



# The Exponent

**November 19-25, 2021**

**WORSHIP**

**November 21, 10:00 AM "**

**Communitas and the Muppets"**

Rev. Jake Preaching

In our all-ages Thanksgiving Service, we'll have the traditional Bread Communion ritual. We'll celebrate the power of community. And we'll explore the concept of "communitas"—the experience of people on a journey together—through the lens of the Muppets.

Order of Service [here](#)    Go to [ORUUC](#) for zoom information.

## UP FRONT

*Church Office Closed*



# Stone Soup



## Final Friday of Every Month

### Menu: Potato Corn Chowder, Bread, Fruit

Drive through the ORUUC parking lot to the front of the building where a volunteer will assist you. Please remain in your car and maintain a safe distance from other drivers.

Friday, November 26, 2021  
5:00 p.m. – 6:00 p.m. - Or Until Supplies Run Out

809 Oak Ridge Turnpike, Stoplight #2

Oak Ridge Unitarian Universalist Church

(865) 483-6761



Special thanks to our Community Partners for participating in our meal:  
Kroger Marketplace  
Jewish Congregation of Oak Ridge



*The Healthy Transition Task Force*

The Healthy Transitions Task Force thanks everyone for their input at the recent round table discussions. Stay tuned for future news!" ~ Healthy Transitions Task Force Members Nancy Starr, Jen Stark, Margaret Durgin, Heidi Brenner, and Amanda Fishel



## DRAFT TRANSITION TIMELINE - NOV 2021

### 2021-22

#### "A GOOD GOODBYE"

##### Late May to Early June

- Well-Coordinated Congregational Communication
- Connect with UUA Consultant

##### Aug 2021

##### Board appoints

- 1) "Good Goodbye" Task Force
- 2) "Healthy Transitions" Task Force

Board retreat with Executive Team and staff; Plan the year

##### Fall 2021

Congregational Conversations, toward clarity on ORUUC's current dreams and needs.

##### Late Spring 2022

- ORUUC Board contracts with Interim Minister
- Goodbye Ceremonies and Celebrations
- June 30: Jake & Tandy end ORUUC ministries

### 2022-24

#### TWO-YEAR INTERIM

##### August 2022

Interim Minister Arrives

##### The Five Developmental Tasks of Interim Ministry

- Coming to Terms with History
- Discovering a New Identity
- Shifts in Power/Leadership Changes
- Re-Thinking Denominational Linkages
- Commitment to New Leadership and a New Future

##### December 2022

Congregation Elects Ministerial Search Committee

##### April/May 2023

ORUUC Board renews contract with Interim or hires another Interim for second year

##### Oct 2023 to March 2024

- "Congregational Record" uploaded for UU ministers in search
- Search Committee confidentially reviews pre-candidates, selects candidate

##### April 2024

Congregation votes to call New Minister

### 2024-25

#### NEW SETTLED MINISTER YEAR ONE

##### August 2024

New Minister arrives

##### Over the Church Year

- New Minister establishes relationships/trust
- New Minister's Installation Service
- Jake & Tandy only renew contact with Congregation at invitation of New Minister
- Congregation could vote to name Jake & Tandy "Minister Emeritus" and "Minister Emerita." (Or could decide not to!)

*Coats for the Cold 2021*



**From November 15 to December 11**, anyone with a voucher may select a cleaned and prepared for distribution coat **from any KARM store**. Jeannie now has the vouchers in the church office.

FYI – In the 3<sup>rd</sup> quarter of 2021, KARM stores received 38 donations from those connected to ORUUC. Those donations included household items as well as donations of time. In return, we received \$100 in gift cards to share. Over the past 12 months churches and other partners received nearly \$500,000 in gift cards to share with the East Tennessee community; since January 1, 2001, 80,000 nights of safe shelter were provided to men, women, and children and 135,000 meals have been served at KARM.

Mother Goose



of Oak Ridge

Join us with your baby, toddler and/or preschooler for bouncing, tickling, touching, clapping and action rhymes, musical circle games, simple songs, and play.

**FIRST and THIRD Thursdays each month  
at 10:30 AM  
with "Father Goose" Michael Raymond  
September through May**

We promote positive parent/child interaction as well as language and early brain development through traditional rhymes, circle games, musical activities, and simple play. We provide a meeting place and fellowship for caregivers of young children, especially those new to the community and far from home. Nothing is charged for Mother Goose; it is freely and lovingly offered to all.

