

March 3-9, 2023

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News from Oak Ridge Unitarian Universalist Church

The Exponent



Rummage Pre-Sale is TODAY!

Tonight from 6 to 8 p.m., check out the Rummage Pre-Sale (all prices are doubled). **Volunteers are needed to help with the sale this evening and tomorrow during the Main Sale from 9 a.m. to 2 p.m. Clean up will take place from 2 to 5 p.m.**—we'll need plenty of people to help load donations and transform the church back into itself before Sunday morning worship!

Thank you for your donations! Thanks to the many volunteers who have unloaded, sorted, and priced items every day this week! Thanks to everyone who made or provided meals, desserts, and snacks for the rummage workers! And thanks to all those who will work the sale and help clean up! Gratitude goes to Amanda Fishel and Christina Elliott for co-leading the Rummage Team!

Hope to see you all this weekend!



Are You Strong?

Christine Rehder, Director of Faith Formation

Last Sunday, while out on the playground, one of our children got stuck on “The Big Rock” on the playground. I have been supervising the playground for awhile, and this occurrence happens fairly regularly, so I use it as a teaching moment.

Rather than simply grabbing a child, I usually try and help them think of ways they can get down (foot, foot, hand, hand is a good go to). This way they are empowered to climb down on their own which builds confidence and lets them know how to do it the next time.

I offered this strategy to this child, but he surprised me by asking a question, “Are you strong?” My first thought, “heck yeah”, as I have followed through on my 2023 resolution to do more yoga. But, being metaphorically minded, my next thought was, “Am I strong? I’m not really sure.” I began to wonder what strength really looked like and whether I have enough of it to call myself strong.

Meanwhile, as I went down this mental rabbit hole, the still stuck and waiting on the rock child said, “If you’re strong, then you can get me down.” The moment had come for me to test my mettle and see if I was really strong. With trepidation, I reached up and grabbed and returned him to the

ground safely. I am strong! (Thanks, yoga.)

While I felt strong at that moment, reflecting on this exchange has me wondering who really showed strength in that moment. Yes, I had the muscle to get him down safely. But, I wondered if he was the stronger one, because he had the courage to ask for help.

March’s theme is “Strength in Vulnerability”, and when I think about that I see that child on the rock. At that moment, I may have looked like the one who solved the problem, but he was the real hero of the moment. He knew what he needed and had the courage to ask for it.

I get stuck on top of a lot of rocks, yet very seldomly do I possess the clarity of focus in those moments in the way that child did. I may be bigger and stronger, but in a moment of great vulnerability, he showed me what strength really looks like: recognizing your own needs, seeing their presence in others, and asking for their help.

This month in the Worship hour we explore strength in vulnerability in a variety of ways. Take a little time to think about where you may be stuck, what it takes to get moving, and who you might ask to help you come down.



This Sunday, March 5

From Sick and Tired to Good and Mad

Women's anger didn't start with the Women's March and the #metoo movement, but in recent years, more women have been fed up with a system that makes them into a marginalized majority. On this first Sunday of Women's History Month, Interim minister Rev. Lisa Romantum Schwartz will explore the catalytic potential of women's rage and the possibilities to be found in solidarity.

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



March Split the Plate: [The Blossom Center for Childhood Excellence](#)

Adult and Youth Faith Formation Classes take place from 11:15 a.m. to 12:15 p.m.

*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.*

SMA and EFMA Updates Due Monday, March 6!



Shared Ministry Agreement Leaders: Please update your SMA's and EFMA's by filling out the appropriate form below. The deadline is Monday, March 6! Contact Jeannie in the church office with questions.

SMA
<https://form.jotform.com/oruucsignups/shared-ministry-agreement>

EFMA
<https://form.jotform.com/oruucsignups/EFMA>

The Blossom Center for Childhood Excellence



Our Split-the-Plate offering for March is the Blossom Center for Childhood Excellence.

