

September 15-21, 2023

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News from Oak Ridge Unitarian Universalist Church

The Exponent



**FALL RUMMAGE PRE-SALE
TONIGHT—Doors open at
6 p.m.! All prices doubled!
Main Sale Tomorrow
from 9 a.m. to 2 p.m.**



Saturday, Sept. 16 9 am-2 pm
Pre-Sale: Friday, Sept. 15 6 to 8 pm
(prices doubled during pre-sale)

Rummage Week has been a busy one! Stop by this evening from 6 to 8 p.m. for the pre-sale (prices are doubled) and come back tomorrow from 9 a.m. to 2 p.m. for the main sale (prices as marked). You'll never know what you'll find!

Thanks to all for donating your gently used items, your time, and delicious meals and treats for the Rummage workers. **Volunteers are needed to work the sale both days and help clean up after on Saturday. Lend a hand and stay for pizza!** Special thanks to Amanda Fishel and Christina Elliott for organizing the entire effort!

Trust the Process

Rev. Lisa Romantum Schwartz, Interim Minister

I love the transitional time between seasons, when fall is in the “already/not yet” stage, because there’s so much going on. It’s a time of intense process. Plenty of the summer things are still lively. (Anyone have tomatoes still ripening on the vine?) Still, the leaves have begun to turn, and some of the trees are just starting to look a little thin. Squirrels are busy burying nuts, and one in my yard is already digging some up and eating them. Maybe the squirrels are pulled both ways by the transitional season, too.

There’s an interesting fact about squirrels and their nut-storing practices. Squirrels have a deep impulse to bury nuts and acorns in certain places and at certain times of year. And when it gets colder and food is scarce, they all have an impulse to dig up nuts and eat them. But squirrels apparently don’t have any sense of proprietorship about the nuts they bury. Since all squirrels share equally in the nut-burying activity, there are more than enough nuts to go around. And the bonus for the forest is, the nuts that are uneaten by spring become new trees. It’s a lovely, life-sustaining process.

I remember when I was in the midst of applying for my first “church ministry”

job (I’d worked as a chaplain for 8 years). There was much uncertainty, and I was pretty anxious about the whole endeavor. In a reflective moment, I felt a nudge from the universe: Trust the process. Those three words became a sort of mantra for me then, and I still find comfort in that timeless wisdom.

I like to think that this late summer/early fall season is another gentle reminder from the universe (some might say, from the Holy). Everything is always in process. Some of the past

season’s activities are still thriving, while others are fading and going back to the earth. New things are both already and not happening. We wonder sometimes about the outcome of our big endeavors.

I invite you to pay attention to the wisdom of this transitional season: Trust the process. Be assured that something larger than ourselves is at work. Trust that we are all part of the process, busily and generously investing treasure that will sustain us in the season to come. And trust that what we are planting today will grow strong enough to nourish future generations.



This Sunday, Sept. 17

Sweet Dreams of Autumn

This is the weekend of the autumn equinox, a marker of approaching fall. Seasonal changes are like life changes, with subtle shifts taking place over time. As we continue to explore the theme of welcome, Interim Minister Rev. Lisa Romantum Schwartz will ponder what might be hard to welcome as the seasons of our lives turn away from growth and move towards taking a rest, and taking stock.

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

Zoom door opens at 9:45 a.m.

Go to [Sunday Worship Info — ORUUC](#) for Zoom information.

The Order of Service may be found [here](#).

Email or Text Prayer Requests to prayers@oruuc.org



This month's Split the Plate Offering: [TORCH](#)

Adult and Youth Faith Formation classes meet this Sunday from 11:15 a.m. to 12:15 p.m. Nursery is available during the FF Hour.

*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. **There are currently Covid cases in our community. If you have recently tested positive, please stay home and worship with us on Zoom. We care for one another!***

A graphic titled 'JOIN OUR WORSHIP TECH TEAM' with the ORUUC logo. It features three circular icons: a mixing console, a church interior, and a person at a computer. Below the icons are sections for 'Summary' and 'Duties'. The 'Summary' section states: 'Provide video & Zoom support for Sunday worship services and other ORUUC events as requested and available.' The 'Duties' section lists: 'Set up & run video equipment', 'Manage Zoom live stream', and 'Ensure smooth operations during worship service'. An 'Apply Now' button is present, with the text: 'If you are interested in joining our team, send your resume to rev.lisa@oruuc.org'. At the bottom, there are contact details: '865-483-6761' and 'ORUUC.org'.

