

ROOTS & SPROUTS

Faith in Bloom: Growing, Thriving, Serving - Together in Christ

Jan. 2025



Our pie making team is amazing! They have had a core group of bakers over the years with many people joining in at different times. Since this endeavor began six years ago in the Spring of 2018, they have made 10,013 turkey, beef and chicken pies. They have donated a total of \$33,843 (\$29,268 to Trillium and \$4,575 to community organizations).



Our wonderful volunteers organized a Christmas Potluck on Dec. 11. Above are some of those volunteers. The event was well attended and all were happily fed a delicious meal.

Thanks to everyone involved!

Pictured below are Tracy and Linda, two fabulous volunteers who decorate and then take down all those wonderful decorations. Linda does this task throughout the year and would be happy for a helper. Contact the office if you are interested.



Mission

To awaken the Christ light in each other and shine it in the world

Bedrock Beliefs

Through Jesus Christ our Savior, we believe:

God's Love: Unconditional

God's Power: Miraculous

God's Vision: Peace

God's Grace: Forgiveness

God's Assurance: Hope

God's Ways: Mysterious

God's Help Line: Prayer

God's Promise:

We Are Not Alone

God's Hands: Us!

Core Values

Offer friendship and fellowship to all

Joyfully engage in regular spiritual practice

Uphold honesty and integrity

Reach out and serve others with kindness

Care for the earth and all creation

Give generously of our time and talent

Seek and give forgiveness

Embrace diversity

Speak out for justice

NOTICES/UPDATES



We wish everyone with birthdays in January a most blessed celebration.
Membership Committee



Let It \$now Update

Great news! We completely removed every snowflake from the 2024 Let It \$now step up board. Not only that, we actually raised \$483 above our goal of \$26,600 for a total of \$27,083. Well done Trillium!

Our twice a year step up campaign raised a total of \$38,940 or almost \$4000 above budget. What does this mean? It means we have a congregation that believes in itself and what God is doing through us!

Submitted by: Generosity Team



Sarah and Harold celebrated their Dec. birthdays at Trillium.

TIME, Talent & Treasure Auction

The Handy Steves, Sams & Daves

Indoor or Outdoor Help at your Home

"God gave us time, talent and treasure and asked us to share them."

We will help move your furniture, down-size, do yard work, clean or paint! Try us out!

Minimum Bid/ Donation:
\$10 Per hour / Per helper

Contact:
Brian Hershey
519-658-6405



This is the group of friends from Trillium that went to Schmidtsville restaurant in Wellesley on Dec 13. They had a delicious meal and great fellowship.

When you attend Trillium you become a part of a circle of friends.

Brian Hershey is collecting old Broadview/Observer magazines to donate to prisons.

You can drop them off at the church or give them to Brian directly.

*Please remove address labels.

Thank you.



BOOKSTORE UPDATE



NEWS FROM THE STONE CHURCH BOOKSTORE

One year has ended and another one is about to begin, and we at the bookstore have a lot to celebrate. We have sold probably between 1,500 and 2,000 books and provided new homes to hundreds of others at our little library outside of the church.

We have had some excellent donations this year and we continue to accept donations but please no encyclopedias. We have no place to store them and there doesn't appear to be a market for them anymore.

We received two new bookshelves that will be at the back of the sanctuary and should help us keep things tidy back there. The bookshelves along with some books were donated by Doug Stuart. Thanks Doug.

One of the things that I am excited about is the donation of local history books. Books about local history can be hard to find and when you do they can be costly. Our local history section has never been better.

Financial results for the year won't be in for a while, but we did come awfully close to hitting our target of \$4,000, that brings our three year total close to \$8,000. That's a lot of books!

Thanks to everyone who donated books, to those who bought books and most of all the volunteers who make it all possible.

Please note for the month of February that the book store is only open on Tuesdays from 5-6pm. It is closed on all other days.

Submitted by: Bob Burt

Progressive Euchre

Saturday, January 18, 2025

Trillium United Church,
450 King St E, Cambridge

1 pm start time Cost \$10.