Blossom Center is a non-profit childcare facility serving Oak Ridge and surrounding areas. The Center's program is academically oriented, intended to bridge the gap between home and school in order to improve educational outcomes, especially for underprivileged children. Blossom Center is open during extended hours when other childcare

facilities are closed, and allows children to attend based on a sliding tuition scale commensurate with family income, making it the premier facility of its sort in the area.

For more information on Blossom Center, visit <https://blossomcenter.org/>. Please [GIVE HERE](#) as you are willing and able, or text "ORUUC" to 73256.

Announcements



**COFFEHOUSE
TALENT SHOW**
FRIDAY, MARCH 10
6:30 P.M. SUPPER AND SOCIAL
7 P.M. PROGRAM

Start getting your act together! Any kind of rehearsed, presentational act is possible, from the silly to the sublime. All ages and all kinds of talent are encouraged. Past shows have included one-act plays, singer-songwriters, vocal and instrumental solos or ensembles, joke telling, dancers, and novelty acts. This is your chance to live out a performance fantasy, to ham it up, to build some experience performing in front of people, or to blow people's minds by unveiling a unique talent you've been keeping to yourself. **Advance sign-up is required for all performers. The signup deadline is this Sunday, March 5. Contact Nancy Starr, 865-742-9993, starroakridge@gmail.com.**

Pizza, pies, and vegan/gluten free options will be provided for supper, as well as beverages. Donations will be requested to recoup costs. If you are willing to make a vegan/gluten free protein or dessert (about 50 servings), please contact Nancy Starr. You can get reimbursed.



March is ORUUC's month to operate the storehouse at Ecumenical Storehouse!

Volunteers are needed to help load furniture for clients and to help clients gather smaller items (sheets, towels, etc.) on their list.

Volunteer Tuesdays or Thursdays:

March 9, 14, 16, 21, 23, 28, and 30

10:00 - noon each day.

If you're willing to help, please contact Michael Bjerke at michaelbjerke@comcast.net.



Endowment Fund Grant Applications are available now! Here is a link to complete the form online: [Application for Endowment Grant - 2023](#). The deadline is April 9.



The ORUUC Morgan Scott Project (MSP) Team needs new volunteers from ORUUC congregation

For a number of years, ORUUC has fielded a team of volunteers to support First United Methodist Church of Oak Ridge (FUMCOR) and the Second Harvest Food Bank of East Tennessee (Second Harvest) in their assistance to the Morgan Scott Project (MSP) located in Deer Lodge, Tennessee. Right now, the ORUUC MSP team is down to only three fully-active members: Dorn Kile, Martin Bauer, and Charlie Hensley. Three others are on the team, but due to health limitations, work schedules, or family care responsibilities, can only occasionally provide assistance: Jake Alexander, Christina Elliot, and Anne Childs.

The team's activities are limited to the morning of the third Friday each month. Two volunteers from the team meet up with the FUMCOR coordinator at the church at 8:30 a.m. and drive FUMCOR's box truck to the MSP donations storage unit. There, donations of food FUMCOR has received during the week are loaded onto the box truck. After that, a larger box truck operated by Second Harvest arrives and additional food is loaded onto the FUMCOR truck. Then the two ORUUC MSP team volunteers drive the truck up to the MSP Center in Deer Lodge, about an hour away. There, a group of local volunteers help the ORUUC MSP team members unload the truck. After that, the truck is returned to the FUMCOR parking lot. Usually the whole process is completed around noon.

ORUUC MSP volunteers need to be able to schedule time on one Friday morning a month, have a Tennessee drivers license, be eligible to be insured by FUMCOR's liability carrier, and pass a driving test operating the box truck. They need to be able to lift and carry boxes weighing 40 pounds a short distance. They also need to be able to climb in and out of the box truck.

Anyone interested in joining the team should contact me at jalex1@att.net or at (865) 705-6602.

