

July 14-20, 2023

In this issue >>>

This Sunday (pg.2)

Announcements (pgs.3-4)

Family News (pg.7)

Ministerial Search Update (pg.9)

Church Calendar (pg.11)



News from Oak Ridge Unitarian Universalist Church

The Exponent



Cranes for Shigeko: 600+ and counting!



ORUUC Members and Friends of all ages have been making origami cranes to honor Shigeko Uppuluri, who died last month at the age of 92. Steven Albright is creating a beautiful display in the sanctuary for Shigeko's Memorial Service, scheduled for Saturday, Aug. 5 at 2 p.m. More cranes are still needed—the hope is to have more than 1,000 paper cranes take flight!

Origami paper and printed instructions are available at church. **Please take some with you and return them to the baskets by July 20.**

To learn more about Shigeko's life in her own words, visit the American Heritage Foundation website for "Voices of the Manhattan Project," a 50-minute video interview with Shigeko made on April 26, 2018.

<https://ahf.nuclearmuseum.org/voices/oral-histories/shigeko-uppuluris-interview/>.

Ministerial Search Update – July 2023

Christy White, Ministerial Search Committee Member

As the summer settles over us like a warm, steamy blanket; the ministerial search committee has begun meeting. Our two gatherings thus far have been very informal, with lots of snacks and ice-breaker questions, mostly geared toward settling into the task before us and learning how we will work best together.

One sentiment we've all shared is the great honor each of us feels at being called to serve ORUUC in this way. Each of us arrived at the decision with thoughtfulness and take very seriously the the opportunity to do the hard labor necessary to accurately reflect the will and wishes of the congregation.

One thing we noticed is that the [ministerial search timeline](#) that has been shared thus far gets a little murky after the congregation votes on the committee. To that end, we thought we'd share more of a timeline of what search will look like (and what to look out for), including date estimates.

Roughly, the search is conducted in seven general phases. We've already finished phase one (The Good Goodbye) and phase two (electing the search committee), so pat yourselves on the back for a job well done!

The next big lift is phase 3, "Building the Structure to Search." Major elements of this phase include:

- **August - Search committee retreat:** Facilitated by representatives from the UUA, we will make a search covenant and take a deep dive into the roles and tasks necessary for our work on behalf of the congregation.
- **September-ish - A congregational survey:** Thoughtfully crafted by the UUA Transitions Team and regional staff, this survey will be made available to every member of the church and includes questions that emphasize what the congregation needs from a new minister.
- **November-ish - Cottage meetings/focus groups:** Smaller group gatherings, these meetings are an invitation to participate in group conversations to hear and build on what others say about ORUUC.

Phase 4 and beyond will start in winter of 2023, and there's plenty to keep us busy in the meantime (check out page 9 for more information).

Until next time, we appreciate your trust and support of us all as we embark on this grand adventure.



This Sunday, July 16

The right tool for the right job

Guest Speaker Christy White

What happens in relationships when the tools you used yesterday aren't right for the job today? Simply put, what happens when you bring a flat head to a decidedly Phillips situation? This Sunday, Christy White tells the tale of how she learned she had the wrong tools, and what she did about it.

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



This month's Split the Plate Offering:

Second Harvest Food For Kids Backpack Program

Adult Faith Formation classes meet from 11:15 a.m. to 12:15 p.m. The Reflections group hosts a conversation on the sermon topic every Sunday during Faith Formation Hour in the conference room. All are welcome to join in. Nursery is available during the FF Hour. Youth Faith Formation classes are on summer break until Sunday, Aug. 6.

Covid-19 Update: Masks are not required in the building; however, we encourage you to do what makes you feel comfortable.



If you or your group need childcare for a church meeting or event, please complete this form TWO WEEKS in advance: <https://form.jotform.com/231284551294053>.

Childcare is provided for children ages 10 and under only. Once you click "Submit," the form will go directly to ORUUC's Multigenerational Coordinator Whitney Cole, who will work with Childcare Coordinator Laura Scott to arrange childcare for your church function. Thank you!

