

December 23-29,
2022

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News from Oak Ridge Unitarian Universalist Church

The Exponent



Christmas Eve Candlelight Service Tomorrow at 6 p.m.

Step away from the talk of miracles and magic, the frantic busy-ness and forced merriment. Come into a calming celebration with music and story and candlelight, that just might wipe some of the tarnish off this season. Pre-service music begins at 5:45, and the service begins at 6. **This service is both in-person and on Zoom.**



Church Office Closed Dec. 26-Jan. 3

We wish you and yours a memorable time shared with friends and family. See you in 2023!



Take All the Time You Need

Rev. Lisa Romantum Schwartz, Interim Minister

That might seem like a false promise at this time of year, what with all the traveling and shopping and cooking and organizing and general busy-ness. But let me say it again: Take all the time you need. Really. (Lather, rinse, and repeat as many times as necessary.)

Here in the turning of the year we're poised in the liminal space, like bulbs that contain everything they need to sprout and grow and flower, BUT those bulbs are still closed up like tiny brown fists. The process is not something you can hurry, even if (like me) you enjoy growing some bulbs indoors while winter reigns over the garden. I look at the tiny green shoots just beginning to poke out of the bulbs, and I'm reminded: They'll take all the time they need. And so should we.

Because – and you might doubt this, but I know it's true, ORUUC – you have everything you need. It's not fully visible yet, not quite sprouted, not nearly to the point

of bursting into fragrant bloom, but that blossoming time is fully present, already. (I mean this of the Big You, and also about you. I really do.)

So, take heart. Take a breath. And take all the time you need to gather your energy and set your intention and recognize the strength and resilience and breathtaking beauty

that is within you, yes you, right now. Needing a little patience, and some nurturing, but fully present, already.

Soon spring will be upon us, and these lovely

Tennessee mountains will be in their glory. But before spring is beautiful it's muddy, and mucky, and generally messy. And all living things, all those beauties we anticipate, they all have to go through the mud and the mess before the glory comes.

So do we, with our bright potential closed up like little clenched fists. Never fear, though, it's already there – everything necessary for glorious bloom. Take all the time you need.



This Sunday, Dec. 25

A Christmas Unboxing Day Service

This Sunday service is a mellow gathering in the Social Hall. We'll share music and readings to cheer our hearts, and enjoy fellowship to warm our spirits. Feel free (but not obligated) to bring a snack to share. **This service is in-person only.**



Worship with us **IN PERSON ONLY** this Sunday at 10 a.m. in the Social Hall.

Go to [Sunday Worship Info — ORUUC](#) for more info. Email or Text Prayer Requests to prayers@oruuc.org December Split the Plate: [Planned Parenthood of TN and Northern MS](#)

The CDC Covid-19 Community Levels are **Medium** for Anderson and Roane counties this week; Knox and Morgan counties are **Low**. Masks are not required in the building; however, we encourage you to do what makes you feel comfortable.

Next Sunday, Jan. 1 Embracing Possibility in Times of Change



Watch this Sunday Service whenever you roll out of bed on New Year's Day! This pre-recorded service features UUA President, the Rev. Susan Frederick-Gray, ORUUC staff, and ministers in this exploration of liminal space. *This service will be available to be streamed anytime after 9 a.m. on New Year's Day at <http://www.oruuc.org/sunday-worship>. The church will be closed Sunday, Jan. 1.*

December Split the Plate: Planned Parenthood of TN and Northern MS



The first Planned Parenthood chapter in the state was formed in Oak Ridge in 1961, and many of the first volunteers and board members were from ORUUC. Not only does Planned Parenthood provide birth control, STD testing, cancer screenings, AIDS testing and wellness visits, they provide truthful, accurate information regarding human sexuality and reproduction. In this age of misinformation, the truth is a most valuable resource.

Since the Supreme Court decision to abolish Roe v. Wade, PPTMN has hired

Navigators to provide information about other states that will still provide abortions to their patients; they are also building a new clinic in southeast Illinois to serve Tennesseans in a state that is close to Tennessee that does not oppose abortions. For more information, visit <https://www.plannedparenthood.org/planned-parenthood-tennessee-and-north-mississippi>.

Please give as you are willing and able. **[GIVE HERE](#)** or text **"ORUUC"** to 73256.

