

November 18-24,
2022

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News from Oak Ridge Unitarian Universalist Church

The Exponent



High Schoolers Raise Funds Through Tamale Sales

ORUUC Youth spent last Sunday afternoon in the kitchen, making 25 dozen tamales by hand. Their adult leaders praised them for their outstanding work, including cleaning up the kitchen, all in under four hours!

They're back at it this weekend! [Click here to order your tamales today!](#) \$20 per dozen. Choose from Chicken or Vegetarian. Pay online or pay cash at pick up. Tamales will be frozen and available for pick up at church in December. Thank you for your support!



Let's Sit at the Welcome Table This Sunday: Bread Communion

Out of necessity, and out of generosity, we get...cornbread. Indigenous peoples like the Cherokee in our region had cultivated corn for a thousand years before Europeans arrived. As they had for generations, the Cherokee lasted through the lean months, in part, by grinding their dried corn and baking it into griddlecakes and bread. Natives shared their corn and their customs with the newcomers to help them survive the winter. Europeans, in turn, shared corn in Africa, where it quickly became a staple, easily preserved and thus good for enduring hard times.

In the mountains of East Tennessee, many generations of Cherokee, African American, and white Appalachian folks shared the practice of drying corn and wheat and using them to make

simple "batter breads" like cornbread, johnnycake, and biscuits. The practice brought together diverse cultures, and helped them survive hard times.

This year's annual Bread Communion at ORUUC will celebrate our diverse heritage by offering the simple breads of our region to sustain our spirits and our community. We'll gather up a bounty of cornbread and biscuits (contact Christine Rehder crehder@oruuc.org to be part of the baking team) and share them together in love, to celebrate our abundant heritage, and strengthen our community.

Come to the Welcome Table – there's space enough, and resources aplenty. Share in the honoring of our region's Appalachian and Indigenous roots, and partake of the grace and nourishment in these humble breads. *Rev. Lisa* 1



This Sunday, Nov. 20

Let's Sit at the Welcome Table

ORUUC's annual Bread Communion helps us get in touch with gratitude in an embodied way as we share the elements of food and drink. This year, under the leadership of Interim Minister Rev. Lisa Romantum Schwartz, we'll celebrate our place in Appalachia by partaking of cornbread and biscuits. Bakers are welcome to sign up! Contact Christine Rehder: crehder@oruuc.org



Worship with us in person or on Zoom at 10:00 a.m.
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

November Split the Plate: Child Advocacy Center of AC
The CDC Covid-19 Community Levels are Low this week in Anderson, Knox, Roane, and Morgan counties. Masks are not required in the building; however, we encourage you to do what makes you feel comfortable.



There's One More Chance To Attend A Town Hall Meeting: Thursday, Dec. 1 at 2 p.m. in the Sanctuary

The ORUUC Charter and Bylaws Committee and the ORUUC Board of Trustees invite you to attend a Town Hall Meeting where they will share proposed Bylaws amendments with members to be voted on at the December 4 Congregational Meeting. The primary Bylaws proposed amendment is to Section 3. Committees Elected by the Congregation, C. Ministerial Search Committee, Item 2.

Watch the recording of the Sunday, Nov. 13 Town Hall Meeting here: [Passcode Required - Zoom](#). Passcode: 6v9\$YcNW

November Split the Plate: Child Advocacy Center of Anderson County

This community organization provides healing and justice for abused children. Each year, 400-500 children ranging in age from newborns through age 17 receive forensic medical evaluations, trauma focused therapy, forensic interviews, and other victim-related services. The CAC is a safe haven for children, who are provided services to help them heal and recover from childhood abuse and neglect. Support is also offered to non-offending parents and caregivers.