This Month's Split the Plate Offering Recipient:



Each Sunday, half of the undesignated offering is given to our Split the Plate recipient. **Second Harvest Food For Kids Backpack Program** is a collaborative effort between Second Harvest and an ever-increasing number of public schools within the food bank's 18-county service area. All Oak Ridge and Anderson County elementary schools are participating. On Fridays throughout the school year, a backpack of healthy, easily-prepared food is provided to children who may be missing meals on a regular basis.

Currently, 13,571 children at 286 schools receive backpacks. It costs \$100 per year to sponsor one child. (This includes all costs, not just food.) As additional funding and sponsorships become available, more children will be able to participate. For more information about this important program, visit their website at <https://secondharvestetn.org/program/food-for-kids/>.

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

Announcements

From the Memorial Services Committee



On Saturday, August 5th at 2:00 in the afternoon, there will be a Celebration of Life for Shigeo Uppuluri with a reception following. We are expecting a large turnout of both ORUUC members and friends and also members of the larger Oak Ridge community. This will require more contributions of food for the reception than we are used to providing. Therefore we're asking our ORUUC members and friends to please help us. We only want finger-food such as cheese and crackers, hummus and pita, brownies, cookies, deviled eggs, fruit trays, veggie trays and any other finger-food you would like. Your contributions can be put on the counter in the kitchen or in the fridge but must be labeled "for memorial service". You can also bring it when you come for the service if that's more convenient. It would be helpful if we knew ahead of time what we can expect, so please phone Ann Odell at 865-685-0021 or email annodell56@gmail.com. Thank you.

Summer Worship at ORUUC

- June 18 Janet Fryer
- June 25 Jane Flanagan
- July 2 **GA Worship Service (ONLINE ONLY. Church closed. FF classes canceled.)**
- July 9 Christa Brelsford
- July 16 Christy White
- July 23 David Savoie
- July 30 Esther Dyer

August 6 Rev. Lisa introduces a new worship series - *Discernment* - and a new year of Youth Faith Formation programming!



Volunteers Pack School Supply Back Packs for Kids



What an incredible response there was to the request for art submissions for this summer's ORUUC Members and Friends Art Exhibit! So many wonderful submissions! Thanks to Nancy Starr for organizing the art exhibits at ORUUC. Check it out the next time you're in the building!

From ADFAC: Thank you to the Oak Ridge Breakfast Rotary and members of the Unitarian Universalist Church who helped us get over 200 backpacks out the door to Dutch Valley Elementary and Grand Oaks Elementary School last week! For more information on this annual effort, visit <https://www.adfac.org/>.

Announcements

Stone Soup

FREE Meal!
Groceries available



Drive Thru ONLY

Friday, July 28
5:30 p.m. - 6:30 p.m.
Or until supplies run out!

Lite Italian Pasta Bean Salad, Fresh Fruit, and Congo 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 (865) 483-6761
809 Oak Ridge Turnpike, Stoplight #2

Special thanks to our Community Partners for making this Final Friday Monthly Meal possible:
Kroger Marketplace
Jewish Congregation of Oak Ridge



Stone Soup needs YOU to help with this month's meal! We need your support to keep this much needed ministry going AND to return to in-person dining later this summer. If you can help in any way, or have questions, please reach out to Jen Stark at jen.stark@hotmail.com or contact the church office at 483-6761. Make good food, make new friends, make a difference!

House/pet sitter wanted



Mare Martell is looking for someone to stay at their house for six weeks while they're out of the country for work. Rent and utilities will be paid (although the individual is welcome to help out if they want to). The individual will be responsible for the upkeep of the house, Mare's cat, and Mare's fish. They will also need to buy their own food. Mare had someone who had agreed to fill this role, but they backed out recently. If you or someone you know is interested, or if you have questions, please email Mare at maremartell@gmail.com. Thank you!



This Saturday
9 a.m. - 12 noon
at ORUUC

Tomorrow (Saturday, July 15) is a church Maintenance Day! Stop by between 9 a.m. and noon to lend a hand!

Zentangle Group

Sundays 5 to 7 PM
Beginning June 18

Oak Ridge Unitarian Universalist Church
809 Oak Ridge Turnpike



3½-inch tile from Introduction to Zentangle class

The Zentangle™ Method uses simple, repetitive pen strokes to create beautiful, structured patterns. Zentangle requires NO drawing skill, is easy to learn, and has many therapeutic benefits.