Thanks -Jake Alexander, Coordinator, ORUUC MSP Team

More Announcements



Circles of Trust

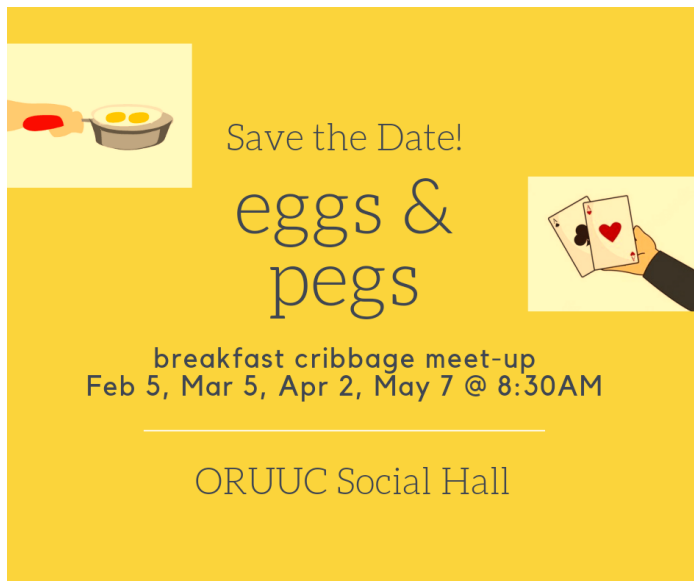
These small groups of 6-8 people meet for an hour twice a month, allowing you to make connections and get to know fellow members on a deeper level.

Interested in joining a group?
Contact Todd Sherline, Ann Miller, or Donna Maloney for more information.
Enroll at www.oruuc.org/faith-formation-for-adults



Interested in learning more about Circles of Trust?

Circles of Trust are groups of 6-8 people who meet for an hour, twice a month, to explore deep questions and grow in relationship with each other. New members are invited to join existing groups, and if needed, new groups will be created. Contact any Circle of Trust Support Team Member—Todd Sherline, Ann Miller, or Donna Maloney—and they'll find a place for you. They're also happy to answer questions!



Save the Date!

eggs & pegs

breakfast cribbage meet-up
Feb 5, Mar 5, Apr 2, May 7 @ 8:30AM

ORUUC Social Hall

Don't miss Eggs and Pegs this Sunday at 8:30 a.m.!
Learn cribbage rules and/or play with more experienced players.

Everyone is welcome! Breakfast will be provided, but feel free to bring a dish to share.

Questions? Talk to Brandon White, Christina Elliott, Jane Flanagan, or Shelaine Curd.

New Member Welcome!



Deidre Ford

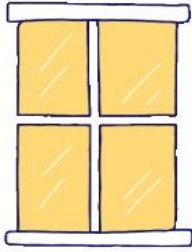
I'm a new UU, although I've attended the church quite a few times in the past. I appreciate Unitarian Universalism's intent toward inclusivity, the active focus on serving and supporting the needs and rights of all human beings, and the openness to the experiences of others. I find the ORUUC to have a warm, welcoming congregation as well as a focus for building positive relationships with the community.

I've lived in Knox County and Anderson County most of my life and have lived in Oak Ridge for around 20 years. I live with my husband, Tim, two of my children (Max and Isaac), and two toy poodles (Kitty and Bobo). Two of my children (Emily and EK) live on their own, one in Knoxville and one in South Carolina. I work at the University of Tennessee as the Assistant Director of IT at the Social Work Office of Research and Public Service (SWORPS) where I manage a development group that creates web-based databases and other tech solutions for local, state, and federal government human service projects. I am also a musician, performing woodwinds, piano, and vocals in local pit orchestras, musical products, big band events, rock bands, and jazz combos. I love creative projects of all kinds, whether they be my own or those of others, and am always looking for ways to combine my love of the outdoors with everything else in my life.

What made you decide to become a member of ORUUC? I really like the people I have met at ORUUC, and support what I understand of the congregation's mission, and was hoping to transform my experience at ORUUC into a more participatory role.