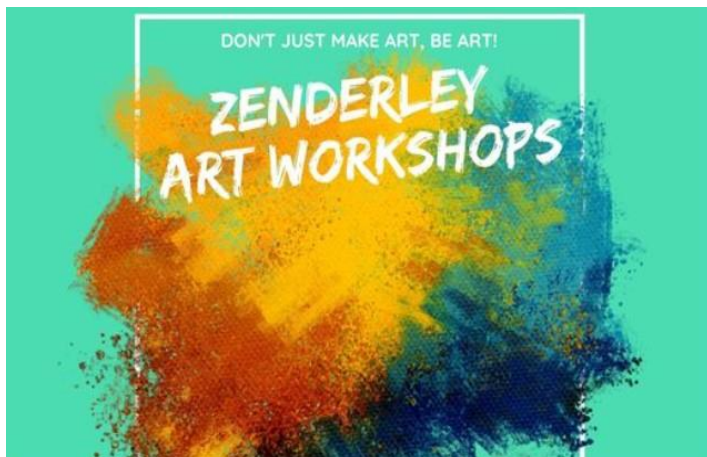


For more information, visit <http://www.childadvocacycenter.net/>. Please give as you are willing and able. [GIVE HERE](#) or text "ORUUC" to 73256.

Announcements



The Church Office will be closed Thursday, Nov. 24 and Friday, Nov. 25. Call 865-483-6761 and leave a voicemail, or email office@oruuc.org if you have a need during that time.



A light, plant-based meal will be served. Bring your own beverage. Classes are on a pay-what-you-can basis.

The FINAL Zenderley Art Workshops this semester is Thursday, Dec. 1, 6:30-8:30 p.m. at Abbie Moore's house. Reserve your spot TODAY! Contact Manderley stormpixey@gmail.com or Abbie abbie.moore@icloud.com.



A message from Sue Lasky, former Board President-Elect

As you may have recently heard, I'm no longer the President Elect of the ORUUC Board of Trustees. I loved being on Board, but did not feel that I was serving ORUUC in my best possible capacity. However, what a learning experience my time on the Board of Trustees was! I am so impressed with our Board. They are amazing and extremely generous with both their time and their commitment to our church. I also got to work closely with our exceptional, attentive, and knowledgeable staff. We are one lucky church! Thank you for the wonderful opportunity to learn about all things UU. I am so proud of the wonderful work we are doing in our community and in the world, and delighted that we are on this incredible journey together.

The Board will provide an update soon regarding filling the vacancy created by Sue's resignation.

Ecumenical Storehouse Pick Ups Tomorrow Morning (Saturday, Nov. 19) beginning at 9 a.m.

It's ORUUC's turn to pick up furniture donations in the community. Meet at 134 E. Division Road to lend a hand! <http://thestorehouseinc.org/contact-us>



Announcements



Thanks to all those who have donated to the church pantry! Keep those donations coming! Please pick up some of these non-perishables when you're out shopping:

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

Donations may be dropped off during church office hours or on Sundays.

Interested in joining the Stone Soup team? They'll be making Beefy Bean Soup and Pumpkin Bars this month! Email Miria at meq.harrison84@gmail.com. Thank you!



Choose a tag from the tree in the church lobby beginning this Sunday! More details in next week's *Exponent*.



Church Hike TOMORROW at Big Ridge State Park

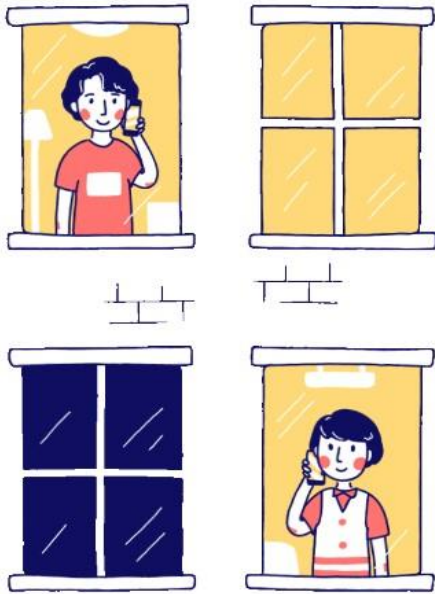
Join the ORUUC Nature & Hiking Group on a hike Saturday, Nov. 19 at Big Ridge! All ages welcome. Meet at church at 1 p.m. to carpool. The group expects to return around 5 p.m.

The Ghost House Trail is 1.25 miles round trip. For folks who are interested, after finishing that loop, we can go up to the Snodderly Cemetery, which is about another 1 mile round trip. The State Parks allow dogs.



Start getting your act together for the New Year's Eve Coffeehouse Talent Show! All are invited Saturday, Dec. 31 to a Supper and Social beginning at 6:30 p.m., followed by the 7 p.m. program. 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! Live out a performance fantasy! Ham it up! Build some experience performing in front of people! 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 Monday, Dec. 26. To sign up, contact Nancy Starr, email starroakridge@gmail.com, mobile 865-742-9993.**

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 November

Irene Robbins robbinsif1@comcast.net 865-207-0743

Amanda Fishel amsfishel@gmail.com 865-804-7033

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.