Introduction to Zentangle Lesson \$10 including starter supplies

Continuing Zentangle \$5 suggested donation. Each week stands alone.

*****Cash only. Supplies available to purchase. Offered every week — no RSVP required!*****

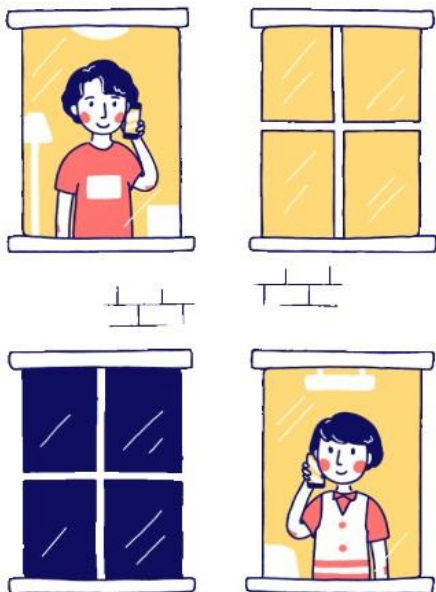
For more information, contact Nancy Starr, Certified Zentangle Teacher.

865-483-8684 (landline)

865-742-9993 (mobile/text)

starroakridge@gmail.com

Caring for Each Other



Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery? Contact the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for July

Mare Martell maremartell@gmail.com 616-826-9984 (cell)

Sarah Gunter sarahcjhunter@gmail.com 865-308-2820 (cell)

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 City of Oak Ridge Honors Shigeko Uppuluri

From the City of Oak Ridge: The Oak Ridge City Council honored Shigeko Uppuluri, who passed away last month at the age of 92, for her contributions to the Oak Ridge community and the world at their July 10 meeting.

"No one embodies a commitment to a culture of peace, love and understanding more than Shigeko Uppuluri, and she will be remembered for her unassuming nature, her peaceful spirit, her patience, her excitement about trying something new, and her expression of love, friendliness and joy, often conveyed through a smile or a giggle," the proclamation said. [Full

proclamation: <https://bit.ly/46N2Y11>]

Shigeko Uppuluri lived her early years with her family in Shanghai, Tokyo, and Kyoto, and in the late 1950s, received a scholarship for graduate work at the University of Indiana, where she met her husband, Ram Uppuluri, a native of India.

Since she came to Oak Ridge in 1963, Shigeko has been an ambassador and mentor to countless Oak Ridgers as well as to Japanese and other international visitors; and whereas, this quiet dynamo influenced international understanding through her work with such diverse organizations as the Girl Scouts, the Children's Museum, Oak Ridge schools, the League of Women Voters and Women's Interfaith Dialog, and, understanding the challenges of life in another country, Shigeko was instrumental in establishing a program at the

YWCA to welcome and mentor families from other countries by helping with language, doctor's visits, shopping, or children in school.

At Oak Ridge National Laboratory, Shigeko served as a translator and teacher of language and culture to scientists traveling to Japan, and, as Tennessee became host to Japanese companies establishing auto-related businesses, she extended her mentoring and outreach to helping these guests adapt to their new home.

When the 50th Anniversary of Oak Ridge was planned in 1992, Shigeko and Ram proposed their idea for the International Friendship Bell to commemorate the event and chose the theme "Born of war, living for peace, growing through science." They, along with Oak Ridge scientists, led successful efforts to raise funds locally and in Japan, and arranged for the Bell to be cast by a Master Bellmaker in Kyoto and transported to the United States by the Honda company.

Read more here:

<https://www.facebook.com/profile.php?id=100064365956508>



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.



Ukulele Group

The group is scheduled to meet **this Saturday, July 15 at 3 p.m. in the Sanctuary.** We'd love to have you join us! **Upcoming rehearsals are July 29, August 12, August 26.** Abbie Moore
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 Baccus backusanne@comcast.net for more information about PFLAG Oak Ridge.



ORUUC needs to add members to its Caring Team! **Contact Rachel in the church office (865-483-6761) or 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

Help with Ecumenical Storehouse Pick Ups Saturday, July 22



Saturday, July 22 is 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? Contact Martin Bauer at bauermlb@gmail.com.



