

November 10-16, 2023

In this issue >>>

This Sunday (pg.2)

Announcements (pgs.3-4)

Social and Volunteer Activities (pg.6)

Family News (pg.7)

November Worship Schedule (pg.8)

Community News (pg.9)

Church Calendar (pg.10)



News from Oak Ridge Unitarian Universalist Church

# The Exponent



Next Sunday, Nov. 19, is  
Bread Communion



Bread Communion is one of the rituals we as Unitarian Universalists perform in our worship service to symbolize sharing and how important it is to us. People bring different kinds of bread that are part of their cultural heritage, or have personal meaning. Volunteers cut the bread into bite-sized pieces. The bread is blessed and passed around in baskets for everyone to take a piece. Breads around the world are very different, but, every civilization that has ever lived on the earth has made some type of bread. This communion reminds us that we all need food to live, that we must share our one earth which feeds us all. It also reminds us to share our unique gifts with one another, so all can be fed.

**Next Sunday, Nov. 19 is our annual Bread Communion service. Please make your favorite bread to bring to church to share. Gluten-free is always appreciated. Please drop off bread during church office hours next week or on Sunday by 9:45 a.m. Bread will be cut Sunday morning. Please let Whitney Cole know if you're planning to bring bread: [whit.cole79@gmail.com](mailto:whit.cole79@gmail.com)**

## It's Time for a Tune-up, ORUUC!

Christine Rehder, Director of Youth Faith Formation

This November my mind is consumed with going places and what it takes to get there. Recently, Ted and I have been consumed with vehicle maintenance and repair. What began as items to cross off our To Do List soon became a tedious, expensive and expansive inventory of the changing needs of ourselves and our family.

Gone are the days with 3 children in the backseat placated with fish crackers and juice (though the stains remain). We are now finding going back and forth to Memphis for our oldest long and mind-numbing. Our younger son turns 16 in two months and will be driving as well. And though our anxiety and our car insurance rates have soared, their independence gives us both more time for ourselves and each other. And watching them navigate their adventures on the open road of their lives ahead is poignant and inspiring.

With this in mind, our aging fleet of vehicles got tune ups, some new tires, brake fluid and whatever else was needed to keep them running. They are not shiny or perfect, but they still run ok and they hold many memories, ranging from tender to tragic, within their 4 doors. And we are adding a new one as well to accommodate our changing needs so

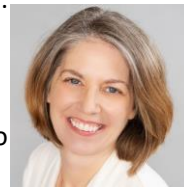
each family member can reach their chosen destinations.

As we went through this process, I kept thinking of ORUUC during this pivotal moment. As we search for a settled minister, we are opening up the hood and taking a hard look at the repairs needed. We are also reflecting on the journeys this vessel has taken us, and the toll that has taken on both it and us. And most importantly, we are imagining and

visioning about our next destination. Our collective hearts and minds are filled with hope and inspiration about where the journey will take us.

Right now at ORUUC, we are getting a tune-up. Last week Keith Kron led a workshop helping us understand and expand our ideas about our next minister. The Search Committee has met with Cottage Groups and asked what meaningful and successful ministry looks like to us. And in the coming year, we hope to meet our ministerial candidates.

In this process, we may find some erosion, a bolt here and there that needs tightening, or even that we need a brand new part. We do these repairs so we can keep moving together onto the next leg of the journey of ORUUC.



# This Sunday, Nov. 12

## Cosmic Glory, Earthly Splendor

From the first humans gazing at the night sky in wonder to poets and philosophers and scientists, stars and their evanescent potentiality have fascinated humanity. They are our ancestors, and they reveal to us a vastly generous cosmos. Rev. Lisa Romantum Schwartz will explore how our scientific understandings about the cosmos can connect with our spiritual awareness of the generous impulses that connect all things.

Worship with us at 10 a.m. in person or on Zoom. Zoom door opens at 9:45 a.m. Go to [Sunday Worship Info — ORUUC](#) for Zoom information.

