

ROOTS & SPROUTS

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

Mar. 2025

So many great events happen at Trillium and we enjoy sharing photos so you can see what's been taking place. The beef supper, F.R.O.G., etc. There are several photos in this newsletter for you to peruse.



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 March a most blessed celebration.
Membership Committee

February 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, 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



Brian Hershey is collecting Broadview magazines to donate to prisons. You can drop them off at the church or give them to Brian directly.

*Address labels must be removed. Thank you.



SKA group photos.



BOOKSTORE UPDATE

NEWS FROM THE STONE CHURCH BOOKSTORE



The store had a successful sale March 8 and sold enough books to make some much needed room on our shelves. We will have another sale April 26 to coincide with the annual yard sale and we are accepting previously loved books - no text books or encyclopaedias please.

Following our most successful year last year (2024), January and February were slow months at the bookstore. The bookstore has a wonderful selection of books and visitors never cease talking about how surprised they are to see such a diverse collection.

When people do visit they almost always find something they would like to read and our prices can't be beat. For the price of a Vanilla Bean Cream Frappuccino drink at Starbucks you can get two top notch novels.

The store was closed during the blustery February weather, but we're open now and anxious to greet you, your family and friends. We're located at Trillium United Church and is open Tuesday 5-6 pm, Wednesday 10am-1pm and Sundays noon-2pm

If you have an hour or two to spare each month, please consider volunteering in the bookstore. It is a fun-filled and rewarding experience.

Submitted by Bob Burt

Progressive Euchre

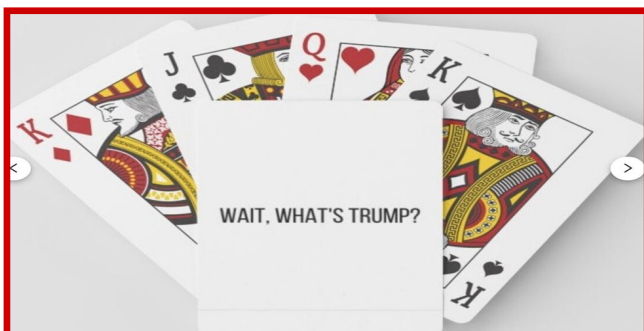
Saturday, March 15, 2025

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



Tribute to Doug Stuart

As you know, we said “good-bye” to our dear friend Doug recently. Doug was a familiar, loving presence at Trillium over many years.

Until recent years, Doug provided security for Trillium, day and night and whenever necessary in-between. He was there to open doors and check to make sure no one was in the Church who shouldn't be. He was there to lock the doors. He was there to sample the treats at Board Game Café. He was there for quality control at snack time after service. He seldom missed a social event because, well, who else could we count on to be our very own food critic? Doug told Sally at the hospital that his favourite cookie was oatmeal raisin. So if you have ever made oatmeal raisin cookies for Trillium events, know that you made Doug's life better.

All joking aside, Sally also pointed out Doug's great trait of being a non-complainer. During his last months, there was a lot he could have complained about, but in true Doug Stuart fashion, class and God-loving spirit of love and trust, he did not.

Another Doug staple was his regular reading of the scriptures on Sunday. For David Reed and me, it wasn't only the reading we loved, it was Doug's eloquent and detailed commentaries.

Mary Jane encapsulates this well when she shares, “I have always been so impressed with Doug's knowledge of even the least important facts of the Bible. I remember asking him about some obscure person I had never heard of and he quoted it chapter and verse, His memory on it was amazing. He will be missed.”

“Doug was such a smart, caring and giving man. He loved God and his Bible so much. He loved doing things for people. He loved going and having meals with the homeless at different places. He loved to sing and was in our choir for many years. I call him a gentle giant” - Earlene

Thank you for everything you have given us, gentle giant. Now rest in peace.

Submitted by: Bobbi Stewart



Three generations of the Pott's family.

Sifa, Ticia and Alvey, three lovlies at Trillium.



Received at 5 February 2025 Personal Care Clinic

To whom it may concern,

I would like to express my appreciation to all of the men and women of Trillium United Church for all of their outreach programs. All of the volunteers are lovely people. They have always made me feel welcome. I always enjoy their company and chats that we have.

I started going there because I went to the library across the street and Trillium was hosting the Cambridge Food Bank's Mobile Market. I am very thankful for being introduced to the MFM. During my visits to Trillium for the MFM I was invited to attend the Day of Wellness. I don't know if they called it that, but they should! I had gone through cancer and chemo therapy. I lost most of my hair. I used to have a long dark hair but had to cut it short and so now I have short grey hair. I had to quit my job when I started chemo which was during Covid. I could no longer afford to get haircuts, which are more frequent when you have short hair. I also have chemo-induced peripheral neuropathy.