In what ways are you looking forward to getting involved at ORUUC? I am hoping to learn more about the different activities at ORUUC and perhaps spend some time in different groups. I'm most familiar with musical activities. I've had the opportunity to perform at ORUUC a few times in the past, most recently as part of Sunday Services, and I've been able to sit in with the new Fiber Arts Group—that was a great way to meet folks. I'm looking forward to checking out some of the service projects!

Caring for Each Other

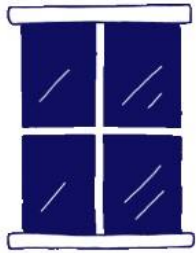


Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery? Contact the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for March

Hope Waddle karasue54@gmail.com 865-254-4006

Kate Holtkamp-Readle Kate.holtkamp@gmail.com 423-231-5482



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.

Marge Swenson is turning 101!



Marge Swenson is temporarily at NHC in Farragut receiving services. She is expected to be there through mid-March.

She's also celebrating her 101st birthday next Wednesday, March 8! Send her a card or give her a call.

Marge Swenson, Rm. 429
c/o NHC
122 Cavette Hill Lane
Knoxville, TN 37934

(865) 777-9000

Volunteer Opportunity

**Pack and Deliver Food For Kids
March 6 and 7
at First United Methodist Church**



Monday, March 6: Packing begins at 12 noon
Tuesday, March 7: 8:30 a.m. Delivery to schools
We will pack Food for Kids Monday, March 6 starting at 12 noon in the multipurpose room at FUMC. Set up will start around 10 am when the Second Harvest truck arrives. Delivery of the bins to the schools will be Tuesday, March 7 at 8:30 am. We will pack for a 3 week period, 1,797 bags! Hope to see you Monday or Tuesday.

Questions? Contact Cara Weigel at 865-806-7544.
The multipurpose room at First United Methodist Church of Oak Ridge can be accessed via the back entrance on the Vienna Road side of the building. On street parking is available. Upcoming Packing Dates: April 10-11, May 1-2.

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! Join us in playing at the Coffeehouse next Friday, March 10. Doors open at 6:30. We've been working on Rock Around the Clock and Wake Up Little Susie. Our next practice is March 11 at 3 p.m. in the Sanctuary. If you're interested in trying something new this year, stop by! We'd love to have you join us. Abbie Moore abbie.moore@icloud.com

Easter and Ostara



During FF Hour on Sunday, March 19, the Creation Station in the Social Hall will feature Ostara-related crafts for all ages—adults, too. Herb sachets, paintable eggs, seed starters, a flower craft, and more. What's Ostara? Read on!

By [Adrienne Ross](#)

Adrienne Ross served the Unitarian Universalist Association as Project Manager during the development and launch of the Tapestry of Faith curriculum project. She continues to learn many life lessons as a race car driver and as a member of several charitable boards, while pursuing her hobby of theoretical physics.

Easter gets its name from the Teutonic goddess of spring and the dawn, whose name is spelled *Oestre* or *Eastre*. (The origin of the word east, the direction of the rising sun, comes from various Germanic, Austro-Hungarian words for dawn that share the root for the word *aurora*, which means “to shine”) Modern pagans have generally accepted the spelling *Ostara* (Oh-star-ah), which honors this goddess as the word for the Vernal Equinox.

Vernal Equinox usually falls somewhere between March 19 and March 22 (note that many resources only mention March 21, as opposed to the date of the actual Equinox), and depending on when the first full moon on or after the Equinox occurs, Easter falls sometime between late March and mid-April.

The earth reawakens to a burgeoning new season of life-giving, life-affirming gifts. As the sun becomes stronger there is a sense of joyful abundance. With the end of the cold, dark months, ancient pagans no longer needed to store and ration foodstuffs. Often the tastiest cured meats were presented to the spring celebrations and feasts as a sign that the people no longer needed to stockpile food.

The equinox was recognized world wide as a time for renewal, rebirth, and revivification. It was the celebration of the symbolic resurrection of earth itself, Christ, and Hathor (of Egypt) to name a few.