ORUUC Pantry Needs

Fruit (small cans or cups) • Tuna • Peanut Butter • Soups • Vegetables (corn, green beans) • Kidney beans • Mac & Cheese • Hamburger Helper • Ravioli/SpaghettiOs

Donations are desperately needed and may be dropped off any weekday between 9 a.m. and 3 p.m., or on Sunday mornings. Thank you!



Congratulations to the ORUUC Softball Team for making it to the City League Tournament playoffs this summer!

What a great season!

Stay tuned for team volleyball news this winter! (Sarah Gunter photo)

Family News



Sunday, July 23rd @ 11:15 in the Sanctuary: Transition Times

As school begins in Oak Ridge, join Director of Youth Faith Formation Christine Rehder, the YFF staff, parents, youth and children for a conversation about transitions, threshold moments, and readiness for new beginnings. Join us and share in the collected wisdom and loving kindness we each bring to our covenantal community.

Sunday, July 30th @ 11:15 in the Sanctuary: 2023/24 YFF Parent Information Meeting

Find out what's in store for YFF in 23/24. Join the YFF Staff for program information, dates for the calendar, and fellowship with other families. Childcare for ages 0-10 is provided.

Sunday, August 6th @ 11:15: Youth Faith Formation begins!



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

Please note that we'll meet first & FOURTH Thursdays in June & July!

Upcoming date: July 27 at 10:30 a.m. Oak Ridge Public Library Meeting Room.

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

<https://mailchi.mp/oakridgetn/orpljul23>

High School Lock-In Thank You's!



Thanks to everyone who organized, chaperoned, donated snacks (special shout out to Aubrey Wick-Sebastian!) and helped our high school youth have a fantastic time at the lock-in last month. "The kids were amazing as usual," Robyn Naughton wrote. "Lots of games, laughter, and bonding." Thank you all!



A big THANK YOU to this year's Rainbow Camp presenters, counselors, CIT's and campers--working, learning and playing together is multiage ministry at it's finest! See you next year June 24-28th!

Christine Rehder, Director of YFF

Rainbow Camp

June 24-28, 2024



Community News

Back to School Fair
Saturday, July 22 at 1 p.m.
Scarboro Community Center Gymnasium,
Oak Ridge

Visit school booths on: STEM and Robotics demonstrations, Scholarship Information and Youth Enrichment Organizations. The Free Medical Clinic will provide back to school physicals. (Ages 3-18 years old include vaccines, hearing and vision screenings)

SCHEDULE

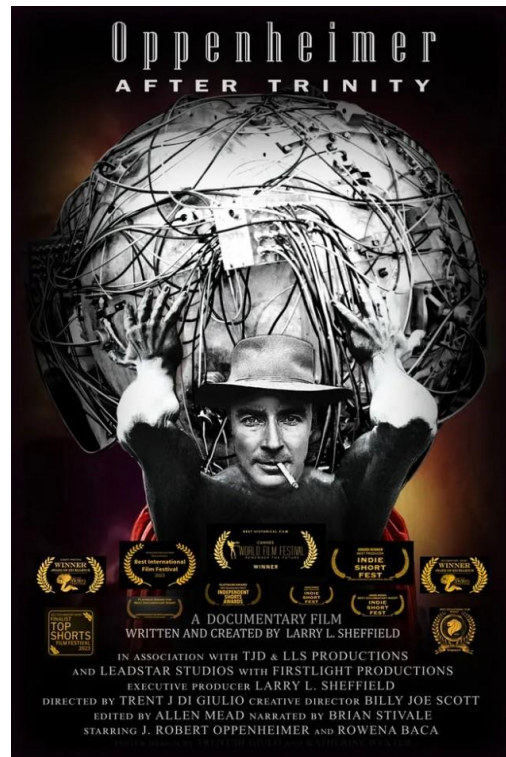
- 1:00 pm** Welcome! Pick up your FREE info and surprise package including a resource folder, books & school supplies.
- 1:30 pm** Presentation to Parents on Third Grade Retention by Oak Ridge Elementary School Staff. (Attend and receive gift card)
- 1:30-3 pm** Visit booths & learn of your child's curriculum and resources. Enjoy hot dogs, chips, cookies and drinks!

The first 10 parents receive a gift card!

