#### January 27-February 2, 2023 In this issue >>>

This Sunday (pg.2)
New Dog Policy (pg. 3)
Timeline Event Recap (pg. 5)
Family News (pg. 6)
Covid Update (pg.9)
Church Calendar (pg.10)



News from Oak Ridge Unitarian Universalist Church

# The Exponent

generosity.



# Stone Soup is today from 5:30 to 6:30 p.m. (Drive Thru)

Our Stone Soup bakers and cooks have created a delicious White Chicken Chili and cornbread for dinner tonight! Drive thru this afternoon beginning at 5:30 to pick up some for yourself and a neighbor or friend. Non-perishable groceries will be available upon request.

As always, we appreciate our volunteers, who make this monthly free community meal possible, and our partners, the Jewish Congregation of Oak Ridge and Kroger Marketplace, for their financial support and donation of fresh fruit.

Are YOU interested in cooking or baking? Join the Stone Soup team! Email Miria

meg.harrison84@gmail.com and Mary Beth Robinson

placesynergy@comcast.net



## **Centering Love**

### Christine Rehder, Director of Faith Formation

As February approaches, our Worship theme will be Centering Love, with a special focus on the UUA's Article II Study Commission's Report on proposed changes to the UUA bylaws. The report is directed at clarifying the shared values and sources of inspiration shared among Unitarian Universalists. What began as a revision to the Seven Principles has evolved into a proposal that goes straight to the heart of the matter of our faith: transitional love with six core values that surround it—justice, interdependence, equity, transformation, pluralism, and

Throughout February, we will listen, learn, and discuss what these changes mean to our faith in general and our church in particular. You can read the full report <a href="here">here</a>.

Finding the words or creating an image of what faith looks like is a daunting task, even for those of us who do it for a living. Ours is an open-ended faith, and that makes creating the story and the pictures even harder. But, while I have difficulty defining what transformational love looks like, I know it when I see it. And throughout January, I saw "it" through the work of our leaders in the Middle School, who are Christa Brelsford,

Jimmy Groton, Rachel Smith-Jones and Steven Barker.

One of the leaders in the group, Christa Brelsford, started a Small Ministry Group dedicated to hosting trans graphic artist Sophie Labelle for an event this Sunday @ 2PM in the Sanctuary. To support this event, the rest of the leaders decided to invite other leaders from groups that support GLBTQIA youth. In addition to Sophie Labelle, ORUUC's own Sheila

Morton of the Gay/Trans/Straight Alliance at ORHS, and Anne Backus of PFLAG came to speak to the group. In meeting with other GLBTQIA youth and other allies, our Youth see

the people and hear the stories of those who share our values and whose lives are directly impacted by our commitments to them. We have our Principles and Sources on the wall of the classroom, but reaching out and meeting other people connects us not just in the head, but through the heart: it centers love through

relationships.
Whatever becomes of Article II or whatever words and pictures we choose to define our values, I'm proud of the mentoring our children and Youth receive from our leaders. Their effort, commitment, and dedication to faith formation guides us directly to the heart of the matter. Ultimately that's what matters.

# This Sunday, Jan. 29 Spiritual Food Truck

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? Our Pulpit guest today is the Rev. Chris Buice of TVUUC.

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 <a href="here">here</a>. Email or Text Prayer Requests to <a href="prayers@oruuc.org">prayers@oruuc.org</a>

Adult and Youth Faith Formation Classes meet from 11:15 to 12:15.



## Fifth Sunday Split the Plate: The Minister's Discretionary Fund

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.

To donate to Sophie Labelle's honorarium (see story below), go to <a href="https://onrealm.org/oruuc/give/Sophie">https://onrealm.org/oruuc/give/Sophie</a>. Or text "ORUUC Sophie" to 73256 to give using your mobile device. Thank you!

# TODAY at 2 p.m. in the Sanctuary: Sophie Labelle



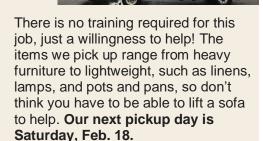
Sophie Labelle is a neurodivergent trans cartoonist and novelist from Montréal, Canada. She is the author of the webcomic Assigned Male, which has been running since 2014, and the Ciel novel series. "The Best of Assigned Male" was recently published by Hachette UK.

During her stop in Oak Ridge at ORUUC, Sophie will speak about her art and activism, her artistic process, comicmaking, community building and empowerment through art. Her talk with 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.

# 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 the lead: he can be reached at bauermlb@gmail.com.



**Ecumenical Storehouse** 

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.