I am very grateful for the hair cuts and for the attention of the foot nurse and the discussions with the parish nurse. All these services have helped me keep up basic hygiene. It also gives me peace of mind to know that my feet are being checked.

I am very impressed that a church is doing these kinds of things. I am impressed that they are doing things for others and not just for their own congregation. I don't see much of that, or maybe any of that. I am an atheist, so I don't have a very favorable opinion of churches, but Trillium has been a very pleasant surprise.

In conclusion, I would like to thank all of the volunteers at Trillium United Church for all of their hard work helping me, and others.

If a church is to be tax-free then doing this kind of outreach is fully deserving of funding.

Merci,

Anonymous

Personal Care Clinic

Pay-as-you-can

- ❖ **Therapeutic Foot Care: RN**
- ❖ **Massage (Neck/shoulders): RMT**
- ❖ **Haircuts: Experienced stylist/barber**

Wednesday, March 19 9:00am-12 noon
565 Margaret St., Cambridge
By appointment only: 519-653-6601 Ext. 5

**** Free: Health Check with Nurse & Refreshments ****



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

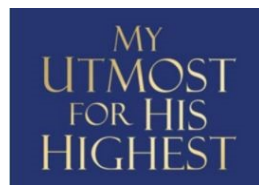
Since November 2022, Trillium has hosted the Mobile Food Market, a program offered by the Cambridge Food Bank.

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.



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, Mar. 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

MARCH 23, 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)






Fraud Awareness & Prevention, 2025

Presentation by:
 Waterloo Regional Police Services
 Detective Constable Dean Hanby

Thursday, April 17 – 2:00pm

FREE! ALL WELCOME!!
 Refreshments served

Trillium United Church 450 King Street East, Cambridge

Adult Spiritual Growth

Alpha@Trillium

NEXT COURSE STARTS:

Tuesday, March 25 @ 6:30pm

Please register by March 21



Contact Ruth Thompson
519-653-6601 ex. 5
alphatrillium@gmail.com



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)

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



Katherine, our Nursery teacher, caring for Ticia.

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



Security detail at the Beef Supper .

Generosity

How Much Should I Give?

That is the question!

**Trillium is called to be the living body
of Jesus in the world**

**Trillium lives exclusively from the generosity
of its supporters**

**There is no specific percentage given in the New Testament
about how generous one is to be
in supporting the mission of the Church**

**The New Testament however does direct us
to be intentional about our giving**

**Know what percentage of your total income
you give and why you have chosen that number
and then be at peace!**

WEEKLY OFFERING: "WHERE AM I?"				
Weekly Income	10%	5%	4%	2%
\$200	\$20	\$10	\$8	\$4
\$500	\$50	\$25	\$20	\$10
\$750	\$75	\$37	\$30	\$15
\$1,000	\$100	\$50	\$40	\$20
\$1,500	\$150	\$75	\$60	\$30
\$2,000	\$200	\$100	\$80	\$40



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



Here at Trillium we are pleased to offer something for everyone to take part in.



Trillium commissioned Diane Boyer to create one of a kind Communion chalices. As you can see the results are quite beautiful.

Parish Nurse @ Trillium

During the month of March two Trillium members will be celebrating their **100th birthdays**. Congratulations to Lil Etherington turning 100 on 17 March 2025. And Mary Andrews whose birthday is on 30 March 2025!

Please take a look in this edition of Roots and Sprouts for the advert for an exciting event that is coming to Trillium. On Thursday April 17, 2025, United Church Women and the Health and Wellness Team will collaborate in arranging a presentation by DC Dean Hanby from Waterloo Regional Police Services – Fraud Division. The topic is **Fraud Awareness and Prevention**. This extremely popular topic covers telephone and internet scams and fraud and their prevention. This is the 2025 Updated presentation. Well worth attending and invite your friends from the community to this free event! All are welcome!

Enjoy the latest recipe in our Meals-for-One, 6-part series: also in this edition!

Mini Meatloaf for One by Joanne Zisk

This easy mini meatloaf recipe is perfectly portioned for one, giving you all the classic, savory flavors you love, without leftovers! Made with simple ingredients and a sweet, tangy glaze, it's a comforting, no-fuss meal.

