

September 29-October 5, 2023

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## News from Oak Ridge Unitarian Universalist Church

# The Exponent



Stone Soup is TODAY  
beginning at 5:30!

**Stone Soup**

FREE Community Meal!

**DINE IN!**  
Take out meals available

**Friday, Sept. 29**  
**5:30 p.m. - 6:30 p.m.**  
*Or until supplies run out!*

**BBQ, Potato Salad, Baked Beans, Coleslaw, and Birthday Cake**

Join us as we celebrate our 13th year and the return to dining in the Social Hall. Come inside and share a meal with others, or pick up a take out meal. Bags of non-perishable groceries will also be available. All are welcome!

Oak Ridge Unitarian Universalist Church (865) 483-6761  
809 Oak Ridge Turnpike, Stoplight #2

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




This month, Stone Soup is the recipient of a wonderful donation! A member of the Oak Ridge community is donating barbeque, potato salad, baked beans, and coleslaw for 150 meals! This free meal is open to all! We'll be celebrating our 13th birthday with cake as well, so make sure you come down to church today from 5:30 to 6:30 p.m. to have some with us! ~Jen Stark

Thanks to all of our Stone Soup volunteers, to the Jewish Congregation of Oak Ridge, and to Kroger Marketplace for making these monthly meals possible!

## Take a Weekend Off at the Fall All-Church Retreat *Amanda Fishel, Retreat Team*

One of the things I love most about ORUUC is the ways we show up for the wider community. From Stone Soup celebrating 13 years of free monthly meals, and the sweet smell of oranges drifting through the social hall after Fresh Fruit for Kids distributed hundreds to area schools, to speaking out in support of LBGTQ+ affirming literature at library board meetings, ORUUCians strive to effect positive change in the area day after day. What would happen, then, if we took a weekend off?

It's one of the principles of self-care that you cannot pour from an empty cup, that you must fill your own glass too in order to serve others. The annual all-church retreat is our opportunity to do just that. As a community, we step back from the demands of everyday life, gathering together in the timeless spiritual practice of retreat.

This year's retreat will be held October 13-15 at Harrison Bay State Park. We start off on Friday evening by settling into our open-air cabins and sharing dinner together. Puzzles and games are brought into the common area, which I often end up thinking of as the "social hall" of the event. Past evening activities have also included stargazing, bonfires, and storytelling, to name a few.

Saturday is our chance to take advantage of the park's amenities together, including hikes of varying difficulty, paddle boarding, or simply relaxing in a hammock. This year, Saturday morning offers a special treat: a little over half of an annular solar eclipse will be visible from our location!

Saturday afternoon, puzzles and games continue, more hikes and outings are available, and there's usually outdoor games. The evening usually finishes up



with an informal coffeehouse and gathering around the firepit. Have an idea of something you'd like to do? Let us know on the registration form!

Sunday morning, everyone pitches in to "leave no trace" before finishing the weekend with a brief and often impromptu worship service.

Our 7th principle tells us that we are all part of an interconnected web of existence. The retreat allows us ORUUCians to experience new and different parts of that web of existence together as a community, breaking bread together, exploring new trails, and worshipping together under the open sky. I look forward to joining you there!

**See page 3 to register! Or stop by the registration table at church this Sunday!**

# This Sunday, Oct. 1

## How to Live A Life of Courage, and Compassion

We kick off our month-long celebration of Heritage by telling the story of one of our ancestors. She was a girl in the 1820s who liked to ride fast horses and play baseball, and she was often the smartest kid in the room. Long before “public health nurse” was a thing, this young and courageous woman worked as a healer and educator and went on to have an international platform to advocate for compassionate responses to public health crises.

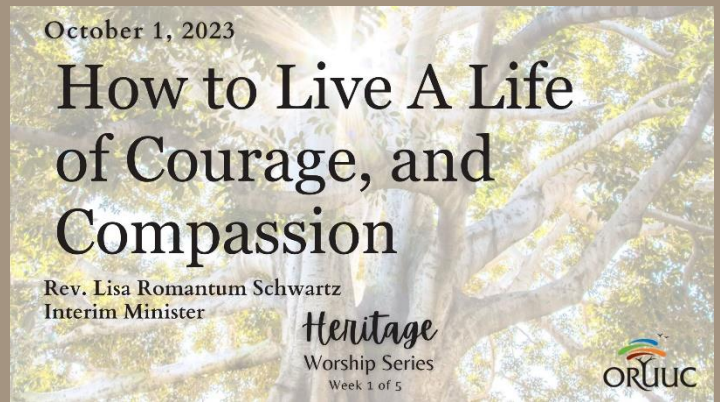
Universalist Clara Barton started nursing the sick at ten years of age and worked at the American Red Cross (which she founded) until she was eighty-three. We'll bring Clara to life at this multigenerational service. A potluck follows, so bring some food to share!