Passover, which occurs in the middle of the Hebrew month of Nisan, is one of Judaism's most important festivals. In ancient times, the holiday coincided with the spring harvest and was a pilgrimage festival (one of three times during the year when all men were required to participate in celebrations at the temple). Later on, the holiday commemorated the Exodus from Egypt in the thirteenth century B.C.

Ostara and the egg she carries are symbols of fertility, of new and continuing life. Some descriptions say Eostre herself is hare-headed, and the goddess of rabbits and birds. The hare is also associated with the moon in many cultures, due in part to its nighttime eating habits and in part to the image of one on the moon. Whether Eostre herself is hare-headed or her attendants are hares, she is strongly associated with the hare—and later its cousin the rabbit for obvious reasons.

A popular myth says that the children of the time presented eggs to the goddess as a gift in return for her bringing them the spring. She was so touched by this gift that she recruited her minions (the rabbits) to return the eggs (only brightly colored now) to the children in baskets (the birds' nests), and that is where the tradition of rabbits delivering eggs to children comes from.

The hare is an evident fertility symbol that is undeniably tied to the Vernal Equinox, March being the rutting time of the hares. It is apparently quite a spectacle in the European countryside. It is said that the typically shy, quiet hare becomes fanatical and fervent. They run for miles and can even become aggressive and appear quite mad, hence the English and French expressions—“As mad as a March hare.”

Eggs also represent fertility and the promise of new life. The Celts (under a broad definition of *Indo-European*, not as a racial grouping but as a grouping of people with similar religious practices, culture, and language) often dyed the eggs red to symbolize the menstruation cycle. While dying the eggs, women and children would think carefully on their hopes and wishes for the coming year. They would then bury the eggs alongside a seedling in the ground to sustain and feed the plant through its growing season. As the plant grew, the hope or wish would also take root and come to fruition at the end of the year. Continue reading at <https://www.uua.org/worship/words/reading/easter-ostara>

Family News



High School Families: Register for Spring Mountain CON TODAY!

<https://www.themountainrlc.org/spring-high-school-con>

Contact Director of Faith Formation Christine Rehder at crehder@oruuc.org once you've registered or if you have questions.

Teens! Did you know you can earn \$10 an hour (up to \$1,000) for your Youth Trip Fund by volunteering to help with the Rummage Sale?

Help out with tonight's pre-sale from 6 to 8 p.m., or during the regular sale tomorrow (Saturday) from 9 a.m. to 2 p.m. Stop by at 2 p.m. Saturday to help clean up! Pizza and drinks will be served after cleanup. Show up and lend a hand!

SPRING RUMMAGE is March 3-4



Contact
Amanda Fishel or
Christina Elliott

Do you have children in your household from birth through high school? Join our monthly *Connecting in Spirit* Family Newsletter mailing list! Email Rachel at communications@oruuc.org



SAVE THE DATES!
Rainbow Camp 2023: Color in Motion
June 27-30 for Campers / June 26-30 for Counselors and CITs
Registration will open in April!



Join "Father Goose" Michael Raymond **Thursday, March 16 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.



Oak Ridge Schools' Spring Break is March 11-28!

There will be **NO Youth Faith Formation on Sundays, March 12 and 19** to allow our leaders to take a break, too. **Multi-age Creation Stations will be set up in the Social Hall for Faith Formation Hour on those Sundays.** Nursery will still be available.

Community News

Second “Roots of America” talk on Cherokee names and history Thursday, March 9



The proposal approved by the Eastern Band of Cherokee Tribal Council to restore the name of Clingmans Dome to the mountain’s original name of KuWoHi (the Cherokee word for “mulberry”) is one of the topics of the second free talk in the “Roots of America” cultural exploration series. The four talks are designed to educate the Oak Ridge area public about the achievements and challenges of various ethnic groups that have made America strong.

Besides the reasons for seeking a name restoration, other topics will include a narrative on Cherokee history and culture by Lavita Hill and a presentation on modern-day Cherokee life and the work of the tribal government of the Eastern Band of Cherokee Indians (EBCI) by its leader, Chief Richard Sneed.

