

# ROOTS & SPROUTS

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

**Feb. 2025**

## BEEF DINNER 2025

The Beef Dinner was a huge success thanks to everyone. Trillium's volunteers go above and beyond all expectations. The decorations, meal, prep and presentation were all top notch.



### 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 February a most blessed celebration.  
*Membership Committee*

January birthday people enjoyed cake and were celebrated by everyone 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, downsize, do yard work, clean or paint! Try us out!**

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

**Contact:  
Brian Hershey  
519-658-6405**



## Children & Youth Update

Please welcome Ivone Mugisha as the Children and Youth Worker, pictured with her husband Isa and their daughter Ticia.



Brian Hershey is collecting Broadview magazines to donate to prisons.

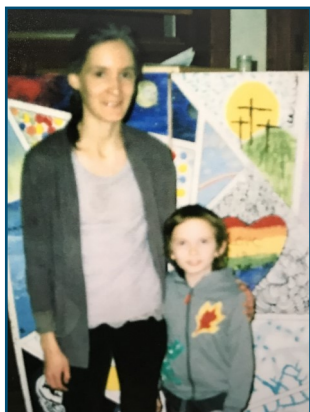
You can drop them off at the church or give them to Brian directly.

\*Please remove address labels. Thank you.



## Nursery Update

Please welcome Katherine Churchill as the nursery teacher, pictured here with her son Nathan. She will be present every Sunday morning from 10:30 to 12:00.





# BOOKSTORE UPDATE

## NEWS FROM THE STONE CHURCH BOOKSTORE



The Stone Church Bookstore will close on Sundays and Wednesdays for the month of February. It will continue to be open on Tuesdays from 5 to 6 p.m. The extremely cold weather has contributed to a slow month. Closing for the month will give volunteers a break after a very successful year in 2024, and it will also give us a chance to plan for a massive sale in March and to make plans for the rest of the year.

If you find that you want to stock up on your books, reach out to one of our volunteers and we will be happy to help you before or after church.

We were fortunate to receive two large bookshelves from Doug Stuart\* recently. The new shelves allow for better display of our books.

We have a wonderful selection of books and we are hoping for another successful year and we do appreciate your support. Stay tuned for news about our sales and plans for the coming year.

Submitted by: Bob Burt

\*At publication deadline, we learned that Doug Stuart had, sadly, passed away. Look for an article in the March edition for a tribute to Doug's love, support and life of faith at Trillium. Jo-Anne Hennig, Editor

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## Progressive Euchre

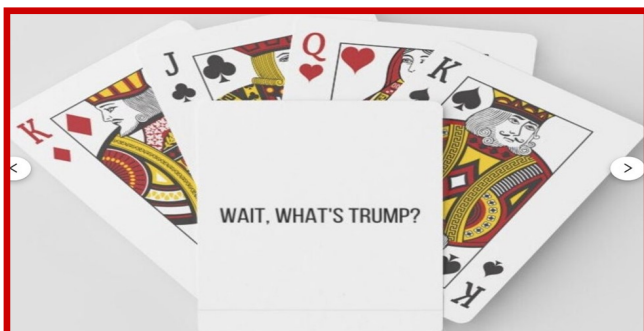
Saturday, February 15, 2025

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



## **Social Enterprise - Just Life Family Initiative**

There is currently a push for Churches to participate in “social enterprise” as a means to sustain the Church. It has been stated that the Church would be wise to raise 40% of its budget in this way.

A social enterprise is a business designed to achieve specific social objectives as its primary purpose. Social enterprises strive to maximize profits while also maximizing positive impacts on society and the environment. The profits generated are primarily used to fund social programs.

Since November 2023, Trillium Church Council has researched the *Just Life Family* Home Care franchise and held information sessions with the congregation. Karen Atkinson and Council members received feedback and responded to many excellent questions. Between July and December 2024, support for the initiative grew. Several congregants who were not totally sold on the idea, told me they trust our judgment and wished us well.

On December 15<sup>th</sup>, the following motion was passed:

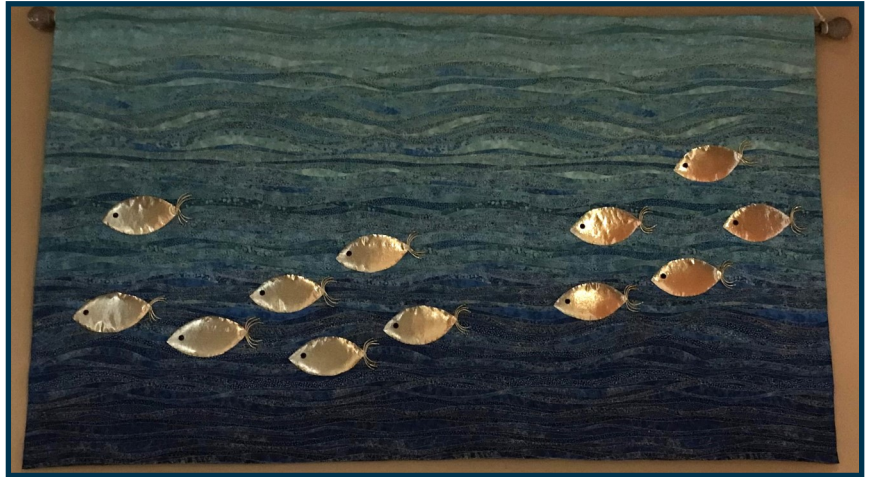
That Trillium Church Council agrees to the purchase of a Just Like Franchise in early 2025. As such, Council:

