

ROOTS & SPROUTS

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

May 2025

Trillium's Easter Celebrations: Sunrise Service followed by Easter Breakfast



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 May a most blessed celebration.
Membership Committee

April 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.



More Easter weekend photos.





NEWS FROM THE STONE CHURCH BOOKSTORE

Stone Church Bookstore is in need of more volunteers to help keep things running smoothly. The schedule is very flexible and the commitment doesn't require a lot of time and we provide on-the-spot training.

It is a volunteer job that is both rewarding and interesting. You get to explore the books and meet some interesting people. If you can spare a few hours each month and if this sounds interesting, let me know.

We have been invited to join the Preston Farmers Market on three Saturdays during the summer and set up a booth at the pop-up markets being planned. To protect against rain and sun, we should probably have a 10 x 10 foot tent. Does anyone know where we could pick one up without making a major investment?

Submitted by Bob Burt

Sally & Mark opened their home for a gathering of people from Trillium. Everyone had a very enjoyable evening.



Progressive Euchre

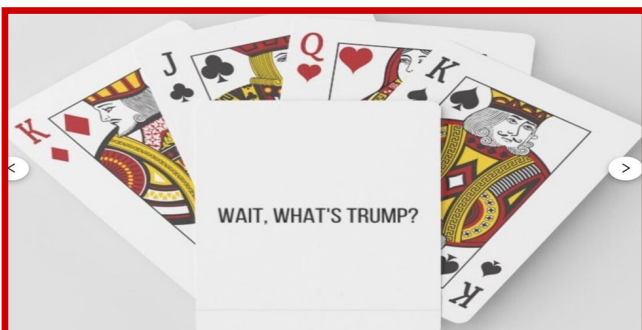
Saturday, May 17, 2025

Trillium United Church,
450 King St E, Cambridge

1 pm start time Cost \$10.

Includes snacks

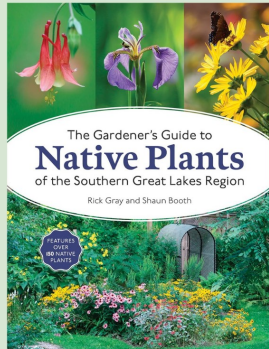
Proceeds to Guatemala Mission
(smokeless stoves, school supplies, footwear)
For more info, contact Trillium United Church
519-653-6601



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

Contact the office for your tickets to this delicious fundraising event.

519-653-6601

Limited space for 10 participants.

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

Cooking Class Wholesome Bite



MAY 24 2:00 PM

Come learn how to cook authentic southern Indian cuisine!

Fee \$50 per person

Fundraising

This wonderful event is helping to fundraise for SC&O, our outreach committee



Trillium United

Join us at Trillium United church, located at:
450 King Street East, Cambridge

Generosity



April 30, 2023

Dear Friends

We have a great church. Would you agree? What do you think makes Trillium a great church? There is certainly a spirit of openness and welcome in our spirit that old timers and newcomers notice. Trillium people go the extra mile with each other and that includes those we don't know well. People outside of us notice it. What would you say makes Trillium a special place?

Do you think that the presence of God makes Trillium a special place? There seems to be something about gathering in the name of Jesus that changes things. Maybe God has been unleashed a bit in our church lately and has a new freedom to move in and around us. That would certainly make Trillium into a great church and it's pretty cool to boot.

We would encourage you to be generous in the sharing of your time, talent and treasure at Trillium. We think that Trillium is worthy of your enthusiastic support and that includes your financial support.

Our **2025 Spring Step Up Campaign** begins on May 1, 2025. As in past years we are asking our members and friends of Trillium to take one or more flowers from the StepUp Board and place the amount on the flower into a special offering envelope. Our goal is to raise \$20,000 in the spring campaign. If we meet this goal it will mean that we enter the summer in solid financial shape.

Your enthusiastic support is much appreciated.

Your Generosity Team





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



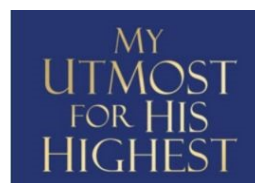
Since November 2022, Trillium has hosted the Mobile Food Market, a program offered by the Cambridge Food Bank.

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, May 9 & 23

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

May 11 & 18, 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)

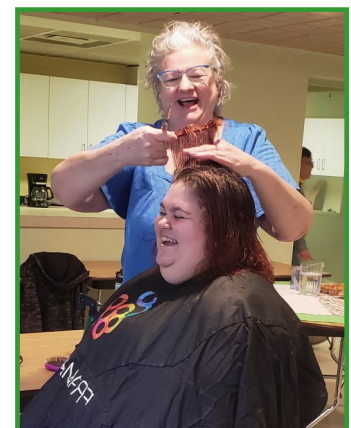
Illustrations of people playing guitar, reading, and sitting on a couch.



The Knotter's celebrated Laurine's 93rd birthday with cake and singing.



Personal Care Clinic - April
The clinic was well attended and all who participated received the care they needed. Thank you to our great volunteers and workers!



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



Trillium's Garage Sale was a success due to all our fabulous volunteers! It was another great year of food and treasures. Thanks to everyone who participated in organizing, setting up, selling and clean up. Also, thanks to all those who came and bought their prized items! The proceeds of the sale, just over \$3,000.00, go toward Trillium's up-keep and outreach.



We wish to welcome baby Christine to our Trillium family. Christine Mbawa Ishimwe was born at Cambridge Memorial Hospital to proud parents Haki Merikyori and Chantal Irankunda.



We wish to welcome baby Peter to our Trillium family. Proud parents Bernad and Leticia welcome their seventh child, Peter, into their home and hearts.