Updated 2022 Holiday Calendar

Sunday, Dec. 18 The No Rehearse Christmas Pageant
at 10 a.m. in the Sanctuary and on Zoom. *No Faith Formation. **Faith Formation resumes January 8.***

Wednesday, Dec. 21 Winter Solstice Service
at 7 p.m. in the Sanctuary (*No Zoom*). *Childcare provided.*

Saturday, Dec. 24 Christmas Eve Service at 6 p.m.
in the Sanctuary and on Zoom. Come at 5:45 p.m. to sing!

Sunday, Dec. 25 Christmas Day! A mellow gathering in the Social Hall. We'll share music and readings to cheer our hearts, and enjoy fellowship to warm our spirits. Feel free (but not obligated) to bring a snack to share. ***This service is in-person only. No Zoom. No Nursery.***

Monday, Dec. 26–Friday, Dec. 30 and Monday, Jan. 2
Church Office Closed Happy Holidays!

Friday, Dec. 30 Stone Soup. 5:30 to 6:30 p.m. Drive thru for a delicious meal of Sausage and Potato Goulash, Fresh Fruit, and Red Velvet Cookie Bars.

Saturday, Dec. 31 New Year's Eve Coffeehouse Talent Show in the Social Hall. Supper and Social begin at 6:30 p.m., followed by the 7 p.m. program. After the Coffeehouse, stay for the **New Year's Eve Party!** Ring in 2023 with friends! Bring games, finger food, and drinks to share.

Sunday, Jan. 1 Embracing Possibility in Times of Change
Watch this Sunday Service whenever you roll out of bed on New Year's Day! This pre-recorded service features UUA President, the Rev. Susan Frederick-Gray, ORUUC staff, and ministers in this exploration of liminal space. ***This service will be available to be streamed anytime after 9 a.m. on New Year's Day at <http://www.oruuc.org/sunday-worship>. The church will be closed Sunday, Jan. 1.***



Announcements



Sign up this week for the New Year's Eve Coffeehouse Talent Show! The deadline is **Monday, Dec. 26**. Any kind of rehearsed, presentational act is possible, from the silly to the sublime. All ages and all kinds of talent are encouraged. To sign up, contact Nancy Starr: email starroakridge@gmail.com, mobile 865-742-9993.

All are invited Saturday, Dec. 31 to a Supper and Social beginning at 6:30 p.m. in the Social Hall, followed by the 7 p.m. program.

After the Coffeehouse, stay for the New Year's Eve Party!



Bring your games, finger food, and drinks to share. We will have our token bubbly at midnight while we watch the ball drop! For more information, contact Betsy Bauer or Susan Rosenbaum.

Stone Soup

FREE
Meal!
Groceries
available



Drive
Thru
ONLY

New Time! **Friday, Dec. 30**
5:30 p.m. – 6:30 p.m.
Or until supplies run out!

**Menu: Sausage and Potato Goulash
Fresh Fruit, and Red Velvet Cookie Bars**

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



Contact Miria at meg.harrison84@gmail.com if you would like to help bake at home or meal prep at church!



ORUUC Weather Closure Policy

Weekdays: If Oak Ridge Schools are closed, the office at ORUUC will be closed.

Sundays: A decision will be made by 9 a.m. whether to have in-person worship. Please check your email and the ORUUC Facebook group for updates.

Weeknight and Saturday events: A decision will be made one hour prior. Check email and Facebook.

Coming Up at ORUUC



SOPHIE LABELLE

INTERNATIONAL TRANS AGENDA SPEAKING TOUR

SUNDAY, JAN. 29, 2023
2:00 PM IN THE SANCTUARY
AT



<https://www.serioustransvibes.com/>



See Sophie Labelle at ORUUC Sunday, Jan. 29 at 2 p.m.

Sophie Labelle is a neurodivergent trans cartoonist and novelist from Montréal, in French Canada. She is the author of the webcomic *Assigned Male*, which has been running since 2014, and the Ciel novel series. She likes to collect rocks and lives in Finland with her Finnish husband. "The Best of Assigned Male" was recently published by Hachette UK.

