

**December 15-21, 2023**

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## News from Oak Ridge Unitarian Universalist Church

# The Exponent



## Leadership InFormAtion Sunday, Jan. 21

**Cara Jordan, Nominating Committee**

Are you interested in church leadership, but feel unsure about how to get started? Looking to brush up on your skills? Maybe you want to get more involved in leadership, but not right now. Or you're an "old pro" looking to help train a new generation of leaders so you can take a break.

The Nominating Committee invites you to an informational workshop on January 21, 2024, from 12:15 to 2:15 p.m. in the Social Hall. We aim to provide valuable insights into leadership

development and equip people with the skills and knowledge necessary to contribute actively to the growth and well-being of our church community. Information about the church and the skill sets needed for various positions will be discussed. We're taking a long-term view of leadership development, so please attend even if this year is not your year to serve. Interim minister Rev. Lisa will help facilitate, along with some of ORUUC's greatest leaders.

Whether you're currently in a leadership role, or aspiring to take a more active role in the future of our church community, this session is designed to inspire and guide you on your leadership journey, or help you help future leaders learn how to fill your shoes.

We are looking for all skills and abilities! **Lunch will be provided.**

Please register [HERE](#) before **Thursday, Jan. 18 to reserve a meal.**

Let's make 2024 the year of leadership growth and community connection at ORUUC!

Nominating Committee 2023-24

Nancy Highfill

Steven Barker

Sue Lasky

Amanda Branche

Cara Jordan



**TODAY (Friday, Dec. 15) is the last chance to order tamales! Order [HERE](#) today!** You can pay online [HERE](#) (choose Absolute Best Tamales from the drop down menu under "Fund") or pay in person when you pick up your tamales. Tamales are \$25 per dozen. They are handmade and frozen. Reheating instructions will be included with your order.

Tamales are also ready for pick up! If you placed an order earlier this month, pick up your tamales this Sunday, Dec. 17, after the No Rehearse Pageant, or next Sunday, Dec. 24 after morning worship! Or stop by the church office any day next week between 9 a.m. and 3 p.m. Thank you for supporting ORUUC Youth!



# This Sunday, Dec. 17

## The No Rehearse Pageant

This joyous ORUUC tradition is not your grandma's Christmas pageant! You can choose to sit in your seat and enjoy the fun, and you're most warmly invited to participate in this irreverent take on the familiar Christmas story, now in its 21<sup>st</sup> year.

Worship with us at 10 a.m. in person or on Zoom. Zoom door opens at 9:45 a.m.

Go to [Sunday Worship Info — ORUUC](#) for Zoom information.

The Order of Service may be found [here](#).

Email or Text Prayer Requests to [prayers@oruuc.org](mailto:prayers@oruuc.org)



December Split the Plate Offering: [The Free Medical Clinic](#)

After worship, please stay for coffee and treats in the Social Hall. Faith Formation classes are on a break for the remainder of the month; all FF hour activities will resume Sunday, Jan. 7. Some Circles of Trust will continue to meet—please check with your group leader if you are unsure whether your group is meeting.

*Covid-19 Update: Masks are not required in the building; we have masks and hand sanitizer available, and we encourage you to do what makes you feel comfortable.*

## WORSHIP ZOOM UPDATE



Last Sunday, many of you encountered an issue with Zoom that prevented you from being able to log on to participate in worship and the Congregational Meeting that followed. Thank you for making the Tech Deck and church staff aware of the problem. We're looking into it this week. So far, we've discovered an issue on Zoom's end dealing with browsers. If you use the Zoom app on your phone or tablet, you should be able to access the Sunday morning worship service; you may not be able to attend worship on your laptop or home computer. For now, if you can use the Zoom app, please do. Download the Zoom app to your mobile device, and then click on <https://www.oruuc.org/sunday-worship> and "ZOOM LINK." We've contacted Zoom to ask for assistance correcting this issue. Thank you for your patience.

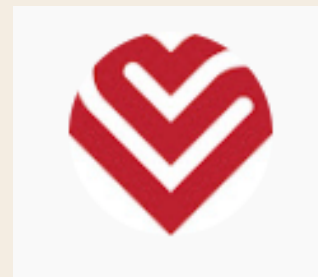
## December Split the Plate Offering: The Free Medical Clinic

Every Sunday we share our offering 50/50 with a local agency chosen by our members during a vote at the Congregational Meeting each June. This month, the Split the Plate offering goes to the Free Medical Clinic.

