



Connecting In Spirit

Youth Faith Formation

Monthly News

October 2023

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TAMALES
And More!



Go ahead...Disengage!

The work of spiritual growth requires discipline, vigilance, and rigor. It's a commitment to engaging with our deeper selves and those around us. It calls us into our own hearts and minds and into those around us. It's a process that awakens and enlivens into full being. In short, it takes some serious muscle.

But, paradoxically, the same spirit that calls us into action must also occasionally lull us into submission. The muscles in our body are strengthened through challenge, by the stretching and pulling of their fibers. And in order to get stronger, they need rest to

regain and build strength, time to heal the many tiny tears they endure under duress, and fuel to sustain the nutrients they need to fully function.

Our spiritual muscles need the same care and rest. There are many challenges in our world: climate change, political polarization, LGBTQIA rights, gun control, the list is endless. And there are also challenges in our congregation: Ministerial search and another leadership change and transition. In order to build the strong spiritual muscles needed to face these obstacles, we need some time for rest and healing.

The first week of October, I'll be on Study Leave, and using the second to attend the Liberal Religious Educators Association (LREDA) Fall CON online. During this time, I'll plan, read and think. I also plan to watch the leaves turn, feel some cool air, and let my mind wander. I'll watch some sports and likely go down a Travis Kelce/Taylor Swift rabbit hole a few times.

The first weeks of October offer Fall Break for Oak Ridge school students. The third weekend in October is the Church Retreat. I usually invite you to engage, but this month, I encourage you to disengage. Go for a hike, read a book, share the campfire with friends and sing some songs. The work of our congregation will be the same when you return, but with some rest and reflection, you will be transformed.

In Care and Faith,

Christine

Christine Rehder (she/her/hers)

Director of Faith Formation

October Worship Series

Heritage

October 1:

*How to Live A Life of Courage, and
Compassion*

October 8:

Rooted in Love

October 15:

Your Questions, Please

October 22:

Good Trouble

October 29:

Welcoming the Spirits of our Ancestors

**Join us for Sunday Worship at
10 a.m. in person and on Zoom**

Youth and Faith Formation classes are from
11:15 a.m. to 12:15 p.m. There is no FF October 1
(multigenerational potluck) or October 8 (Oak
Ridge Schools' Fall Break).

Nursery is available during the FF hour.



To EVERYONE
who helped
with
RUMMAGE....

**THANK
YOU!**

Mark your calendar for the
Spring Rummage Sale March 1-2, 2024



One more HUGE THANK YOU to everyone who helped make the rummage sale a success! If you missed September 17 service, we wanted to share that the sale made, after expenses, roughly \$12,700! The youth trip fund will get \$790 out of that for the 79 hours of work put in by youth during the week! ~Christina Elliott, Rummage Team Co-Leader

Sue Lasky writes: **Thank you to all of the talented chefs who donned their aprons, gathered their pots and pans, and prepared delicious food for our ORUUC rummage workers.** Hats off to you for cooking wonderful meals for us during the entire preparation and sale week! The volunteers were extremely grateful for your efforts. I cannot thank you enough for your generosity and commitment to feeding our hungry workers. Your home cooking and thoughtful food donations showed how much you appreciate our workers. Our volunteer cooks made it the most delicious rummage sale yet. On behalf of ORUUC, thank you for making the sale a huge success. I sincerely hope you will be part of our efforts again in the spring.

Thank you, as always, to Rummage Team Co-Leaders Amanda Fishel and Christina Elliott for their leadership!



This Sunday, Oct. 1 after worship, join members and friends in the Social Hall for a potluck lunch! Bring a dish to share. There will be no Faith Formation classes; children from the nursery on up will join us for this multi-age meal.



Fall All-Church Retreat

OCTOBER 13-15
HARRISON BAY
STATE PARK

REGISTER
TODAY!



ORUUC Fall All-Church Retreat registration closes this Sunday, Oct. 1!

Join your friends or make new ones October 13 thru 15 at Harrison Bay State Park group camp. There will be fun, fellowship, games, and more! Register **HERE** today! Pay online via Realm: <https://onrealm.org/oruuc/-/form/give/now> Choose "All Church Retreat" from the drop down menu under "Fund." (Cash and checks are also accepted.)

YOU'RE INVITED TO

TRUNK OR TREAT

AT



ORUUC

SUNDAY, OCT. 29 1-2 P.M.

OAK RIDGE
UNITARIAN
UNIVERSALIST
CHURCH

809 OAK RIDGE TURNPIKE
OAK RIDGE, TN
865-483-6761

Candy, small toys, books, comics, Pokemon cards--all donations are appreciated! Donations may be left in the bin in the church lobby during regular office hours--Monday through Friday, 9 a.m. to 3 p.m.--or on Sundays. Thank you for helping make this event a fun and special one!



