

ROOTS & SPROUTS

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

Sept. 2025



Trillium Welcomed our newest family to celebrate Canada Day in style. The annual parade was another memorable event.

Trillium members handed out free Freezies and all donations went to the Cambridge Food Bank.

There are many other photos of this fun day throughout this issue of Roots & Sprouts.



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 the summer a most blessed celebration.
Membership Committee



Trillium's June birthday photo shows a lot of smiling summer birthday folks! July and August people look equally as happy.

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**

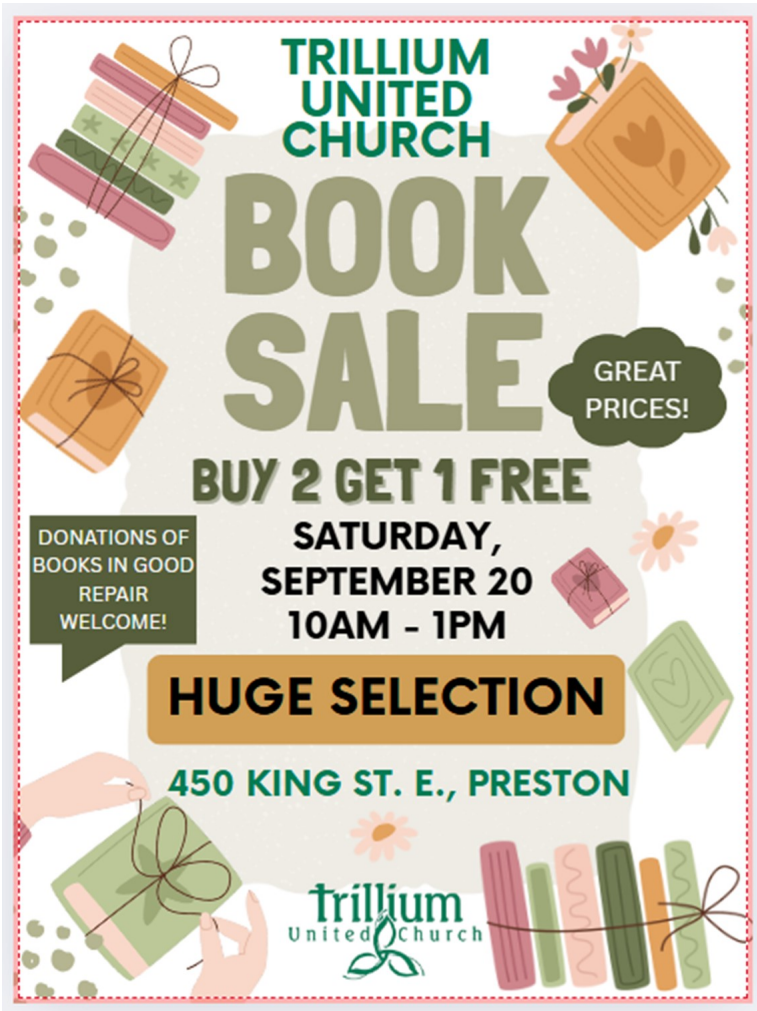


Brian Hershey is collecting Broadview magazines to donate to prisons. You can drop them off at the church or give them to Brian directly.

*Address labels must be removed. Thank you.



NEWS FROM THE STONE CHURCH



Readers Wanted

Stone Church Bookstore is planning a big book sale Saturday, September 20 from 10 a.m. until 1 p.m. If you have books in good repair and are prepared to part with them, please consider donating them to the store.

In the past, we have had a lot of donations in the days and weeks leading up to the sale and that makes it possible to offer something new and fresh for our customers. It has been almost four years since we opened our doors to the congregation and the community and during that time we have raised almost \$10,000.

Our prices are lower and our collection is second to none among places where used books are sold in Preston.

It is a great opportunity for readers to support the church and the work it does in the community. Mark that date on your calendar.