**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)



**This month's Split the Plate Offering:**  
[Stone Soup](#)

There will be a Multi-Generational Potluck following worship this Sunday. Bring a dish to share! Faith Formation Hour classes are canceled.

*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.***

## Congregational Conversation on Safety at ORUUC

Wednesday, Oct. 18

5:00 – 6:45 p.m.



How do we feel safe in our lives? In our sacred space? It's important to have an open and respectful conversation about the issues and about safety policy, including firearms policy, at ORUUC. This is the first in a series of conversations facilitated by a task force of Board members, Executive Team and Safety Team members, and the minister.

## This Month's Split the Plate Offering: Stone Soup

**The Split-the-Plate recipient for the month of October is Stone Soup.**

Stone Soup is a ministry of ORUUC. With our community partners at the Jewish Congregation of Oak Ridge (JCOR), volunteers prepare and distribute 150 meals to community members on the final Friday of each month. We also maintain a pantry and give out bags of non-perishable groceries as needed. Stone Soup served the first meal in September 2010 and has never missed a meal.



Financial contributions from ORUUC and JCOR keep Stone Soup going every month, along with a donation of fresh fruit from Kroger. Thanks to ORUUC for your support of this vital community ministry!

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

# Announcements



ORUUC **Fall All-Church Retreat**

OCTOBER 13-15  
HARRISON BAY STATE PARK

REGISTER TODAY!



***This Sunday, Oct. 1 is the registration deadline!*** 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.)



It's here!

**Congregational Survey**

Available online  
**September 8-29**

\* Paper copies available in church lobby.



ORUUC

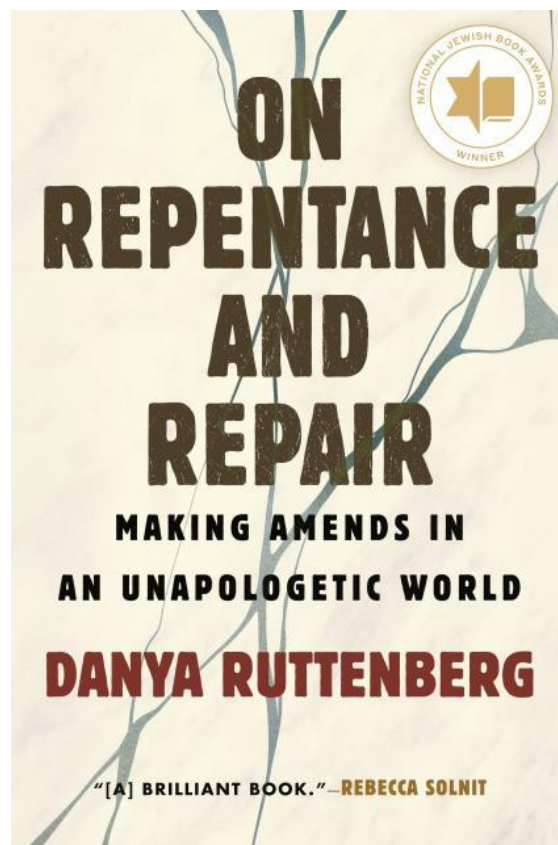
**TODAY (Friday, Sept. 29) is your last chance to take the Congregational Ministerial Search Survey!** Visit

<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, TODAY! Thank you!**

~The Ministerial Search Committee

Order now from ORUUC!




**ON REPENTANCE AND REPAIR**

MAKING AMENDS IN AN UNAPOLOGETIC WORLD

**DANYA RUTTENBERG**

"[A] BRILLIANT BOOK."—REBECCA SOLNIT



The UUA common read that Rev. Lisa mentioned on Sunday, Sept. 24 is *On Repentance and Repair: Making Amends in an Unapologetic World* by Rabbi Danya Ruttenberg (Beacon Press, 2022).

ORUUC will place an order for these books soon, and as a group we can save you a few dollars on tax and shipping, AND if there are enough folks, we can get a group discount as well. The paperbacks are \$18 before shipping or discounts, and we will collect donations to cover the costs (please feel free to cover the cost of multiples, as you can, and feel free to sign up for a copy even if you won't be able to make a donation at this time). **Contact the church office if you'd like to place an order, and pay online via Realm.**

There will be more information in the coming weeks about getting together groups for the UUA workshop(s) on the book. 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).