## **Announcements**



Interested in cooking or baking? Join the Stone Soup team in February! Email Miria

<u>meg.harrison84@gmail.com</u> and Mary Beth Robinson <u>placesynergy@comcast.net</u>



The ORUUC Nature & Hiking Group is meeting tomorrow (Saturday, Jan. 28) at 1 p.m. outside the Life Development Center at 299 Old Edgemoor Rd. This easy, pleasant hike will include a stretch of boardwalk, the East Edge Trail, or wherever strikes the group's fancy. If anyone has trouble finding the place or has any other questions, feel free to call Jim Nutaro at 865-255-8578. All are welcome!

## New Dog Policy

#### I Love My Dog...

...BUT not everyone else does. Some people are even afraid of, or allergic to, dogs. And some dogs, as sweet as they are to those who feed 'em, aren't too wild about other people's children.

In order to provide the broadest welcome to humans at ORUUC, the board has developed a policy about dogs at church; you may read the full policy may here: https://www.oruuc.org/policy-on-animals-at-oruuc

Essentially, personal pets are prohibited on the campus, even if they're leashed, except when we're having a pet blessing service. At a pet blessing service, all animals must be caged, leashed, or otherwise under the control of their handler.

ORUUC will continue to allow service animals on our campus as outlined in the ADA guidelines. Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. ORUUC allows service animals to accompany people with disabilities in all areas of the facility where the public is allowed to go. (And a note on etiquette: It's not OK to ask someone what service their dog provides, and it's never OK to pet a working dog.)

Occasionally, staff members bring a pet to work during the week when no events are planned, but the new policy mandates that the pets must be under the control of their handler, and a sign will be posted on the office door notifying visitors that an animal is present. **Rev. Lisa** 

**THANK YOU for your generosity!** Thanks to everyone who contributed over the winter holidays to the Minister's Discretionary Fund (MDF). You added \$1,448.52 to this important storehouse with the Christmas Eve and Christmas Day offerings. This fund allows ORUUC to step in quickly to help folks who are experiencing a temporary financial crisis. It's been used to pay power bills, cover the cost of prescription meds, and even pay a month's mortgage payment, all discreetly and privately. The MDF also helps our church provide emergency assistance to members of the larger community. And, when there's an opportunity to bring in a great speaker or program that we didn't anticipate when we set the annual budget, the MDF can help cover the cost of an honorarium or licensing fee. If you missed the chance to contribute, you can always give at https://onrealm.org/oruuc/-/form/give/now or drop a check in the offering plate with "Minister's Discretionary Fund," or MDF, in the memo line.

## 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 January**

Christina Elliott <u>Christina.r.elliott@gmail.com</u> 865-214-0756 Jami Garner Jamigarner@me.com 865-250-5505

#### **Caring Coordinators for February**

Jami Garner <u>Jamigarner@me.com</u> 865-250-5505 Hope Waddle <u>karasue54@gmail.com</u> 865-254-4006

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 <a href="https://www.ramusa.org/volunteer-with-us/">https://www.ramusa.org/volunteer-with-us/</a> 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 <a href="mailto:kristinasoliza@ramusa.org">kristinasoliza@ramusa.org</a> or 865-579-1530.

**Update from the FMC:** We're organizing coffee and snacks for the 200 RAM volunteers helping with the event. If you're interested in providing hospitality services, contact <a href="mailto:execdir@fmcor.org">execdir@fmcor.org</a>.

Patients: For more information, go to <a href="https://www.ramusa.org/event/oak-ridge-tn-2023/?instance\_id=584">https://www.ramusa.org/event/oak-ridge-tn-2023/?instance\_id=584</a>

## 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! We 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

## Timeline Event Sunday, Jan. 22



Many thanks to those who shared their ORUUC stories with us at the Timeline Event. For those who missed it or want some quieter time to read and reflect, it will remain up in the Social Hall for a few weeks. Please come by and add any additional memories and PICTUREs (especially from the 80's) if you have any. Or email <a href="mailto:communications@oruuc.org">communications@oruuc.org</a> and we'll add your memories to the wall. We are a great story! ~Christine Rehder, Director of Faith Formation



Thanks to Colin Loring for sharing photos of the event.

