

ROOTS & SPROUTS

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

Apr. 2025

Trillium's Puzzle Piece for the 100th Anniversary of the United Church of Canada



As part of the 100th Anniversary Celebration we were asked to prepare a Trillium puzzle piece for a giant puzzle representing churches in our Western Ontario Waterways Regional Council area.

Ideas for our puzzle were gathered and Maral Berejiklian and her mother, Silva Boghossian, volunteered to do the design using a collage technique. The result is a whimsical representation of initiatives that define Trillium United Church.

In case you are wondering about the black lines, our puzzle piece will be along one of the edges that will be attached to another Region-

al Council area's puzzle pieces. Below is an explanation about the different aspects of our puzzle piece:

Green Background – Trillium's colour.

Trillium Pin – Where Trillium gets its name.

The Cross Covered in Material and a Single Knot - Reflects the cross at the front of the sanctuary and the quilting and knotting groups' outreach, which is a tradition at Trillium.

Flowers and Bee and Butterfly - The pollinator garden is part of our environmental initiatives.

Children and Youth Sketched on Wood – Young people are seated around a campfire at Five Oaks on a work weekend.

Mobile Market Truck from the Food Bank – Arrives at the church every Tuesday as part of the Wellness Outreach programs.

Canada Flag and Welcome Sign – We support many newcomer families.

UCW Pin – Stands for the group of women who continue to enjoy life together and fundraise for the church and community.



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

Submitted by: Susan Balfour, Western Ontario Waterways Regional Council Rep.

NOTICES/UPDATES



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

March 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.

Trillium Church

GARAGE SALE

Saturday, April 26, 8-Noon
450 King St N, Cambridge

Bookstore and Trilli-yum Cafe!



trillium United Church



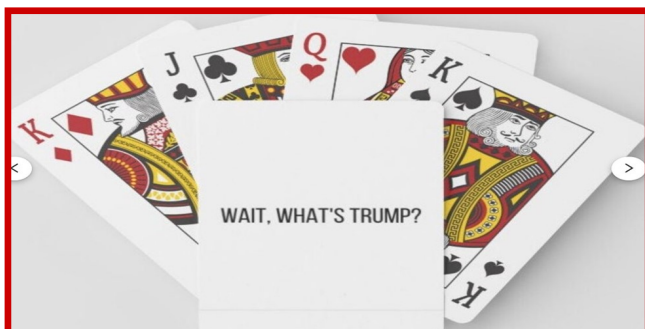
NEWS FROM THE STONE CHURCH BOOKSTORE

Be sure to check us out when you come to Trillium's Garage Sale on April 26, 8-noon. The store is operated by volunteers and all profits go to the work of the church in the community. Stone Church Bookstore is open Sunday from 12 to 2 p.m., Tuesday 5 to 6 p.m. and Wednesday 10 a.m. until 1 p.m.

Submitted by Bob Burt



Trillium has fabulous volunteers and we are grateful for them & all participants!



Progressive Euchre

Saturday, April 19, 2025

Trillium United Church,
450 King St E, Cambridge

1 pm start time Cost \$10.

Includes snacks

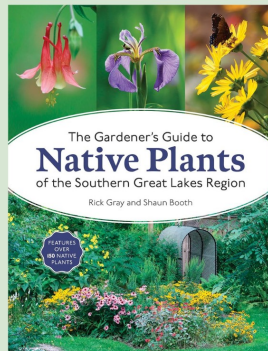
Proceeds to Guatemala Mission
(smokeless stoves, school supplies, footwear)
For more info, contact Trillium United Church
519-653-6601



Planting for the Planet: Why native plants matter!

Thursday, May 8, 7:00 pm
Trillium United Church
450 King St. N., Cambridge

Speaker Shaun Booth
Co-author of
"The Gardener's Guide to
Native Plants"