Logos: Oak Ridge, Free Medical Clinic, Health Hero, Oak Ridge Schools

The Free Medical Clinic will be providing annual sports and schools physicals, and required vaccinations for all students at the NAACP-Anderson County Back to School Fair Saturday, July 22 at 1 p.m. at the Scarboro Community Center Gymnasium, 148 Carver Avenue, Oak Ridge.

Special thanks to the East Tennessee Foundation for their funding support for this historic free medical event with our underserved communities. FMC, along with valued community partners: The City of Oak Ridge, NAACP, Hero Health, Oak Ridge Schools, and Anderson County Schools, will provide back to school and medical help to struggling families. FMC will enable students who can't afford a sports physical to receive free care so they can sign up with their school or community teams. FMC will also provide free annual school physicals and required vaccinations.



Oak Ridge Schools proudly presents an exciting free community event in conjunction with premiere week for the acclaimed blockbuster film, *Oppenheimer*. **The event will be held at the Oak Ridge High School Auditorium on Wednesday, July 19, from 6-8:30. The event will include a 90-minute panel discussion and a screening of the documentary film, *Oppenheimer After Trinity* (60 minutes in length).**

The movie's premiere offers an unparalleled opportunity for the residents of Oak Ridge, and our students, to re-examine the conversations held over 80 years ago surrounding the splitting of the atom and the aftermath those decisions had on society. Furthermore, the experience provides a framework for discussing the development and deployment of emerging technologies, such as artificial intelligence, and the impact it will potentially have on future generations.

The panel aims to position our Oak Ridge students alongside community leaders to encourage their intellectual growth and prepare them as the next generation of industry leaders on the global stage. **Featured panelists will speak alongside Oak Ridge High School Students** Aaliyah Herron, senior • Dakota Forelle, senior • Isabella Zolnierczuk, senior • Odelia Kneiser, junior • Elena Vogt, sophomore

For more information, visit https://www.ortn.edu/oppenheimer/?fbclid=IwAR28xRrj2BpNI6_nNrfUAvzuhHpIuDjblJbq83zB6ZBcufq42NUBkdbVgA

Ministerial Search News

ORUUC's Ministerial Search Committee July Updated: Check out the [Ministerial Search Hub](#) in the Members' Section of the website. You can find open meeting recordings, updates, general information, and more. We hope you will bookmark this page and check back often.

ORUUC's Ministerial Search Committee Members



Sarah Gunter



Dave Dunkirk



Carol Beene



Beth Meyer



Michael Bjerke



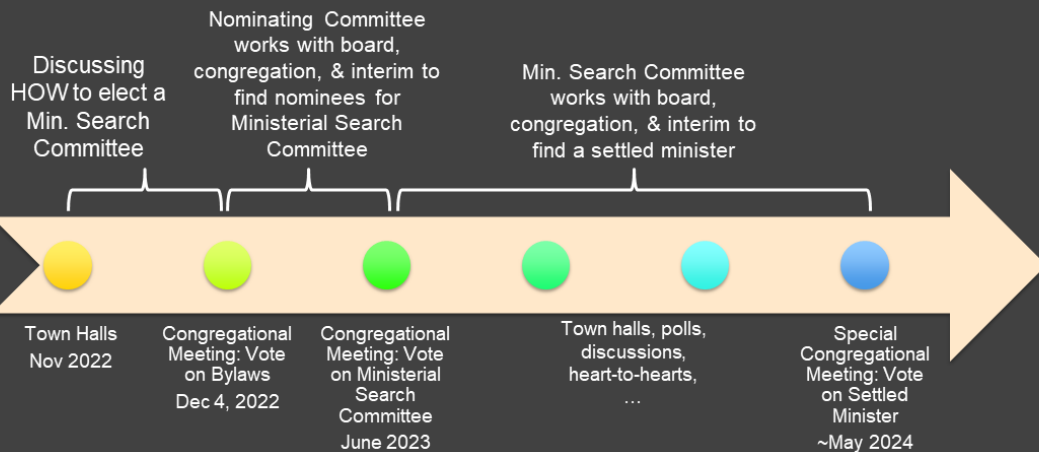
Patton Fishel



Christy White



Ministerial Search Timeline



Announcements

Standing Strong Planned Parenthood Fundraiser: Donate online today!