## Announcements

# ORUUC Auction

Sunday, Oct. 22

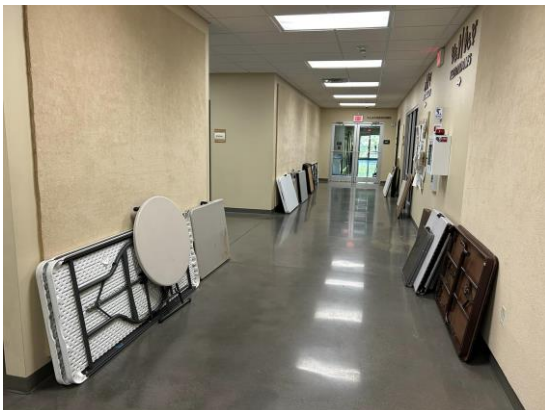
3-7 p.m. at ORUUC



**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](mailto:michaelbjerke@comcast.net) with questions, donations, or for more information.**

Do you have a favorite hors d'oeuvres recipe? Deviled eggs? Meatballs? **Contact Charlene Luther at [lutherca@comcast.net](mailto:lutherca@comcast.net) to sign up to prepare food to be served at the ORUUC Auction!**

### *Did you forget your table?*



The Rummage Team is always grateful for members and friends who allow us to borrow tables for the sale. Now that Fall Rummage has come and gone, about a dozen tables remain. Stop by the church to retrieve them—the office is open Monday through Friday, 9 a.m. to 3 p.m. Or pick them up on Sunday. **If you need to make other arrangements, please call the church office at 483-6761.** Thank you!



This Sunday, Oct. 1 after worship, join members and friends in the Social Hall for a potluck lunch! Bring a dish to share. There will be no Faith Formation classes; children from the nursery on up will join us for this multi-age meal. If you'd like to help with set up/clean up, please see Whitney Cole. Thanks!



**Eggs and Pegs returns this Sunday, Oct. 1 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.



**Get those recipes ready for the Chili Cookoff! Sunday, Oct. 29 during Faith Formation hour (before Trunk or Treat!) Free to enter! \$5 suggested donation to taste/judge.**

## 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 October

Janet Fryer [fryerjanetr@gmail.com](mailto:fryerjanetr@gmail.com) 847-821-1205 (cell)

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

## In Memoriam

Susan "Suzanne" Johnson, beloved daughter of ORUUC member Ann Ragan, passed away peacefully last week at her home in a long-term care facility in Oak Ridge. Suzanne loved words, was a whiz at Scrabble, and was skilled at American Sign Language. She is survived by her mother Ann, and two siblings. A memorial is being planned for early November. Cards may be sent to Ann at 103 Albright Rd., Oak Ridge, 37830-7840.



## Pantry Needs

**Thank you!**

**This Month**

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

ORUUC Pantry Needs

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 consider picking up a few of these the next time you go grocery shopping. Donations may be dropped off any time during church office hours (Monday through Friday, 9 a.m. to 3 p.m.) or on Sunday. Thank you! Your donations are greatly appreciated!

## 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

Our next regular practices are scheduled on Saturday, Oct. 7 and 21 at 3 p.m. in the Sanctuary. 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 needs to add members 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

### October is ORUUC's turn to run the Ecumenical Storehouse



**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.**



**Beginning October 1: Eggs and Pegs!**

Play cribbage, eat breakfast, have fun! These get togethers will be held the first Sunday of each month at 8:30 a.m. in the Social Hall, beginning October 1.



**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.

# Family News

## 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](#)
- 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

**Registration for Mountain CONs opens soon, and ends two weeks prior to the CON date. Please email Christine Rehder at [chrehder@oruuc.org](mailto:chrehder@oruuc.org) when you register to let her know so that she can plan for advisors and transportation.**

It's never too late to join Youth Faith Formation! Bring a friend! Check out our updated programming at <http://www.oruuc.org/religious-education>.



The next Middle and High School youth hike is set for Sunday, Oct. 8. Details coming soon! Parents: Please make sure that you fill out and turn in a release form before the hike. Forms will be available at drop off. Parents are welcome to join the hike! Thanks to Jim Nutaro, Aubrey Wick Sebastian, Jimmy Groton, and Whitney Cole for organizing these monthly hikes!



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 October 5!*

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

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



Get ready for ORUUC's Trunk or Treat, Sunday, Oct. 29, 1-2 p.m., right after the Chili Cookoff! Treat donations are appreciated! There's a bin in the church lobby where you may drop off bagged candy, small toys, books--whatever you'd like to donate to help make it a fun day for all! Thank you!



