

January 20-26, 2023

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## News from Oak Ridge Unitarian Universalist Church

# The Exponent



### Volunteer at Ecumenical Storehouse Tomorrow Saturday, Jan. 21 9 a.m. to Noon

It's the third Saturday of the month, and that means it's ORUUC's turn to volunteer at Ecumenical Storehouse! **Show up at 134 E Division Road at 9 a.m.**--no training required, just a willingness to help! The items picked up range from heavy furniture to linens, lamps, and pots and pans, so don't think you have to be able to lift a sofa to help.

Questions? This month's point of contact is Hal Hoyt, who can be reached at [halhoyt@hotmail.com](mailto:halhoyt@hotmail.com).

#### Interested in donating items?

Check out the list of what's accepted at <http://thestorehouseinc.org/items-to-donate.shtml>.



## What We Do Matters

Gina Grubb, Worship Coordinator

"How you live your days is how you live your life." I'm not sure who that quote should be attributed to, but I remember hearing Jake say it several times in his years as our minister here. And then there is the old spiritual song, "May the life I live speak for me."

What we do matters. Our presence and service are how we live our values. How are you present in your life? How are you present at ORUUC? Are you ready to serve?

This church is a safe haven for many to heal and renew and wonder and explore in their spiritual journey. It is also a thriving service organization with many members thinking outside the box and working within and outside our walls to love and serve and make the world better and more just.

Our work is transformative!

ORUUC is a volunteer organization of roughly 300 members with a small staff of primarily part-time employees. Essentially, everything we accomplish here is because of the presence and service of our members.

So, first I want to thank you! Thank you for being here and giving your time and talents and love. You are the reason we are who we are! You are the transformative power of ORUUC!

But I also want to point out that there are many "little" tasks that are currently not getting done, and the burden is growing on our paid staff.

In other words, there are opportunities to serve your church in small but meaningful ways. For example, we need ushers and in-person greeters on Sunday mornings. These are important roles that are

also a great way to meet people!

Are you more interested in behind-the-scenes work? There are opportunities to help in the office, too! Do you like to get your hands dirty? Our building and grounds maintenance team welcomes you!

So, if you are interested in serving at ORUUC but just don't know how, please talk to any of us on staff or send an email to me at [worship@oruuc.org](mailto:worship@oruuc.org). I'll help to get you plugged in. Your presence and service matter. 😊



# This Sunday, Jan. 22

## Honoring Our Past, Building Our Future

Where do we come from, what are we?  
Where are we going? ORUUC  
celebrates the strong foundation of our  
history, and the mystery that is our  
future.

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)

**Multi-Gen Faith Formation Hour at 11:15 a.m.**  
Lunch provided. Childcare for ages 5 and  
under only. All regular FF classes are  
**canceled**. *This week, the CDC Covid-19 Community  
Levels are Low for Anderson, Knox, Morgan, and Roane  
counties. Masks are not required in the building; however,  
we encourage you to do what makes you feel comfortable.*

### Timeline Event During Faith Formation Hour this Sunday. Lunch provided!



After worship, join us in the Social  
Hall at 11:15 for lunch and a special  
multi-generational Faith Formation  
hour **Timeline Event**. Add your  
special life events connected with  
ORUUC to the timeline on the  
wall! **Childcare will be available for  
ages 5 and under only. All other  
Faith Formation hour classes are  
canceled.** *Boxed lunches are from  
Firehouse Subs: your choice of ham,  
turkey, roast beef, or cheese subs  
with chips, lemonade, and cookies.  
Vegetarian and gluten free options will  
be available.*



### January Split the Plate: [Ecumenical Storehouse](#)

Since 1984, members of ORUUC, along with volunteers  
from other Oak Ridge churches, have collected and  
distributed household goods to thousands of area families  
in need during emergency situations, including those  
impacted by fires, flooding, and family crises. This ministry  
has repurposed tons of useful items, redirecting them from  
landfills into the hands of those who need them. For more  
information, visit <http://thestorehouseinc.org/>.