ORUUC
**CHILI
COOKOFF**

Sunday, Oct. 29

11:15 a.m.

Enter your best chili!

\$5 to taste/judge



Get those recipes ready for the Chili Cookoff! Sunday, Oct. 29 during Faith Formation hour (before Trunk or Treat!) Free to enter! \$5 suggested donation to taste/judge.

Middle & High School Youth Hikes

Sunday, Sept. 24

Sunday, Oct. 8

Sunday, Nov. 5

Sunday, Dec. 10



Monthly Hikes For Middle and High School Youth This Fall at ORUUC!

Middle and high school youth are invited to hike on Sunday afternoon, Oct. 8. Details coming soon! Keep an eye on the [ORUUC Facebook Group](#) and [The Exponent](#). Parents: Please make sure that you fill out and turn in a release form before the hike. Forms will be available at drop off. Parents are welcome to join the hike! Thanks to Jim Nutaro, Aubrey Wick Sebastian, Jimmy Groton, and Whitney Cole for organizing these monthly hikes!

ORUUC Auction

Sunday, Oct. 22



3-7 p.m. at  ORUUC

The Auction Returns! On Sunday, October 22, ORUUC will hold an auction from 3 p.m. – 7 p.m. One item being offered: a beautiful quilt from our own Carol Mason! **We need your treasures (arts, crafts, heirlooms), your talents (offering a dinner party, a concert or gourmet meal perhaps), and your time (setting up, serving, cashiers and more) to make this fun and exciting event a success.** So save the date and donate items and events for the silent and live auctions. **Contact Michael Bjerke at 865-567-8385 or through michaelbjerke@comcast.net with questions, donations, or for more information.**

Do you have a favorite hors d'oeuvres recipe? Deviled eggs? Meatballs? **Contact Charlene Luther at lutherca@comcast.net to sign up to prepare food to be served at the ORUUC Auction!**

September Highlights: The Gift of Welcome

During Faith Formation Hour in September, the Middle School class made Welcome bags for newcomers. They were very purposeful in what they chose to include in different bags to make sure everyone who receives one feels included.



It's never too late to join Youth Faith Formation! Bring a friend!

Check out our updated programming at
<http://www.oruuc.org/religious-education>

Thanks to Steven Barker for sharing photos.



Interested in being part of an East TN UU cluster table at this fall's Knox Pride event October 6-8 at World's Fair Park? ORUUC will work with other UU churches to be supportive at this important event. Contact Mark Mohundro at TVUUC: markm667@gmail.com. For more information on the Knox Pride event, visit <https://www.knoxpride.com/pride-fest-2023>.



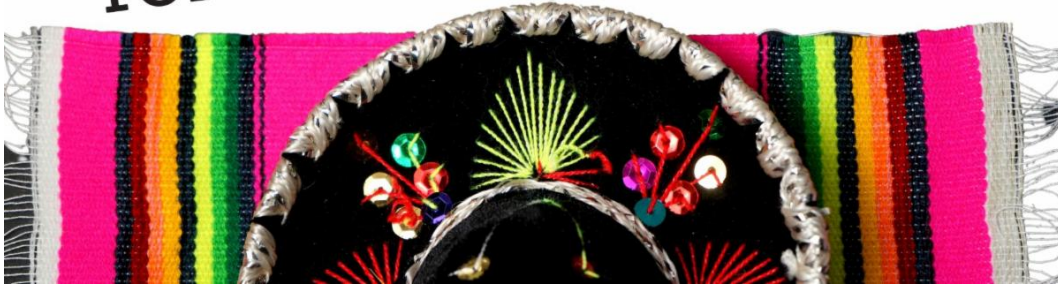
Oak Ridge has an active PFLAG group which meets monthly, rotating the venue among faith communities including the First Presbyterian, First United Methodist, and Oak Ridge Unitarian Universalist churches, United Church Chapel on the Hill, and the Jewish Congregation of Oak Ridge. PFLAG (formerly known as an acronym for Parents, Families and Friends of Lesbians and Gays) is the United States' largest organization uniting families and allies with people who are lesbian, gay, bisexual, transgender, or queer (LGBTQ). Its mission is to provide opportunities for dialogue about sexual orientation, gender identities, and to create a society that is healthy and respectful of human diversity. For additional information, contact PFLAG President Anne Backus backusanne@comcast.net.

Gratitude Corner



Thanks to Jim Nutaro and Ted Biewer for the ongoing playground mulching, and to Bob Grimac for weeding. What a wonderful space!

It's almost time for Tamales at ORUUC



Tamales! They're one of our biggest youth fundraisers--we sell dozens of these handmade delectables every fall! **The van wheels won't roll unless the corn husks do! Youth who wish to travel with the group need to participate in this fundraiser.** Others who want to help are welcome to join in the fun and camaraderie. Taste- testers are appreciated. We've reserved the kitchen for tamale making on the following dates:

Sunday, Nov. 12 from noon to 5 p.m.