The Free Medical Clinic is a non-profit, primarily volunteer-staffed organization offering free medical services to residents of Anderson, Roane, and Morgan Counties. It serves people who do not have insurance and cannot afford to pay for medical services due to their income level. Because they are a primarily volunteer organization, they rely on donations from individuals,

churches, groups, etc. This clinic provides medical care to those who have no other resources. It can literally mean the difference between life and death for some people (such as undiagnosed cancer). We all deserve adequate health care and to be treated with worth and dignity (our first principle). Our support for the Free Medical Clinic helps us live our principles while providing support to the disadvantaged.

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



# 2023 Holiday Calendar

**Sunday, Dec. 3 at 10 a.m. Morning Worship: Love is At the Center**

*Faith Formation Hour and Soup Potluck, followed by Cocoa & Caroling at noon.*

**Saturday, Dec. 9 at 6 p.m. Oak Ridge Christmas Parade**

Join ORUUC in this annual tradition! Line up by 5 p.m. at the Corporate Center on Lafayette Drive. Bring candy to distribute.

**Sunday, Dec. 10 at 10 a.m. Morning Worship: A Point of Repose**

**Congregational Meeting at 11:15 a.m.** in the Sanctuary and on Zoom. *No Adult FF; all ages Holiday Craft Party for Youth.*

**Sunday, Dec. 17 at 10 a.m. The 21st Annual No Rehearse**

**Christmas Pageant** in the Sanctuary and on Zoom. *No Faith Formation.*

**Thursday, Dec. 21 at 7 p.m. Winter Solstice Service** in the

Sanctuary *(No Zoom). Childcare provided.*

**Sunday, Dec. 24 at 10 a.m. Morning Worship: Hard Candy**

**Christmas** in the Sanctuary and on Zoom. *No Faith Formation.*

**Sunday, Dec. 24 at 6 p.m. Christmas Eve Service** in the Sanctuary

only (No Zoom). Singing begins at 5:45 p.m.

**Monday, Dec. 25–Monday, Jan. 1: Church Office Closed**

**Friday, Dec. 29 5:30 to 6:30 p.m. Stone Soup Community Meal.**

Dine or drive thru for a delicious, free meal!

**Sunday, Dec. 31. 10 a.m. Morning Worship ONLINE ONLY:**

**Seeds for the New Year.** UUA streaming service. Church will be closed. *No Faith Formation.*

**Sunday, 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 2024 with friends! Bring games, finger food, and drinks to share.



# Announcements

# Winter Solstice Service

at  
  
**Thursday, Dec. 21, 2023**  
**7 p.m.**

Oak Ridge Unitarian Universalist Church  
809 Oak Ridge Turnpike  
Oak Ridge, TN 37830



ALL ARE WELCOME!

The Winter Solstice service is an in-person only service; no Zoom. Childcare will be available.



## Holiday Closure

The Church Office will be closed December 25 through January 1. We will reopen Tuesday, Jan. 2.

Please call 865-483-6761 to leave a message, or visit us at [ORUUC.org](http://ORUUC.org).



The church office will be closed Christmas week. Please be sure to stop by next week if you have any business that needs to be done before the end of 2023! Our last day in the office is Friday, Dec. 22. There will be no *Exponent* on Friday, Dec. 29.

# Stone Soup

FREE Community Meal!



DINE IN!  
Take out meals available

**Friday, Dec. 29**  
**5:30 p.m. – 6:30 p.m.**  
*Or until supplies run out!*

**Santa Fe Chili**  
**Fresh Fruit**  
**Gingerbread**

Come inside the Social Hall and share a meal with others, or pick up a take out meal. Bags of non-perishable groceries will also be available. All are welcome!

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:  
 **Jewish Congregation of Oak Ridge**  
**Kroger Marketplace** 

Contact Stone Soup Leader Jen Stark at [jen.stark@hotmail.com](mailto:jen.stark@hotmail.com) to help!