1 tablespoon olive oil	2 ounces chopped onions
1 clove garlic, minced	1 teaspoon dried thyme
½ teaspoon salt	¼ teaspoon coarsely ground black pepper
6 ounces ground beef	½ teaspoon Worcestershire sauce
1 large egg	3 tablespoons breadcrumbs

Meatloaf Glaze

¼ cup ketchup	1 tablespoon molasses/ sugar
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Instructions

Preheat the oven to 350°F (177°C).

In a medium skillet, heat the oil over medium heat. Add the chopped onions and cook for about 2 minutes.

Add the garlic, dried thyme, salt, and pepper to the skillet. Cook, stirring occasionally, for another minute, then remove from heat and set aside.

Place the ground beef in a medium bowl. Add the cooked vegetables, Worcestershire sauce, egg, and breadcrumbs. Using a large spoon, mix until everything is fully combined. Shape the mixture into an oval and place it in a lightly greased small baking dish.

Bake in the preheated oven for 30 minutes.



Trillium Parish Nurse – Sally White RN Certified in Parish Nurse Ministry
Confidential phone number: 519-653-6601 ext 4
Cell: 519-546-4849
Email: trilliumparishnurse@gmail.com
Please call for an appointment

Pastor Mark's Musings

Dear Friends,

Jehovah Witnesses believe that their citizenship resides in the Kingdom of God and that the Kingdom is the only legitimate form of governance (for this reason the local congregation is called Kingdom Hall.) As such Jehovah Witnesses do not vote in elections, will not salute a national flag, refuse to sing national anthems or other nationalistic songs or fight in national armies. Their deep skepticism toward human governments comes from their belief that national governments fall under the power of Satan and are, therefore, directly opposed to the will of God. What do you think about this?

I remember a few years back worshipping Sunday morning in a Methodist congregation in northern Michigan. The first thing I noticed upon entering the sanctuary was the US national flag at the very front of the church. That is something I am not used to seeing and as I looked at it I became quite uncomfortable. There is just something about displaying a national flag in a Christian sanctuary that doesn't quite sit right with me. I am not exactly sure why. Could my discomfort be because I too, like Jehovah Witnesses, place my allegiance to Jesus' Kingdom first, above all other allegiances? Not sure.

At one time people had multiple layers of allegiances in their daily life. Think about the city of Ghent in Belgium. Six hundred years ago Ghent lived under the reign of the Duke of Burgundy. Ghent was also a free city which meant that it had its own charter and essentially ran its own affairs in most matters. Since you lived in a city you probably worked in a trade and would have belonged to a guild of some type (like the Masons.) A guild was kind of a combination business association/ union all rolled into one. The guild would essentially oversee all matters related to work and commerce for you. And of course, as a Christian you belonged to the Catholic Church and would have fallen under its authority in all ecclesiastical (religious related) matters.

Back in 1400 Ghent, a person would have had multiple overlapping lines of allegiances and these overlapping

loyalties would have held each other in check. What has happened over the past 600 hundred years is that the nation state has essentially gobbled up the other three. Today, it is the nation state that defines people's reality and attempts to dominate any claim to ultimate authority and allegiance in people's lives. We can see a vestige of this in the Quebec government's present thinking about banning public prayer. Premier Legault said the following, "Seeing people praying in the streets, in public parks, is not something we want in Quebec," Wow!

We are likely looking at a federal election in the next couple of weeks. Because of the Trump administration's approach to trade and tariffs, which represent a direct threat to Canada, I can guarantee you that all the political parties will run very nationalistic campaigns. Each party will attempt to speak to our national loyalties and present other parties as in some way deficient in doing so. I don't think we need to embrace the rather severe approach Jehovah Witnesses take with respect to civil government in order to follow Jesus Christ. I do think some circumspection is warranted. After all, we do have other allegiances beyond our loyalty to Canada that should matter to us.

It is worth remembering Jesus' words in Mark 12. Some of Jesus' opponents came to him and asked him whether it was permissible for Jews to pay taxes to the Empire. Jesus knew they were testing him so he asked them for a coin and then said, "who's picture and name are on it?" "Caesar's," they answered. Then Jesus told them, "Give to Caesar what belongs to Caesar and give to God what belongs to God." Do you see the two lines of allegiance at play in what Jesus says? In today's world where it seems as if Caesar wants it all, I would therefore add that we need to be especially careful today to give to Caesar only what belongs to Caesar. No more or no less with the emphasis on "no more!"

Your Friend in Christ,

Mark

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 Committee

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 Beeksmas
- **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.

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Editor: Jo-Anne Hennig

Send articles to: office@trilliumchurch.ca

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March 28

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