

January 26- February 1,
2024

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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, Jan. 26
5:30 p.m. - 6:30 p.m.
Or until supplies run out!
White Chicken Chili
Fresh Fruit
Corn Muffin

Come inside the Social Hall 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
809 Oak Ridge Turnpike, Stoplight #2 (865) 483-6761

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

Stone Soup volunteers have prepared another delicious meal this month: White Chicken Chili, Fresh Fruit, and Corn Muffins! Stop by today beginning at 5:30 to enjoy! Thanks, as always, to our community partners, the Jewish Congregation of Oak Ridge and Kroger Marketplace. Contact Jen Stark at jen.stark@hotmail.com to help next month or in the future!

Liberating Love

Whitney Cole, Multigenerational Director

Our worship theme this month is Liberating Love. As I sat down to write this, I must admit that I struggled a bit. I was not raised to see love as something that freed or liberated, especially since I identify as a woman. I was brought up to see love as a leash, a way to control me, a burden. All types of love were paid for in sacrifice. I had never experienced anything differently, and by my early twenties, I was traveling down the same path that the women in my family had carved for generations. I believed that love was something you must earn. I would only be worthy of love if I suffered and toiled for that love.

I'd like to say that I saw the errors of my way on my own, but it's simply not true. Due to circumstances beyond my control, I was thrust into an environment I had never dreamed of. I was

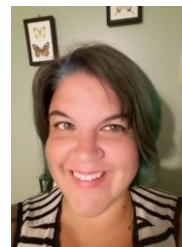
suddenly surrounded with new possibilities and new ideas and new people. People who saw my inherent worth more than I ever had. They helped change me, helped me to understand that love was a gift--a joy--and that I was more than worthy of it. I began walking my own path, finding my own way. Every time I

think that I've finally got this lesson learned, something happens that makes me learn another layer about Love. Finding my best friend was one, finding my partner was

another. Finding this church was yet another.

This congregation is constantly illustrating how love is safe, how love can help, how love can overcome our differences, and how love will ultimately save us.

Whitney



This Sunday, Jan. 28

How to Hypnotize a Chicken

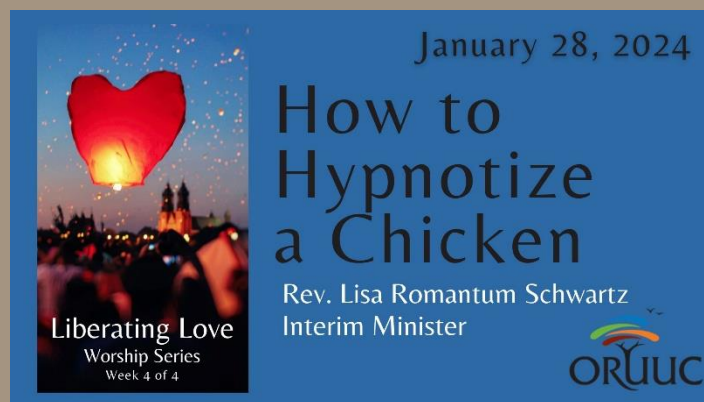
Here we are, four weeks into the New Year. How are those resolutions working out for ya? ORUUC's interim minister, Rev. Lisa Romantum Schwartz, explores how we're doing after that calendar-based reset, and what real transformation might mean.

Worship with us at 10 a.m. in person or on ZOOM. Zoom door opens at 9:45 a.m.

To Zoom: Please install the Zoom app on your device and use Zoom Worship Service Meeting ID: 946 8973 5846.

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


Email or Text Prayer Requests to prayers@oruuc.org



January Split the Plate Offering: [YAIPak Outreach \(Tornado Relief in Middle and West Tennessee\)](#)

After worship, please stay for coffee and treats in the Social Hall. Faith Formation classes for all ages meet from 11:15 to 12:15.

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.


**Leadership
InFormation
Workshop**
Sunday, Feb. 4
12:15-2:15 p.m.
Lunch provided

Led by Rev. Lisa Romantum Schwartz
and ORUUC Leaders. Hosted by
the Nominating Committee.