November Free Meals/ Volunteer Opportunities



OakRidgeCommunityThanksgiving.com

November 24, 2022

11:00-1:00

We're back with
in house dining!

High Places Community Church will again be hosting a FREE Community Thanksgiving Meal at the Grove Theater (123 Randolph Road) on Thanksgiving Day. Dinner will be served from 11am-1pm, but we'll need help from 9am to 3pm. Volunteers can serve one hour blocks or the entire time. We're flexible! If you are interested or need more information, message us through Facebook <https://www.facebook.com/OakRidgeCommunityThanksgiving> or send an email to OakRidgeCommunityThanksgiving@gmail.com.

Stone Soup

FREE
Meal!
Groceries
available



Drive
Thru
ONLY

Friday, Nov. 25
5:30 p.m. - 6:30 p.m.

Or until supplies run out!

**Menu: Beefy Bean Soup,
Fresh Fruit, and Pumpkin 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
809 Oak Ridge Turnpike, Stoplight #2

(865) 483-6761



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



Join the Stone Soup Team! Contact **Miria** at meg.harrison84@gmail.com. Thank you!

Weekly 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! Beginners and Teens welcome! We'll perform Water From Another Time by John McCutcheon during the November 20 service. We could use more players and singers. We practice this Saturday, Nov. 19 in the Sanctuary at 3 p.m. Please join us! Abbie Moore abbie.moore@icloud.com and Linda Osborne lindadrly@bellsouth.net.



Marge Swenson has moved to Alexander Guest House!

Marge may be texted or phoned on her cell phone (865-719-5626); her former landline phone has been disconnected. Her mailing address is:

**Marge Swenson
Alexander Guest House, Room 204
83 Kentucky Avenue
Oak Ridge, TN 37830**

Marge's daughter, Marie Bell, says that Marge is settling in well, and that she would like us to spread the word so that people may write, call, or visit Marge.

(Photo courtesy of the Alexander Guest House's Facebook page, taken during an outing last week.)



Interested in participating in an Adult Our Whole Lives (OWL) class at Westside Unitarian Universalist Church beginning in January? Fill out this form!

<https://forms.gle/82peS2A1iegyXddK7>



Earth Church East Tennessee meets this Sunday, Nov. 20 at 3 p.m. at Westside UUC

Join Rev. Carol Bodeau for an earth-centered gathering each month close to the new moon. We will sit in a sacred circle, share experiences of inspiration in nature, create ritual together, and set intentions for the coming month. Then we'll have time for food and fellowship. Meetings are held outdoors (weather permitting) For more information, visit <https://www.wildchurchnetwork.com/>.

Westside Unitarian Universalist Church is located at 616 Fretz Road in Knoxville. (865) 777-9882

**Oak Ridge Unitarian Universalist Church
Congregational Meeting Agenda
Sunday, Dec. 4, 2022 11:15 a.m.
In the Sanctuary and on Zoom**

AGENDA

I. Call to Order

II. Opening Words

III. Approval of the minutes of the Spring 2022 Congregational Meeting

IV. President's Report

V. Minister's Report

VI. Treasurer's Report

VII. Endowment Committee Report

VIII. Bylaws Committee

A. The primary Bylaws proposed amendment is to Section 3. Committees Elected by the Congregation, C. Ministerial Search Committee, Item 2. *A copy of the bylaws may be accessed [HERE](#). Watch the recording from the Sunday, Nov. 13 Town Hall Meeting about the proposed bylaws changes here: [Passcode Required - Zoom](#). Passcode: 6v9\$YcNW*

IV. Closing Words

X. Adjournment

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 this week 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>

	% of Counties	% of Pop.
Low	79.7%	79.5%
Medium	18.1%	19.5%
High	2.1%	1.0%

Percentages do not sum to 100% because of rounding.



Source: U.S. Centers for Disease Control and Prevention (CDC)

FALL MOUNTAIN CONS!