New Year's Eve  
**COFFHOUSE TALENT SHOW**  
**SUNDAY, DEC. 31**  
**6:30 P.M. SUPPER AND SOCIAL**  
**7 P.M. PROGRAM**  
AT 

Join your ORUUC friends in ringing out the old year with potluck food, entertainment, and fellowship. The coordinators (Nancy S. and Michael B.) have gotten too old and cranky to provide supper and clean it up, so we ask everyone to BRING FINGER FOOD or beverages to share. Don't let Auld Acquaintance be forgot!

Advance sign-up is required for all performers. The sign-up deadline is Tuesday, Dec. 26. Contact Nancy Starr at [starroakridge@gmail.com](mailto:starroakridge@gmail.com) or (865)742-9993 (mobile).



After the Coffeehouse,  
stay for the **New Year's Eve Party**  
Sunday, Dec. 31  
8 p.m. to Midnight  
In the Social Hall

Bring games, finger food, and drinks to share. We'll have our token bubbly at midnight while we watch the ball drop!

# Announcements



**Thanks to all who adopted the 36 local children on this year's Angel Tree!** What a beautiful way to show we love and care for our community! Thanks to Susan Rosenbaum for leading this annual effort.

**Please donate new gloves/mittens, hats, and socks to the Mitten Tree to benefit the Blossom Center.** Donations may be added to the tree in the church lobby this Sunday or next week. Thank you!



**Thanks to the Cole family for showing up and spreading cheer during last Saturday's Oak Ridge Christmas parade!** The rain held off for one of the biggest parades in Oak Ridge history—there were 140 entries! Start brainstorming ideas for next year--we'd love to have a larger group representing the church and having fun at this annual community event!



Dear ORUUC,

Earlier this week, several church members received an email purportedly from our Board President asking for the password to the church directory. If you received this spoofing email or do, please do not reply to it. Delete it. If you have any questions, call the church office at 483-6761.

Another reminder: Please don't ever buy gift cards or send cash or financial info in response to a message from someone impersonating me or other ORUUC staff. We will NEVER ask you to discretely help out in such a way.

How do they get church email addresses? Hackers use email harvesting bots that seek email addresses found in mailing lists, websites, chat rooms, and domain contact points. Sometimes scammers buy a list of contacts from underground cybercriminals. They are NOT hacking into the Realm directory database, which is quite secure.

These scammers are counting on two things: You have a positive association with ORUUC, and you're a person who likes to help when someone's in need. These are both really good things! Criminals exploit our vulnerabilities.

Have you gotten hooked by a phisher? Here are some things to do: **Contact law enforcement.** You can report the scam to the FBI's [Internet Crime Complaint Center](#). You can forward any phishing emails impersonating ORUUC or another business to the [Anti Phishing Working Group](#), a public-private partnership against cybercrime. Or, [file a complaint](#) with the FTC.

Stay safe out there!  
Rev. Lisa

*Example of spoofing email sent earlier this week.*

**From:** Jason Fishel <canne7638@gmail.com>  
**Date:** December 11, 2023 at 8:52:48 AM EST  
**To:** [REDACTED]  
**Subject:** church

Good Morning [REDACTED]  
Please kindly send me the password of our church directory.

From  
Jason Fishel  
THANKS

# 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 December

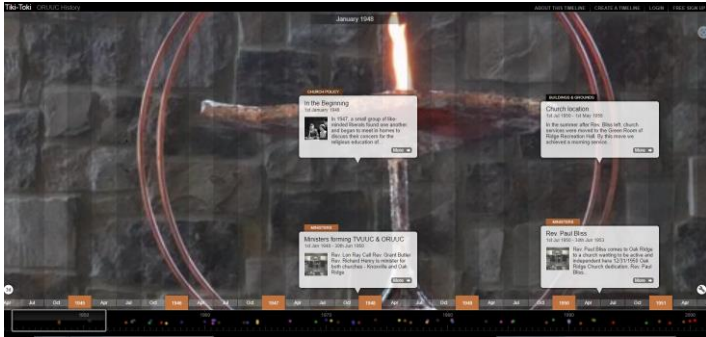
Irene Robbins [Robbinsif1@comcast.net](mailto:Robbinsif1@comcast.net) 865-481-3427

Freddie Nechtow [freddien123@gmail.com](mailto:freddien123@gmail.com) 865-599-4359

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.