### Volunteer with Ecumenical Storehouse by Michael Bjerke

The Ecumenical Storehouse is a  
non-profit organization administered  
by a group of 12 local churches,  
ORUUC included. Its purpose is to  
collect used furniture and other  
household items and distribute them,  
at no charge, to families in need.  
Approximately 300 individuals receive  
our help each year, and we are  
hoping to expand our outreach.  
Families are referred to us by either a  
social service agency, like ADFAC, or  
by local churches. This makes sure  
that the service is available to those  
who are most in need.

**There are many ways that you  
can help with this very necessary  
service.** First, Storehouse volunteers  
pick up furniture and other items from  
donors every Saturday from 9:00 till  
noon. **Our church is responsible for  
coordinating volunteers on the  
third Saturday of every month.**  
Martin Bauer is usually the lead on  
this, but **this month's point of  
contact is Hal Hoyt, who can be  
reached at [halhoyt@hotmail.com](mailto:halhoyt@hotmail.com).**



There is no training required for this  
job, just a willingness to help! The  
items we pick up range from heavy  
furniture to lightweight, such as  
linens, lamps, and pots and pans, so  
don't think you have to be able to lift  
a sofa to help. **Our next pickup day  
is TOMORROW, Saturday, Jan. 21.**

Items are distributed from the  
Storehouse to needy families every  
Tuesday and Thursday from 10:00 to  
noon. Each church in the group, or  
several churches working together,  
handle a full month of duties, which  
include answering the phone, helping  
people choose items, and helping  
them load up their vehicles.

**ORUUC's next month to handle  
this is March,** and we do it together  
with Chapel on the Hill. As with pick  
up duties, most requires little training  
(answering phones is the exception).

If you believe you could help with  
any of the volunteer opportunities,  
please contact ORUUC's  
representative on the Storehouse  
board, Michael Bjerke, at  
[michaelbjerke@comcast.net](mailto:michaelbjerke@comcast.net).



# Announcements



**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.

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!

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

During her stop in Oak Ridge at ORUUC, Sophie will speak about her art and activism, her artistic process, comic-making, community building and empowerment through art. Her talk begins at 2 p.m., and will be followed by a Q&A session with the audience, and a book signing with refreshments served. Security will be on hand for this event. 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>

## Stone Soup

FREE Meal!  
Groceries available



Drive Thru ONLY

**Friday, Jan. 27**  
**5:30 p.m. – 6:30 p.m.**  
Or until supplies run out!  
**Menu: White Chicken Chili with Cornbread and Fresh Fruit**

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 Free Monthly Meal possible:  
 The Jewish Congregation of Oak Ridge  
 Kroger Marketplace

**Interested in cooking or baking? Join the Stone Soup team!** Email Miria [meg.harrison84@gmail.com](mailto:meg.harrison84@gmail.com) and Mary Beth Robinson [placesynergy@comcast.net](mailto:placesynergy@comcast.net)



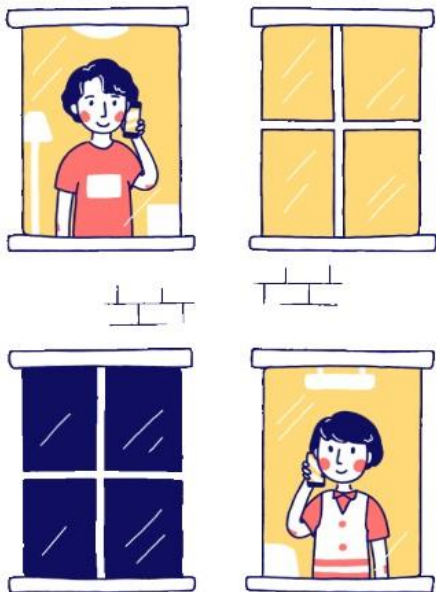
## ORUUC Nature & Hiking Group Outing

**Saturday, Jan. 28**  
**Haw Ridge (Oak Ridge)**



The ORUUC Nature & Hiking Group is planning its next hike at Haw Ridge, here in Oak Ridge, on Saturday, Jan. 28. Stay tuned to the ORUUC Facebook Group for details! <https://www.facebook.com/groups/oruuc> For more information about Haw Ridge, go to <https://www.visitknoxville.com/listing/haw-ridge-park/978/>

## 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 January

Christina Elliott [Christina.r.elliott@gmail.com](mailto:Christina.r.elliott@gmail.com) 865-214-0756

Jami Garner [Jamigarner@me.com](mailto: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.