Hill, an enrolled member of the EBCI and treasury specialist for its tribal government, will speak on **“Cherokee Names in the 21st Century” at 5:30 p.m. on Thursday, March 9, at the Pollard Technology Conference Center of Oak Ridge Associated Universities, 210 Badger Ave. Her talk will be preceded at 5:00 p.m. by a reception with food and drinks.**

Clingmans Dome, the tallest peak in the Great Smoky Mountains National Park, was named in 1859 after North Carolina senator and Confederate brigadier general Thomas Lanier Clingman.

“For well over 99% of the time that human beings have occupied these lands, people have called the mountain KuWoHi, not Clingmans Dome,” Hill said.

This is the second presentation in the “Roots of America” cultural exploration series aimed at educating the Oak Ridge area public about the achievements and challenges of various ethnic groups that have made America strong.

For more information on upcoming talks in this series, go to <https://www.roanestate.edu/?13391-Roots-of-America-An-Exploration-of-Cultures-A-Four-Part-Series>.



HOUSEHOLD BULK PICKUP



The citywide household trash pickup program will begin **Monday, April 3, 2023**. Household rubbish, old appliances, and minor remodeling materials will be picked up.

Residents have always been very cooperative, and we ask for their continued cooperation this year by following a few guidelines:

- Residents should place all materials near, but not beyond the curb. Keep materials off sidewalks and out of parking areas and gutters. Please bag as many items as possible to prevent items from being scattered in prohibited areas.
- There is a limit of one truckload of material per residence. A truckload is defined as one pickup truck or approximately 3' high x 4' wide x 8' long, approximately 100 cubic feet maximum.
- Please be advised that Chestnut Ridge Landfill will NOT accept any item that has or had Freon in it, such as, air conditioners, freezers and refrigerators. Crews will NOT pick up hazardous items, paint, tires, or piles of rubbish that are mixed with brush or leaves.
- All materials must be in place no later than 7:30 a.m. on the scheduled pickup day. Any materials put out after 7:30 a.m. may not be picked up.



The citywide household trash pickup program will begin Monday, April 3. Household rubbish, old appliances, and minor remodeling materials will be picked up.

DETAILS:

<https://www.oakridgetn.gov/content.aspx?article=4888>

FULL SCHEDULE:

<http://www.oakridgetn.gov/content.aspx?article=4889>



Have you heard of Tennessee’s Yellow Dot Program? <https://www.tn.gov/tdot/traffic-operations-division/transportation-management-office/yellow-dot-program.html>

Participants in the program receive a Yellow DOT decal, a Yellow DOT folder, and a medical information sheet. The participant completes the medical information sheet, which consists of their emergency contact information, medical information, recent surgeries, hospital preferences, current medications, insurance and physician information. A personalized photo should also be taken and placed on the sheet. The participant then places the items in the glove compartment inside the yellow folder provided. In an auto emergency, first responders who see the yellow dot sticker on a vehicle will know to check the glove box for important medical information.

ORUUC Nominating Committee



Nancy Highfill



Steven Barker



Sheila Morton



Amanda Law



Robyn Naughton

In the coming weeks, the ORUUC Nominating Committee and members of the Board of Trustees will be contacting church members to solicit their preference for nominees to the Ministerial Search Committee. Using the Unitarian Universalist Association (UUA) guidance, members are asked to consider the following while they ponder on and ultimately provide their preferred candidates.

The UUA recommends that you consider:

- What are good qualities needed for someone to serve on a ministerial search committee?
- Who in the congregation works well with others?
- Who can represent and serve the whole congregation well (including looking out for the needs of children) and not just a piece or “faction” of the congregation? Who would have no “axe to grind?”
- Who knows (or can learn) the history and culture of the congregation, whether a member of long standing or relatively new? Who can use this history proactively instead of reactively on behalf of the congregation?
- Who has been and/or is active in the congregation and has demonstrated both responsible participation and responsible leadership?
- One of the most attractive qualities a congregation can have is self- awareness – awareness of strengths and weaknesses, what the congregation is like at its best and at its worst, as well as on an average day. Who would be able to know and relate all this to potential candidates?