Includes snacks

Proceeds to Guatemala Mission
(smokeless stoves, school supplies, footwear)
For more info. contact Trillium United Church,
519-653-6601.



Social Concerns and Outreach

Flanagan Family Foundation Donation to Trillium



In November, Trillium's Social Concerns & Outreach Team applied to the Flanagan Family Foundation (Flanagan Foodservice Inc.) for help with our sponsorship of Safia Abdullahi's family.

This sponsorship was initiated in 2017 and approved by Trillium Council. It has taken many years to fill out the required paperwork but we have been assured that Safia's mother, two siblings and four neices and nephews will soon be on their way to Canada.

With the cost of food and housing increasing over the years, Safia's Family Support Team (Brian Hershey, Liz Reed and Susan Balfour) realized that more fundraising would be needed for this one year sponsorship. This donation of \$5,000 from the Flanagan Family Foundation is very much appreciated.

Submitted by SC&O Team

Trillium Table at Trillium's Christmas Market

Thank you for your donations of gently used Christmas items, next-to-new household items and re-gifted items. Wow! We raised just under \$250 this year, surpassing our \$170 mark from last year.

As you take down your Christmas decorations, declutter and start spring cleaning, please set aside more next-to-new items for the "Trillium Table".

Repurposing, reusing, reselling is good for the environment and for Trillium!

Thank you!

Submitted by Monica



BEEF SUPPER

Roast Beef & Gravy
Potatoes
Vegetables, Salad
Dessert & Beverages

SATURDAY, FEBRUARY 1, 2025

5:30 P.M.
TICKETS:
Adults - \$25.00 // Youth (6-16) - \$15.00
Children (5 & under) - FREE

For Tickets call:
Don 519-620-2224 or Harold 519-653-1286 or
Trillium United Church 519-653-6601

Proceeds towards:
1) Building Fund
2) Community Outreach



450 King St. E., Cambridge, Ontario

IN CONVERSATION WITH **Bob Burt**



LIFE IN THE
TRENCHES



TALES FROM THE GOLDEN
AGE OF JOURNALISM
A REPORTER'S STORY

BY BOB BURTT

AUTHOR, LIFE IN THE
TRENCHES. RETIRED
JOURNALIST WITH MORE
THAN 40 YEARS IN
CANADIAN NEWSROOMS.

&



Rob Reid

AUTHOR, CASTING INTO
MYSTERY. RETIRED
ENTERTAINMENT WRITER,
THE WATERLOO REGION
RECORD.

SATURDAY JANUARY 25

02:00 - 04:00 PM

Come out and enjoy a lively discussion about the
GOLDEN AGE of JOURNALISM.

TRILLIUM UNITED CHURCH
450 KING STREET EAST, PRESTON - FREE EVENT.



Trillium's Christmas Putz was a success thanks to all our magnificent volunteers!



Cambridge Food Bank

Mobile Food Market

Fresh Produce Baskets in Your Neighbourhood Every Week!

PAYING WHAT YOU CAN HELPS OTHERS AFFORD GREAT FOOD

Subsidized Rate: \$10 Suggested Price: \$10+

Weekly basket preview 

 @Cambfoodbank

trillium
United Church

450 King St East
Tuesdays from 5:00 pm - 6:00 pm

Everyone is Welcome



Community Support Connections

In Person Monthly Caregiver Support Sessions

First Tuesday of the month:
1:00 - 3:00
Trillium United Church
450 King St E
Cambridge

To register, or for more information please contact:
Holly Williamson 519-503-8155
or
Kallie Doak 519-239-0874
caregiver@cscmow.org

Share caregiver challenges and joys, Learn about self care and much more 

Since November 2022, Trillium has hosted the Mobile Food Market, a program offered by the Cambridge Food Bank.

While retail grocery store prices continue to be high, having access to affordable fresh produce is important for many people in our community. By shopping at the Mobile Food Market, you can save 30-40% off retail pricing on a basket of fresh produce.