## Volunteer Opportunities



The Free Medical Clinic is partnering with Remote Area Medical (RAM) to provide a FREE Pop-Up Clinic at the Oak Ridge Civic Center on Feb 18-19. Volunteers can register here <https://www.ramusa.org/volunteer-with-us/> If you are a non-medical volunteer, when you get to the section titled "Profession or Volunteer Classification," choose **General Support** from the drop down menu under "Event Area" and **General Support** from "Profession/Classification." Questions? The RAM point of contact can be reached at [kristinasoliza@ramusa.org](mailto:kristinasoliza@ramusa.org) or 865-579-1530.

**PATIENTS:** An update from The Free Medical Clinic: We received far more patient registrations than we expected. We are having to assess capacity, but we're hoping to open patient registration again soon.

## Upcoming Packing and Delivery Dates for Food For Kids Program



**Monday, Feb. 6: Packing begins at 12 noon**

**Tuesday, Feb. 7: 8:30 a.m. Delivery to schools**

**Monday, March 6: Packing begins at 12 noon**

**Tuesday, March 7: 8:30 a.m. Delivery to schools**

Volunteers pack food bags for Oak Ridge students in the multipurpose room at First United Methodist Church of Oak Ridge (enter via the back entrance on the Vienna Road side of the building. On street parking is available.) Help is also needed around 10:00-10:30 on Mondays when the Second Harvest truck arrives. Once Second Harvest brings in the food on pallets, help is needed unloading the boxes from the pallets to the tables; lifting is involved. Looking forward to welcoming some new volunteers! **Questions? Contact Cara Weigel at 865-806-7544.**

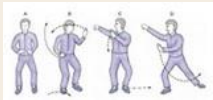
## Ongoing Activities at ORUUC



### 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.



### 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!** Our next practice is Saturday, Jan. 28 at 3 p.m. in the Sanctuary. If you're interested in trying something new this year, stop by! We're still working on Hotel California for the next Coffeehouse. We'd love to have you join us. Abbie Moore  
[abbie.moore@icloud.com](mailto:abbie.moore@icloud.com)

## RUMMAGE WEEK is February 25-March 4



### Donations Needed

*Here's a list to help you get an early start on putting things aside to donate for the upcoming Rummage Sale*

**Friday, March 3 (Pre-Sale) & Saturday, March 4 (Main Sale).**

**Questions? Email [oruucrummage@gmail.com](mailto:oruucrummage@gmail.com).**

### **We'll gratefully accept the following items in resalable condition:**

- **Clothing & Linens:** Washed, no tears, stains, mildewed, or strong odors from cigarettes, pets or moth-balls. It would be helpful to fold clothing and put in clean trash bags.
- **Upholstered Furniture & Area Rugs:** No significant tears, no stains, no mildew, or strong cigarette or pet odors.
- **Wood or Solid Furniture:** Not broken or badly dented or water damaged, and not missing any vital parts. Minor dents or scratches are acceptable.
- **Televisions:** Flat screens, still in good working condition, less than 5 years old, with no missing nobs or buttons. Minor dents or scratches are acceptable. No big projection TVs or consoles.
- **Electronics:** Still in good working condition stereo components and speakers, computers only with flat screen monitors.
- **Appliances:** Only small, still in good working condition such as toasters and microwave ovens, mixers, etc. No missing knobs or buttons. Minor dents or scratches are acceptable.
- **Miscellaneous Items:** Toys, tools, music instruments, patio furniture and décor items, knickknacks, books (no school textbooks or magazines please,) artwork, clean area rugs, dishes, pots/pans, shoes, antiques, and jewelry.