Parish Nurse @ Trillium

Pork Fried Rice for One

Prep Time: 10 Minutes Cook time; 15 Minutes Time; 25 Minutes

Ingredients:

1 tablespoon butter
1 (6 ounce) boneless pork loin chop, cut
into small pieces
1 green onion, chopped
¼ cup chopped carrot
¼ cup chopped broccoli

1 large egg, beaten
½ cup cold cooked rice
¼ cup frozen peas
1 ½ tablespoons soy sauce
½ teaspoon garlic powder
½ teaspoon ground ginger



Gather all ingredients.

Melt butter in a large non-stick skillet over medium heat. Add pork, green onion, carrot, and broccoli; cook and stir until pork is cooked through, 7 to 10 minutes.

Transfer pork mixture to a bowl and return skillet to medium heat. Stir egg into the skillet and scramble until completely set.

Add pork mixture back into the skillet; stir in rice, peas, soy sauce, garlic powder, and ground ginger. Cook and stir until heated through, 7 to 10 minutes. Serve and enjoy!

April was a busy month for the Health and Wellness Team. Our Blood pressure screening clinic was a success with 19 people making use of this service during the Coffeetime.

Our Personal Care Clinic was held at 1195 King Street East this month. It is easy to see the value of taking our clinics offsite when several of our clients are challenged by their mobility or visually impaired. We are seeing returning clients, which is one of the ways we can measure the success of our clinics. In May our clinic is at Trillium on May 7th, from 9am – 12pm. Please contact Ruth Thompson if you wish to enquire about an appointment @ 519-653-6601 ext 5.

On Thursday 17 April we invited Detective Constable Hanby from Waterloo Region Police Service to give us an updated presentation on Fraud Awareness and Prevention. Sadly, he was unable to join us at short notice. Instead, Pastor Mark led a lively discussion about how fraud affects our everyday lives.

Please enjoy May's Meals-for-One recipe, for pork fried rice.

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,

I stayed up too late last night watching the federal election returns. Now, Tuesday morning I am paying for it as I stare, blankly, at my computer screen. So often in life we play this zero-sum game. What goes up, must come down. For every winner there is a loser. For every smile there is a frown, for every laugh there is a tear.

I have never been a big fan of Jagmeet Singh, leader of the NDP. He lost his seat Monday evening. He came third in his riding which is quite a defeat. I found his concession speech Monday evening quite moving to listen to. He showed me a real grace and humanity in the way he talked to people about why he ran for office. I wonder why it is so hard for politicians to show this side of themselves in their engagement with the public. I think it would have stood him well to engage Canadians from this more vulnerable place.

Pierre Poilievre, leader of the Conservative Party, also lost his seat Monday evening. This was a surprise to many even though it had been reported in the press a few days earlier that his seat was in jeopardy. There will be much commentary on why Poilievre lost his seat and what the Conservatives should do going forward. My own feeling is that political parties today don't have the patience to allow leaders to grow into their role. Defeat and failure are often our best teacher in life but in the zero-sum game we live in, who has time for the learning that comes from defeat and failure?

I know personally the taste of defeat and failure in most aspects of my life. My happy marriage to Sally today rests on the failure of my first marriage to Monica. Without the kind of defeat that divorce brings I don't think I would have made the necessary changes in myself that has allowed me the blessings of a happy marriage. I see this same pattern in so many areas of my life. Defeat and failure lead to reflection, change and growth.

I think following Jesus Christ rests on the failure of our lives not working very well. Otherwise, why would

someone make the necessary 180 degree U-turn in life and follow the Lord? If your life is already working well for you, you don't need God and you don't need to make the big turn. It is only in our defeat and failure that we normally turn to God. It is in our constant and repeated defeat and failure that we keep turning more and more to the Lord.

Even the story of Jesus Christ rests on defeat and failure. Jesus came as the one who reveals God's face to people and to teach the world about holy love. And what happens to him? He ends up crucified. You can make the argument that this was always the plan. John the Baptist calls Jesus at the very beginning of the gospel the "lamb of God" who takes away the sin of the world (John 1:29.) That means it was baked in from the beginning. But that only proves that our propensity to live our lives under our own management goes really deep. It is only when our self-management suffers an enormous defeat that we begin to yield ourselves to a higher authority.

I don't think anyone likes losing or suffering substantial defeat and failure in life. In fact, many of us attempt to avoid this possibility at all costs. We do need to remember that God doesn't play by the rules of the zero-sum game. God took the loss of the Cross and flipped it on its head. God took the failure of love that the Cross represents and made it into the ultimate symbol of love that comes about through the resurrection of Jesus Christ. In fact, Jesus is the literal embodiment of a whole different set of rules by which God works by. That is what we are called to trust in our lives as we follow Christ. In our defeat a victory, in our death a resurrection.

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://www.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
- **Secretary:** Vacant
- **Adult Spiritual Growth:** Ruth Thompson
- **Children & Youth Ministry:** Brian Hershey
- **Financial Liaison:** Kevin Uebele
- **Generosity:** Co-Chair - Pam Noël
- **Health & Wellness Team:** Ruth Thompson
- **Property:** Co-Chair - David Reed
- **Social Concerns & Outreach:** Brian Hershey
- **Staff:** Pastor Mark Rutledge,
Interim Youth Pastor - Vacant

Other Teams

- **Agape Connections Team:** Selma Webster
- **Board of Trustees:** Paul Mundy
- **Generosity:** Co-Chair - Karen Atkinson
- **Golden Years Worship:** Earlene Peshnak
- **Health & Wellness Team:** Interim Chair - Sally White
- **Membership:** Joan Joyce
- **Ministry & Personnel:** Richard Beeksma,
Dianne Grimm-Jennings & Linda Klassen
- **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

May 28

The next issue will be available on June 6, 2025.