After thinking about all of these questions, who would you trust to serve on the search committee on behalf of the congregation?

Ultimately, the UUA has recognized that Ministers are more likely to be interested in serving a congregation where the Ministerial Search Committee is representative, trusted, in touch, and responsible to the entire congregation.

Church Pantry Needs



Please pick up some of these non-perishables when you're out shopping:

- Peanut Butter**
- Mac n' Cheese**
- Canned Fruit**
- Canned Soups**
- Canned Pasta/Meat Meals**
- Canned Meats (Tuna, Chicken, etc.)**
- Canned Green Vegetables**
- Individual Snack Crackers**

Donations may be dropped off in the church lobby during office hours (M-F, 9 a.m.-3 p.m.) or on Sundays. **Thank you to all those who have donated food in recent weeks!**

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>

2023 OAK RIDGE REC LEAGUE CO-ED VOLLEYBALL

TUESDAYS AT THE CIVIC CENTER

**CHEER ON ORUUC
OR PLAY!**

**MARCH 7 AT 8:00 PM
VS. LOB BOSSES**

**MARCH 14 AT 7:00 PM
VS. ACE HOLES**

Contact Shelaine Curd or Christina Elliott with questions, or just show up to play or cheer on the team!

ZENDERLEY
Art Workshops
Stand-alone Workshops

Manderley and Zen will present workshops that include instruction to complete the weekly project. Participants are encouraged to learn in a warm and supportive environment.

**TEN WEEKS STARTING THURSDAY, JANUARY 19TH
FROM 6:30-8:30 PM
ABBIE MOORE'S HOUSE**

Pay what you can

A light plant-based meal will be served. Bring your own beverage. *Seating is limited. Secure your place by Wednesday of each week.

Zenderley Art Workshops: Every Thursday through March 23! 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 March 2 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

This Week at ORUUC



Friday, March 3

Intermediate MountainCON

Rummage Setup

11am Tai Chi Practice

2pm Caring Coordinators Transition Meeting

6-8pm Rummage Pre-Sale (prices doubled)

Saturday, March 4

Intermediate MountainCON

9am-2pm Rummage Sale (prices as marked)

2pm Rummage Cleanup

Sunday, March 5

Intermediate MountainCON

8:30am Eggs and Pegs

10am Worship

11am High School

11am Together in Spirit

11:15am Circle of Trust I

11:15am Knitting and Crocheting Group

11:15am Newcomers

11:15am Reflections

12:30pm Buddhism Study Group

12:30pm Circle of Trust IX

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

4pm Grades 5/6 OWL

4pm Circle of Trust II

5:30pm Circle of Trust X

Monday, March 6

11am Tai Chi Practice

12noon Pack Food For Kids

Tuesday, March 7

12noon Lunch with the League

6pm Depression & Anxiety Support

Wednesday, March 8

6:30am Breakfast Rotary

11am Tai Chi Practice

5:15pm Circle of Trust III

6:45pm Choir Practice

7:45pm Band Practice

Thursday, March 9

10am Ecumenical Storehouse Vols

12 noon NWUUC & Launchpad Mtg

6pm Potluck

6:30pm Zenderley Art Workshop

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

The ORUUC Board of Trustees

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Sunday, March 12 From Broken to Mended, From Fragile to Sturdy Rev. Lisa Romantum Schwartz, Interim Minister



We aren't the first humans alive in a time of deep and unsettling change, but the rapid-fire revolutions we're living through can make us feel vulnerable and afraid. Interim Minister Rev. Lisa Romantum Schwartz will delve into the changes we are making, and that are remaking us.

DAYLIGHT SAVINGS TIME BEGINS!
Don't forget to set your clocks!