## Family News



Registration Deadlines for SPRING Moutain CONs in Highlands, North Carolina:

Elementary (Grades 3-5): Next Friday, Feb. 3 <a href="https://www.themountainrlc.org/spring-elementary-con">https://www.themountainrlc.org/spring-elementary-con</a>

Intermediate (Grades 6-8): Friday, Feb. 17 <a href="https://www.themountainrlc.org/spring-intermediate-con">https://www.themountainrlc.org/spring-intermediate-con</a>

Senior (Grades 9-12): Friday, March 2 https://www.themountainrlc.org/spring-highschool-con

Cost: \$100 per youth, \$25 per adult advisor

A message from MountainCON advisor Sarah Gunter:

**YOUTH**, want to come to a weekend YouthCon at The Mountain??

Elementary (3rd-5th graders): February 17-19, 2023 Intermediate (6th-8th graders): March 3-5, 2023 High School (9th-12th graders): March 17-19, 2023

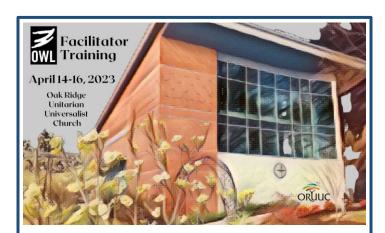
A Youth CONference is a gathering of Unitarian Universalist youth and advisors from congregations all over the southeast for a weekend program filled with a variety of workshops, activities, good food, a safe environment and warm, cozy cabins. Youth participate in activities, share with new friends in small get-to-know-you groups, bond during free time, contribute to times of fun and reflection, and grow spiritually through worship. Children and youth participating in Youth CONferences attend as a part of a congregational group. Volunteer adult advisors, volunteer Peer Advocate Leaders (PALs), and Mountain Staff work together to supervise the youth.

**ADULTS**, want to help our youth attend these great weekend retreats? You'll drive the kids, stay in a cabin with them, and be with them at mealtimes and when they're not in workshops. **We must have 1 adult advisor for every 4 youth from our congregation**. You'll get a Saturday morning and Saturday afternoon block of free time when you could hike, sleep, read, do puzzles, chat with other UU advisors, etc. Cost: \$25 for the advisor for the weekend.



Join "Father Goose" Michael Raymond
Thursday, Feb. 2 at 10:30 a.m. at the Oak Ridge
Public Library Auditorium for this free
program! For more information, go to ORPL
Children's Programming. We provide a meeting
place and fellowship for caregivers of young
children, especially those new to the community
and far from home.

Mother Goose is held on the First and Third Thursdays each month at 10:30 a.m., and is geared toward babies, toddlers, and preschoolers. This program promotes positive parent/child interaction, language and early brain development through traditional rhymes, circle games, musical activities, and simple play.



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

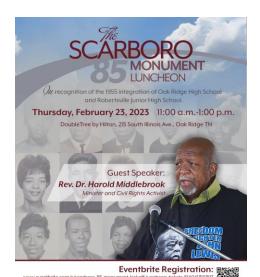
https://www.oruuc.org/owl-facilitator-training. Contact Christine Rehder at crehder@oruuc.org with questions.

## Community News





The Friends of the Oak Ridge Public Library Winter Book Sale is open to the public today from 10:30 a.m. to 5:30 p.m., and tomorrow (Saturday) from 10:30 a.m. to 5 p.m. The sale will take place in the Children's Room. For more information, check out the group's Facebook event: <a href="https://fb.me/e/2y526TKK3">https://fb.me/e/2y526TKK3</a>



Scarboro 85 Monument Luncheon: Thursday, Feb. 23 at 11:00 a.m. at the DoubleTree by Hilton in Oak Ridge. Tickets are \$50 each with the option for table sponsorships. Hear Civil Rights Activist and Minister, the Rev. Dr. Harold Middlebrook, and learn about plans to erect a monument in recognition of the 1955 integration of ORHS and Robertsville Junior High School

https://www.eventbrite.com/e/scarboro-85-monument-kickoff-luncheon-tickets-514041310397
Contact John Spratling at 865-363-9759 or jspratling@ortn.edu for more information.



### **Roots of America**

## An Exploration of Cultures: A Four-Part Series

- Roots of American Black Music its influence on American culture. February 3 at 5:00 p.m.,\* CNS New Hope Center, 602 Scarboro Rd. Speaker: Dr. John Fleming, National Museum of African American Music, Nashville.
- Roots of Indigenous Heritage proposed renaming of Clingman's Dome to "Kuwhoi." March 9 at 5:00 p.m., \* Pollard Auditorium, ORAU, 210 Badger Ave.