Submitted by: Bob Burt

Progressive Euchre

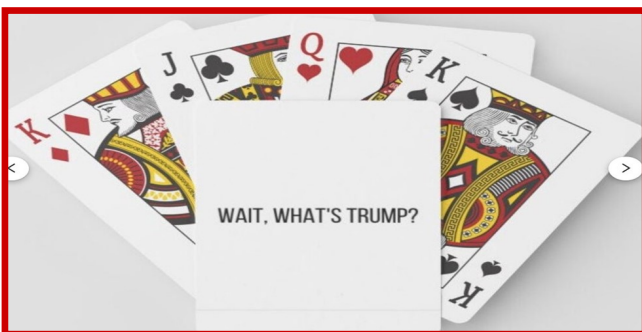
Saturday, September 20, 2025

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





Dear Knottling Group, Rev. Mark,
music ministry, Kitchen, and everyone
at Trillium United Church,
Thank you so much for your beautiful
tribute to our mother Hazel Sitler.
We felt so honoured, and appreciated
all the wonderful words of Love, special
cookies, and treats that were made out
of love for Mom. You are a wonderful
church, and your outreach to the
community is a true work of faith,
Hope, and Love.
With Sincere Gratitude
and Love,
The Sitler Family



For the 100th Anniversary
of the United Church of
Canada we worshiped
together, rehearsed and
sang "United We Stand" at
Wesley United Church.



Alvey's fundraising cooking
event was well attended. The
Indian food and companion-
ship was wonderful.

Watch for another upcoming
Cooking Class by Alvey of
Indian Cuisine.



FREE Exercise Classes - All Welcome

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.

If you have started
cleaning up your closets
remember we can use
hats, gloves, heavy socks.



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.



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



Youth Ignite,
Georgian Bay,
August 2025

Youth Ignite had a wonderful day at Rush Cove on Georgian Bay with Pastor Mark, Sally and Sigma. The weather was perfect and the scenery was breath-taking!

This might just become an annual event!

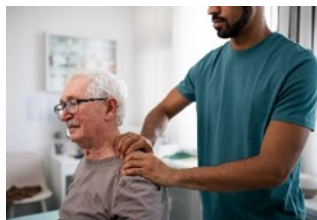


Health and Wellness

Massage Student Clinic

NEW THIS FALL!

The Health and Wellness Team has negotiated with Conestoga College's Massage Therapy Program to host three clinics at Trillium. The College provides five third year massage therapy students to provide massages free of charge. All students are supervised by Conestoga staff.



The first clinic will be held at Trillium on **Friday, September 19**. Half hour appointments will be available between 9 and noon. Please contact Ruth Thompson for more information and to schedule your appointment.

NEW VOLUNTEERS WELCOME! With the addition of the Massage Student Clinic, we will appreciate having new volunteers to help out at clinics. These are rewarding outreach roles. Please speak to Ruth Thompson or Sally White.

Personal Care Clinics

Thanks to funding from the UCC Upfund and Trillium fundraisers, and the ongoing support of our committed volunteers, at least four personal care clinics will be held this fall at three locations.

Wed. September 10 at 565 Margaret St. Foot Care and Haircuts

Wed. October 8 at 1195 King St East. Foot Care, Haircuts, and Massage

Friday, October 17 at Trillium. Foot Care only.

November 5 at Trillium. Foot Care and Haircuts

All clinics are by appointment only. Please contact Ruth Thompson.

Please note: Residents at Margaret St and 1995 King have first priority for the clinics held at those locations.

Health and Wellness Team: Naomi Ferguson, Carol Fleet, Joanne Sarkisian, Brian Hershey, Ruth Thompson, Sally White, Parish Nurse



Guatemala Fundraising Painting Event - October 5

This is the picture we will be painting. Join us at Trillium on October 5 at 2pm. It's a fun time and limited spacing. \$40 reserves you a spot. You can e-transfer funds to Valerie at vthielking@gmail.com or drop off the money in the office, during office hours.

The money raised will be used to purchase children's vitamins to take with them on their next trip this December.



Generosity

How Do You Decide What To Give?

Being part of a church community like Trillium often leads us to reflect on many things, including how we choose to financially support the life and work of the church. There is no one “right” answer. For some, the amount to give is based on a percentage of their income. Others compare their giving to other areas of their life. Each approach says something about how they view generosity and what they value.