Baskets are \$10 each. If your basic needs are at risk, you may pay a minimum fee per basket, which is \$5.00, or more.

Everyone is welcome. You can support the program by paying more than the suggested price.

The market runs every Tuesday from 5 to 6pm. Volunteers are essential to the program and several Trillium members have willingly given their time. If you wish to volunteer to help at the Mobile Food Market, please contact Wanda Brain.

**MY
UTMOST
FOR HIS
HIGHEST**

Join us as we discuss and reflect upon the popular daily devotional, *My Utmost for His Highest*.

Thursday afternoons, 4:45pm to 5:45pm

If you are interested in joining the meeting, please contact Pastor Mark.



Join Us For Board Game Café

Friday, Jan. 10 & 24

7:30 - 11:30 pm

\$5 Admission for UNLIMITED play

Snacks available for purchase.

F > R > O > G >
FULLY RELY ON GOD!

Trillium United Church **GAMES**

EVERYONE IS welcome here

DON'T MISS IT!



The second and fourth Wednesdays
6-7:30 pm

ACTIVE GAMES FRIENDS CRAFTS

www.trilliumchurch.ca
youthtrillium@gmail.com
450 King St E, Cambridge
519-653-6601



Youth Ignite

JANUARY 12, 2025
@ 12:15 pm
TRILLIUM ROOM

Ages 18-35

To bring:

- A friend
- Your Bible
- A notebook
- A pen
- Snacks (if you'd like)

Join us for a time of singing, sharing, games and knowing more about Jesus! (Lunch provided)



Youth Ignite - January 12

Melvin and Susan are leading a worship time.

Brownies and pizza are on the menu.

See you after church in the Trillium Room at 12:15pm.

Health and Wellness Team

Personal Care Clinics

A \$5000 grant from the Up Fund, United Church Western Ontario Waterways will allow the team to offer twelve personal care clinics in 2025.



Through personal care clinics, the team aims to reach those with mobility and/or income challenges that prevents them from accessing these important health-related services: therapeutic foot care, neck and shoulder massage, and haircuts.

Upcoming clinic dates and locations:

- January 15 at 565 Margaret St.
- February 5 at 1195 King St.
- February 26 at Trillium

For more information, about clinic services please contact Ruth Thompson.

Parish Nursing: Did you know? Sally White, Parish Nurse, is available to members and non-members alike. Sally provides assistance and spiritual support during health challenges including linking to available services in the community.

Blood Pressure Clinics at Trillium: The first one of the year is scheduled for January 19 after the church service.

Free Exercise Classes: Thanks to Sally for bringing these classes to Trillium – Monday, Wednesday and Friday at 1pm. NOTE: No class on Friday, January 31. Watch the weekly E News for other schedule changes in January.

Information for Health and Safety

The team is planning an information session on internet safety by Waterloo Regional Police in March. Details to follow.

Submitted by Ruth Thompson

The Handi Steve's, Dave's, Sam's, Elma's, Ryans', Alvey's & Brian's - say Thank You for all the Support.

Here is a breakdown over the years,

2016 - \$1,400	2021- \$4,520
2017 - \$1,800	2022 - \$6,790
2018 - \$3,000	2023 - \$8,430
2019 - \$2,335	2024 - \$9,550
2020 - \$1,850	

The money collected for these services goes to the Trillium General Fund.

For help with household painting, repairs, moving, etc., please call 519-658-6405.

God Bless, Brian Hershey

Adult Spiritual Growth

Understanding the Bible - with Pastor Mark.

Starts Tuesdays, February 4, 7 to 8:30pm. Four sessions. More details to follow.

Alpha@Trillium

Twelve guests took part in the Alpha Course fall session from October to December. Guests included five people from outside Trillium's membership. The session was a great success largely due to the efforts of the leader team and the willing hands of many volunteers preparing meals, setting up the room, greeting guests at the door and doing clean up. The Alpha@Trillium team would like to thank all those who volunteered their time, talent and treasure in support of the course. Alpha@Trillium is not possible without your generosity. Thank you so much.