The Order of Service may be found [here](#). Email or Text Prayer Requests to [prayers@oruuc.org](mailto:prayers@oruuc.org)



### November Split the Plate Offering: [Ecumenical Storehouse](#)

Adult and Youth Faith Formation classes take place from 11:15 to 12:15. Nursery is available.

*Covid-19 Update: Masks are not required in the building; we have masks and hand sanitizer available, and we encourage you to do what makes you feel comfortable.*

**Our Whole Lives**  
Adult OWL  
Classes  
Sundays at  
11:15 a.m.  
at  
ORUUC  
Lifespan Sexuality Education

**Adult OWL classes meet each Sunday during Faith Formation Hour through December 3--** attend one, or a few, or all of them--it's up to you!

- ~~10/22 Language and Anatomy~~
- ~~10/29 Sexuality and Gender Identity (SEIO Model)~~
- ~~11/5 Cultural Attitudes about Sexuality~~
- 11/12 Cultural Communication (Mass Media, Social Media, Pornography)
- 11/19 Body Image
- 11/26 Sexual Consent and Boundaries
- 12/3 Healthy Relationships
- 12/10 Aging, Change, and Sexuality (Special Time: Follows Congregational Meeting and includes possible celebration)

For more information on these classes, contact Christine Rehder at [crehder@oruuc.org](mailto:crehder@oruuc.org).

## November Split the Plate Offering: Ecumenical Storehouse

Every Sunday we share our offering 50/50 with a local agency chosen by our members during a vote at the Congregational Meeting each June. This month, the Split the Plate offering goes to the Ecumenical Storehouse.

The Ecumenical Storehouse provides household items to those in the community who cannot afford them. They accept donations of furniture, appliances and household goods (linens, dishes, cookware), and distribute them, free of charge, to needy families in the local 3-county region. The Storehouse works with the United Way, ADFAC, and many churches. Special consideration is given to those families for whom a fire has left



them in a desperate situation. Run by a cooperative of Oak Ridge churches ORUUC, Ecumenical Storehouse has been in operation since 1984.

Ecumenical Storehouse embodies the social action that ORUUC champions; it is a founding member. It runs a very lean operation and has an all-volunteer organization and very modest budget. Its service in recycling used furniture and household goods back into society is a very green operation. We strive to maintain the Storehouse in a manner that supports our seven principles and serves as good outreach to our broader community. Please [GIVE HERE](#) as you are **willing and able, or text "ORUUC" to 73256.**

## Announcements



Grab some paper strips and a glue stick, and make some love chains for the Holiday Love Tree!

The Gift of Mystery  
December Worship Series



Construction paper strips and glue sticks are located in the basket in the church lobby. Help us make the Holiday Love Tree bright and festive this season!



Anne Child

Volunteer of the Month  
November 2023

We're so fortunate to have many wonderful volunteers who support the mission of this church in many quiet ways. So this month, back by popular demand, we're bringing back a great tradition: The Volunteer of the Month Award! This month the honor goes to ... (drum roll) Anne Child!

Anne tends our Memorial Garden and makes sure that our ancestors are honored in quiet beauty. When the time comes Anne and her small crew open the earth to receive the ashes, close it up after the ceremony, AND keep track of who's where. And Anne has taken on the task of putting together our congregation's history timeline, soon to go live on the website! We're grateful to you, Anne, for all you do and who you are. Enjoy the Volunteer of the Month parking space for the month of November!



Last month, Amanda Fishel had a serious fall at home, followed by major surgery. Since then, she has been resting and healing at home. Amanda doesn't know what the timeline is for returning to normal activity, only that it won't be a short road to complete healing.

The Caring Team at ORUUC is helping the Fishel family by organizing meals through this month. Casseroles, soups, and other dishes would be appreciated. *Please note: One family member has some sensitivity to dairy, so cheese is OK, but a cream-based soup is not.* If a dinner for four sounds like something you'd be willing and able to do in the next month or so, please sign up here: <https://mealtrain.com/ekd0oy>

# Announcements



Start Local, Stay Vocal



## Chapter Formation Interest Group

Saturday November 11th 3-5pm  
2931 Kingston Pike, Knoxville TN

Justice Choir is a volunteer based civic group that:

- Creates music for social and environmental movements.
- Curates a royalty-free, non-commercial music resource.
- Teaches community singing through local partnerships.
  - Provides leaders for “pop-up” style group singing at marches, rallies, state buildings, and vigils.
- Builds a networked community capable of responding quickly to urgent, local, social and environmental issues.