- 1) Approves the initial investment/ start – up costs of \$132,150 to be taken from the Futures Funds.
- 2) Directs the steering committee to recruit members for the management board to take over from the steering committee, the timing of which to be advised by the Just Life Family Central Office. *Management committee members must be approved by Church Council.*
- 3) Acknowledges that Just Life Family views Bobbi Stewart and Karen Atkinson as the key Trillium contacts in conjunction with the Trillium Just Life Family Steering Committee.
- 4) Entrusts the aforementioned to work through the process of the purchase, including, but not limited to, legal appointments regarding the purchase and incorporation.

Submitted by Bobbi Stewart,  
Church Council Chair

## Ordinary Times

Here at Trillium we celebrate the seasons of the year with different banners and paraments. A banner celebrating "Ordinary Times" has been hung in the sanctuary. Ordinary Times occurs at two separate times - between Christmas and Lent and then again from Easter to Advent. The second time, the longest, actually covers all of the summer and fall months. Quilts representing Black History month and Remembrance Day have also been hung.



The fabric chosen for this banner gives the impression of water which is mentioned many times in the Bible representing baptism, salvation, new birth, renewal of life, transcendence.

The Greek word for fish is ICHTHYS meaning Jesus Christ, Son of God, Saviour. There are 12 fish, one for each of the 12 disciples.

This hand applied and hand quilted banner was begun in the summer of 2024 and completed in January of 2025.

Submitted by Helen Martin

Thank You Helen for another beautiful banner to bless our sanctuary.

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A delicious thank you to Tu and Tuoy and their families for the mountains of food shared at games night. The authentic Vietnamese meal was enjoyed by the children and their supporters. We also celebrated the Vietnamese New Year. Thank you to Liz for taking some fabulous photos.

Submitted by: Brian Hershey







**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

f i X d @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

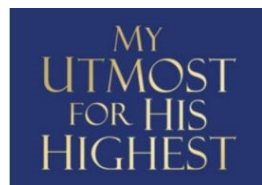
Since November 2022, Trillium has hosted the Mobile Food Market, a program offered by the Cambridge Food Bank.

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.



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, Feb. 14 & 28**

**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**

**FEBRUARY 16, 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)



**Personal Care Clinic**  
*Pay-as-you-can*

**Foot care - Haircuts - Massage**

**Wednesday, February 26 9:am to Noon**  
**@ Trillium**

**By appointment: 519-653-6601 Ex. 5**

Trillium United Church

WOWRC  
WESTERN ONTARIO WATERWAYS  
REGIONAL COUNCIL  
www.wowrcoc.ca



# Adult Spiritual Growth

Join us for the Alpha Open House on Tuesday, March 4 at 7pm . This is Shrove Tuesday. Come for the Pancake Supper and stay to learn more about this life changing course.

**Is Jesus still relevant?  
How can I have hope?  
What is my purpose?**

*Where can I ask these questions?*

**Alpha@Trillium**

**Next course starts March 25**

**Open House/Preview  
Tuesday, March 4, 7pm**

**Trillium United Church**



## Guatemala Trip 2025

A Big thank-you to everyone that supported our fundraising efforts for our Guatemala mission trip.

Through your donations, we were able to install 40 smokeless stoves, provide much needed supplies for the Blind School, help paint the recently built medical clinic, and provide shoes to many underprivileged children.

We even had time to go to Chuck E Cheese on the way to the airport after 10 days of hard work.

Submitted by Valerie Thielking





## 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

The beef dinner was a sold out event as you can see in this photo.



### 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

Jim Graham 519-650-2103

## 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)



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

# Parish Nurse @ Trillium

## Meals for One - Lasagne soup for one

By Joanie Zisk

**Prep:** 5 minutes mins    **Cook:** 25 minutes mins    **Total:** 30 minutes mins

Enjoy Lasagna Soup, a rich and hearty one-pot meal ready in just 30 minutes. Featuring tender lasagna noodles, a flavorful meat sauce, and melted cheese, this recipe delivers all the comforting flavors of classic lasagna in a simple, satisfying bowl.

### Ingredients

2 lasagna noodles	1 tablespoon olive oil	1/8 teaspoon salt
1/2 cup chopped onions	1 clove garlic -minced	1/2 tablespoon tomato paste
1/4 pound ground beef (4 ounces)	1/4 teaspoon red pepper flakes or chili flakes	1/2 cup tomato sauce
1/4 teaspoon dried oregano		3/4 cup chicken broth
		1/4 cup heavy cream
		1/4 cup shredded Parmesan cheese
		1/2 cup shredded mozzarella cheese
		1 tablespoon ricotta cheese



### Instructions

**Cook the Lasagna Noodles:** Break the lasagna noodles into smaller pieces and cook them in a 2-quart saucepan according to package directions. Drain and set aside. Slightly undercook the noodles to prevent them from becoming too soft as they will continue to cook in the soup.