**Like receiving birthday cards? Or know someone who might?** The Caring Team has a birthday sign-up sheet in the church lobby for anyone wishing to receive birthday greetings. Or email Mare Martell at [maremartell@gmail.com](mailto:maremartell@gmail.com) to be added to the list.

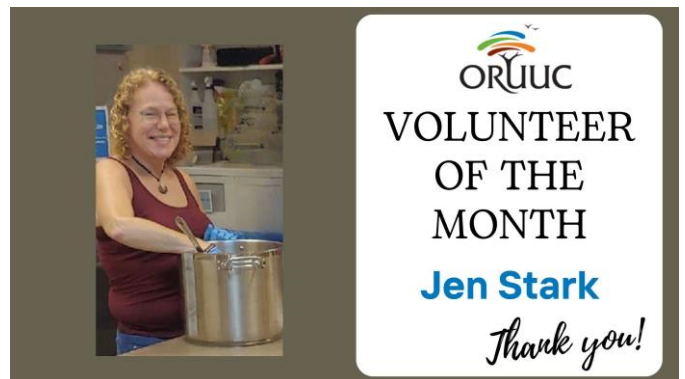
## NEW ORUUC History Timeline



## Check out the ORUUC History Timeline created by Anne Child! [ORUUC History \(tiki-toki.com\)](http://ORUUC History (tiki-toki.com)).

Anne spent countless hours compiling the data shared during the January Timeline event and going through past church history publications. This fantastic interactive timeline includes photos and descriptions of life at ORUUC through the decades. Thank you, Anne!

## December Volunteer of the Month: Jen Stark



Our December Volunteer of the Month....Jen Stark...Jen serves on the Board of Trustees, is a leader of Stone Soup and EMBERS, helps facilitate the Depression & Anxiety Support Group, and is a lead volunteer for the Rummage sale. She also serves as a Worship Leader and OWL Facilitator, and creates art that we often see adorning the walls here at ORUUC. Jen also attended Senior High Mountain CON this month as an advisor.

For her dedication and service, Jen received recognition during the Sunday, Nov. 26 worship service. When you see Jen, please thank her for her service. We sure do appreciate her and all that she does!

## Ongoing Activities at ORUUC



### Line Dancing

**Sundays at 3 p.m.** 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. **There will be no Line Dancing December 24 or 31.**



### 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.



### Ukulele Group

We're scheduled to meet this Saturday, Dec. 16 and Dec. 30. We're getting ready for the New Year's Eve Coffeehouse! We'd love to have you join us! Abbie Moore [abbie.moore@icloud.com](mailto:abbie.moore@icloud.com).

## Social and Volunteer Opportunities



Meets monthly at various churches in Oak Ridge. Visit

<https://www.facebook.com/groups/371268369619360> or email

Anne Backus

[backusanne@comcast.net](mailto:backusanne@comcast.net) for more information about PFLAG Oak Ridge.



ORUUC is always looking for members to add to its Caring Team! **Contact Rachel in the church office (865-483-6761) or [communications@oruuc.org](mailto:communications@oruuc.org)** if you would be willing to be called upon occasionally to

- Provide transportation to Sunday services, evening events at church, or medical/dental appointments
- Run errands or grocery shop
- Provide/deliver meals
- Visit
- Perform minor home repairs
- Provide computer repair and support
- Haul items by truck
- Provide pet care
- Help with Memorial Service receptions
- Support new parents
- Perform yard work
- Sit with someone during Worship

### Ecumenical Storehouse Pickups



Each month, ORUUC picks up donations for Ecumenical Storehouse, which supplies furniture and household goods to those in need. It is an important part of our community. There are many ways you can help! **Please contact Martin Bauer at [bauermlb@gmail.com](mailto:bauermlb@gmail.com) for more information. There are no December pickup dates. See you in the New Year!**



**Eggs and Pegs are back!** Play cribbage, eat breakfast, have fun **Sunday, Jan. 7!** These get togethers will be held the first Sunday of each month at 8:30 a.m. in the Social Hall. Questions? Talk to Brandon White, Christina Elliott, Jane Flanagan, or Shelaine Curd.



**Pack "Food for Kids" with Second Harvest at First United Methodist Church of Oak Ridge.** This program provides backpacks with non-perishable foods for preschool and elementary students to take home on weekends. **Packing has ended for 2023. Stay tuned for the 2024 schedule!** Questions? Contact Coordinator Cara Weigel at 865-481-8108.

