



The Exponent

July 8-14, 2022

WORSHIP

Summer Worship Series



**The Inherent
Worth and Dignity
of Every Person**

July 10, 2022

Sunday, July 10 "The Inherent Worth and Dignity of Every Person"

Rev. Gaye leading service

Our First Principle affirms and promotes the inherent worth and dignity of each human being. The Unitarian Universalist commitment to the worth and dignity of every human being calls us to respect the autonomy of women and men in determining their own healthcare choices and decisions. In light of the Supreme Court decision on Roe v. Wade, Rev. Gaye asks us to think about how countercultural the First Principle becomes because of it.

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

Summer Worship Series

SUNDAY, JUNE 26

Christy White

SUNDAY, JULY 3

General Assembly Service from Portland, Oregon

SUNDAY, JULY 10

Rev. Gaye Morris, Community Minister, ORUUC

SUNDAY, JULY 17

Roddy Biggs (they/them), Seminarian at Meadville Lombard

SUNDAY, JULY 24

Heritage Trip Highlights from ORUUC teens

SUNDAY, JULY 31

Rev. Gaye Morris, Community Minister, ORUUC



UP FRONT



The Church Office will be closed the week of July 4 due to vacationing staff. It will reopen for normal business hours on Monday, July 11.



Need Childcare?

Do you need to plan for childcare for your upcoming meeting or event? Contact the church office at least two weeks in advance to make arrangements. 865-483-6761 or office@oruuc.org

Thank you!

Join the ORUUC Banned Books Discussion Series Saturday mornings in July on Zoom

ORUUC Banned Books Discussion Series with Rev. Gaye Morris
Every Saturday morning during July on Zoom

Last year in the Young Adult fiction genre, more than 1500 books were either challenged or banned in the United States. The reasons they are banned vary; some because they are accused of being sexually explicit or violent...but they are worth exploring in the censorship climate we face today, especially in our education system.

Our Fourth UU Principle urges us to affirm and promote “a free and responsible search for truth and meaning.” What better way for our congregation to put this into action than to read a banned book?

ORUUC’s Community Minister Rev. Gaye Morris will facilitate a Zoom discussion each Saturday morning in July at 11:00 a.m. for book readers, including high school youth who want to read these books and contribute to the group discussions. A list of the books and their discussion dates appears below. You may wish to purchase these books for yourself, but I also urge you to ask your local librarian for these titles, as a gesture of solidarity against book censorship.

To register for the discussion series, please click on this link: <https://onrealm.org/oruuc/Registrations/Info/c0dbc63c-4212-4e36-b75b-aea6013a534b>.

You will need a Realm log in to sign up for this discussion group. If you need help with Realm, or with registering for the class, please contact Rachel at communications@oruuc.org.

You can attend one, several, or all of the sessions. Registration will enable you to receive the Zoom link for that week’s discussion.

Reading List

- **Saturday, July 9** - *All Boys Aren’t Blue* by George M. Johnson. This young-adult memoir tells of the trials and triumphs faced by Black queer boys. The book has been banned and challenged for LGBTQIA+ content, profanity, and because it was considered to be sexually explicit. Goodreads describes it as “Both a primer for teens eager to be allies as well as a reassuring testimony for young queer men of color.”
- **Saturday, July 16** - *Out of Darkness* by Ashley Hope Perez. “*This is East Texas, and there’s lines. Lines you cross, lines you don’t cross. That clear?*” Pérez takes the facts of the 1937 New London school explosion—the worst school disaster in American history—as a backdrop for a riveting novel about segregation, love, family, and the

forces that destroy people. This book has been banned, challenged, and restricted for depictions of abuse and because it was considered to be sexually explicit.

- **Saturday, July 23** - *The Hate U Give* by Angie Thomas. This is the story of a 16-year old girl whose childhood best friend is gunned down by a police officer. Starr Carter lives in a poor neighborhood but attends a fancy suburban prep school; when she witnesses the shooting of the unarmed teen, her life is turned upside down and her community is caught up in the uproar and chaos surrounding the fatal shooting. This book was banned and challenged for profanity, violence, and because it was thought to promote an anti-police message and indoctrination of a social agenda.
- **Saturday, July 30** – Concluding session. We end the month with a wide-ranging discussion of what freedom of speech means in the current censorship debate, and how we as UUs understand our obligation to contribute our voices and opinions to it.