Register HERE!



Due to last week's inclement weather and the Warming Center effort, the Leadership InFormation Workshop originally scheduled for Sunday, Jan. 21 has been postponed until Sunday, Feb. 4. If you're interested in being part of this event, sign up [HERE](#). Thanks for your understanding! Let's make 2024 the year of leadership growth and community connection at ORUUC!

Nominating Committee 2023-24

Nancy Highfill, Steven Barker, Sue Lasky,
Amanda Branche, Cara Jordan

January Split the Plate Offering: YAIPak Outreach (Tornado Relief in Middle and West Tennessee)

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. Each year, members chose nine organizations, leaving three months open for emergency needs. The Executive Team recently voted to direct the January Split the Plate offering to Tornado Relief in Middle and West Tennessee, specifically YAIPak Outreach. Named for their motto, "You Are Important," YAIPak Outreach is a non-profit local to the Clarksville region that, in normal times, operates a free household "shopping" warehouse, works



with unhoused people and those transitioning to housing, provides new foster children with clothing and school supplies, and more. Since the tornado outbreak in December, their volunteers have been on the ground serving area residents. As needs have shifted from chainsaws, work gloves, and generators to clothes, household items, toiletries, and space heaters, YAIPak has kept pace with the day to day needs of survivors in the area. We here at ORUUC can help the residents of Middle Tennessee recover from this devastating storm by supporting YAIPak's work. You can learn more at <https://www.yaioutreach.org/project/rebuildhope>. Please [GIVE HERE](#) as you are willing and able, or text "ORUUC" to 73256.

January Worship Series

Liberating Love



January 7: ***Plumbing the Depths of Spirit***

Rev. Lisa Romantum Schwartz

Happy New Year! Faith Formation classes for all ages resume.

January 14: ***Someone to Stand***

Guest Minister Rev. Chris Battle,
Battlefield Farms, Knoxville

January 21: ***Snow Day: Winter is Here*** ***(ZOOM ONLY SERVICE)***

Rev. Lisa Romantum Schwartz

Due to inclement weather, there will be no in-person worship or Faith Formation hour this Sunday.

January 28: ***How to Hypnotize a Chicken***

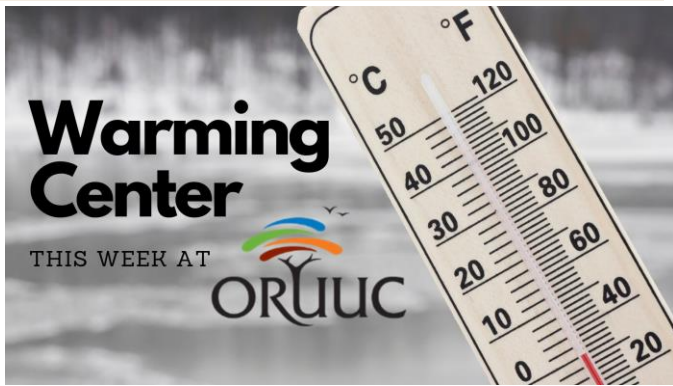
Rev. Lisa Romantum Schwartz

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

*Youth and Adult Faith Formation classes meet from
11:15 a.m. to 12:15 p.m. every Sunday.*

Nursery is available during Worship and the FF hour.

Announcements



Posted by Jeremy Wallace, a friend of ORUUC, in the ORUUC Facebook Group January 21.

Last Thursday, when I realized that this week would see temperatures approaching 0°, I contacted most of the people that I know in this church in hopes that we could open the church doors as a warming center for the community's unhoused. With a great deal of help from TORCH, numerous churches in Oak Ridge, and upwards of 40 volunteers, we were able to operate 24 hours a day beginning last Monday, Jan. 15 and ending this upcoming Monday, Jan. 22.