# Family News



**ORUUC**  
**Tamales!**  
\$25 per dozen  
Chicken or Vegetarian

Order yours today! Pick up in December.  
Proceeds go to the HIGH SCHOOL  
YOUTH TRIP FUND. Thank you!



**Our final tamale making day is Sunday, Dec. 17 from 1 to 6 p.m.** Please let Jason Fishel know if you can help: [solarmanj@gmail.com](mailto:solarmanj@gmail.com). Many hands make light work, and the money we raise from this will go towards our next youth trip.



## 5th/6th Grade Classes Begin January 7!

The cost of the class is \$50 for members and \$75 for nonmembers. Financial assistance is available. Contact Christine Rehder, director of Youth Faith Formation, at [crehder@oruuc.org](mailto:crehder@oruuc.org) for more information.



**Need  
Childcare**  
FOR A CHURCH MEETING OR EVENT?



Childcare is provided for children ages 10 and under for church meetings and events. Please complete this form TWO WEEKS in advance:

<https://form.jotform.com/231284551294053>. Thanks!



**Mother Goose with ORUUC's own "Father Goose" Michael Raymond!** Babies through preschoolers will have fun singing, clapping, dancing, and moving with their parents, grandparents, or other caregivers.

First and Third Thursdays at 10:30 a.m.  
in the Oak Ridge Public Library Meeting Room

*Don't miss the next gathering  
December 21!*

View and sign up for the Oak Ridge Public Library's newsletter here:

<https://mailchi.mp/oakridgetn/orpldec23>



Youth of all ages had fun at the Holiday Craft Party during last Sunday's Congregational Meeting (it was a long meeting!) Thanks to Multigenerational Director Whitney Cole and Nursery Coordinator Susan Rosenbaum for hosting this special time, all for all the parents who helped!





# *December Worship Series*

## **Mystery**

December 3: ***Love is At the Center***

*Rev. Lisa Romantum Schwartz*

FF Hour and Soup Potluck, followed by Cocoa & Caroling

December 10: ***A Point of Repose***

*Rev. Lisa Romantum Schwartz*

Congregational Meeting at 11:15. No Adult FF; all ages Youth Craft Party. Angel Tree gifts due. Pick up tamales!

December 17: ***No Rehearse Pageant***

No FF Hour. Pick up tamales!

December 24: ***Hard Candy Christmas***

*Rev. Lisa Romantum Schwartz*

No FF Hour. Pick up tamales!

December 31: ***Seeds for the New Year***

UUA streaming service. Online only. Church will be closed. No FF Hour.

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

*Youth and Adult Faith Formation classes  
are from 11:15 a.m. to 12:15 p.m.*

*Nursery is available during the FF hour.*





It's not too late to get tickets to The Appalachian Equality Chorus (formerly the Knoxville Gay Men's Chorus) presents "Christmas is a Drag!" as they return to the Historic Bijou Theatre for their annual Holiday Concert Spectacular Friday, Dec. 15 show at 8 p.m. and Saturday, Dec. 16 at 2 p.m. Featuring performances by the AEC Tenor Bass Chorus you've come to love since 2012, AND INTRODUCING the brand-new Soprano Alto Chorus in their mainstage debut! There's some comedy show stuff as well, so it should be a good time!

Friday show link -

<https://knoxbijou.org/.../appalachian-equality-chorus.../>

Saturday show link -

<https://knoxbijou.org/.../appalachian-equality-chorus.../>



### LOOKING FOR A FAMILY EVENT FOR NYE?

The Free Medical Clinic invites you to ring in the new year with your family and friends! FREE TO THE PUBLIC! Event begins at 9 p.m. on Sunday, Dec. 31 in Bissell Park. LIVE BANDS, FOOD TRUCKS, HOT AIR BALLOONS, 21+ BEER GARDEN, BALL DROP AND FIREWORKS! For more information, visit <https://fb.me/e/3hx4v6LBS>.

### Huichol Art Boutique for the Holidays!



The artwork of the Huichol people is imbued with beauty and knowledge; a thread of connection to the wisdom of the past living alongside the seeds of the future. In the rugged Sierra Madre mountains of Mexico, the Huichol people live as they have for thousands of generations, in communion with nature and each other. Their sacred traditions and connections have never been lost. Your purchases support Huichol families, enabling them to remain in their homeland to pass on their traditions.