Pay as you can



Trillium United Church Women Spring Luncheon

Come and Enjoy

Sweet & Sour Meatballs on a bed of rice with salads

Lemon Dessert with coffee & tea

Thursday, May 15, 2025

Serving: 11:30am - 12:30pm

Cost \$20

Limited Tickets available at the church office or any UCW member

Proceeds to UCW Outreach Projects



450 King St. E. Cambridge, ON 519-653-6601



GIANT Garage Sale Friday, May 2 - 10:30 to 5 Saturday, May 3 - 8 to 12

Ancient Mariners Canoe Club, Cambridge, Ontario

**Where: Trillium United
450 King St. E. Preston**



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

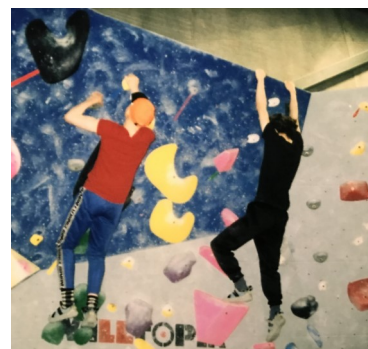
Sandra Daoust 519-219-0381

Harold Matthews 519-653-1286

Jim Graham 519-650-2103



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



Health and Wellness



Health and Wellness Ministry
@ Trillium

Blood Pressure Screening
Sunday April 13, 2025

Coffee Time
Upper Auditorium

Trillium United Church

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



A couple of photos showing our CYMT groups enjoying different activities.

Personal Care Clinic

Pay-as-you-can

→ Therapeutic Foot Care → Massage → Haircuts

Wednesday, April 16 9:30am-12:30pm
1195 King St. E., Cambridge

By appointment only: 519-653-6601 Ext. 5





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



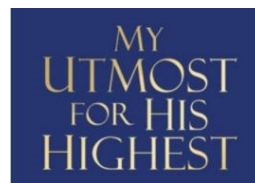
Since November 2022, Trillium has hosted the Mobile Food Market, a program offered by the Cambridge Food Bank.

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, Apr. 11

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

April 6, 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)



Our Youth have a lot of interesting and fun activities involving, food, fitness and friendship.

You are welcome to join us! See you soon!



Social Concerns & Outreach

Special Easter Offering

It has been a tradition at Trillium to offer congregants the opportunity to donate to worthwhile projects as part of the Easter journey. Each year Social Concerns & Outreach team chooses two charities, one to help with the Life & Work of Trillium, and one for outreach in the community.

The Designations for 2025:

Life & Work of Trillium: The Good Samaritan Fund

Outreach: Indwell Cambridge

Donations can be made (cash or cheque) using the special envelopes provided at the church or through an e-transfer. Please make sure to indicate clearly where the donation is to be directed.



If you are unfamiliar with The Good Samaritan Fund and Indwell Housing, SC&O team has provided the following information.

Trillium's Good Samaritan Fund Background Information

For many years Trillium congregants have responded to the call for donations to The Good Samaritan Fund when we become aware of the need for emergency support for a congregant or family in our church. Last year, for example, those who were able responded to the call for support for the Potts' family, after Pauline's sudden death. This fund is overseen by Rev. Mark, who makes decisions about the dispersal of this money when approached by someone in crisis.

At the present time SC&O team is concerned about the precarious situation in which some of our congregants may find themselves if tariffs result in loss of employment. We do not want people to lose their homes or to go hungry.

Indwell Affordable Housing Background Information

Indwell is a Hamilton-based Christian charity that has been supporting vulnerable adults dealing with mental health challenges for 50 years. They are the fastest growing developer of new supportive affordable housing in Ontario. Indwell communities support over 1,250 tenants in regions across Southern and Southwestern Ontario—with several projects currently under construction or pre-development. Indwell empowers tenants to achieve health and wellness goals, and to constructively engage with their communities.

Indwell is active in Cambridge. The 203-year-old building located at 1102 King St. E. in Preston was purchased by Indwell for an Affordable Housing Build, with a plan to expand the site into a 45-unit facility with spaces for tenants, offices for staff, and ground-floor commercial spaces intended to serve community needs, such as a pharmacy or library. The plan is to have this housing project finished and providing essential housing and community services by late 2026.

Indwell has raised \$1.7 million of the \$2.5 million needed for their share of the cost. On your behalf, SC&O donated to this project last year through the Trillium Distributions Fund, and would like to show Trillium's continued support through our Special Easter Offering this year.

Parish Nurse @ Trillium

Stuffed Peppers For One By Joan Zisk

Prep: 10 minutes **Cook:** 15 minutes **Total:** 25 minutes

Ingredients -

1 bell pepper (green, red, yellow, or orange)	½ tablespoon olive oil
¼ cup chopped onions	1 clove garlic, minced
5 ounces lean ground beef, or turkey or pork	½ teaspoon Italian seasoning
¼ teaspoon salt	1 small tomato, chopped
⅛ teaspoon coarsely ground black pepper	½ cup chopped fresh spinach
½ cup shredded cheddar cheese	



Preheat the oven to 375°F (190°C).