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

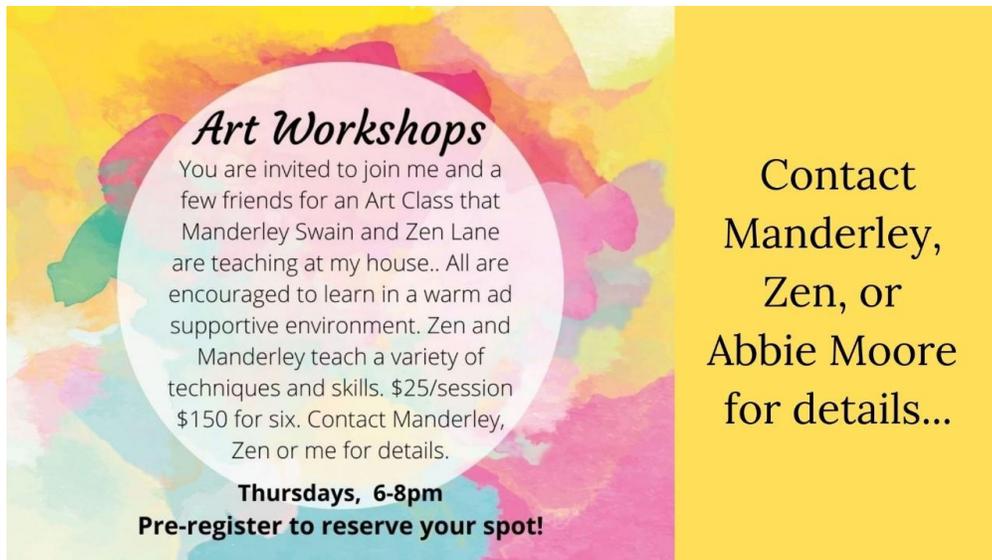


Nancy Starr is looking for art to display in the hallway gallery at ORUUC in July and August. Please contact her with inquiries, referrals, and ideas at starroakridge@gmail.com

Sanctuary Steward Needed

The office is seeking a volunteer to be a Sanctuary Steward. Coordinating with your steward partner you will organize Hymnal's and refill literature in pews about every 2 weeks. Please email office@oruuc.org or call 865-483-6761 if you would like an opportunity to volunteer an hour of your time to help keep things organized.

Art Classes Offered Every Thursday Through July 14

A flyer for art workshops. The background is a vibrant, abstract watercolor wash of yellow, orange, pink, and green. On the left, a white circular area contains text. On the right, a solid yellow rectangular area contains contact information.

Art Workshops
You are invited to join me and a few friends for an Art Class that Manderley Swain and Zen Lane are teaching at my house.. All are encouraged to learn in a warm ad supportive environment. Zen and Manderley teach a variety of techniques and skills. \$25/session \$150 for six. Contact Manderley, Zen or me for details.

Thursdays, 6-8pm
Pre-register to reserve your spot!

Contact
Manderley,
Zen, or
Abbie Moore
for details...

We're planning to run the current class through July 14. **Please let us know before each Thursday class if you'll be attending so that we can reserve a spot for you (seating is limited).** A new class series will begin in September (dates to be determined). Thank you!
~Abbie Moore, Manderley Swain, and Zen Lane.

EXTRA ORUUC T-SHIRTS AVAILABLE!

\$20 each

Adult Large Baseball-style

*Please purchase in the church office,
or see Christine Rehder.*



THANK YOU FOR YOUR SUPPORT!



The Stone Soup Team needs your help!

The Stone Soup Team is in need of more help for both cooking soup and baking in the future! We're looking for at least 4 more cooks who can be available most months to assist. Please consider joining us this month! **Our next meal is Friday, July 29.** Please contact Miria at meg.harrison84@gmail.com or the church office to volunteer.



This Month

- Canned Meats (Tuna, etc.)
- Peanut Butter
- Canned Soup
- Canned Fruit
- Canned Green Vegetables
- Individual Snack Crackers
- Canned Pasta/Meat Meals



COVID-19 Update

The current Covid-19 Community Level for **Anderson and Knox Counties is Medium**. The level for **Morgan and Roane County is Low**. ORUUC's Covid-19 Task Force

These are the recommendations:

1. Building open for:

Worship services (with online Zoom option)

Faith Formation

Memorial Services

Rentals

Other activities

2. Outdoor areas open for activities with normal approval process.

3. Specific activities and recommended actions:

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 precautions.

- Stay up to date on vaccines
- Wear a mask or stay home if you are feeling sick
- Get tested if you feel sick and follow CDC recommendations for those with Covid or Close Contact
- If you have symptoms, a positive test, or known exposure to someone with Covid, please stay at home and worship with us on Zoom.

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>



July Split the Plate **Oak Ridge TORCH**

Tennessee Out-Reach Center for Homeless was founded in 2012 to assist those in Anderson County who have recently lost their housing and have no-where else to go. Though they are trying to grow and offer more assistance to help those in need, TORCH is a very small organization, and the only one of its kind in Anderson County. Demand for their assistance is very high. They are currently experiencing an extremely large number of people who are reporting that they are living outside or in their cars. Currently they are in a capital campaign to fund building housing for those with the greatest need, especially families with children, until permanent housing can be found.