### **Things we are unable to accept:**

*There wouldn't be a Rummage Sale without our volunteers and your generous donations! You can help us greatly reduce work for our volunteers by disposing of items not in resale condition.*

- Anything that is wet from rain or floods, etc. or otherwise damaged
- Combustible fuel in any tanks or containers
- Console stereos or TVs, big projection TVs, or any that are older than 5 years, are not working, and those missing knobs or buttons
- Child car-seats
- Baby cribs with a sliding side rail
- Building materials, including paint and carpet remnants\*\*
- Auto parts
- Electronics not in working condition
- **Mattresses\***
- **Large appliances such as dishwashers, stoves and refrigerators, etc.\***
- **Large exercise equipment (treadmills, elliptical machines, etc)\***
- Pianos or organs
- Slate-top pool tables
- Safety helmets, including baseball, football, and cycling helmets

**\*Call Ecumenical Storehouse: (865) 481-0274**

**\*\*Call Habitat ReStore: (865) 483-5433**



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



**January Events**

**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 during morning worship and a multi-age Faith Formation hour. Add your special events connected with ORUUC to the church timeline in the Social Hall. Lunch will be provided. Childcare will be available for ages 5 and under only.

**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**

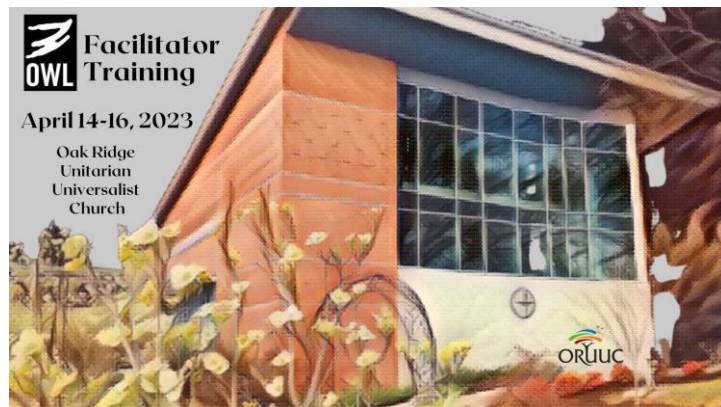
Senior High MountainCON  
(Grades 9-12)

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

# Announcements Continued



From Ellen Faby: The Anderson County Democratic Party will be holding our biannual Reorganization meeting on Saturday, March 25. We would like to offer people the option to attend via Zoom. We are looking for a volunteer who is familiar with running Zoom meetings and could help us manage the Zoom aspects of our meeting. Please message me at [elfab418@gmail.com](mailto:elfab418@gmail.com) if you can help us out. TIA.



ORUUC is hosting an in-person training in April for anyone interested in becoming a facilitator of the Our Whole Lives (OWL) lifespan sexuality curriculum. **This training will cover the Secondary OWL curriculum for Grades 7-9 and Grades 10-12.** Interested? Go to <https://www.oruuc.org/owl-facilitator-training>. Contact Christine Rehder at [crehder@oruuc.org](mailto:crehder@oruuc.org) with questions.



**Zenderley Art Workshops: Every Thursday through March!** Led by Manderley Swain and Zen Lane. **Please let us know by Wednesday each week if you are planning to attend.** We'll check comments of the Facebook group post - just be sure to add a date with your reply like, "I'm coming to the (date) workshop." Let this be the year you take that step toward learning new skills or improving those you have! ~Abbie Moore [abbie.moore@icloud.com](mailto:abbie.moore@icloud.com)

## 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](https://www.cdc.gov/covid19/community-levels)

**The CDC's Covid-19 Community Levels for Anderson, Knox, Morgan, and Roane counties are 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>



