

ROOTS & SPROUTS

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

Oct. 2025

River Cruise - August 2025



In August, a big group of Trillium congregants and friends enjoyed an afternoon cruising the Grand River. The weather was beautiful and they enjoyed a meal together.



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 October a most blessed celebration.
Membership Committee

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**



The 2 Don's and Janet celebrate their September birthdays.

Thanks to Joan for arranging the birthday cakes and always getting a fabulous photo of the festivities.



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



The Stone Church Bookstore held a successful sale in September that helped bring sales for the month to more than \$600. We continue to build our client base in the community and have strong donor support from both the congregation and the community.

But even now we continue to have many weeks when the revenue is far below the potential that we believe is there. We are in the midst of reorganizing our shelves in an effort to make the very best use of the space we have and we encourage everyone to visit the store from time to time and give us a chance to satisfy your reading requirements.

We are looking forward to our Christmas sale which is traditionally the best sale of the year. We will be accepting donations but no encyclopedias, or text books please. It is a lot easier for us to handle a mixed donation rather than one with many books by the same author. Our space doesn't allow us to properly display a lot of books by the same author and for now, we have more cookbooks than we can find homes for.

That said, we rely on donations of books that are in good shape and particularly some by popular authors, so please do keep us in mind when you are looking for new homes for some of your books.



Submitted by: Bob Burt

Progressive Euchre

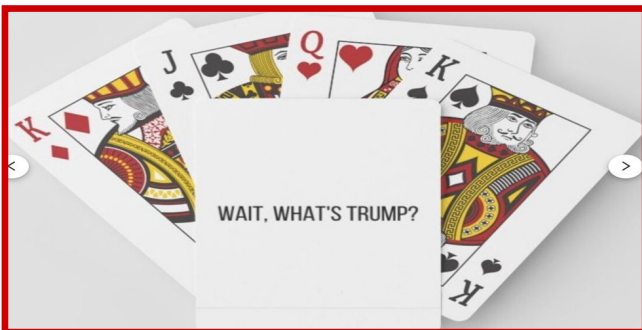
Saturday, October 18, 2025

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



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



Trillium's Youth have so many fun times roller-skating, engaging in games and time together.



With the church and community working together, Trillium collected 1,600 pounds of food and over \$600 for the Cambridge Food Bank! This makes real change for families in Cambridge. Thank you!



FREE Exercise Classes - All Welcome

Wednesdays and Fridays

Classes start at 1:00pm

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 519-222-6741

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.

Massage Clinic

FREE Massages

3rd Year

Conestoga College Students

Friday, October 31
9:15am to 11:30am

For an appointment: 519-653-6601 Ext. 5

Social Concerns & Outreach

Meet Loko

As many of you know, Trillium sponsored a refugee family from Ethiopia, that arrived this spring. We would like to introduce you to one member of the family, a remarkable 25 year old woman named Loko. Loko is one of two young adults in the family, which also includes her mother, brother and four teens who are her niece and nephews. Her family came originally from Ethiopia, but was torn apart by violence in that country and fled to Uganda for safety. Loko and her family are settling into life here in Cambridge. Loko's English is quite good and she is taking courses to get her high school diploma so she can study at college level, all while working full-time and caring for her nephews and mother. Those of us who have gotten to know her, have been extremely impressed with her work ethic, determination, organization and all with such grace and good humour! We asked her some questions to help everyone get to know her better.



What was your life like in Uganda before you came to Canada?

Our house was just two rooms: We slept on mattresses on the floor. Our kitchen was outside and it had a roof but no walls. I couldn't work because I stayed home to help with the children. I was teaching them at home because it was too expensive for them to go to school. We speak Oromo but in Uganda we learned English. Many people in Ethiopia also speak Amharic. I can understand it but don't speak it well.

What were your impressions when you first arrived in Canada? How did you feel?

I was so excited and so happy! It was a long wait, 9 years! The cities are very different. The roads here are so good and smooth, and it's so clean. In Kampala it's very busy, with lots of motorcycles, which drive everywhere. It felt strange to wait for a red light in Canada even if no one is coming.

What did you find hard to get used to here?

Food is packed very differently. We buy rice or sugar in really big packages but now I know how it works. We would go to a butcher to get meat, and you see the meat, a full goat or cow. It's not in small packages. We missed injera (a kind of flatbread that is a staple in Ethiopia) but now we found we can buy it sometimes in an Ethiopian store in Kitchener.

What do you like best about Canada?

I like everything! I like that it is peaceful, we can get an education and I am able to work. I think more good things will come but I will have to work hard for it. I'm just hoping that everyone will succeed at their studies and be able to work to have enough money for food and rent.

A day in the life of Loko: Can you describe what you do in a day?

I wake up at 5 to prepare, take a bus at 6:20, take another bus at 7 to get to work for 7:30. I work at Snackruptus (a cracker manufacturer) on an assembly line. It moves fast. We change jobs every 30 minutes. At first I was very tired but now I am used to it. Work is done at 3:30 but I don't get home until 4:30 or later. The bus connections mean a lot of waiting. My sister (Loko thinks of her niece, Fartu as a sister) helps me because she does the cooking. We make a lot at once for more than one meal. In the evening, there are a lot of forms to fill out for the boys in school and for the doctors. I have a lot of reading and assignments for my course.