How does one decide the amount one gives to their church? There are so many factors to consider. Income, expenses and the priority of the church all play a significant part in our choice.

As the Generosity Team of Trillium, we are not asking “How much do you give?” Instead, we are really curious: How do you decide how much to give? What guides your thinking? What values and priorities shaped that choice?

Some people, for instance, choose to give a specific percentage of their income. Donating a percentage of one’s yearly income to Trillium wouldn’t fully answer the question however. Imagine someone who donates 2% of their yearly income to Trillium.

The question could still be asked, why 2%? Why not less? Why not more?

Some people choose to donate the equivalent amount to Trillium that they spend on their yearly travel. Others choose to donate the same amount that they spend on their yearly gym membership. One could imagine many other similar scenarios.

We know that everyone’s circumstances and connections to Trillium are unique. That’s why we are not suggesting a particular number or formula. But we do encourage you to bring intention to the process. To choose an approach that feels meaningful and grounded in your values.

Having a clear reason behind your giving, whatever the amount, can be a powerful expression of your relationship with the church and your vision for its future. When more of us give with this kind of clarity and purpose, it strengthens the whole community.

Having this degree of intentionality in the church would move Trillium forward in leaps and bounds as a Faith in Bloom community.

Your Friends in Christ,

The Generosity Team

General Fund Jan-Aug Update				
2025	Goal	Difference	2024	Difference
\$94,610	\$107,292	-\$12,682	\$87,203	\$7,407

Each month we will be updating you on the amount in the General Fund, the money that is used to operate the church. We understand that many of you give to specific funds that are important to you. That is wonderful. We would still encourage you to be generous with the General Fund as it supports all other funds. If you have any questions please contact the office and a Generosity or Finance team member will contact you.



**Community
Support
Connections**

In Person Monthly Caregiver Support Sessions

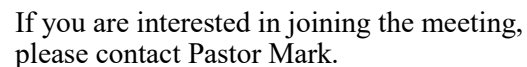
First Tuesday of the month:
1:00 - 3:00
Trillium United Church
450 King St E
Cambridge

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



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.



Snacks available for purchase.

F.R.O.G.
FULLY RELY ON GOD
GAMES
THE SECOND AND FOURTH WEDNESDAY
6:00 - 7:30PM
GAMES-FRIENDS-FUN-CRAFTS

FREE



450 KING ST. EAST
CAMBRIDGE, ON

trillium
United Church

AGES 18-35 - Welcome
**YOUTH
IGNITE**

Trillium Room
12:15PM

The 2nd & 4th Sunday
following Coffee/Social Time

BRING

- A FRIEND
- A NOTEBOOK
- A PEN
- SNACKS (IF YOU'D LIKE)

JOIN US FOR A
TIME OF SINGING,
SHARING, GAMES
AND LEARNING
MORE ABOUT
JESUS!

COME FOR AN
ENGAGING TIME.
LUNCH IS
PROVIDED!

FOR MORE INFO,
OFFICE@TRILLIUMCHURCH.CA

trillium
United Church



F.R.O.G. activities were enjoyed throughout the summer months.





During the warm summer month of July, Liz, David, Noel and other volunteers from The Ancient Mariners donated their time and canoes to show Trillium's Children and Youth a day on the Grand. Everyone had fun and learned some new paddling skills.



Rollerskating was a new experience for many of the children and young adults from Trillium and everyone had a great time!



Alpha@Trillium

Trillium will host its fifth Alpha@Trillium this fall starting Tuesday, September 30.

Alpha runs weekly for eleven sessions including a shared meal, a video and group discussion. A pivotal part of the course is the Holy Spirit Retreat on November 9 and 10.

To date, forty individuals have participated in Alpha@Trillium and some return for a second or third time to experience this life-changing course.

Alpha@Trillium has run successfully thanks to the efforts of many Trillium volunteers: course leaders, cooks, door greeters, set up and clean up crews.