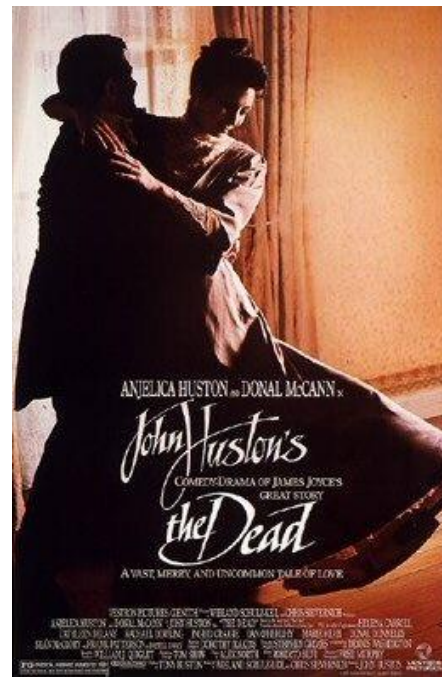
During her talk, she will speak about her art and activism, her artistic process, comic-making, community building and empowerment through art. She also has a bunch of great jokes about TERFs (trans-exclusionary radical feminists). She will answer questions from the audience and sign books at the end. For digital books, children's books, novels, and more, check out

<https://www.serioustransvibes.com/>

Follow Sophie on Instagram at

<https://www.instagram.com/labellesophie/?hl=en>

To donate to Sophie's honorarium, go to <https://onrealm.org/oruuc/give/Sophie>. Or text "ORUUC Sophie" to 73256 to give using your mobile device. Thank you!



Mark the Feast of the Epiphany with a special Film Screening and Discussion of John Huston's *The Dead* on Zoom with Rev. Gaye Morris Friday, Jan. 6, 7:00-9:30 p.m.

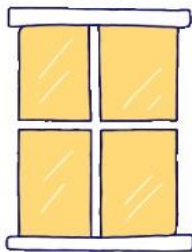
<https://us06web.zoom.us/j/86000288772?pwd=bzUzZWp5K050SzJrMThlcUp1TmlrQT09>

Every New Year, my husband and I make time to watch *The Dead*, a wonderful film set in Ireland in 1904 on the Feast of the Epiphany. This is a 1987 film adaptation of James Joyce's short story of the same name that appears in his 1914 short story collection *The Dubliners*. It was director John Huston's final film and it stars his daughter Angelica Huston.

In *The Dead*, teacher Gabriel Conroy and his wife Gretta attend a dinner with friends at the home of his spinster aunts; it's an evening that results in an epiphany for both of them. The screenplay was written by another member of the Huston family, John's son Tony, and the film was nominated for two Academy Awards. It is a beautifully filmed story full of emotion and Irish humor; the setting gives us a real sense of the festive season as celebrated in a Dublin household in the early years of the 20th century. *The Dead* also helps us to reflect on how we learn things about ourselves and others in unexpected ways.

The film, which is 83 minutes long, will be screened on Zoom; we will follow it with a short discussion. Feel free to bring your popcorn! ~Rev. Gaye

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 December

Amanda Fishel amsfishel@gmail.com 865-804-7033

Christina Elliott Christina.r.elliott@gmail.com 865-214-0756

Caring Coordinators for January

Christina Elliott Christina.r.elliott@gmail.com 865-214-0756

Jami Garner Jamigarner@me.com 865-250-5505

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.

The Mountain is Hiring for Summer 2023! Ages 16+

<https://www.themountainrlc.org/jobs>



Perfect opportunity for our young adults looking for summer work. Please share as the Mountain is hiring positions for summer camp now. Housing and lodging is included. ~Sarah Gunter, ORUUC MountainCON Advisor

Are you interested in changing the life of a youth by being a positive Unitarian Universalist role model? Do you want to motivate and inspire a camper to be the best that they can be? If you are, then you may be a good fit for a Summer Staff position at MountainCamp!

MountainCamp is one of several youth programs offered by The Mountain Retreat and Learning Centers Inc. At The Mountain, each camper is treated with respect, kindness, and consideration; we celebrate their individual gifts. A balance is maintained between establishing structure and boundaries to keep youth safe and creating opportunities for them to "test their wings." MountainCamp fosters belonging and acceptance.

During MountainCamp, several opportunities for rewarding experiences and possibilities for personal growth exist. Salaries run from \$145 to \$250 per week, dependent on position and experience, plus room and board.

Positions Available

Counselors and Program Staff
Cabin Counselors (including Lifeguards)
Outdoor Adventure Staff
Program Leads
Mentors (21+)
Outdoor Adventure Lead
Counselor in Training Mentor
ASCENDER Mentor
Camp Leadership
Camp Director
Assistant Camp Director

Weekly Activities at ORUUC



Line Dancing

Sundays at 3 p.m. (No classes until Sunday, Jan. 8. Happy Holidays!)

We learn a variety of dances: country, jazz, waltz and cha-chas. Through our dancing, we bring together total strangers in the community and develop close friendships with the willingness to share individual talents with others. A donation of \$3 per session is suggested. For more information, contact Jo Curran or Steven Albright.