Saturday, Nov. 18 from 9 a.m. to 4 p.m.

Saturday, Dec. 2 from 9 a.m. to 4 p.m.

Sunday, Dec. 3 from noon to 5 p.m.

Please put these dates on your calendar now. We look forward to seeing you in the kitchen!

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.

Mother Goose meets on October 5 and 19 --the First and Third Thursdays of the month-- at 10:30 a.m. in the Oak Ridge Public Library Auditorium. ORUUC's own "Father Goose" Michael Raymond leads this FREE program. All are welcome!

View and sign up for the Oak Ridge Public Library's newsletter here:
<https://mailchi.mp/oakridgetn/orplsept23>.

Youth Faith Formation

Save the Dates

~~August 6 - First Day of Youth Faith Formation~~

~~September 9-16 - Rummage Week!~~

September 30- October 16th OR Schools Fall Break

October 1 - Community Potluck

October 13-15 - All Church Retreat (Harrison Bay State Park)

October 29 - Trunk or Treat

November 3rd-5th - **Elementary Fall Mountain CON**, Highlands, NC
<https://www.themountainrlc.org/cons>

November 17-19 - **Intermediate Fall Mountain CON**, Highlands, NC
<https://www.themountainrlc.org/cons>

November/December - Tamaladas (A tamale making party!) TBD

December 1-3 - **Senior High Fall Mountain CON**, Highlands, NC
<https://www.themountainrlc.org/cons>

December 3 - Cocoa and Caroling

December 10 - 5th/6th OWL Parent Orientation

January 7 - 5th/6th OWL Begins

February 11 - Hugs and Quiches

February 23-25 - Spring Elementary CON

March 1-3 - Spring Intermediate CON, Rummage Sale

March 9-25 - OR Spring Break (Special Programming)

March 15-17 - Senior High Mountain CON

March 31 - Easter Egg Hunt

April TBD - Ministerial Visits

April TCAP Test Break TBD

May 12 - Last Day of Youth Faith Formation

May 19 - Bridging/Reception

June 24-28 - Rainbow Camp

MOUNTAIN CONS

2023 - 2024



Unitarian Universalist youth conferences facilitated by Peer Advocate Leaders (PALs) and adult advisors. Come join us as we play in nature, engage in deep discussions, and build community together!

Fall 2023
PAL Planning Weekend age 16+ Oct. 20 - 22
Elementary CON 3rd -5th grade Nov 3 - 5
Intermediate CON 6th - 8th grade Nov 17 - 19
High School CON 9th - 12th grade Dec 1 - 3

Spring 2024
PAL Planning Weekend age 16 + Jan 19 - 21
Intermediate CON 6th - 8th grade Feb 23- 25
Elementary CON 3rd -5th grade Mar 8 - 10
High School CON 9th - 12th grade Mar 22 - 24

Cost: youth \$100, advisor \$25, PALs attend free
Registration deadline: 2 weeks prior to CON



828-526-5838
www.themountainrlc.org
youthcamp@themountainrlc.org
3872 Dillard Road Highlands, NC 28741

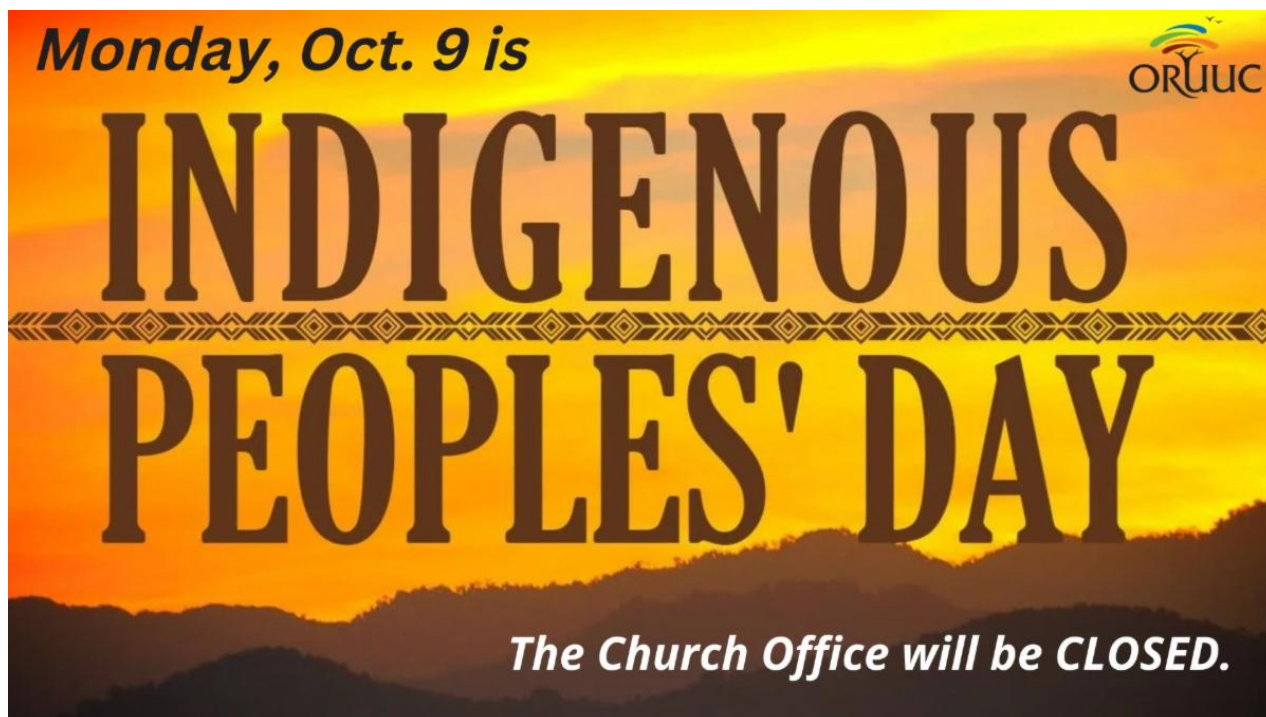
Registration for Mountain CONs opens soon: <https://www.themountainrlc.org/cons>, and ends two weeks prior to the CON date. Please email Christine Rehder at chrehder@oruuc.org when you register to let her know so that she can plan for advisors and transportation.