<https://standing-strong.org/donate>. For more information on how to donate or get involved locally, contact Natalie LaRose at 865-567-2675.

STANDING STRONG

NO MATTER WHAT.

PPTNM is committed to health equity and are bold and unapologetic in our demands – people need to control their own bodies, lives, and futures, no matter where they live. With you by our side, we'll make it happen.

DONATE ONLINE
to Planned Parenthood of Tennessee and North Mississippi

The graphic features a modern building, a QR code, and a blue circle with the Planned Parenthood logo. The text is in pink and blue.

ORUUC Covid-19 Update

With the expiration of the Covid-19 national public health emergency on May 11, the CDC has ceased tracking community level transmission because it no longer receives the data needed to do so. Therefore, ORUUC is ending its weekly Pandemic Action Levels (PALs) report. **Masks are not required inside the building;** however, if you have symptoms or have had a COVID exposure, please stay home and follow us on Zoom. We appreciate your continued cooperation as we work to keep our community safe and healthy.

UUA Welcomes the Rev. Dr. Sofia Betancourt as Tenth President



From the UUA: We are so excited to welcome the Rev. Dr. Sofia Betancourt as the tenth president of the UUA! Today (July 10) is officially the first day of her tenure as President.

Rev. Dr. Betancourt's presidency comes with a number of historic firsts – she is the first openly queer person and first woman of color to be elected UUA president. She brings to the role theological depth, a commitment to communal care, and a pledge to continue to organize for justice. She has also expressed an appreciation for the diverse voices and leaders in our community.

We are entering an exciting time for Unitarian Universalism – with Rev. Sofia Betancourt, Ph.D's leadership, we are positioned to move forward in faithful community, in recognition of our shared values and the important work ahead.

Read more here:

https://www.uua.org/pressroom/press-releases/welcome-rev-betancourt?fbclid=IwAR1rc4-yTVceoSb4ywBARj_wjrN4LgpasAuGdCfQ5QQAILkvJkmw_m5mXs0E



Have you signed up for Kroger Community Rewards? To enroll, go to: <https://www.kroger.com/signin?redirectUrl=/account/communityrewards>. **Sign in or create an account. Choose organization #63422.** That's it! Every time you shop at Kroger and use your Kroger card or "Alternative ID" at check-out, a percentage of what you spend will get sent to ORUUC!

This Week at ORUUC



Friday, July 14

11am Tai Chi Practice

Saturday, July 15

9am Church Maintenance Day

3pm Ukulele

Sunday, July 16

10am Worship

11am Together in Spirit

11:15am Circle of Trust I

11:15am Knitting & Crocheting Group

11:15am Newcomers

11:15am Reflections

12:30pm Buddhism Study Group

12:30pm Circle of Trust IX

3pm Line Dancing

4pm Circle of Trust XI

5-7pm Zentangle Group

5:30pm Circle of Trust X

Monday, July 17

11am Tai Chi Practice

Tuesday, July 18

6pm Board Meeting

6pm Depression & Anxiety Support Group

Wednesday, July 19

6:30am Breakfast Rotary

11am Tai Chi Practice

11am Circle of Trust VIII

6:45pm Choir Practice

7:45pm Band Rehearsal

Thursday, July 20

12:30pm Thursday Lunch Bunch

Friday, July 21

11am Tai Chi Practice

Saturday, July 22

9am Ecumenical Storehouse Pickup

4-10pm Rental (Birthday Party)

The 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

The ORUUC Executive Team

Rev. Lisa Schwartz

Christine Rehder

Amanda Fishel

Donna Maloney

Jeannie Cuevas, Office Administrator

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

Reminder:

When leaving the church following a meeting or music practice, **please make sure the bathroom lights are turned off, and all of the front doors are locked before setting the security alarm.** Thank you!



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



Sunday, July 23

“Who you are today” David Savoie, Guest Speaker

How often are you asked for an ID? It's such a common part of our lives that we hardly notice when we pull out a driver's license, enter a username and password, or clip on a workplace badge. And how often do you PROVIDE an identity, unasked for, in the way you introduce yourself to someone new, or in how you present yourself on social media, or in the way you tell the day to day stories of your life? We'll look at IDENTITY: how we mold and shape it, and how it gives direction and contour to our life.