### What will we do?

Sing from the JusticeChoir Songbook  
Practice Leadership of Songs  
Discuss Chapter Formation Guide  
Create an Action Plan  
Contact: [david.asbury@musician.org](mailto:david.asbury@musician.org)  
540-409-1863



The next meeting of the Justice Choir, hosted by TVUUC, will be held on Saturday, Nov. 11 at TVUUC from 3 to 5 p.m. David Asbury, Music Director at TVUUC, can be reached at [davidasbury@tvuuc.net](mailto:davidasbury@tvuuc.net) for more information.

## Stone Soup

Final Friday of each month  
5:30- 6:30 p.m.  
SOCIAL HALL  
or Take Out



Contact Jen Stark at [jen.stark@hotmail.com](mailto:jen.stark@hotmail.com) to volunteer! 

Thanks to all those who have donated generously to the church pantry in recent weeks. **Our ongoing needs are still peanut butter, canned green vegetables, and canned fruit** to pack grocery bags for those in need. Please considering picking up a few of these the next time you go grocery shopping. Thank you!



An invitation from  
**Tennessee Valley Unitarian Universalist Church**  
to churches in the East Tennessee UU Cluster

## TVUUC POTLUCK ON THANKSGIVING DAY

**THURSDAY, NOVEMBER 23, 2023**  
Doors Open at 12:30. Meal 1:00-2:30. Activities 2:30-4:00.

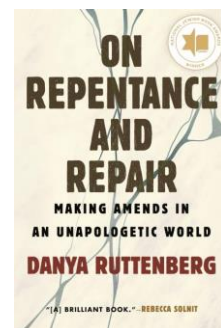
**RSVP by email to: [potluck@tvuuc.org](mailto:potluck@tvuuc.org)**  
*Bring enough ready-to-serve food for you and yours and to share.*

GAMES – PUZZLES – TV FOOTBALL – PING PONG

2931 Kingston Pike, Knoxville, TN 37919 – (865) 523-4176



TVUUC is hosting a potluck on Thanksgiving Day, and all UU churches in the East Tennessee cluster are invited! Doors open at 12:30 p.m. The meal will be served from 1 to 2:30 p.m., followed by activities until 4 p.m. Bring food to share. RSVP to [potluck@tvuuc.org](mailto:potluck@tvuuc.org).



Copies of “On Repentance and Repair” are in! Pick up yours in the church office workroom. We are looking for a few coordinators for small discussion groups — if you are interested, contact Rev. Lisa at [rev.lisa@oruuc.org](mailto:rev.lisa@oruuc.org) or Nathaniel Bass at [nathaniel.k.bass@gmail.com](mailto:nathaniel.k.bass@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](mailto:office@oruuc.org) or a Caring Coordinator!

## Caring Coordinators for November

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

Irene Robbins [Robbinsif1@comcast.net](mailto:Robbinsif1@comcast.net) 865-481-3427

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.

## Suzanne Jean Johnson, January 26, 1955 – September 15, 2023

Suzanne Jean Johnson, age 68, died unexpectedly Friday, September 15, 2023. Suzanne's life began with an accident—her brain was injured at birth. And it ended with an accident—a blood clot lodged in her heart. In spite of the challenge of a brain injury, Suzanne lived a life filled with diverse activities, joyful times, and even some exciting adventures.

She went swimming with the Masters Swim Club in Oak Ridge although she was too young to join the club. She went tubing down Little River in Townsend, Tennessee, with the Campfire Girls. She once swam with alligators (their jaws were tied shut) in a lake in South Carolina while visiting her former teacher, Suzi Touzel. She enjoyed ice skating with her family in Knoxville at Christmastime. A favorite activity was walking her beloved dog, Little Bit.