Volunteers: Monica Annett, Crystal Verhagen, Sarah Samuels, Kathleen Flint, Selma Webster, Brian Hershey, Silva Berejiklian, Carol Fleet, Helen Martin, Betty Anne Madill, Joan Joyce, Bobbi Stewart, Liz Reed, Donna Bernard, Kevin Ubele, Jim Potts, Mary Jane Glaser, Dawn Sebastian, Janice Schultz

Leader Team: Selma Webster, Sally White, Dawn Sebastian, Orenca Ordon, Ruth Thompson and Mark Rutledge.

The next Alpha Course will start Tuesday, March 25.

To learn more about the course, plan to attend the **Alpha Open House on Tuesday evening, March 4.**

Contact Ruth Thompson for more details.

Guests and leaders Alpha@Trillium



FREE Exercise Classes—All Welcome Mondays, Wednesdays and Fridays

Classes start at 1:00pm - 2:00pm

Arrive a little early to get your spot.

No experience necessary, no registration required.

Seated options and standing balance to reduce falls.

Wear exercise shoes and bring water.



Trillium United Church
450 King St. E.
Preston
Across from the Library

Blessing Bag Ministry

Help! Our Blessing Bags need your continued support.



A big **THANK YOU** for all the donations to the **Blessing Bags**.

We continue to require travel-sized personal hygiene items, lip balm, conditioner, protein bars, individual packages of raisins, nuts or cookies along with crackers, bandages, wipes, and hand sanitizer to fill the bags.

Please take some bags and hand them out.

God Bless, bch (Brian Hershey)

We handed out a total of 84 Blessing Bags this year. These small care packages really brighten someone's day! Thanks for the donations to this outreach project.



Sally set up the candles for the Christmas Eve service and the church looked beautiful! Thanks for volunteering your time Sally.

Call as needed:

Earlene Peshnak 519-653-1553

Sheila Matthews 519-653-1286

Joanne Sarkisian 519-653-3955

Brian Hershey 519-658-6405

Sandra Daoust 519-219-0381

Harold Matthews 519-653-1286

Doug Stuart 519-653-0514

Jim Graham 519-650-2103



Interested in joining our prayer team? Call one of our members for information.



PAR stands for Pre Authorized Remittance

- PAR is the most reliable way to donate to Trillium
- PAR makes a clear statement of what is important to you
- You bless Trillium with a stable and reliable source of income
- It's easy to join PAR and easy to cancel or modify

Go to <https://trilliumchurch.ca/give> if you would like get enrolled with PAR

January is a good time to update your PAR monthly giving amount.

If you would like to modify your PAR offering or want more information call Mandy now at trilliumfinances@gmail.com or by phone at 519-653-6601 ex1.



Parish Nurse @ Trillium

“A parish nurse is a registered nurse with specialized knowledge who is called to ministry and affirmed by a faith community to promote health, healing and wholeness”

Canadian Association of Parish Nurse Ministry

Happy New Year!

As a new year begins, we will start a 6-month trial of meals-for-one recipes ideas! Our intention is to share easy and nutritious meal ideas that you might not have considered. Please feel free to give me feedback about the recipes and share with me Meal-for-One recipes that have worked for you. Of course, all of these recipes can be tweaked to feed a family!

Enjoy!

Sally (RN Cert in Parish Nurse Ministry)

Parish nurse phone number: 519-653-6601x4

Or cell 519-546-4849

Call for an appointment

Email: trilliumparishnurse@gmail.com

Chicken Pita

By Sarah Cook

This simple chicken pita makes a filling lunch or a quick and easy dinner when you want a tasty meal that takes less than 10 minutes to cook.