November 18-20: Intermediate
December 2-4: Elementary
December 9-11: Senior High

Contact Christine Rehder, Director of Youth Faith Formation, at crehder@oruuc.org



REGISTRATION DEADLINES

Intermediate CON (Grades 6-8) *Safe travels this weekend, youth and advisors!*

Elementary CON (Grades 3-5) **Registration Deadline is TODAY: Friday, Nov. 18!**

Senior High CON (Grades 9-12) **Registration Deadline: Friday, Nov. 25!**
Register [here](#) ASAP!

Once you have registered, please contact Director of Youth Faith Formation Christine Rehder @ crehder@oruuc.org. If you're interested in being an advisor, please let Christine know. *If you're having problems with The Mountain website, please call The Mountain directly. Thank you!*



REMINDER: Unless it's raining, elementary age children go outside to play on Sunday mornings after the Story for All Ages. Please dress appropriately!

TAMALE MAKING DATES!

~~Sunday, Nov. 13 1-6 p.m.~~

Saturday, Nov. 19 9 a.m.-1 p.m.

Sunday, Nov. 20 1-6 p.m.

Saturday, Dec. 3 9 a.m. - 6 p.m.

Sign up at church or on Discord!

See you in the kitchen!

ORUUC Youth! Sign up to make Tamales!

Tamales are the major fundraiser for Youth Trips, and participation in their preparation is required for trip eligibility. There are numerous dates and times available, and sign up sheets will be available with Jason, Brandon or Christine, or on the HS Discord. 8th Graders are encouraged to sign up so they have hours put in for future trips. Parents are welcome and encouraged to help as well, either in place of or, preferably, with their Youth. It's really fun!

Thanks to a generous gift from the Endowment Committee this year, we're able to purchase our tamale making supplies so that all of the proceeds from our sales will go into the Youth Trip Fund.

Order your tamales [HERE!](#)



Tamale Making Last Sunday, Nov. 13

Community Announcements

The Lay Council of Spurgeon Chapel A.M.E. Zion Church Celebrates

Connectional Lay Day

Unity in the Community!

November 20, 2022

Starting @ 10:30am on our Church Lawn
100 S. Benedict Avenue, Oak Ridge, TN 37830
(In the event of inclement weather, the event will take place in the Church Fellowship Hall)



Erica N. Haigler
Pastor of Spurgeon Chapel
AME Zion Church



The Oak Ridge Police Department & Fire Department will join us to share about their services offered to the community all while grilling hot dogs & hamburgers!

Bring Your Favorite Lawn Chair & Join Us for Free Food, Fellowship, Fun & More!

Lay Council President: Mildred Beasley

For any event questions or details, please contact Spurgeon Chapel A.M.E. Zion Church:
Email: SPURGEONCHAPELAMEZ@GMAIL.COM
Phone: 865-483-3439 or 865-242-3574
Facebook: SpurgeonChapelAMEZionChurch

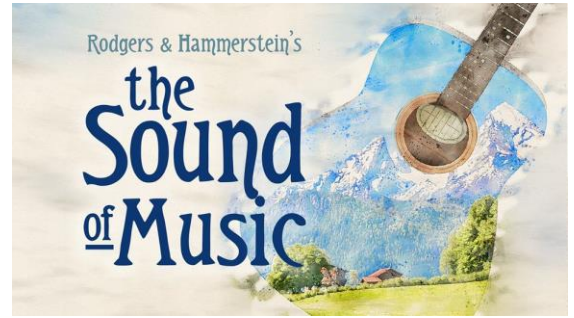


Morning Meditation by
Sister Cynethia Sims

The Spurgeon Chapel A.M.E. Zion Church Lay Council is hosting our annual Connectional Lay Day on our church lawn starting @ 10:30 a.m. on Sunday, Nov. 20, at Spurgeon Chapel A.M.E. Zion Church, 100 Benedict Ave., Oak Ridge. In the event there is inclement weather, the event will take place in our Fellowship Hall.

The program will include words from Lay Council President Mildred Beasley & Lay Council VP Gwen Sims, a morning meditation by Sis. Cynethia Sims, and the Oak Ridge Police & Fire Departments will be sharing services they offer to the community all while grilling hamburgers and hot dogs. Lunch will be served. So bring your lawn chairs and join us for Food, Fun, Fellowship & Faith!