*Mother Goose of Oak Ridge meets in the Oak Ridge Public Library Auditorium.*

**Mother Goose of Oak Ridge meets in Oak Ridge Library Auditorium**



## ***Nomadic Yoga Co-op***

**Sunday, 11:15 am with Jennifer**

Sunday Morning yoga will be on hiatus until further notice, due to the cold weather and Covid restrictions for inside the building. Please continue your home practice and consider joining me on Monday evenings at

Ascension Yoga for a Gentle Flow class. We hope to be able to gather again soon. Namaste. ~Jennifer Yarrow Alexander



## ***Line Dancing***

**Sunday, 3:00 pm**

We teach line dancing. Through our dancing, we bring together total strangers through-out the Oak Ridge community. We learn a variety of dances, country, jazz, waltz and cha-chas.

Close friendships are developed with the willingness to share individual talents with others. A donation of \$3.00 per session is suggested.

For more information contact Jo Curran or Steven Albright



## ***Tai Chi***

**M-W-F, 11-12 am**

We minister to health & stability through learning & practicing tai chi. Tai chi has helped individuals maintain & improve their balance, strength, & blood pressure, & reduce knee, arm, shoulder & back pain. It has helped with MS, Alzheimers, dropped cervix, bunions, & more.

For more information call Janet Hoegler at 865-963-5115

## **ANNOUNCEMENTS**



### ***ORUUC Angel Tree***

Sign up in the church lobby today.

Wrapped and tagged gifts due by Sunday, December 12.

Thank you



## ***Youth Faith Formation Programming Update*** ***(updated November 3, 2021)***

Under the guidance of the PALs framework, we are updating our Sunday morning programming. We will continue to use this framework and the guidelines set by the COVID Task Force to keep our children and youth safe and engaged. We will continue to utilize outdoor space as much as possible, weather permitting, so please remember to dress accordingly as the temperatures drop. The Faith Formation Staff thanks you for your patience and flexibility as we navigate these uncertain times. As always, thank you for sharing your family with us.



**Preschool/Nursery** - Our youngest ORUUCians will continue to meet in person with beloved Nursery Coordinator Susan Rosenbaum and her helpers to play and love together.

**Spirit Play** will resume a hybrid format of meeting in person and online.

The



online <https://zoom.us/j/99224336010?pwd=WFFKMnIVL2tnSjlWU1FsWXhuMnY4Zz09>



**Create and Connect** will remain outside as long as weather permits, but will move indoors as colder weather approaches. Multiage Coordinator Whitney Cole and her team of assistants will lead a variety of interactive experiences connected with the themes of Worship.

**Middle School** - Middle Schoolers will continue their hybrid format, exploring the themes of Worship together and learning through community. They will also continue their partnership with the Groundskeeping Crew on the 4th Sunday of every month. Click here for the Middle School Zoom link:



<https://zoom.us/j/94450682777?pwd=RkcvTUdhb0p5bTB4OWI0aklDJDJFdz09>



**High School** - The Senior High will also continue their hybrid format, meeting both in person and virtually. The Group has begun planning for an East Coast Heritage Trip in June and will meet in the Hearth Room the 1st Sunday of each month for the remainder of the year with 8th Grade trip participants to

learn about UU history and foundational values and ideas in preparation for it.

The Group meets virtually on Discord. Please contact Jason Fishel @

[solarmanj@gmail.com](mailto:solarmanj@gmail.com) to be added to the group server.

## Updated Covid Policies

### PALS Framework

The PALS level for this week is high, so masks required, no food or drink inside the building. See this [link](#) for more details

COVID-19 →

# Am I eligible for a booster shot?

**Who?**

If you received a Pfizer or Moderna series:

- › 65 years and older
- › Age 18+ who live in long-term care settings
- › Age 18+ who have underlying medical conditions
- › Age 18+ who work or live in high-risk settings

If you received a J&J vaccine:




- › Age 18+

**When?**


- › At least 6 months after Pfizer or Moderna
- › At least 2 months after J&J

**Which booster shot do I get?**

- › You may have a preference, but you can get any booster shot.