The Worship Tech Team needs you! We're low on staff to run Zoom for worship services. Interested in learning more or applying? Check out the job description [here](#) and email your resume and cover letter to Rev. Lisa at rev.lisa@oruuc.org. We also need **Zoom Doorkeepers** - a simpler, but necessary job! But no financial compensation, just the joy of helping and seeing folks on Zoom.

This Month's Split the Plate Offering:



The Split-the-Plate recipient for the month of September is **Tennessee Out-Reach Center for Homeless (TORCH)**. Using a Housing First model, TORCH serves the homeless by providing assistance with a permanent housing address, thus allowing them to gain better access to stable employment, promotions, success in school and disability benefits. Eligible clients are connected to needed resources until housing is available. In the spring of this year, TORCH celebrated the opening of Brookhart Village, which will provide temporary housing

for six homeless families or up to 30 individuals.

Please donate to TORCH to help in their mission to make homelessness part of our past instead of our present.

To learn more about the various programs available to assist the homeless, visit <https://oakridgetorch.org/>.

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

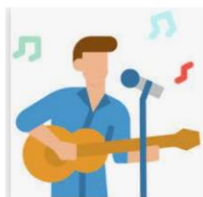
Announcements



Take the Congregational Survey TODAY! Visit <https://forms.gle/V8myCbtyFov1cZcv5>

Prospective ministers want to know as much as possible about a congregation they are considering serving at. They want to know not only the history of our church, but also what its members think are the important things we've done. Above all, they want to know what kind of a minister we are looking for. There are many ways that a minister can serve a church, some essential, some less so. This 15-minute survey will ask you to rank the most important tasks for the minister. Do you want good sermons more than anything else, or maybe great pastoral care? What about administration of the staff? No minister can be great in all of these tasks, so it's important for us to be honest about what we are looking for.

Please fill out the survey, either online or on paper, by **September 29**. Thank you! ~The Ministerial Search Committee



COFFEEHOUSE TALENT SHOW

FRIDAY, SEPT. 22
6:30 P.M. FOOD AND SOCIAL
7 P.M. PROGRAM
AT
ORUUC

Coffeeshouse Talent Show

Friday, Sept. 22

Food & Social starts 6:30 p.m.

Program starts at 7:00 p.m.

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, Sept. 17.** Contact Nancy Starr, starroakridge@gmail.com, mobile 865-742-9993

Adult OWL Orientation
Sunday, Sept. 24 at 11:15 a.m.



ORUUC is offering *Adult OWL* this fall during Faith Formation hour. Show up at the informational meeting September 24 to find out more! The 7-week course begins October 22 and runs through December 3. You do not have to attend all sessions. *Childcare will be provided next Sunday during orientation for ages 1-10 if the session extends beyond 12:15. Please let Christine Rehder know if you plan to attend the orientation and might need childcare.*

Stone Soup

Friday, Sept. 29

5:30- 6:30 p.m.

SOCIAL HALL

Welcome back to dining in person!

Celebrate 13 years of Stone Soup!



Contact Jen Stark at jen.stark@hotmail.com to join the team! ORUUC

Stone Soup is returning to in-person dining

September 29! The Stone Soup team needs volunteers to help set tables, serve diners, box up to go meals, and clean up after the meal. Contact Jen Stark at jen.stark@hotmail.com if you'd like to help!



Announcements

SHOE BOXES NEEDED



Our church is providing brownies for the Access Oak Ridge Disability Fair on October 7. Jinx Watson has kindly volunteered to organize the brownie making (500 brownies), but needs approximately **30 shoe boxes** to put them in for transport. If you have any **shoe boxes** you can spare, please let me know. I'll be happy to pick them up from you or meet you at church, whichever is convenient for you.

Thank you so much for your help! It is greatly appreciated.