**Check out our monthly Family newsletter, Connecting in Spirit! Visit <http://www.oruuc.org/connectinginspirit>.**

# October Worship Series

## Heritage

October 1:

*How to Live A Life of Courage, and  
Compassion*

October 8:

*Rooted in Love*

October 15:

*Your Questions, Please*

October 22:

*Good Trouble*

October 29:

*Welcoming the Spirits of our Ancestors*

**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. There is no FF October 1  
(multigenerational potluck) or October 8 (Oak  
Ridge Schools' Fall Break).

Nursery is available during the FF hour.





# Community News

**Information • Demonstrations • Speakers**  
**Art • Music • Food • Games • Prizes**

<b>Saturday, October 7, 2023</b> 11:00 am - 3:00 pm Oak Ridge Civic Center & Senior Center			Oak Ridge City Transit Bus is providing free rides within Oak Ridge. Call 800-232-1565 to schedule a ride.
Wheelchair Basketball	Dancing	X-Treme Challenge Course	
Low Vision Resources	Panel Discussion	Outdoor Sports Demo	
Door Prizes	Kids' Games	Independent Living Aids	
Guide Dogs	Mobility Resources	Aging in Place	
Adaptive Technology	Punch for Parkinson's	Education Programs	

*Thank you to our sponsors. Additional sponsors are invited.*



For general information or accessibility accommodations, call (865) 425-3999

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>.

## SHOE BOXES NEEDED ASAP



Our church is providing brownies for the Access Oak Ridge Disability Fair next Saturday, Oct. 7, and we need **shoe boxes** to pack 500 brownies! If you have any **shoe boxes** you can spare, please let Heidi Brenner know (865-567-8384). Thank you!

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? ORUUC will work with other UU churches to be supportive at this important event. Contact Mark Mohundro at TVUUC: [markm667@gmail.com](mailto:markm667@gmail.com). For more information on the Knox Pride event, visit <https://www.knoxpride.com/pride-fest-2023>.

On **October 16th**, winter coat collection will begin at **all locations of Knoxville Area Rescue Ministries (KARM) Stores and Prestige Cleaners**. Please encourage individuals, families and groups to **gather unused coats and deliver them to a KARM Stores location**. Beginning **November 13th**, customers with a Coats for the Cold ticket can "purchase" a coat at a KARM Stores location. ORUUC will receive coat vouchers to be given out at Stone Soup and on request. Last year, we distributed more than 150! More information on Coats for the Cold can be found at [karm.org/coats-for-the-cold/](http://karm.org/coats-for-the-cold/).

# This Week at ORUUC



## Friday, Sept. 29

9am Stone Soup Prep

11am Tai Chi Practice

**5:30pm Stone Soup Community**

**Meal**

## Saturday, Sept. 30

9am-3pm Rental (TN Mountain Writers)

## Sunday, Oct. 1

8:30am Eggs and Pegs

**10am Worship**

11am High School (Canceled)

11am Together in Spirit (Canceled)

11:15am Circle of Trust 1

11:15am Knitting and Crocheting Group (Canceled)

11:15-12:15 Potluck

11:15am Newcomers (Canceled)

11:15am Reflections (Canceled)

12:30pm Buddhism Study Group

12:30pm Circle of Trust IX

1:30pm Book Club

3pm Line Dancing

4pm Circle of Trust XI

5-7pm Zentangle Group

5:30pm Circle of Trust X

## Monday, Oct. 2

11am Tai Chi Practice

## Tuesday, Oct. 3

6pm Depression and Anxiety Group

6:30pm Auction Meeting

## Wednesday, Oct. 4

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, Oct. 5

12:30pm Thursday Lunch Bunch

7pm Cornhole Game



Childcare is provided for children ages 10 and under for church meetings and events. Please complete this form **TWO WEEKS** in advance: <https://form.jotform.com/231284551294053>. Once you click "Submit," the form goes to ORUUC's Multigenerational Coordinator Whitney Cole, who will work with Childcare Coordinator Laura Scott to arrange childcare. 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, Oct. 8**

### **Rooted In Love**

Rev. Lisa Romantum Schwartz,  
Interim Minister



“Covenant is the silk that joins Unitarian Universalist congregations, communities, and individuals together in a web of interconnection,” says the UUA. Today at ORUUC we continue our dive into our heritage by exploring what it means to be a church bound by a covenant. There’s history (of course), and theology (certainly), and also science (really) behind our practices of promises. After the service, help Anne Scott and Amanda Law celebrate their covenantal promises at their recent wedding by joining in a joyous reception honoring their marriage! All are invited.

**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/>