**FIND OUT MORE AT [CDC.GOV](https://www.cdc.gov) & [VACCINES.GOV](https://www.vaccines.gov)**



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*Split the Plate for November*

## ***Blossom Center for Child Excellence***



### **Education and Children's Family Services**

Blossom Center is a non-profit childcare facility serving Oak Ridge and surrounding areas. The Center's program is academically orientated, intended to bridge the gap between home and school in order to improve education 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.

**OUR ORUUC FAMILY**

## ***Caring for Each Other***

If you are going through difficult times and would like emotional support, or are in any situation where support and caring are needed, contact

Rev. Tandy Scheffler, Minister of Care and Connection

Jeannie Cuevas, Office Administrator

(865) 483-6761 Office Hours M-F 10 AM to 4 PM [office@oruuc.org](mailto:office@oruuc.org)

### **Caring Coordinators for November**

Diane Nelson [Mona\\_Nelson@att.net](mailto:Mona_Nelson@att.net) 512-878-7705

Nancy Lain Highfill [highfillnancy@gmail.com](mailto:highfillnancy@gmail.com) 483-1935

Amanda Fishel [amsfishel@gmail.com](mailto: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.

## **ORUUC LEADERSHIP**

### **The ORUUC Board of Officers**

President: Jim Nutaro

Past President: Val Herd

President-Elect: Michele Thornton

Secretary: Jason Fishel

### **The ORUUC Executive Team**

Rev. Jake Morrill

Christine Rehder

Christina Elliott

Debra Oscarson

Treasurer: Brandon White  
Members-at-Large:  
Shelaine Curd  
Regina Guy  
Nathaniel Bass  
Ethan Coon

## Community/UU



### *Standing on the Side of Love and Women's Reproductive Rights*

Standing on the Side of Love and Women's Reproductive Rights: Mark Lucian Mohundro, a TVUUC staff member and long-time Planned Parenthood volunteer, and Angelina Carpenter, medical chaplain and Counselor/Educator at Knoxville Center for Reproductive Health, are spearheading local efforts to educate our community on upcoming legislation involving women's reproductive rights and actions to be taken. They are seeking a liaison (or two) from ORUUC to work with them, and other faith communities, to reach our corner of East Tennessee on this issue. If interested, please call or text Angelina at 865-207-3166 or email [etn\\_community@yahoo.com](mailto:etn_community@yahoo.com) or Mark at 865-292-4000 [markm667@gmail.com](mailto:markm667@gmail.com)

# Oak Ridge Community *Socially Distanced* Thanksgiving Dinner

November 25<sup>th</sup> 2021  
12:00 – 1:00pm  
Drive Up/Walk Up Only

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**

## ON THE CALENDAR THIS WEEK

### Friday, November 19

11:00am Tai Chi Practice

### Saturday, November 20

8:00am Safety Team Training

3:00pm Ukulele

### Sunday, November 21

10:00am Worship Service

11:00am Circle of Trust I

11:00am Family Group

11:00am High School

11:00am Reflections

11:00am Together in Spirit

11:15am Circle IX

12:30pm OWL 10-12 Grade

12:30pm OWL 7-9 grades

12:30pm Buddhism Study Group

12:30pm Circle of Trust IV

1:00pm Tamales: E. Coast Herritage Trip

1:00pm Good Goodbye Task Force Meeting

3:00pm Line Dancing

3:00pm OWL (7-9 Grades)

4:00pm Circle of Trust X

### Monday, November 22

11:00am Tai Chi Practice

6:50pm Meditation Learning and Practice Group

### Tuesday, November 23

6:00pm Depression & Anxiety Support Group

### Wednesday, November 24

6:30am Breakfast Rotary

11:00am Tai Chi

5:15pm Circles of Trust III

6:00pm Circles of Trust VI

6:45pm Choir Practice

7:45pm Band Rehearsal

### Thursday, November 25

Office Closed

12:00pm O.R. Community Socially Distanced

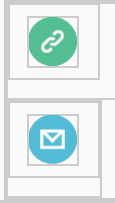
Thanksgiving Dinner

5:00pm Potluck **Canceled this week**

6:50pm Meditation Learning and Practice Group







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**Our mailing address is:**

809 Oak Ridge Turnpike

Oak Ridge, TN 37830

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