Heidi Brenner
865-567-8384



October is ORUUC's turn to run the Ecumenical Storehouse, and we need your help! This organization, which supplies furniture and household goods to those in need, will be open **every Tuesday and Thursday from 10 a.m. to noon**. For each day we need two people to gather up the small items for the clients, and two people to help load the heavier items. The work is easy and very much needed in this community. **Please sign up by contacting Michael Bjerke at 865-567-8385.**

ORUUC Fall All-Church Retreat

OCTOBER 13-15
HARRISON BAY
STATE PARK

REGISTER
TODAY!



Re-TREAT Yourself! Register for the ORUUC All-Church Retreat TODAY!

Join your friends or make new ones October 13 thru 15 at Harrison Bay State Park group camp. There will be fun, fellowship, games, and more! Register [HERE](#) today! Pay online via Realm: <https://onrealm.org/oruuc/-/form/give/now> Choose "All Church Retreat" from the drop down menu under "Fund." (Cash and checks are also accepted.) Registration closes October 1.

ORUUC Auction

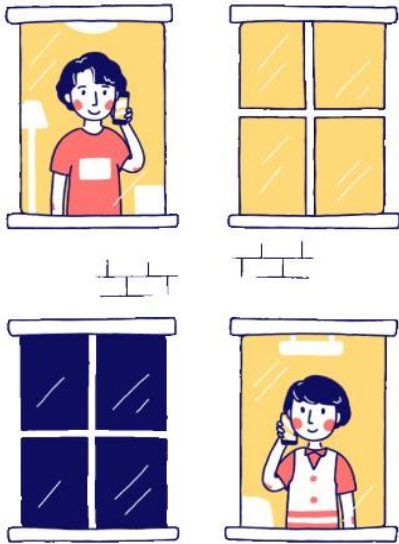
Sunday, Oct. 22

3-7 p.m. at ORUUC



The Auction Returns! On Sunday, October 22, ORUUC will hold an auction from 3 p.m. – 7 p.m. One item being offered: a beautiful quilt from our own Carol Mason! **We need your treasures (arts, crafts, heirlooms), your talents (offering a dinner party, a concert or gourmet meal perhaps), and your time (setting up, serving, cashiers and more) to make this fun and exciting event a success.** So save the date and donate items and events for the silent and live auctions. **Contact Michael Bjerke at 865-567-8385 or through michaelbjerke@comcast.net with questions, donations, or for more information.**

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 September

Rachel Smith-Jones smithnjones3@comcast.net 603-252-2295 (cell)

Janet Fryer fryerjanetr@gmail.com 847-821-1205 (cell)

Please call at least two days in advance to allow time for Caring Coordinators to find a volunteer to provide the care that you need. Our ability to provide transportation is limited. If your appointment is routine and/or can wait, please reschedule it rather than call a Caring Coordinator. Thank you for reserving our Caring Volunteers for those situations that address serious needs that cannot wait.

Caring News

A Thank You from



Dear wonderful church folks,

I am writing to express my sincere gratitude for your generous support of Tennessee Citizens for Wilderness Planning (TCWP). Your commitment to our cause is truly inspiring, and I am thrilled to have the opportunity to extend my heartfelt thanks to you as the new Executive Director of TCWP.

Your financial contribution to our organization plays a pivotal role in our efforts to conserve and protect the pristine wilderness areas of Tennessee. Your belief in our mission enables us to continue advocating for the preservation of these invaluable natural spaces, ensuring that they remain accessible for generations to come.

With warm regards,
Nancy Manning
Executive Director, TCWP

In July, ORUUC sent \$1,581.49 to TCWP from our Split the Plate offering.

PANTRY ITEMS NEEDED!

This Month

- Peanut Butter**
- Canned green veggies**
- Canned fruit**
- Canned meats (tuna, chicken)
- Soups
- Kidney beans
- Mac & Cheese
- Hamburger Helper
- Ravioli/SpaghettiOs



The ORUUC Pantry is low on peanut butter, canned green veggies, and canned fruit! Please consider picking up a few of these items the next time you're out shopping. Donations may be dropped off during church office hours-- Monday through Friday, 9 a.m. to 3 p.m.--or on Sundays. Thank you for helping to keep the pantry stocked for those in need! *Please, no glass jars.*

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

Some of us are planning to participate in the Coffeehouse September 22. Sometimes the Coffeehouse has a song for all as the last act, so I suggested that we sing Margaritaville by the late Jimmy Buffett. I think the plan is to invite whomever would like to participate to come up - guitar, ukulele, etc. Email me if you'd like the lyrics and chords in case you'd like to join in. Abbie Moore
abbie.moore@icloud.com.