To learn more about Alpha and what it could mean for you, watch for more information at Sunday services in September, including the September 21st services, focusing on the role of Alpha in discipleship.



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

Where can I ask these questions?

Alpha@Trillium

Open House/Preview:

Sunday, Sep. 21 10:30am

Next Course starts:

Tuesday, Sep. 30, 6:30pm

Trillium United Church

Information/Registration: 519-653-6601 Ext. 5

alphatrillium@gmail.com



Cooking Class **Wholesome Bite**



SEPT 13 1:00 PM
Come learn how to cook authentic southern Indian cuisine! This session will include: Samosa & Vegetable Biryani.
Fee \$40 per person

Fundraising

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



Trillium United

Join us at:
450 King Street East, Cambridge
Contact the office to purchase tickets
(519) 653-6601



Update from Church Council Chair

Wow. It's been a beautiful, but very hot summer. Hope you have enjoyed yourselves. For me and my family, it's been great. It's all about family, including my dear Uncle Art in Guelph who we all expect to arrive at his 100th birthday in December. It's about friends and staying in touch to make sure they are okay. It's also about taking care of our life—giving pets.

For me, September is about new beginnings. It's about watching my grandkids get back to their friends and the routines of school. It's about planning with them for fall birthday events and then before you know it, it will be about the excitement of Christmas.

But now, let's talk about Trillium. I am very pleased and proud to be a member of our Church community. We have had a good summer here, thanks to many team leaders and volunteers. There is no vacation for these good people as they provide service to so many in the community. The basic of their service is the love of God and the offering of love and friendship to all. To give is to receive. The more we give, the more we get. You would never know I don't like clichés, but I can't resist here.

I want to tell you about our Church Council and what we do. We manage the business of the Church, in contrast to Pastor Mark, who is responsible for the spiritual side of things. We meet monthly, minus one of the summer months. We hold a special budget meeting in the winter before the Annual General Meeting and we meet additional times as necessary.

We discuss broad and specific planning, make decisions, set policy as necessary and receive reports. Pastor Mark leads us in prayer, offers us a monthly report of his activities and is a voting member of Council. Kevin Uebele is our Financial Liaison. Pam Noël reports from the Generosity (Fundraising) Team and the ad hoc Platform Committee. Ruth Thompson keeps us informed regarding Adult Spiritual Growth and Health & Wellness. David Reed keeps us posted regarding Property and Brian Hershey reports on our Children & Youth Ministry (CYMT) Team. Our Ministry & Personnel Team (M & P) sends a representative (Richard Beeksmā, Dianne Grimm–Jennings, Linda Klassen) to each meeting; however they are not voting members. As Council Chair, I do not hold a vote, except in cases of a tie. We work very well together and are a cohesive team. We end the meeting with a prayer and I do my best to get people home within two and a half hours.

Please call me at (519) 716-3238 or email me at bobbi.stewart@sympatico.ca if you would like to learn more about the workings of Church Council. I would love to hear from you.

Bobbi Stewart, Church Council Chair

Update from Property Department

We welcome our new Caretaker, Peter Bouktsis. Peter began his work here on Sept 2, 2025. Peter takes over, in a larger capacity, from Alvey Saji, who was hired to temporarily fill in after Steve Vargas left approximately one year ago! Peter has experience looking after apartment buildings and is familiar with the work he will be doing here. Peter lives in Cambridge and was looking for part-time work after retiring from a welding company.

As Peter takes over the work Alvey was doing, Alvey is now working with Brian Hershey and the young people of the church. Thank you Alvey for all the care you have taken. Everyone has really enjoyed your joyful spirit and your eagerness to help on any occasion.

David Reed, (co-chair of Property)

Parish Nurse @ Trillium

Trillium's Health and Wellness ministry has had a success with their summer programs. Monday's Community Support Connections **Balance and Strength exercise program** was very well received and has had 12–20 participants each week. This program finishes on 6 October and we are in the planning stages of offering an alternative CSC exercise program at 1pm starting 13 October. This will be confirmed at a later date.