Ingredients For the piri-piri sauce

Or substitute low fat mayonnaise for the piri-piri sauce

1 tbsp **red wine vinegar**

2 tbsp **olive oil**: 2 tbsp olive oil

½ tsp hot **smoked paprika**

½ tsp dried **oregano**

pinch **cayenne pepper**

1 tsp **lemon juice**: 1 tsp lemon juice

Ingredients For the chicken pitta

1 **chicken breast**, skin removed, cut in half lengthways

½ **lemon**, zest plus 1 tsp juice

1 **garlic** clove, crushed

2 tbsp plain **yoghurt**

2 tbsp **mayonnaise**

¼ **onion**, very thinly sliced

1 large **pita bread** (or 2 mini **pita breads**), warmed or toasted

2 large **lettuce** leaves

1 **carrot**, peeled and then grated, shredded or peeled into ribbons

salt and freshly ground **black pepper**

Method

1. For the piri-piri sauce, mix the vinegar, oil, paprika, oregano, cayenne pepper and 1 teaspoon lemon juice in a small bowl and season with salt and pepper. Spoon 2 teaspoons of the sauce into a bowl and set aside.

2. Lay the chicken fillets in a shallow dish, pour over the rest of the marinade and turn the chicken a few times to thoroughly coat. Leave for 10 minutes or chill for a few hours.

3. Mix the lemon zest, a teaspoon lemon juice, garlic, yoghurt and mayonnaise together to create a creamy sauce. Place the onion in a sieve and rinse with boiling water – this stops it being too strong.

4. Heat a frying pan until really hot and add the chicken fillets, shaking off any excess marinade into the shallow dish. Fry, turning halfway, for about 5 minutes until browned and cooked through. Towards the end, carefully drizzle the marinade from the dish over the chicken, it will splutter and steam but it should keep the chicken moist.

Stuff the bread with lettuce, carrot, onion and plenty of garlic sauce. Shred or cut the chicken into strips, toss with the reserved marinade and stuff into the bread. Serve immediately.

Each serving provides 854 kcal, 47g protein, 54g carbohydrates (of which 15g sugars), 49g fat (of which 6g saturates), 7g fibre and 1.3g salt.



Pastor Mark's Musings

Dear Friends,

I remember as a teenager seeing a book in my parent's bedroom called *Passages*. It was written by a journalist named Gail Sheehy and it focussed on the inevitable life passages we go through in life as adults. I remember skimming the book with some curiosity as a teenager and while I never read it in any detail it did capture my imagination. It still does.

A life passage is more than simply changes in life. Change is always part of our experience and we are constantly having to deal with changes in our environment or our circumstances. A life passage comes to us when we have to reinvent ourselves in some fundamental way. It is a moment when something essential to our identity shifts and we need to reinvent ourselves.

Probably the first major life passage a human being goes through is being born. We left the comfort and safety of our mother's womb and were tossed out into the bright and hard reality of the world. I can't say that I remember that moment at all. I do have vague recollections of my first day when I left home and went to kindergarten. Does that qualify as a major life passage moment? I am not sure because, remember, a life passage is a moment when we have to reinvent ourselves in some fundamental way. Kindergarten was certainly an altogether different environment for me and it took a bit time to get used to so maybe it does.

I think I first became conscious of life passage moments when my family moved between grades 3 and 4. We didn't move that far but it meant leaving one neighbourhood and school and moving to another. I remember that real sense of demotion that came out of this move. In my former school I had a reputation, I was a "somebody" and I had many rich relationships with my peers. When I went to grade 4 I was a nobody, with no reputation and no relationships. That was tough. I think I had an identity crisis at that time and my task in life was to reinvent myself. That was not the easiest thing to do as a nine year old.

I remember a young woman I went to university with. She was from Corner Brook, Newfoundland and now she was living in Toronto. For her, the move to the big

city was a time of immense liberation. She had found small time life stilted and suffocating. Finally, she had the expanse of open space to let go of her need to conform to other people's expectations of her. Definitely a life passage moment for her. People experience life passages when they get married or have children or major health problems or the death of a loved one because they speak to matters of identity. To become a husband or wife or a mom or dad, or a widow or widower speaks to matters of essential identity. That is why these moments are called life passages.