**Toss Noodles in Olive Oil:** Lightly toss the drained noodles with 1 teaspoon of olive oil in a bowl to prevent sticking.

**Sauté the Onions:** Heat olive oil in the same saucepan over medium heat. Add the chopped onions and sauté for about 2 minutes, stirring occasionally, until translucent.

**Add Garlic:** Stir in the minced garlic and sauté for 30 seconds, stirring frequently to prevent burning.

**Cook the Ground Beef:** Add the ground beef to the pot. Break it into smaller pieces with a spatula and season with red pepper flakes, oregano, and salt. Cook until browned, about 3 minutes.

**Stir in Tomato Paste and Sauce:** Add the tomato paste and stir for 30 seconds. Pour in the tomato sauce and chicken broth, then bring the mixture to a light simmer.

**Add Heavy Cream:** Pour in the heavy cream and bring the mixture to a brief boil, stirring occasionally.

**Combine Noodles and Cheese:** Return the cooked lasagna noodles to the pot. Stir in Parmesan and mozzarella cheeses until melted and fully incorporated.

**Serve:** Ladle the soup into a bowl and top with a dollop of ricotta cheese

Trillium Parish Nurse – Sally White RN Cert in Parish Nurse Ministry

Confidential phone number: 519-653-6601 ext 4

Cell: 519-546-4849

Email: [trilliumparishnurse@gmail.com](mailto:trilliumparishnurse@gmail.com)

Please call for an appointment



## Pastor Mark's Musings

Dear Friends,

I noticed that Sir. John A MacDonald's statue at Queens Park is still boarded up. It has now been almost five years since it was encased in a plywood box. It seems that the province can't decide what to do with it. Should the statue be removed to another location or should it be restored from previous vandalism? What would you do if you were the premier of Ontario?

Personally, I would restore the statue and allow it to stand at its current location. I understand that for some this would be a personal affront to their sense of justice. It seems to me that there are several issues of principle that we need to promote as a society if we want to be a truly welcoming and inclusive community.

**1. Respect for the past.** We need to honour our forebears for the good they did. There is no question that we owe a great deal of today's Canada to MacDonald. Without his vision and drive it is possible that Canada would not even exist. In fact, what we have in 2025 rests on the incredible vision and dedication of so many who have come before us.

**2. People are complex.** Often people have mixed motives for what they do. That is certainly true of our first prime minister. He was not a perfect person and he certainly made many mistakes. Honouring someone from the past does not condone their mistakes but situates their life at the fulcrum of human experience. With every person we take the good with the bad.

**3. The past is easily scapegoated.** People from the past are the most vulnerable to scapegoating because they cannot speak for themselves or defend their legacy. I think the most egregious example of this is how Egerton Ryerson has been treated over the past few years. He was the architect of public education in Ontario and was a great humanitarian. His record with respect to residential schools has been unfairly distorted. Who speaks for his legacy?

**4. Modern snobbery.** There is a certain hubris that accompanies a lot of the current critique of the past. The assumption is that had we lived in their times and in their circumstances we would have made better choices than they did. How do we know this is true? All people are a product of their time and that truth includes us. We are all sinners before the reality of love and we have all sinned against our neighbour. I see no moral superiority in my generation over those who lived several generations before us.

**5. Living into the disagreement.** I can imagine some at Trillium disagreeing with what I am writing. Can we agree to disagree on this without losing our goodwill for each other? I find the kind activism that defaces statues offensive because a small group of activists take it upon themselves to speak for the whole community. Where did this mandate come from? I didn't agree to this. Did you?

You will notice no mention of God or Jesus so far. And yet it seems to me that what I am speaking about goes to the heart of what it means to follow Jesus. To follow Christ is to show reverence for our past, a willingness to take into account the full person before us whoever they might be, a commitment to refrain from scapegoating people for any reason, an alertness to our own pride in our endeavours with others and a commitment to seeking the higher ground when we disagree with each other.

If we live this way, we are living out many aspects of what Jesus calls us to do.

Your friend in Christ,

Mark



Join us on February 23rd for a pot luck lunch after church, followed by the Annual General Meeting.

If you have any questions, please email [bobbi.stewart@sympatico.ca](mailto:bobbi.stewart@sympatico.ca) or call (519) 716-3238.

## 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  
CYMT Worker - Ivone Mugisha  
Nursery Teacher - Katherine Churchill  
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](http://trilliumchurch.ca)  
Email: [office@trilliumchurch.ca](mailto:office@trilliumchurch.ca)  
Bookkeeper: [trilliumfinances@gmail.com](mailto: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:** 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](mailto:office@trilliumchurch.ca)

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

**March 4**

The next issue will be available on March 14, 2025.