Tai Chi

Mondays, Wednesdays, Fridays 11 a.m. – 12 noon We minister to health & stability through learning & practicing tai chi. Help maintain & improve balance, strength, and blood pressure, and reduce knee, arm, shoulder & back pain. For more information call Janet Hoegler at 865-963-5115.



Join the Ukulele Group!

We're performing at the ORUUC Coffeehouse New Year's Eve! We're planning to perform "City of New Orleans" which should be a great sing-a-long. Been thinking about joining in the fun? Contact Abbie Moore abbie.moore@icloud.com or Linda Osborne lindadrly@bellsouth.net for more information.

Announcements

SIGN UP FOR EMERGENCY ALERTS

- **WEATHER & SAFETY:**
Text 'OAKRIDGE' to 99411 to enroll in CodeRED alerts
- **TRAFFIC & SAFETY:**
Text '37830' to 888777 to enroll in Nixle alerts

CITY OF
OAK RIDGE
TENNESSEE

Did you know that the City notifies you in the case of an emergency?
► For weather and safety alerts, sign up for the Oak Ridge Fire Department's CodeRED notifications:
<https://public.coderedweb.com/CNE/en-US/4F8C0BE4A466>
► To get traffic alerts from the City of Oak Ridge, subscribe to ORPD's Nixle Alerts: <https://local.nixle.com/oak-ridge-police-department>
Sign up at the link above or text 37830 to 888777

Save the Date!

eggs & pegs

breakfast cribbage meet-up
Sunday, January 8, 8:30AM

ORUUC Social Hall

Eggs and Pegs--A Cribbage Breakfast Meet Up! Sunday, Jan. 8 at 8:30 a.m. Everyone is welcome! It will be an opportunity for folks to learn cribbage rules and/or play with more experienced players. Breakfast will be provided, but feel free to bring a dish to share. *Questions? Talk to Brandon White, Christina Elliott, Jane Flanagan, or Shelaine Curd.*

Board of Trustees Update

ORUUC's 2022-2023 Board of Trustees



Michele Thornton
President

Board term expires in 2024



Jim Nutaro
Past-President

Board term expires in 2023



Jason Fishel
President-Elect



Brandon White
Treasurer



Nathaniel Bass
Secretary



Ethan Coon
Member-At-Large

Board term expires in 2023

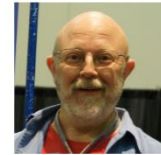


Jami Garner
Member-At-Large



Freddie Nechtow
Member-At-Large

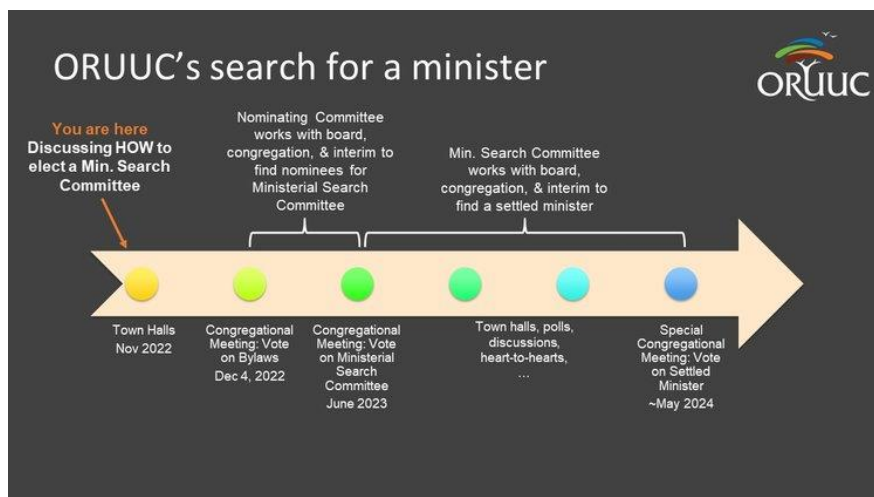
Board term expires in 2024



Charles Davis
Member-At-Large

Board term expires in 2024

On Sunday, Dec. 4, the Board held a special meeting to formalize the vacancy created by the resignation of President-Elect Sue Lasky last month. The result: **Jason Fishel has stepped in to fill the President-Elect vacancy. Nathaniel Bass will fill the role of Secretary. Jami Garner has agreed to fill the Member-At-Large vacancy created by Nathaniel's reposition.** Each of those positions will be part of the slate of nominees elected by ORUUC members during the June 2023 Congregational Meeting.



