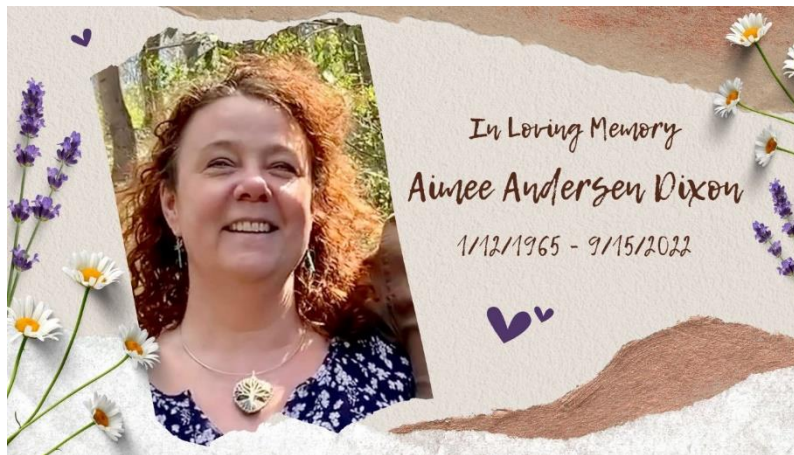
Irene Robbins [Robbinsif1@comcast.net](mailto:Robbinsif1@comcast.net) 865-207-0743

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

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.



A Memorial Service for Aimee Dixon will be held at ORUUC on Saturday, Oct. 8 at 9 a.m. A reception with light refreshments will follow. That afternoon, all who knew and loved Aimee are invited to Aimee and Eric's farm, located at 443 Brodio Road in Deer Lodge, TN, for a scattering of Aimee's ashes and a tree planting in her honor. More details will follow.



A Memorial Service for Helen Louise Loring (July 15, 1932 – August 25, 2022), Colin Loring's mother, will be held at ORUUC on Monday, Oct. 10 at 2:00 p.m. A reception will follow.



## 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

### ***FROM THE CITY OF OAK RIDGE: HOUSEHOLD TRASH PICKUP SCHEDULE***

The citywide household trash pickup program will begin Monday, Oct. 3. Household rubbish, old appliances, and minor remodeling materials will be picked up.

Please note that the proposed schedule is a general guide and can vary considerably from the actual schedule due to weather conditions and/or the amount of participation by residents. For more information, please contact Waste Connections of Tennessee at (865) 482-3656.

► SCHEDULE: <https://bit.ly/ORtrashpickup2022>

More details: <https://www.oakridgetn.gov/content.aspx?article=4888>

## HOUSEHOLD TRASH PICKUP



- Place all materials near, but not beyond the curb. Keep materials off sidewalks and out of parking areas and gutters.
- Bag as many items as possible to prevent items from being scattered in prohibited areas.
- There is a limit of one truckload of material per residence. A truckload is defined as one pickup truck or approximately 3' high x 4' wide x 8' long, approximately 100 cubic feet maximum.
- **Chestnut Ridge Landfill will NOT accept any item that has or had Freon in it, such as, air conditioners, freezers and refrigerators. Crews will NOT pick up hazardous items, paint, tires, or piles of rubbish that are mixed with brush or leaves.**
- All materials must be in place no later than 7:30 a.m. on the scheduled pickup day. Any materials put out after 7:30 a.m. may not be picked up.





**FREE EXPUNGEMENT  
CLINIC &  
VOTER  
REGISTRATION**

**DATE: OCTOBER 29, 2022**

**TIME: 9:00 A.M. UNTIL 11:30 A.M.**

**PLACE: ANDERSON COUNTY GENERAL SESSIONS  
COURT - DIVISION II, 728 EMORY VALLEY ROAD,  
OAK RIDGE, TENNESSEE**

**WHAT TO BRING: PLEASE BRING A PHOTO ID  
AND ANY COURT RELATED DOCUMENTS**



**YOU MAY BE ELIGIBLE FOR A FREE RECORD  
OF EXPUNGEMENT IF:**

- YOU HAD CHARGES AGAINST YOU DISMISSED
- A "NO TRUE BILL" WAS RETURNED BY THE GRAND JURY
- YOU WERE ARRESTED AND RELEASED WITHOUT BEING CHARGED
- YOU WENT TO TRIAL THAT RESULTED IN A "NOT GUILTY" VERDICT
- YOU SUCCESSFULLY COMPLETED YOUR DIVERSION (FILING FEES MAY APPLY)
- THE CASE RESULTED IN A NOLLE PROSEQUI

\*\*\*\*\*NOTE: THIS IS ONLY FOR CHARGES FILED IN ANDERSON COUNTY, TN

**BROUGHT TO YOU BY:**

**ANDERSON COUNTY BAR ASSOCIATION, LEAGUE OF WOMEN VOTERS,  
ANDERSON COUNTY NAACP, PUBLIC DEFENDER'S OFFICE**

A Free Expungement Clinic will be held on Saturday, Oct. 29 from 9 a.m. to 11:30 a.m., at General Sessions Court, 728 Emory Valley Road, in Oak Ridge.

Interested persons may be eligible for a free record of expungement if the following occurred in Anderson County TN:

- \* all charges had been dismissed
- \* a 'No True Bill' was returned by the Grand Jury
- \* arrested and released without charge
- \* received a 'Not Guilty' verdict
- \* successful completion of your diversion
- \* the case resulted in a 'Nolle Prosequi'



**Join us for a Mountain Experience**  
The Mountain Retreat & Learning Center  
3872 Dillard Road, P.O. Box 1299  
Highlands, NC 28741

## ***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](#)

## ON THE CALENDAR THIS WEEK

### **Friday, September 30**

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

### **Saturday, October 1**

All Church Retreat  
11:00am Rental

### **Sunday, October 2**

All Church Retreat  
10:00am Worship Service  
11:00am Reflections  
11:00am Together in Spirit  
11:15am Circle of Trust I  
11:15am NO Nursery 2nd Hour  
11:15am  
NO Youth FF Hour (Oak Ridge Fall Break)  
11:15am Yoga  
12:30pm Buddhism Study Group  
12:30pm Circle IX  
1:30pm Book Club  
3:00pm Line Dancing  
4:00pm Circle of Trust XI  
5:30pm Circle of Trust X

### **Monday, October 3**

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

### **Tuesday, October 4**

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

### **Wednesday, October 5**

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

### **Thursday, October 6**

2:00pm Executive Team Meeting  
5:00pm Rental (Private)  
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@oruuc.org](mailto:newsletters@oruuc.org)

**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.

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