Friends and neighbors let us unite to promote unity in our community! *The Reverend Erica Haigler is the pastor of Spurgeon Chapel A.M.E. Zion Church.*



Volunteer at the Oak Ridge Playhouse!

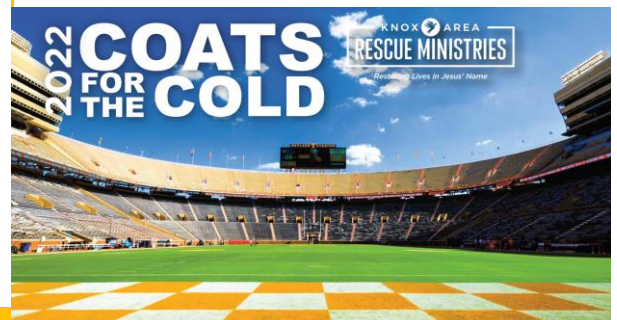
There is a critical need for backstage crew for the Sound of Music. If you are available to help - great! If not, please reach out to everyone you know to see if we can get help. Volunteers need to be at least 16 years old. The role involves moving set pieces. Nothing heavy--everything is on wheels.

Showtimes are Nov 18, 19, 25, 26, 27 and Dec 1, 2, 3, 4. Call times are 6:30~10:30 p.m., except Sundays, when the call times are 12:30~4:30 p.m.

We could also use a wardrobe lead, someone to work with the costume designer to help with costumes every night, and to make sure everyone has what they need. Contact Mary Hope at 865-661-4462.

Looking ahead...Youth interested in trying out or volunteering for sound, costume, and backstage for February 4-5 *Gingerbread-A Hansel & Gretel Story*, contact Oak Ridge Playhouse Board Member Rose Weaver at rs_wvr@yahoo.com for more information!

ORUUC has coat vouchers! If you or someone you know needs a winter coat, tell them to stop by the church office Monday through Friday, 9 a.m. to 3 p.m., or call 865-483-6761. Coat vouchers may be used at any of KARM's 21 locations in East Tennessee now through December 10. Go to KARMStores.com for more information.



This Week at ORUUC



Friday, Nov. 18

Intermediate Fall Mountain Con
11am Tai Chi Practice

Saturday, Nov. 19

Intermediate Fall Mountain Con
9am-1pm High School Tamale Making
9am-noon Ecuemenical Storehouse Pickups
1pm-1am Rental
1pm Hiking Group (Meet at church to carpool to Big Ridge State Park)
3pm Ukulele

Sunday, Nov. 20

Intermediate Fall Mountain Con
10am Worship Service: Bread Communion
11am High School
11am Reflections
11am Together in Spirit
11:15am Circle of Trust I
11:15am Newcomers
12:15pm YFF Team Meeting
12:30pm Buddhism Study Group
12:30pm Circle of Trust IX
1pm High School Tamale Making
2pm(3-5pm) Line Dancing
4pm Circle of Trust XI
5:30pm Circle of Trust X

The deadline to submit news for next week's Exponent in Tuesday at noon! Please send news, comments, and feedback to Rachel at communications@oruuc.org.

Monday, Nov. 21

11am Tai Chi Practice
6:50pm Meditation Learning and Practice Group

Tuesday, Nov. 22

9am Stone Soup Prep
6pm Depression & Anxiety Support Group

Wednesday, Nov. 23

11am Tai Chi
5pm Stone Soup Prep
5:30pm Circle of Trust III
6:45pm Choir Practice
7:45pm Band Rehearsal

Thursday, Nov. 24 Thanksgiving

Church Office Closed
12pm NWUUC Launchpad (Canceled)
6pm Potluck (Canceled)
6:50pm Meditation Learning and Practice Group



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

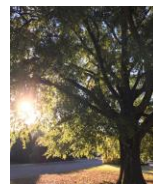


The ORUUC Board of Trustees

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The ORUUC Executive Team

Rev. Lisa Schwartz
Christine Rehder
Christina Elliott
Amanda Fishel
Jeannie Cuevas, Office Administrator



Coming up... Sunday, Nov. 27 Chop Down the Giving Tree

Rev. Gaye Morris, ORUUC's Community Minister
We can view the Shel Silverstein story, "The Giving Tree," as an ecological fable that ends badly for both humanity and the planet. Our Seventh Principle calls on us to work together in a spirit of generosity, in order to preserve the earth for future generations.