In that time, we welcomed five regular guests and provided them with food, showers, and a place to sleep; TORCH also provided a mom and her two young children with a hotel room, and thanks to an overwhelming abundance of food donations, we sent them on their way with close to a week's worth of food. Food donations were so abundant that we sent a trunk full of food to help feed people staying at the Magnolia Avenue warming center.

From the beginning of this campaign, I've been sharing the link to the TORCH donations page because I wanted everyone who needed help to leave with something of value, and the community raised close to \$2,000. Of course, none of this could have happened without a lot of hard work, and most of that work was done by Amanda Branche and Christina Elliott. The democratic process can be slow and messy, but they held true to their principles and to the principles of the U.U. faith that acknowledge the value of every person, and in the end, they saw this vision to its completion.

Reverend Lisa, thank you for believing in this idea and for believing some weird dude you've never met when he said that this would work out just fine.

Thank you to all the volunteers, especially the ones who stayed awake in shifts overnight and the ones who drove people and supplies around town in absolutely terrible conditions. Ensuring that we had enough volunteers to have two of them in the church at all times for a week was definitely the biggest challenge for pulling this off, and y'all pulled it off.

Thank you to everyone who donated anything and ensured that no one went without this week.

Thank you [Allison Morgan](#) and TORCH. This would absolutely be impossible without you.

Y'all rock. Keep up the good work.
Jeremy Wallace



ORUUC Labyrinth
Photo by Bill Anderson, 2020

The EMBERS Group (Earth Mindfulness Based on Earth Religions and Spirituality) invites all to an Imbolc Ceremony on Saturday, Feb. 3. The group will work on the Labyrinth, looking for signs of new life and preparing the earth for spring. Work and the ritual will take place from 1 to 5:30 p.m., followed by a potluck in the Hearth Room from 5:30 to 7 p.m. **Contact Whitney Cole or Jen Stark with questions or for more information.**

Announcements



New friends at the bus stop

Pisac, Peru

Now on Exhibit in the ORUUC Gallery: Photography by Bob McLaren

ORUUC member Bob McLaren has been interested in photography since Junior High, and still has his first camera. Wildlife and landscapes were always his focus. The digital revolution, concurrent with his retirement, rejuvenated his interest and involvement, as experimentation was freed from the cost of film and processing. He enjoys all aspects of photography, from image capture through editing and printing. He also credits the support, participation, and patience of his wife, Lynda, who takes very good pictures of her own. His photography will be on display through February 23.



The Spring Rummage Sale, March 1 and 2, is right around the corner! Rummage Week begins Saturday, Feb. 24 with Big Rummage Pick Up. Many volunteers are needed to help with various tasks throughout the week and during the sale. Youth who volunteer their time get hourly credit that's applied toward their Youth Trip Fund. And you get first dibs on lots of cool stuff! For more information, including a list of items to donate, visit <https://www.oruuc.org/rummage>.

2024 OAK RIDGE REC LEAGUE CO-ED VOLLEYBALL

TUESDAYS AT THE
CIVIC CENTER
CHEER ON ORUUC
OR PLAY!

JAN. 30 AT 8:30 PM
VS. CHEWBLOCKA

FEB. 6 AT 8:30 PM
VS. HITS & GIGGLES

FEB. 13 AT 6:30 PM
VS. I DON'T KNOW WHO

FEB. 20 AT 8:30 PM
VS. THAT'S WHAT SHE SET

FEB. 27 AT 8:30 PM
VS. FUD

VOLLEYBALL! The 2024 Winter Co-Ed Volleyball season continues on Tuesday, Jan. 30 with ORUUC playing an 8:30 p.m. game against Chewblocka. Games are hosted by the Oak Ridge Recreation & Parks Department and are played at the Oak Ridge Civic Center.

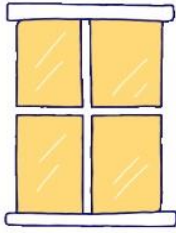
Contact [Shelaine Curd](#) if you're interested in playing, or just show up to play or cheer! Wear blue! (The season runs through mid-March. The schedule posted here will be updated weekly.)