Social and Volunteer Opportunities



Meets monthly at various churches in Oak Ridge. Visit

<https://www.facebook.com/groups/371268369619360> or email

Anne Backus

backusanne@comcast.net for more information about PFLAG Oak Ridge.



ORUUC needs to add members to its Caring Team! **Contact Rachel in the church office (865-483-6761) or communications@oruuc.org** if you would be willing to be called upon occasionally to

- Provide transportation to Sunday services, evening events at church, or medical/dental appointments
- Run errands or grocery shop
- Provide/deliver meals
- Visit
- Perform minor home repairs
- Provide computer repair and support
- Haul items by truck
- Provide pet care
- Help with Memorial Service receptions
- Support new parents
- Perform yard work
- Sit with someone during Worship

Help with Ecumenical Storehouse Pick Ups September 23, 9 a.m. to noon



One Saturday each month, ORUUC takes a turn volunteering at Ecumenical Storehouse. There's no training required, just a willingness to help! The items picked up range from heavy furniture to linens, lamps, and pots and pans. Questions? Show up at 134 E. Division Road at 9 a.m. and lend a hand! Contact Michael Bjerke at michaelbjerke@comcast.net.



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

Monday, Oct. 16 at 12 noon in the Multipurpose Room. The bins of food will be delivered to the schools Tuesday, Oct. 17. Other packing dates for the fall are **November 6 & 7, November 27 & 28, NONE IN DECEMBER.** Questions? Contact Coordinator Cara Weigel at 865-481-8108.



Beginning in October. Eggs and Pegs! Play cribbage, eat breakfast, have fun! These get together will be held the first Sunday of each month at 8:30 a.m. in the



A new year of Youth Faith Formation is off to a great start! It's never too late to join us! Bring a friend! **Check out our updated programming** at <http://www.oruuc.org/religious-education>.

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 29 - 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
- November 17-19 - Fall Intermediate Mountain CON
- November/December - Tamaladas (A tamale making party!) TBD
- December 1-3 – Fall Senior High Mountain CON
- December 3 - Cocoa and Caroling
- December 10 - 5th/6th OWL Parent Orientation
- January 7 - 5th/6th OWL Begins
- February 11 - Hugs and Quiches
- February 23-25 - Spring Elementary Mountain CON
- March 1-3 - Spring Intermediate Mountain CON /Rummage Sale
- March 9-25 - OR Spring Break (Special Programming)
- March 15-17 – Spring Senior High Mountain CON
- March 31 - Easter Egg Hunt
- April TBD - Ministerial Visits
- April TCAP Test Break TBD
- May 12 - Last Day of Youth Faith Formation
- May 19 - Bridging/Reception
- June 24-28 - Rainbow Camp



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

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



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^{at} 10:30 a.m.
in the Oak Ridge Public Library Meeting Room

Don't miss the next gathering September 21!

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

<https://mailchi.mp/oakridgetn/orplsept23>

Check out ORUUC's monthly newsletter for families, "Connecting in Spirit" [here!](#)

September Worship Series

The Gift of Welcome

September 3:

Putting Labor back in Labor Day

September 10:

Love Meets the Dragons

September 17:

Sweet Dreams of Autumn

September 24:

*The Soul's Beautiful
Affliction*



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

*Youth and Faith Formation classes
are from 11:15 a.m. to 12:15 p.m.*

Nursery is available during the FF hour.



Community News



Mark your calendars to attend the Celebrate Different Abilities Fair, Saturday, Oct. 7, 11 a.m. – 3 p.m. at the Oak Ridge Civic Center. The first-ever disability fair in Oak Ridge has two main goals: to provide information on resources to people with disabilities, their families and caregivers, and to attract others to come and learn about how we can plan and build our communities so that all can live, work and play to their full potential. There will be 50 vendors, 20 activities, demonstrations, ten speakers, art exhibits, music, food, games, prizes and more! Sponsored by The City of Oak Ridge, United Way of Anderson County, and Periodic Tables: Healing Starts Here. For more information, visit <https://www.oakridgeperiodictables.com/blog/periodic-tables-fall-line-up-is-here>.