## ORUUC Nominating Committee



**Nancy Lain Highfill**



**Steven Barker**  
*(Seat formerly occupied by Jil Smith, who relocated to Maine.)*



**Sheila Morton**



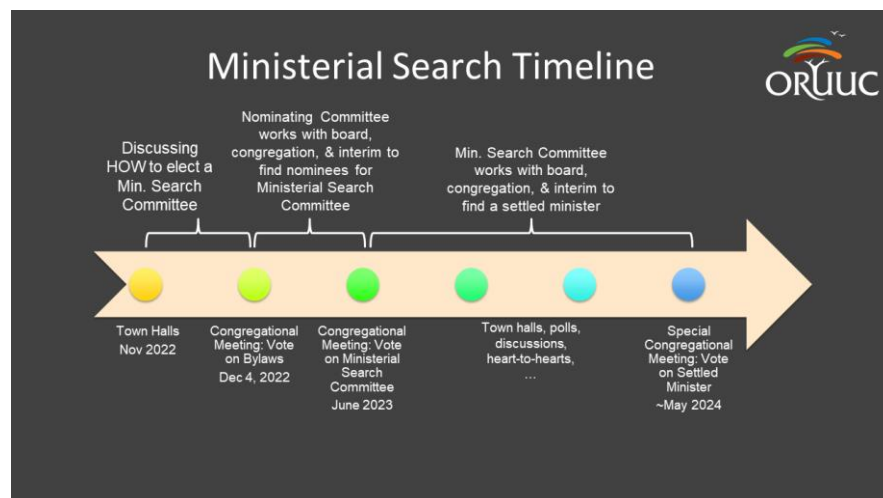
**Amanda Law**



**Robyn Naughton**

The Nominating Committee met on January 18 with all members present. The committee members are Amanda Sunshine, Steven Barker, Robin Naughton, Sheila Norton, and Nancy Highfill. We were joined by Michele Thornton (representing the board) and Rev Lisa.

We are gathering information for search committee selection and making plans to be in contact with all church members. We will be holding “listening sessions” after church. Steven Barker will talk more about the committee during the church service on the 22nd. ~Nancy Lain Highfill



Check out the **Ministerial Search Information Page** in the [Members Section](#) of our website. This page will be updated regularly. <http://www.oruuc.org/min-search-hub> (Password ORUUC809)



# This Week at ORUUC

## Friday, Jan. 20

11am Tai Chi Practice

## Saturday, Jan. 21

9am Ecumenical Storehouse Pick Up

## Sunday, Jan. 22

8:15am Circle of Trust VII

### **10am Worship**

11am High School (Canceled)

11am Together in Spirit (Canceled)

### **11:15am Timeline Event (pg. 2)**

11:15am Circle of Trust II

11:15am Newcomers (Canceled)

11:15am Reflections (Canceled)

11:30am Circle of Trust IV

12noon Circle of Trust V

12:30pm Buddhism Study Group

1pm Circle of Trust VI

2pm(3-5pm) Line Dancing

4pm Grades 5/6 OWL

## Monday, Jan. 23

11am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

## Tuesday, Jan. 24

9am Stone Soup prep

6pm Depression & Anxiety Support Group

## Wednesday, Jan. 25

6:30am Breakfast Rotary

11am Tai Chi Practice

5pm Stone Soup prep

5:30pm Circle of Trust III

6:45pm Choir Practice

7:45pm Band Practice

## Thursday, Jan. 26

12pm NWUUC & Launchpad

Meeting

6pm Potluck (Canceled)

6:30pm Zenderley Art Workshop

6:50pm Meditation Learning and

Practice Group

### ORUUC Weather Closure Policy

Weekdays: If Oak Ridge City Schools are closed, the church office 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.



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*

## Next Sunday, Jan. 29

*Spiritual Food Truck*

**Rev. Chris Buice, TVUCC, Guest Minister**



Everything is in flux. Dining out used to mean in a restaurant. Then came Drive-In restaurants and Drive-Thru windows. Now it might mean a picnic in a park near a food truck. Churches, like the food industry, are undergoing major changes. What will the church look like 20, 30, 100 years from now? What are the options for all of us who hunger for spiritual food?

**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).