Suzanne was trained in American Sign Language at Tennessee School for the Deaf for six months and became very skilled. She loved demonstrating her skills by signing a person's name. For a time, she interpreted for a deaf man at Eastern State Psychiatric Hospital.

Suzanne enjoyed reading—especially the Harry Potter books. She loved playing Scrabble and doing crossword puzzles, and she was an excellent speller.

In addition to fun activities, Suzanne worked at various jobs—she delivered The Oak Ridger newspaper, assisted cooks at fast-food restaurants, cleaned rooms at nursing homes, bicycled back and forth to Hardee's, where she was a kitchen crew member, and carried her bicycle up two flights of stairs when returning to her apartment after work.

A great adventure in Suzanne's life was living for two years at The Farm, a collective community on 1000 acres near Summertown, Tennessee. Everyone there was vegetarian. Suzanne's tasks included weeding the gardens and helping with the preparation of tofu.

Suzanne was born on January 26, 1955, in Los Alamos, New Mexico, where her father, Joseph M. Domblesky, worked at Los Alamos National Laboratory. He died when Suzanne was six months old. Her mother, Ann L. Domblesky, later married George L. Ragan, who adopted Suzanne.

Suzanne was married and divorced twice: James M. Chandler (5 years) and David W. Johnson (20 years).

Suzanne was preceded in death by her father, Joseph M. Domblesky, and her adoptive father, George L. Ragan. **She leaves behind her mother, Ann L. Ragan;** her sister Margaret A. Williamson and brother-in-law Joseph Williamson; her brother Guy E. Ragan and sister-in-law Susan L. LeStrange; her brother Don Ragan and sister-in-law Carol Ragan; her sister Lenore Vanderkooi and brother-in-law David Vanderkooi; and her nephews, Duncan R. Williamson, Henry L. Ragan, Loren Vanderkooi, and Leslie Ragan; and her nieces Hilda R. LeStrange and Kristen Vanderkooi; and the rest of the extended family.

The family would like to express deep appreciation to the staffs at Ridgeview Behavioral Health Services, Emory Valley Center, and Diversicare for the years of respect, care, and compassion they provided.

**A memorial service will be held at 1:30 p.m. on Friday, Nov. 10, at Oak Ridge Unitarian Universalist Church. In lieu of flowers, donations may be made in Suzanne's name to Oak Ridge Unitarian Universalist Church, 809 Oak Ridge Turnpike, Oak Ridge, TN 37830 or to a charity of your choice.**



## 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

We're scheduled to meet Saturday, Nov. 18 at 3 p.m. The next Coffeehouse is New Year's Eve! It's not too early to start thinking about what we could perform! We'd love to have you join us! Abbie Moore [abbie.moore@icloud.com](mailto: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 Backus

[backusanne@comcast.net](mailto:backusanne@comcast.net) for more information about PFLAG Oak Ridge.



ORUUC is always looking for members to add to its Caring Team! **Contact Rachel in the church office (865-483-6761) or [communications@oruuc.org](mailto: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

### Thanks to all who helped run Ecumenical Storehouse this month



Our next regular donation pickup date is **Saturday, Nov. 18 from 9 a.m. to noon**. This organization, which supplies furniture and household goods to those in need, is an important part of our community. There are many ways you can help, many of which don't involve heavy lifting. **Please contact Martin Bauer at [bauermlb@gmail.com](mailto:bauermlb@gmail.com) for more information.**



**Eggs and Pegs are back!** Play cribbage, eat breakfast, have fun **Sunday, Dec. 3!** These get togethers will be held the first Sunday of each month at 8:30 a.m. in the Social Hall.



**Pack "Food for Kids" with Second Harvest at First United Methodist Church of Oak Ridge**

**Monday, Nov. 27 at 12 noon in the Multipurpose Room.** The bins of food will be delivered to the schools Tuesday, Nov. 28. This will be the last time we pack until January. **There are NO packing dates in December.** Questions? Contact Coordinator Cara Weigel at 865-481-8108.

It's almost time  
for Tamales at ORUUC



Many hands make light work, and the money we raise from this will go towards our next youth trip.