Interested in being part of an East TN UU cluster table at this fall's Knox Pride event October 6-8 at World's Fair Park? Contact the church office at 483-6761 or communications@oruuc.org. ORUUC will work with other UU churches to be supportive at this important event. Questions? Contact Mark Mohundro at TVUUC: markm667@gmail.com. For more information on the Knox Pride event, visit <https://www.knoxpride.com/pride-fest-2023>.



There's still time to register for the UU Womenspirit Fall Retreat at The Mountain in Highlands, NC! October 4-6 and October 6-8. <https://www.uuwomenspirit.org/fall>

Learning about the Eastern Cherokee
A UU Living our Values Field Trip
Saturday, Sept. 30
Organized by TVUUC



As Unitarian Universalists, we are committed to honoring the first nations peoples who stewarded and inhabited North America prior to settler colonialism. As part of living our values, we can learn directly from local indigenous peoples about their histories, cultures, and contemporary lived experiences. Join with other UU's to honor the Eastern Cherokee people by visiting:

- Oconaluftee Indian Village: on the site of a traditional village, where tribal members educate the public about their culture and lifeways (our group will have a private, guided tour) \$20 per adult, children 6-12 yrs \$10, children under 10 free.
- The Museum of the Cherokee Indian: one of the oldest tribally run museums in the US, this museum includes historical and archaeological exhibits, cultural specialists demonstrating crafts and skills, and a bookstore/giftshop with an excellent collection of books on Cherokee culture. Cost: optional (\$12 if you choose to view the exhibits; the bookstore is free to enter).
- Qualla Arts and Crafts store: Across the street from the museum, this store offers the work of native artists from around the US, with a focus on local Cherokee artists. Free to enter.

Scholarship support is available for anyone who needs it. You can also donate to the scholarship fund.

Transportation: We are currently planning on carpooling; please let us know if you need transportation support. We will meet in Cherokee at 10 am Eastern Time and be there until approximately 4 pm.

Bring your own lunch for a picnic by the river.

Register using this link-<https://tinyurl.com/3wepm4sj>

This Week at ORUUUC



Friday, Sept. 15

11am Tai Chi Practice
6-8pm Rummage Pre-Sale (all prices doubled)

Saturday, Sept. 16

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

Sunday, Sept. 17

10am Worship
11am High School
11am Together in Spirit
11:15am Circle of Trust I
11:15am Knitting & Crocheting Group
11:15am Newcomers
11:15am Reflections
12:30pm Buddhism Study Group
12:30pm Circle of Trust IX
3pm Line Dancing
4pm Circle of Trust XI
5-7pm Zentangle Group
5:30pm Circle of Trust X

Monday, Sept. 18

11am Tai Chi Practice

Tuesday, Sept. 19

10am Rental (Silver Sneakers class)
6pm Board Meeting
6pm Depression & Anxiety Support Group
6:30pm Auction Meeting

Wednesday, Sept. 20

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

Thursday, Sept. 21

10am Rental (Silver Sneakers class)
12:30pm Thursday Lunch Bunch
7pm Cornhole Game



A reminder: Rev. Lisa and other ORUUUC staff will never email or text you to ask for gift cards or other favors! If you get one of these messages, it's a scam. Thanks for remaining vigilant!



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



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ORUUC Executive Team

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

Sunday, Sept. 24 **The Soul's Beautiful Affliction**

Rev. Lisa Romantum Schwartz,
Interim Minister



Most human beings seek the good, and yearn like a plant towards the light. But the light casts dark shadows, and no matter how hard we strive to do right, perfection is impossible. Brokenness is inevitable. We are sometimes made to endure others' misdeeds, and we are often implicated in the wounding of others. How do we find forgiveness, and reconciliation? The ancient Jewish sages designed Yom Kippur, the Day of Atonement, as a pathway back to wholeness. Rev. Lisa Romantum Schwartz will explore how we welcome ourselves, and each other, into wholeness.

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