Thank you for
your support, ORUUC!



There are still three dozen Vegetarian tamales in the church kitchen freezer--If you ordered tamales in the fall and haven't picked yours up yet, please do! Thanks!

Caring for Each Other

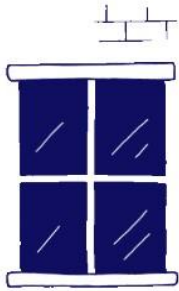


Are you going through a difficult time? Are you in a situation where support and caring are needed--someone to do grocery shopping, take you to a doctor's appointment, or provide a meal following an upcoming surgery? Contact the church office: (865) 483-6761 or office@oruuc.org or a Caring Coordinator!

Caring Coordinators for January

Freddie Nechtow freddien123@gmail.com 865-599-4359

Jami Garner jamigarner@me.com 865-250-5505



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.

Helen Jernigan

July 31, 1925 – January 18, 2024



Helen Chastain Jernigan, 98, of Oak Ridge passed away January 18, 2024, at Canterfield Senior Living in Oak Ridge, Tennessee. She had retired as a clerk of the courts and was a noted political activist.

Helen was born July 31, 1925, in Pleasant Hill, Cumberland County, Tennessee, the only child of the late Will and Nota Hamby Chastain. She graduated from Pleasant Hill Academy and Tennessee Wesleyan College, with studies in music and English. In 1944, she took a summer job in Happy Valley, the satellite construction community of 13,000 for the building of the K-25 facility west of Oak Ridge. After college, she returned to Oak Ridge and was employed by Union Carbide Corp. as an editor of The Carbide Courier, K-25's company newspaper. Many of her wartime experiences are documented in an oral history interview on the AtomicHeritage YouTube website. Search "Helen Jernigan." After the end of World War II, she worked as office manager for the local office of Bush Building Company and later managed the office of Oak Ridge physicians Cordell Williams and Harry Helm.

In 1965, Helen and her first husband, the late Edward Fairstein, founded Tennelec, Inc., in Oak Ridge, a precision scientific instrument company. The instruments are used worldwide and in outer space. She served as corporate secretary of that company for 12 years, also serving as public affairs officer and editor of The Scanner, a company newsletter. During this period, she worked part-time for The Oak Ridger, reporting local government activities, and founding and writing the action-line column "Ask Incky" with her friend, the late Mary Smyser.

Following the sale of Tennelec to The Nucleus in the late '70s, she began work at Oak Ridge National Laboratory as an editor in the Energy Division, assigned to the Solar and Special Studies group. Working with the late Cresson Kearny, she edited his book entitled Nuclear War Survival Skills.

With friend and partner, the late Dorothy DeBerry Gibson Levin, she established The Pine Tree, a women's clothing shop on New York Ave. in Oak Ridge, which the pair operated for 13 years.

Helen was elected in 1984 to the office of Anderson County Circuit Court Clerk, serving Circuit, Criminal, General Sessions, and Juvenile courts. She was re-elected to two more four-year terms, retiring in 1994. During her tenure in that office, she was appointed to the board of directors of the Tennessee State Court Clerk's Association and compiled and edited a History and Directory for that organization.

Helen has always been involved in a variety of community activities. To read on, visit <https://www.knoxnews.com/obituaries/kns063878> . A memorial service will be held at ORUUC on Saturday, Feb. 17 at 2:00 p.m.

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 this Saturday, Jan. 27 at 3 p.m. in the Sanctuary. We'd love to have you join us! 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.

Ecumenical Storehouse Pick Up Saturday, Feb. 17, 9 a.m.-12 noon Volunteers needed!



Each month, ORUUC picks up donations for Ecumenical Storehouse, which supplies furniture and household goods to those in need. It is an important part of our community. There are many ways you can help! Please contact Martin Bauer at bauermib@gmail.com for more information.