**Our first day of making tamales is Nov. 12 from 12-5. Shift 1 is 12-2:30, and shift two is 2:30-5. Please let Jason Fishel know at Jason Fishel**

**[solarmanj@gmail.com](mailto:solarmanj@gmail.com) if your youth and/or you are able to participate on the 12th for either shift.**

Our next tamale day in the near future is Nov. 19, also from 12-5. Keep it on your radar! Thanks!

## **Faith Formation Dates for 2023-24**

- August 6 – First Day of Youth Faith Formation
- September 15-16 – Rummage Sale (Teens who volunteer during Rummage Week can earn money for the Youth Trip Fund!)
- September 30 – October 16 – OR Schools Fall Break
- October 1 – Church Potluck (No Faith Formation)
- October 13-15 – All Church Retreat (Harrison Bay State Park) (No Faith Formation)
- October 29 – Trunk or Treat.
- November 3-5 – Fall Elementary Mountain CON
- **Wednesday, Nov. 8 - 6 p.m. in the Social Hall: Tamale Talk! Find out how tamales are made, what our mission is, and how you can help!**
- November 12 - 12-5 p.m. Tamale Making
- November 17-19 - Fall Intermediate Mountain CON (Registration is closed.)
- November 19 – 12-5 p.m. Tamale Making
- **December Tamale Making Dates: To Be Determined**
- December 1-3 – [Fall Senior High Mountain CON](#) (Registration Deadline: Friday, Nov. 17)
- December 3 - Cocoa and Caroling
- December 10 - 5th/6th OWL Parent Orientation
- January 7 - 5th/6th grade OWL Begins

Check out our updated programming at <http://www.oruuc.org/religious-education>.

# The Mountain

Retreat & Learning Center



**Registration now for Senior High Mountain CON! The deadline is November 17. Registration closes two weeks prior to the CON date.**

- November 3-5 – [Fall Elementary Mountain CON](#)
- November 17-19 - [Fall Intermediate Mountain CON](#) (Registration is closed.)
- December 1-3 – [Fall Senior High Mountain CON](#) (Register by November 17.)
- 

**Please email Christine Rehder at [crehder@oruuc.org](mailto:crehder@oruuc.org) when you register to let her know so that she can plan for advisors and transportation.**



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

**First and Third Thursdays<sup>at</sup> 10:30 a.m.  
in the Oak Ridge Public Library Meeting Room**

***Don't miss the next gathering  
November 16!***

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

<https://mailchi.mp/oakridgetn/orplnov23>.

# *November Worship Series*

## **Generosity**

November 5:

***Think of a Minister. Don't Think of an Elephant.*** Rev. Keith Kron, UUA

November 12:

***Cosmic Glory, Earthly Splendor***

November 19:

***Practicing Gratitude/ Bread Communion***

November 26:

***The Gift of Our Whole Lives***

**Join us for  
Sunday Worship  
at 10 a.m. in  
person and on  
Zoom**

*Youth and Adult Faith  
Formation classes  
are from 11:15 a.m.  
to 12:15 p.m.  
Nursery is available  
during the FF hour.*





# Community News

**FREE coat vouchers are available now at ORUUC!**



**Knoxville Area Rescue Ministries (KARM) Stores and Prestige Cleaners** work together each year to collect donations of coats and clean them for the Coats for the Cold drive. From **November 13 through December 9**, customers with a Coats for the Cold ticket can get a free coat at any KARM Store location. ORUUC has nearly 300 coat vouchers to be distributed at Stone Soup and through the church office. More information on Coats for the Cold can be found at [karm.org/coats-for-the-cold/](http://karm.org/coats-for-the-cold/).

## Oak Ridge Community Thanksgiving Dinner

November 23<sup>rd</sup> 2023  
11:00am – 1:00pm

Dine with us in house!