In July a new support group met for the first time. This group is for parents who have challenging relationships with their adult children. Group participants are from Trillium and from the community. **Trillium's Parent Support Group** (TPSG) will continue meeting on a monthly basis one Wednesday per month from 12 noon – 1pm. Please contact Sally if you are interested in more information about joining this group.

The 4-week **Harvest Table** allowed congregants to share their extra garden produce with others, during Coffeetime.

The HWT fall programming is well under way. We are hoping to offer a 4-6 week **meditation group** led by our own Lynda Flagler. More information to follow.

In September, a small group of volunteers will begin offering a twice/month social group at 1195 King Street East, know as **Satellite Social Drop-In**. In a survey conducted by HWT earlier this year, tenants identified this as a wish for their community. This group will meet for a social time of shared company and playing card games. There will be a trial period from September to November 2025 before a decision will be made to continue this outreach program.

Thank you to all the volunteers and HWT members who make it possible for our ministry to serve Trillium and the community around the church.

The Health and Wellness ministry demonstrates Trillium's Core Values:

- Offer friendship and fellowship to all
- Reach out and serve others with kindness
- Give generously of our time and talent
- Embrace diversity

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 am writing this musing on August 26. Tomorrow, Sally and I are heading to the UK for a family wedding. We booked our tickets months ago with Air Canada. Now we are keeping our fingers crossed. It looks like everything is a go but with the recent strike action everything feels a little bit more fragile. I was reading today at several news sites that there is a good chance that Air Canada's flight attendants will reject the tentative agreement. If that happens things should go to binding arbitration but who knows for sure.

Sally and I feel a bit frustrated about this because we did everything right. We booked our flights well in advance of the travel dates. We arranged our visit to maximize time spent with our overseas family. We've managed the finances of the trip in a responsible manner. We organized our time away from Trillium so that it will hopefully have minimal impact on you. And yet, here we are facing real uncertainty in the midst of our careful planning with circumstances we could not have foreseen.

I was reading lately that Artificial Intelligence (AI) is coming on stream very quickly and it could have a dramatic impact on white collar work going forward. Jobs that seemed secure only a few years ago could easily disappear in the next decade or two. People who are being directly touched by AI might be feeling very frustrated by the changing realities they face. In many cases they took great care in their career selection, worked hard to gain the proper education for this career and have committed themselves to a high-level workplace performance. They did everything right and yet in the midst of their careful planning they could be dealing with an uncertainty they could not have foreseen.

There is a great series on YouTube about major successful corporations that later filed for bankruptcy and then disappeared. Companies like Toys R Us, Party City, Quizno's, Pizza Hut and others you probably haven't heard of. These were companies that had a great initial concept, a time of huge success but then encountered unforeseen circumstances and ultimately proved incapable in adapting to the new realities they faced. In many cases, their failure wasn't

really their fault. It is just that they got swept up in the tidal forces of the times and couldn't find a way of making it through.

I think it is fair to say that life is always about contending with unforeseen circumstances. It could be a family health emergency, a mechanical failure that leaves you stranded on the side of the highway, a Friday afternoon meeting with your supervisor, lost keys, a misplaced phone or even a knock on your front door. The uncertainty that lurks around the corner in life for us is always there. What to do?

Paul asks this same question in Romans 8:35, "Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?" His answer is the following.

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:37-38

Paul reminds us that there is at least one certainty in life. It is God's love for us. In the midst of the unforeseen circumstances of life Paul encourages us to draw even closer to God's love for us. It is the only reality that truly endures. It is the only reality in life that we can truly rest ourselves upon. The love of God for us is the only true place where we find peace.

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: Brian Hershey, Alvey Saji
Nursery Teacher: Katherine Churchill
Office Administrator: Jo-Anne Hennig
Bookkeeper: Mandy Townsend
Building Caretaker: Peter Bouktsis

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
- **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
- **Health & Wellness Team:** Interim Chair - Sally White
- **Membership:** Joan Joyce
- **Ministry & Personnel:** Richard Beeksma, Dianne Grimm-Jennings & Linda Klassen
- **Prayer Chain:** Earlene Peshnak
- **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

September 24

The next issue will be available on October 3, 2025.