Give [HERE](#)

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 July

Kate Holtkamp-Readle Kate.holtkamp@gmail.com 423-231-5482

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



July Caring Coordinators

Kate Holtkamp-Readle kate.holtkamp@gmail.com 423-231-5482

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 or office@oruuc.org

Office Hours M-F 10 AM to 4 PM

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: Michele Thornton

Past President: Jim Nutaro

President-Elect: Sue Lasky

Secretary: Jason Fishel

Treasurer: Brandon White

Members-at-Large:

Freddie Nechtow

Charles Davis

Nathaniel Bass

Ethan Coon

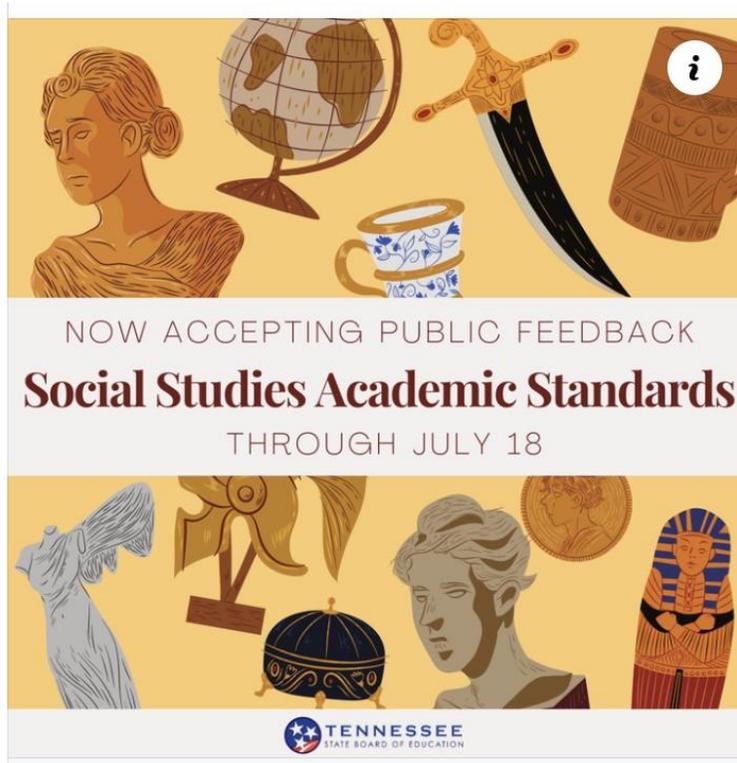
The ORUUC Executive Team

Christine Rehder

Christina Elliott

Amanda Fishel

Community/UU



Members of the public are invited to provide feedback regarding Tennessee's Social Studies Academic Standards by completing the attached survey. Please consider adding your input, and share widely. <https://www.surveymgroup.com/TNSBEStandardsReview/?fbclid=IwAR3Q0ziU4tCBHZChPszBSgZPPYCqeHX9fje-2fCwYR0YmajObyZZ3uGYNhE>



WHAT NOW

Post-Roe

KNOXVILLE?

Come to be connected to resources, build community, and speak with medical & legal experts, and community leaders.

SATURDAY, JULY 9th

10 AM-NOON

TVUUC CHURCH

2931 Kingston Pike, 37919

Self-administered COVID-19 testing available at library

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

Intergenerational Camp

July 24 - 29, 2022

Open to the Public



A Mountain Camp experience for all ages! Adventures, entertainment, and workshops, including building a cob pizza oven. Please register by July 10.

[See the Schedule](#) [Register](#)

6th Annual Aaron Shearer Summer Institute

July 29 - Aug 4, 2022

Open to the Public



Masterclasses for individuals and groups in beginning to advanced technique, guitar harmony and rhythm, composing and arranging.

[Register](#)

2022 DATES & DEADLINES

DATES & DEADLINES	AUGUST 4 State and Federal Primary & State and County General Election	NOVEMBER 8 State and Federal General Election
Voter Registration Deadline	July 5	October 11
Early Voting Period	July 15-30	October 19-November 3
Absentee Deadline	July 28	November 1
Election Day	August 4	November 8

GoVoteTN.gov 

Anderson County Election Commission [HERE](#)

ON THE CALENDAR THIS WEEK

Friday, July 8

Church Office Closed (Staff Vacation)
11:00am Tai Chi Practice

Saturday, July 9

Church Office Closed (Staff Vacation)
12:00pm (Rental) Wedding Reception
2:00pm Tabletop Adventures Group

Sunday, July 10

Church Office Closed (Staff Vacation)
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

Monday, July 11

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

Tuesday, July 12

2:00pm (Rental) Friends of Literacy
6:00pm Presidents Council
6:00pm Depression & Anxiety Support Group

Wednesday, July 13

6:30am Breakfast Rotary
11:00am Tai Chi
5:15pm Circles of Trust III

Thursday, July 14

12:00pm NWUUC & Launchpad Meeting
6:00pm Potluck
6:50pm Meditation Learning and Practice Group

12:00pm Circle of Trust V	
12:30pm Buddhism Study Group	
1:00pm Circle of Trust VI	
3:00pm Line Dancing	

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

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