Eggs and Pegs are back! Play cribbage, eat breakfast, have fun **Sunday, Feb. 4!** These get togethers will be held the first Sunday of each month at 8:30 a.m. in the Social Hall. Questions? Talk to Brandon White, Christina Elliott, Jane Flanagan, or Shelaine Curd.



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** 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



Pack "Food for Kids" with Second Harvest at First United Methodist Church of Oak Ridge. This program provides backpacks with non-perishable foods for preschool and elementary students to take home on weekends. **The next packing date scheduled is January 29 starting at 12 noon.** Questions? Contact Coordinator Cara Weigel at 865-481-8108.

Family News



UPDATE:

This week's OWL 5th/6th Grade OWL Class is as scheduled from 4 to 5:15 p.m. After weighing conflicts for families and facilitators, the double session, to make up for last week's cancellation due to inclement weather, is scheduled for Sunday, March 10 from 2:15 to 5:15. If you have any questions or concerns, please contact Cara Jordan.



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 gatherings
February 1 and 15!*

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

<https://mailchi.mp/oakridgetn/orpljan24>

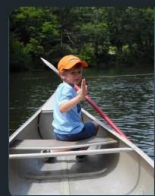
Youth CON Dates:



Spring PAL
Planning Weekend
Jan 19-21, 2024



Spring Intermediate
CON
6th - 8th grade
Feb 23-25, 2024



Spring Elementary
Youth CON
3rd - 5th grade
Mar 8-10, 2024



Spring Senior High
CON
9th - 12th grade
Mar 22-24, 2024



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>. Thanks!

Spring Mountain CON Dates

- February 23-25 - Spring Intermediate CON (Grades 6-8)
- March 8-10 - Spring Elementary CON (Grades 3-5)
- March 22-24 - Senior High Mountain CON (Grades 9-12) *(Takes place during Oak Ridge Schools' Spring Break)*

Registration will open soon and closes two weeks before each camp. Visit <https://www.themountainrlc.org/cons> for more information and to register. Youth AND adult advisors need to register. Once you've registered, please let Whitney Cole, Multigenerational Director, know by emailing her at whit.cole79@gmail.com so that she can plan for transportation and background checks for adults.



Check out ORUUC's monthly Family newsletter, *Connecting in Spirit*, by visiting <https://www.oruuc.org/connectinginspirit>.

Community News



We are super excited to kickstart 2024 and keep the momentum moving! We are offering two dates to come get to know us and learn about Oak Ridge Periodic Tables, as well as how we teach table hosting. We're covering the same material in each supper, so just pick the date that works best for you and your schedule. The gatherings will include food, a presentation, and should run around 90 minutes.

Whether you're new to this movement, or well acquainted with us and just looking to sharpen your skills, we hope to see you at the table in January! It's a great place to make new friends, equip our hearts and minds with new information, and add value to community building.

Both of these opportunities will be held in the lobby of the Historic Grove Theater and an RSVP is requested so that we can plan appropriately for food. The two dates are:

- Sunday, January 28 at 5:00 PM
- Monday, January 29 at 6:00 PM.

If neither of these dates work, do not worry we will be adding more as the year goes on! RSVP [HERE!](#)

Understanding Appalachia – The Most Misunderstood Region in the Country

Thursday, Feb. 8 at 5 p.m., *
CNS New Hope Center, 602 Scarboro Rd. Speaker: Dr. Chad Berry, Vice President for Alumni, Communications and Philanthropy at Berea College

*Doors open at 5 p.m. for a reception for the speaker. Light food will be served. Presentations start at 6 p.m. For more information on Our American Roots, visit <https://www.roanestate.edu/oar>.



OUR AMERICAN ROOTS
AN EXPLORATION OF CULTURES



The League of Women Voters of Oak Ridge welcomes the community to **Lunch with the League on Tuesday, Feb. 6 from 11:30 a.m. to 1:00 p.m. at ORUUC**. All are welcome to bring their lunch or purchase a boxed lunch for a nominal fee. Coffee and tea will be served.