Need Childcare for a Church Meeting or Event?

If you or your group need childcare for a church meeting or event, please complete this form **TWO WEEKS** in advance: [ORUUC Childcare Request Form \(jotform.com\)](https://jotform.com)

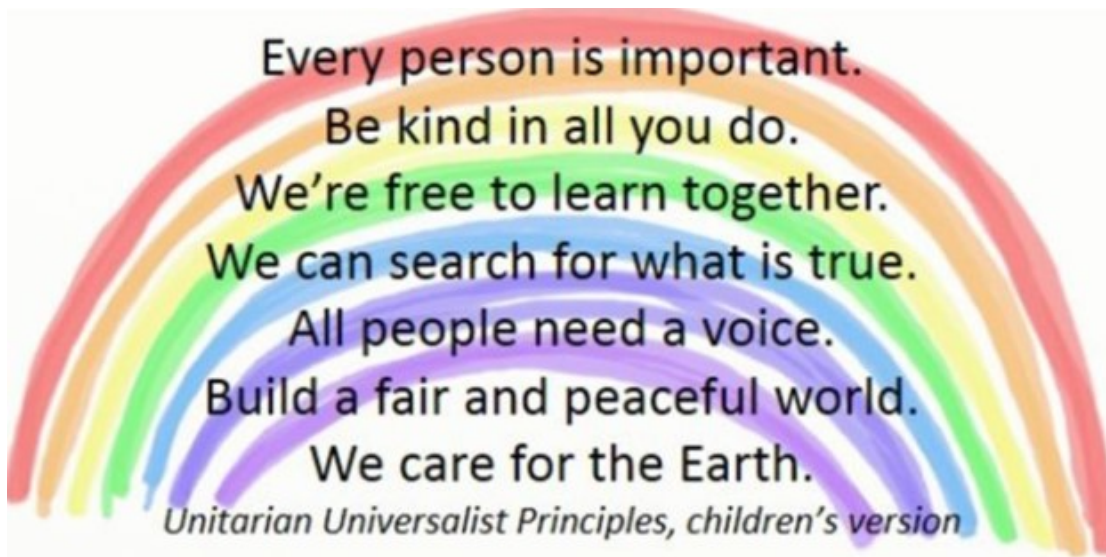
Childcare is provided for children ages 10 and under only. Once you click "Submit," the form will go directly to ORUUC's Multigenerational Coordinator Whitney Cole, who will work with Childcare Coordinator Laura Scott to arrange childcare for your church function. Thank you!



**Rev. Lisa Romantum Schwartz,
Interim Minister**

Rev. Lisa can be reached by email at

Rev.Lisa@oruuc.org or by phone at 865-483-6761
ext. 102.



*Connecting in Spirit: Youth Faith Formation Monthly News is a digital publication designed to serve ORUUC families with children from birth through high school. **If you have ideas or suggestions for content, or would like to add someone to the mailing list, please email Rachel at communications@oruuc.org or Christine at crehder@oruuc.org.** To take a look at past issues of Connecting in Spirit, visit <http://www.oruuc.org/connectinginspirit>.*

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ORUUC | 809 Oak Ridge Turnpike, Oak Ridge, TN 37830 865-483-6761

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