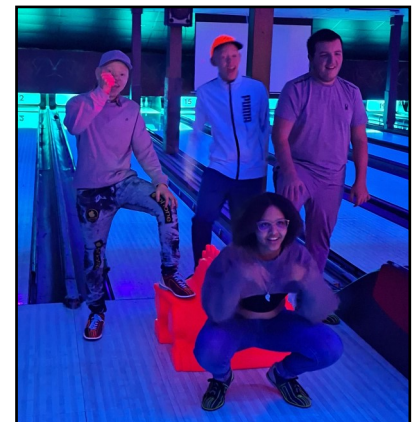
I think another major life passage moment comes to us when we become powerfully awake to God or Jesus Christ. In many churches this life passage moment is called being "born again" because it reflects a fundamental shift or change in our sense of personal identity. What we were is no longer what we are. This spiritual life passage shifts the focus of our lives and changes our interpretation of the present and the future.

Sometimes we are a bit unnerved or scared of life passages because they represent times of uncertainty and change. These passages challenge our sense of who we are, which means they are not always easy to go through. Yet life passages are inevitable and they hold for us opportunities for immense personal growth and ultimate meaning. They represent moments of important shifts in our personal identity and they often hold the key to a richer, more fruitful future.

Your friend in Christ,

Mark

CYMT - enjoyed an evening of bowling!



TRILLIUM UNITED CHURCH

Our Mission: *To awaken the Christ light in each other and shine it in the world!*

Pastor: Mark Rutledge
Parish Nurse: Sally White
Office Administrator: Jo-Anne Hennig
Bookkeeper: Mandy Townsend
Custodian: Alvey Saji & Property Dept.

450 King St. E., Cambridge, ON N3H 3M9
Telephone: 519-653-6601
Web: trilliumchurch.ca
Email: office@trilliumchurch.ca
Bookkeeper: trilliumfinances@gmail.com
You Tube: [youtube.com \(trilliumunitedchurch\)](http://youtube.com/trilliumunitedchurch)

OFFICE HOURS:

Tuesday, Wednesday and Friday - 10 am to 3 pm

Our Vision: *Faith in Bloom: Growing, Thriving, Serving - Together in Christ*

Registered Charity #119197002RR001



Members of Church Council

- **Chairperson:** Bobbi Stewart
- **Past Chair:** Paul Reeve
- **Secretary:** Laurie Yeo-Schmidt
- **Adult Spiritual Growth:** Ruth Thompson
- **Children & Youth Ministry:** Brian Hershey
- **Financial Liaison:** Kevin Uebele
- **Generosity:** Co-Chair - Pam Noël
- **Health & Wellness Team:** Ruth Thompson
- **Ministry & Personnel:** Vacant
- **Property:** Co-Chair - David Reed
- **Social Concerns & Outreach:** Brian Hershey
- **Staff:** Pastor Mark Rutledge, Interim Youth Pastor - Vacant
- **Worship:** Vacant

Other Teams

- **Agape Connections Team:** Selma Webster
- **Board of Trustees:** Paul Mundy
- **Children & Youth Ministry:** Interim Chair-Vacant
- **Generosity:** Co-Chair - Karen Atkinson
- **Golden Years Worship:** Earlene Peshnak
- **Health & Wellness Team:** Interim Chair - Sally White
- **Membership:** Joan Joyce
- **Ministry & Personnel:** Richard Beeksm
- **Property:** Co-Chair - Steve Jennings
- **Social Concerns & Outreach:** Co-Chairs-Liz Reed & Susan Balfour
- **WOW:** Doug Stuart & Susan Balfour

ROOTS & SPROUTS

ROOTS & SPROUTS is produced monthly from September to June by:

Trillium United Church

450 King Street E.

Cambridge, ON N3H 3M9

Editor: Jo-Anne Hennig

Send articles to: office@trilliumchurch.ca

The deadline for the next issue of *ROOTS & SPROUTS* is

January 28

The next issue will be available on February 7, 2025.