High Places Community Church/Grove Theater  
123 Randolph Road, Oak Ridge



[OakRidgeCommunityThanksgiving.com](http://OakRidgeCommunityThanksgiving.com)

[OakRidgeCommunityThanksgiving@gmail.com](mailto:OakRidgeCommunityThanksgiving@gmail.com)

[Facebook.com/OakRidgeCommunityThanksgiving](https://www.facebook.com/OakRidgeCommunityThanksgiving)

**Free to All**

**No RSVP Required**

**All Are Welcome**

Please share with all who may want to attend, volunteer or donate. Thank you!

<https://www.oakridgecommunitythanksgiving.com/>

[OakRidgeCommunityThanksgiving@gmail.com](mailto:OakRidgeCommunityThanksgiving@gmail.com)

<https://www.facebook.com/OakRidgeCommunityThanksgiving>

*The Oak Ridge Chamber of Commerce Presents the*  
**2023 Oak Ridge Christmas Parade**  
*"Sleigh Ride"*

**Saturday, December 9**  
Starts at 6:00PM  
Parade Route on  
Oak Ridge Turnpike



Scan to Join  
The Ride!



**Deadline to Register: Monday, December 4**

**OAK RIDGE**  
CHAMBER OF COMMERCE  
IN BUSINESS FOR BUSINESS

For more information, contact [events@orcc.org](mailto:events@orcc.org)  
or visit [www.oakridgechamber.org/2023-oak-ridge-christmas-parade](http://www.oakridgechamber.org/2023-oak-ridge-christmas-parade)

ORUUC is planning to participate in the Oak Ridge Christmas Parade again this year! Connect with Whitney Cole if you have ideas for our entry or want to get involved!



Join Westside UU Minister Rev. Carol Bodeau for an earth-centered gathering each month, on third Sundays. 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 outdoors (weather permitting) at Westside at 3-6 p.m.

<https://fb.me/e/bK9hRh1Th>

# This Week at ORUUUC



## Friday, Nov. 10

***Veterans Day Observed. The Church Office is CLOSED.***

11am Tai Chi Practice  
1:30pm Suzanne Johnson Memorial Service

## Saturday, Nov. 11 *Veterans Day*

## Sunday, Nov. 12

8:15am Circle of Trust VII  
**10am Worship**  
11am High School  
11am Together in Spirit  
11:15am Adult OWL  
11:15am Circle of Trust IV  
11:15am Newcomers  
11:15am Reflections  
11:30am Circle of Trust II  
12pm Tamale Making  
12:15pm Circle of Trust V  
12:30pm Buddhism Study Group  
1pm Circle of Trust VI  
3pm Line Dancing  
5-7pm Zentangle Group

## Monday, Nov. 13

11am Tai Chi Practice  
6pm Embers

## Tuesday, Nov. 14

6pm Board Meeting  
6pm Depression and Anxiety Group

## Wednesday, Nov. 15

6:30am Breakfast Rotary  
11am Tai Chi Practice  
11am Circle of Trust VIII  
1:30pm Executive Team  
7pm Choir Practice  
7:45pm Band Rehearsal

## Thursday, Nov. 16

12:30pm Thursday Lunch Bunch



*Looking ahead: The Church Office will be closed Thanksgiving Day, Nov. 23, and Friday, Nov. 24.*



If you have a flyer you would like to share on the church bulletin board about a community event, please leave it with the church office staff. Thank you!

## **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*

## **ORUUC Executive Team**

*Rev. Lisa Romantum Schwartz  
Christine Rehder  
Amanda Fishel  
Donna Maloney  
Jeannie Cuevas, Office Administrator*

## **Sunday, Nov. 19 Practicing Gratitude**



You may have thought that gratitude was primarily a feeling, rather than a practice. But keeping our “gratefulness muscle” toned and tuned is important. Just as a talented pianist wouldn’t be able to play a sonata with exquisite beauty if they had never practiced, humans who don’t practice gratitude sometimes struggle to execute the tasks of life. **Please bring bread to share at this annual Bread Communion. Email Whitney Cole the type of bread you’re baking: [whit.cole79@gmail.com](mailto:whit.cole79@gmail.com).**

**The deadline to submit news for *The Exponent* is Wednesday at noon. Please send news, comments, and feedback to Rachel at [communications@oruuc.org](mailto:communications@oruuc.org).**



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