- Cut ¼ inch off the stem end of the bell pepper to remove the top. Remove the seeds and membrane, rinse the inside, and slice the pepper in half lengthwise.
- Heat oil in a 10-inch skillet over medium-high heat. Add the onions and cook for 2 minutes, stirring occasionally. Add the garlic and cook for an additional 30 seconds, stirring occasionally.
- Add the ground meat, Italian seasoning, salt, and pepper to the skillet. Cook, breaking up the meat, until browned, about 3 minutes.
- Stir in the chopped tomatoes and spinach. Cook for 2 minutes, stirring frequently, until the spinach wilts.
- Remove the skillet from the heat and stir in all but 1 tablespoon of the cheese.
- Spoon the meat mixture into the prepared pepper halves. Place the filled peppers in a lightly greased 5×7 inch baking dish.
- Sprinkle the remaining cheese on top of the peppers. Cover the dish with aluminum foil and bake for 15 minutes.
- If the cheese hasn't fully melted, remove the foil and bake for an additional 5 minutes.
- Enjoy the stuffed peppers warm

April is a busy month for the Health and Wellness Team! There are 3 events organized to look forward to and they are all in the same week!

Sunday 13 April – Blood pressure Screening Event
@ Coffee time after Worship, Upper Auditorium, Trillium

Wednesday 16 April – Personal Care Clinic
@ 1195 King Street East

Thursday 17 April – Fraud Awareness and Prevention
Shared event with United Church Women
@ 2pm Upper Auditorium, Trillium

We hope to see you at some of our events!

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,

When I was a child my parents took me to church so the seeds of a Christian faith were planted in me in those years. As a child Christmas was most definitely the biggest Christian festival of the year. I think that was mostly because I was personally invested in Christmas. I am talking about getting presents. It was also a time when we visited and shared meals with our extended family. Later, when I became an adult and returned to my Christian roots and started attending church I discovered that as important as Christmas was, it was Easter that was the big festival of the Christian faith. I still remember being astonished by this fact when it finally dawned on me. Easter was never a big deal in my family growing up. Beyond a few Easter eggs and a chocolate bunny there were no presents at Easter. We didn't travel very often to see our extended family either. Easter, at least as compared to Christmas, seemed pretty mundane to me as a kid.

Our Christian faith rises and falls on what happened on Easter morning. If everything else about Jesus could be shown to be legendary, like the virgin birth and angelic choruses, his teachings and his miracles but he really did rise tangibly from the dead then Christianity would still hold true on the critical feature that gave rise to. And if everything else about Jesus was proved to be true but he did not rise from the dead, then the whole edifice of the Christian religion would immediately collapse. We can live a full Christian life without Christmas but we cannot live a full Christian life without Easter. Easter is where it all comes down to.

There are five facts about the resurrection of Jesus that even most sceptical scholars agree with.

1. Jesus was crucified in Jerusalem by the Romans.
2. Jesus' disciples had experiences with one whom they believed to be the risen Christ.
3. The disciples proclaimed the reality of a risen Christ at a very early date.

4. Two major sceptics, James, the brother of Jesus and Saul of Taurus, came to believe that Jesus was the Christ based on what they thought were resurrection encounters with Jesus.

5. The disciples' lives were utterly transformed by the real experiences that they believed they had had with the risen Christ.

The sceptic New Testament scholar Bart Ehrman once wrote that it was the disciples' belief in the resurrection of Jesus that caused them to turn the world on its ear. Where did the disciples get this idea of the resurrection of Jesus from? These five facts above don't prove in themselves that Jesus was raised from the dead. That is probably beyond the power of any set of facts. Rather, in seeking to explain these five facts about the resurrection of Jesus and the transformation of Jesus' first disciples that changed the world it becomes very clear that the best explanation is that Jesus really was raised from the dead. No other explanation has what is called the "explanatory scope" or "power" to address all the facts related to the resurrection of Jesus.

It is important to remember that Trillium exists today because long ago, a core group of Jesus followers had experiences of the risen Jesus. These experiences of the Risen Christ fundamentally changed this core group of Jesus followers and it became their driving motivation to share this news that turned the world on its ears. That legacy has been passed on to us two thousand years later. Now it's our turn.

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
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 \(trilliumunitedchurch\)](https://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 Beeksma
- **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

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

April 23

The next issue will be available on May 2, 2025.