  Speaker: Lavita Hill, Eastern Band of Cherokee Indians.
- Roots of Hate Crimes in America focusing on ethnic and religious persecution. April 20 at 5:00 p.m.,\*

  Pollard Auditorium, ORAU, 210 Badger Ave. Speaker:

  Martha Manuel, FBI Special Agent. Followed by

  Periodic Tables small group discussions and light meal (see https://www.oakridgeperiodictables.com/about).
- Roots of Immigration panel discussion of current Latino immigration issues locally and nationally. May 23 at 5:00 p.m.,\* Pollard Auditorium, ORAU, 210 Badger Ave. Panel moderated by Madeline Rogero, former Mayor of Knoxville.

\*Doors open at 5:00 for a reception for the speaker. Light food will be served. Presentation starts at 5:30.

Roots of America is presented by the Oak Ridge Institute for Continued Learning in partnership with the Oak Ridge Breakfast Rotary Club and is supported by major donations from the following: ORNL Federal Credit Union, Rotary District 6780, and with venues provided by: Consolidated Nuclear Security, LLC, Oak Ridge Associated Universities.

For more information, please go to the following website and click on "Roots of America Lecture Series — Lecture Series Website": <a href="https://www.roanestate.edu/?8465-ORICL-Oak-Ridge-Institute-for-Continued-Learning">https://www.roanestate.edu/?8465-ORICL-Oak-Ridge-Institute-for-Continued-Learning</a>

## Ministerial Search News



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



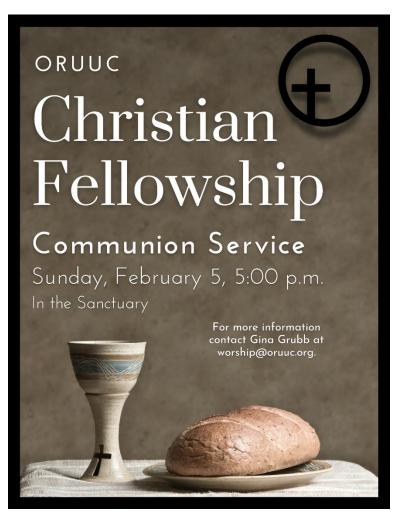
## More at ORUUC

The UUA's Disaster Relief Fund provides financial support to UU congregations across the country in times of crisis. Last fall, more than \$100,000 was donated to Florida congregations hit by Hurricane Ian. Now, UU's out West need relief from the incessant rain and the damage it has caused. You can help! With continuing climate crisis challenges, congregations are contacting the UUA for help more frequently, and the fund is nearing depletion. Please consider donating to the UUA Disaster Relief Fund today!





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



#### **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, 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



## This Week at ORUUUC

#### Friday, Jan. 27

11am Tai Chi Practice 1pm Stone Soup Prep 5:30pm Stone Soup Community Meal (Drive Thru) (pg. 1)

#### Saturday, Jan. 28

1pm ORUUC Hiking and Nature Group hike at Haw Ridge (pg. 3) 3pm Ukulele (pg. 5)

#### Sunday, Jan. 29

#### 10am Worship

11am High School 11am Together in Spirit 11:15am Newcomers 11:15am Reflections 12:30pm Buddhism Study Group 2pm(3-5pm) Line Dancing 2pm Sophie Labelle, Speaker (pgs.1 &2) 4pm Grades 5/6 OWL

#### Monday, Jan. 30

11am Tai Chi Practice6:50pm Meditation Learning andPractice Group

#### Tuesday, Jan. 31

6pm Depression & Anxiety Support Group

The deadline to submit news for The Exponent is Wednesday at noon! Please send news, comments, and feedback to Rachel at communications@oruuc.org.

#### Wednesday, Feb. 1

6:30am Breakfast Rotary 11am Tai Chi Practice 11am Circle of Trust VIII 6:45pm Choir Practice 7:45pm Band Rehearsal

#### Thursday, Feb. 2

1:30pm Executive Team Meeting6pm Potluck6:30pm Zenderley Art Workshop6:50pm Meditation Learning andPractice Group

**SAVE THE DATE:** TVUUC and its 8th Principle Task Force is hosting a **racial justice workshop** on **Saturday, Feb 25**<sup>th</sup>. All area UU congregations are welcome! More details coming soon.

## 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 inperson 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
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Ethan Coon

## The ORUUC Executive Team

Rev. Lisa Schwartz

Christine Rehder Christina Elliott Amanda Fishel Jeannie Cuevas, Office Admininstrator

Next Sunday, Feb. 5
Journey through the Wilderness

Rev. Lisa Romantum Schwartz, Interim Minister February Worship Series: Centered in Love



The sages say, "people who don't understand their past are doomed to repeat it." On this first Sunday of Black History Month, Rev. Lisa will tell the story of the White Entitlement Controversy (a.k.a. the Black Empowerment Controversy) and see if there are some lessons in that history...