**Shop by appointment: Text Mary Beth Robinson at (865) 387-0977 to schedule a time to shop in person, or via Zoom, or FaceTime. Or attend the Sacred Fire East Tennessee Community Fire on Saturday, Dec. 30 at 9:30 p.m. and shop after the fire. For more information on the local Sacred Fire organization, visit**

**<https://www.facebook.com/sacredfireeasttennessee>, or globally, visit**

**<https://www.facebook.com/sacredfirecommunity>.**



Join Westside UU Minister Rev. Carol Bodeau for an earth-centered gathering this Sunday, Dec. 17 from 3 to 6 p.m. at Westside UU. We will sit in a sacred circle, share experiences of inspiration in nature, create ritual together, and set intentions for the coming month. Then we'll have time for food and fellowship. Meetings outdoors (weather permitting) at Westside each month on third Sundays.

<https://fb.me/e/bK9hRhIth>

# This Week at ORUUC



## Friday, Dec. 15

11am Tai Chi Practice

## Saturday, Dec. 16

3pm Ukulele

## Sunday, Dec. 17

### 21<sup>st</sup> Annual No Rehearse Pageant

#### **10am Worship**

11am High School (Canceled)

11am Together in Spirit (Canceled)

11:15am Circle of Trust I

11:15am Knitting & Crocheting Group (Canceled)

11:15am Newcomers (Canceled)

11:15am Reflections (Canceled)

12:30pm Buddhism Study Group

12:30pm Circle of Trust IX

1pm Tamale Making

3pm Line Dancing

4pm Circle of Trust XI

5-7pm Zentangle Group

5:30pm Circle of Trust X

## Monday, Dec. 18

11am Tai Chi Practice

## Tuesday, Dec. 19

6pm Board Meeting

6pm Depression and Anxiety Group

## Wednesday, Dec. 20

6:30am Breakfast Rotary

11am Tai Chi Practice

11am Circle of Trust VIII

1:30pm Executive Team Meeting

7pm Choir Practice

7:45pm Band Rehearsal

## Thursday, Dec. 21

12:30pm Lunch Bunch

7pm Winter Solstice Service

(Childcare provided.)

**To view the church calendar anytime, log into the Members' Section of the ORUUC website:**

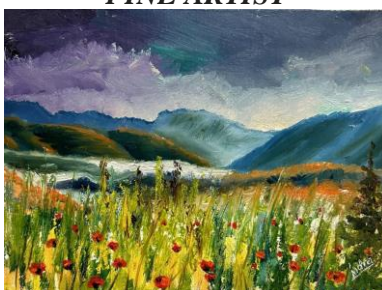
<https://www.oruuc.org/members-section>

**Need password help?**

**Contact the church office!**

**Don't miss the current exhibit in the ORUUC Gallery:**

**INDRA SAHU  
FINE ARTIST**



<https://www.oruuc.org/current-exhibit>

The exhibit will be up through January 5. All pieces are available for purchase. Art makes a great gift!



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



## **ORUUC Board of Trustees 2023-24**

*President: Jason Fishel*

*Past President: Michele Thornton*

*President-Elect: Kara Raymond*

*Secretary: Nathaniel Bass*

*Treasurer: Brandon White*

*Members-at-Large:*

*Freddie Nechtow*

*Charles Davis*

*Jami Garner*

*Jen Stark*

## **ORUUC Executive Team**

*Rev. Lisa Romantum Schwartz*

*Christine Rehder*

*Amanda Fishel*

*Donna Maloney*

*Jeannie Cuevas, Office Administrator*

## **Sunday, Dec. 24**

### **Hard Candy Christmas**



Most people don't know that Santa and Jesus met, right here in East Tennessee. Come hear the story of it. Special music provided by guest soloist Camri Anderson. *There will be no Faith Formation hour following worship.* **Come back to church at 6 p.m. for our annual Candlelight Christmas Eve Service! Singing begins at 5:45.**

**The deadline to submit news for  
*The Exponent* is**

**Wednesday at noon.**

**Please send news, comments, and  
feedback to Rachel at**

**[communications@oruuc.org](mailto:communications@oruuc.org).**

***There will be no Exponent the week  
between Christmas and New Year's.***