Anderson County District 7 Chancellor Primary Election Forum

On March 5, Anderson County will hold the Presidential Preference and County Primaries election. Of interest is the election of Chancellor for District 7 who serves Anderson County. Currently, the position is held by James W. Brooks, Jr., who has held this position since April 2023 after the departure of Judge M. Nichole "Nicki" Cantrell. Mr. Brooks was appointed by Gov. Bill Lee to serve until an election could be held.

In February 2023, The Trial Court Vacancy Commission held a public hearing to interview six candidates for the position with four candidates being placed on the ballot for the Republican Primary. The four candidates are: James W. Brooks, Jr. (incumbent), Daniel Forrester, Evan Hauser and Roger Miller.

The Anderson County Chancery Court hears cases such as adoptions, orders of protection, child support, child custody and divorce; all family law matters as well as lawsuits and contract disputes. Additionally, the court can hear Criminal Court cases and the Judge can sit at the Circuit Court and hear Juvenile Court appeals.

This forum will follow the League's normal procedures with one exception. Since this is a primary and all of the candidates for this position are representing the Republican party, there will be no empty chair stipulation.

Candidates will answer questions sent prior to the forum. Additional questions from the audience will be gathered by cards at the forum and will be vetted by the League for respectfulness to each candidate and appropriateness to this election.

Lunch with the League welcomes League members and nonmembers alike to this informative presentation. The League of Women Voters of Oak Ridge is a nonpartisan political organization for men and women. For information, call Dan Robbins at 865-250-9177.

This Week at ORUUC

Friday, Jan. 26

9am Stone Soup Prep
11am Tai Chi Practice
5:30pm Stone Soup Community Meal

Saturday, Jan. 27

12noon to midnight Rental (50th Birthday Party)
3pm Ukulele

Sunday, Jan. 28

8:15am Circle of Trust VII
10am Worship
11am High School
11am Together in Spirit
11:15am Circle of Trust II
11:15am Newcomers
11:15am Reflections
11:30am Circle of Trust IV
12:15pm Circle of Trust V
12:30pm Buddhism Study Group
1pm Circle of Trust VI
3pm Line Dancing
4pm 5th/6th Grade OWL
5-7pm Zentangle Group
5pm Christian Fellowship
Communion

Monday, Jan. 29

11am Tai Chi Practice
12noon Pack Food for Kids
(Second Harvest) FUMCOR
7pm OR Chorus Practice

Tuesday, Jan. 30

6:30pm Depression and Anxiety Group
8:30pm Volleyball v. Chewblocka

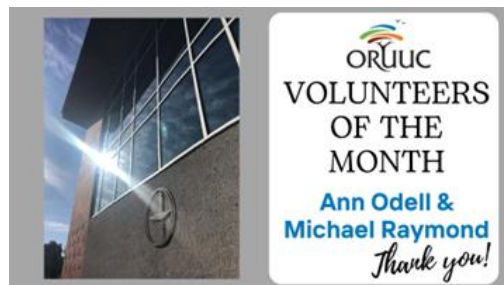
Wednesday, Jan. 31

6:30am Breakfast Rotary
11am Tai Chi Practice
7pm Choir Practice
7:45pm Band Rehearsal

Thursday, Feb. 1

8am Lobby Door Keypad Panel Repair
12:30pm Lunch Bunch

To view the church calendar anytime, log into the Members' Section of the ORUUC website:
<https://www.oruuc.org/members-section> Need password help? Contact the church office!



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



ORUUC Board of Trustees 2023-24

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ORUUC Executive Team

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

Sunday, Feb. 4 **If You See a Good Fight, Get In It**



The title is a quote by the Rev. Dr. Vernon Johns, a pioneer in the American Civil Rights movement. And, like all pioneers (especially the feisty ones), he faced immense hardships and intense headwinds. But Dr. Johns' story has resonance today, especially for a church in search of a new pastor. Rev. Lisa Romantum Schwartz, ORUUC's interim minister, tells his story.

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