Worship Coordinator Gina Grubb created a new **Ministerial Search Information** page in the **Members Section** of our website, which will be updated regularly. <http://www.oruuc.org/min-search-hub> (Password ORUUC809)

**Check Out What's Happening
for Youth and Families at**



Events

January

8

Youth Faith Formation resumes regular Sunday programming.

3 p.m. OWL Meeting for 5th and 6th Grade Parents

14-15

Bridging Retreat at Camp Wesley Woods, Townsend, TN

22

Where do we come from? Where are we going? ORUUC celebrates the strong foundation of our history, and the mystery that is our future. We will tell our communal story by constructing a church timeline during a Multi-Gen FF Hour.

29

2 p.m. Sophie Labelle stops by ORUUC on her International Trans Agenda Speaking Tour. Labelle is the author of "Assigned Male" a web comic about trans and non-binary teens. For more info, go to <https://www.serioustransvibes.com/>

**February
17-19**

Elementary MountainCON
(Grades 3-5)

**March
3-5**

Intermediate MountainCON
(Grades 6-8)

**March
17-19**

Senior High MountainCON
(Grades 9-12)

For more information, contact Christine Rehder, Director of Faith Formation, at crehder@oruuc.org or the Church Office at office@oruuc.org or 865-483-6761.

20th Annual No Rehearsal Pageant Sunday, Dec. 18, 2022

Didn't make it to the pagenant? Watch here: <http://www.oruuc.org/worship-recordings>



ORUUC Covid-19 Update

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](#)

The CDC's Covid-19 Community Levels for Anderson and Roane counties are **MEDIUM**; Knox and Morgan counties are still **LOW**. Masks are not required at ORUUC in the building; eating and drinking is permitted indoors. For the entire report, check out our webpage: <http://www.oruuc.org/phased-reopening-plan>



This Week at ORUUC



Friday, Dec. 23

11am Tai Chi Practice

Saturday, Dec. 24

5:45pm Christmas Eve Service

Sunday, Dec. 25 Christmas

8:15am Circle of Trust VII

10am Worship Service (In person Only)

11am High School (Canceled)

11am Together in Spirit (Canceled)

11:15am Circle of Trust II

11:15am Newcomers (Canceled)

11:15am Reflections (Canceled)

11:30am Circle of Trust IV

12:00pm Circle of Trust

12:30pm Buddhism Study Group

2pm(3-5pm) Line Dancing (Canceled)

1:00pm Circle of Trust VI

Monday, Dec. 26

Church Office Closed

11am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

Tuesday, Dec. 27

Church Office Closed

9am Stone Soup prep

6pm Depression & Anxiety Support Group

The deadline to submit news for *The Exponent* is

Wednesday, Dec. 28 at noon!

Please send news, comments, and feedback to Rachel at **communications@oruuc.org**.

Wednesday, Dec. 28

Church Office Closed

11am Tai Chi

5pm Stone Soup prep

5:30pm Circle of Trust III

6:45pm Choir Rehearsal (Canceled)

7:45pm Band Rehearsal

Thursday, Dec. 29

Church Office Closed

6pm Potluck (Canceled)

6:50pm Meditation Learning and Practice Group

Friday, Dec. 30

Church Office Closed

11am Tai Chi

1pm Stone Soup prep

5:30pm Stone Soup Meal (Drive thru)

The church office will be closed Monday, Dec. 26 until Tuesday, Jan. 3 for the holidays. The church doors will be locked on Sundays at 11:30 a.m. through Sunday, January 1. Circles of Trust and other groups: Check with your group leaders to see if your meeting/event is scheduled to meet over the holidays.



809 Oak Ridge Turnpike
Oak Ridge, TN 37830
Contact us at 865-483-6761
<http://www.oruuc.org/>



The ORUUC Board of Trustees

President: Michele Thornton

Past President: Jim Nutaro

President-Elect: Jason Fishel

Secretary: Nathaniel Bass

Treasurer: Brandon White

Members-at-Large:

Freddie Nechtow

Charles Davis

Jami Garner

Ethan Coon

The ORUUC Executive Team

Rev. Lisa Schwartz

Christine Rehder

Christina Elliott

Amanda Fishel

Jeannie Cuevas, Office Administrator

Coming up on Sundays in January...



Sunday, Jan. 1

Worship Theme: New Year, New You (UU)

Embracing Possibility in Times of Change Stream this service anytime after 9 a.m. at www.oruuc.org/sunday-worship. The church will be closed.

Sunday, Jan. 8

Live the Life You Dream