A Health Update on Loko's Family:

During the summer the family's support team has had to take some family members to medical appointments at walk in clinics. Two members of the family have also had appointments for eye conditions. We were fortunate to have Langs Medical Clinic accept them as patients when they received their health cards at the end of August. They are presently waiting for their first orientation appointment.

Each family member was also seen by a dentist over the course of the last four months. Basic cleaning and fillings were completed. Unfortunately, four family members need the services of a dental specialist. This is not covered by their emergency plan with the government. We anticipate that it will be very expensive. It was not anticipated or budgeted for in the original fundraising plan for the family.

We very much need monetary help from the congregation to cover these costs and have decided to ask for donations through Trillium's Special Thanksgiving Offering. Any help that you are able to give to Loko's family will be appreciated.

Trillium's Special Thanksgiving Offering

Social Concerns and Outreach team has identified the projects to which we would suggest you donate your Special Thanksgiving Offering this fall.

Life & Work of Trillium: Dental Expenses for our Newcomer Family

Outreach: Porchlight Counselling

Please use your preferred way to donate (cheque, envelope or e-transfer) and make sure that our bookkeeper knows that your donation is to be directed to Trillium's Special Thanksgiving Offering.

Health and Wellness

The Team continues to organize clinics offering personal care to Trillium members and the community at large. All clinics are managed by volunteers.

Personal Care Clinics – Pay as you can

On September 10, the Team hosted a Personal Care Clinic at 565 Margaret Street apartment building offering therapeutic foot care and hair cuts. Residents also readily accessed free Wellness Checks. There is a consistent clientele at this location including many whose lack of mobility makes it difficult for them to otherwise access personal care services.

Funding for these clinics comes from the Upfund (Western Ontario Waterways Region), fundraising at Trillium (Garage Sale, Pie bakers, UCW, Beef Supper) and private donations.

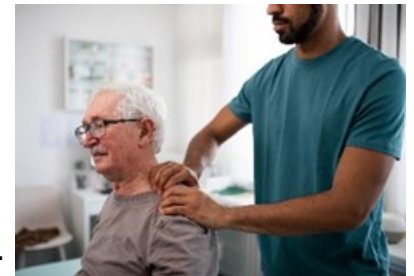
Many thanks to volunteers at the September clinic - Joanne Sarkisian, Carol Fleet, Jim Potts, and Ruth Thompson

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

Massage Clinics - *FREE*

On September 19, the Team hosted the first Massage Clinic featuring Conestoga College Massage Therapy Students.

Five third-year students offered free massages to benefit twenty-three people. This clinic was open to anyone. Participants included several Trillium members and staff and contacts established through Personal Care Clinics. Participants had the option for service on a massage bed or a massage chair. Feedback from participants was positive. Sally White, Parish Nurse, was on hand to offer Wellness Checks. As with all clinics, refreshments (coffee, tea, muffins, cookies) were available. Thanks to Carol Fleet.



Many thanks to clinic volunteers - Pauline Mundt, Carol McGeachan, Carol Fleet, Jim Potts and Ruth Thompson.

For other activities involving the Health and Wellness Team, see the Parish Nurse report, on page 16.



The Youth of Trillium had a fun time swimming at The Reed's family pool. The weather was on the chilly side but the sun was shining and the pool was warm! Thanks to everyone for making this a memorable event!



Generosity

General Fund Jan- Sep				
2025	Goal	Difference	2024	Difference
\$99,477	\$121,137	-\$21,660	\$105,928	-\$6,451

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.



GUATEMALA FUNDRAISING FELTING EVENT



SAVE THE DATE: Felting with Ruth

Ruth will teach the basics of felting. Equipment included.

Each person will create one Christmas tree ornament:

Santa or Nativity scene

Sat Nov 8. 2 to 4pm. More details to follow.





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 For Board Game Café

Friday, Oct. 10 & 24

7:30 - 11:30 pm

\$5 Admission for UNLIMITED play

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



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

Wednesday, October 8
9:30am to 12:30pm
1195 King St. East, Cambridge
* Foot Care * Massage * Haircuts
By appointment only 519-653-6601 Ext. 5

Friday, October 17
9:00am to Noon
At Trillium
* Foot Care only *
By appointment only 519-653-6601 Ext. 5

Clinics include
Free Wellness Check with Nurse
Refreshments

Trillium
United Church

 **WOWRC**
WESTERN ONTARIO WATERWAYS
REGIONAL COUNCIL
www.wowrc.ca

Trillium
United Church Women
Fall Luncheon

Come and Enjoy
(hot hamburger open-faced sandwich, mashed potatoes, green beans, dessert, tea/coffee)

Thursday, Oct. 16, 2025
Serving: 11:30 a.m. - 12:30 p.m.
Cost: \$20 (limited tickets)
Tickets available at the church office or any UCW member

Trillium
United Church

Proceeds to
UCW Outreach Projects

450 King St. E. Cambridge, ON 519-653-6601
office@trilliumchurch.ca



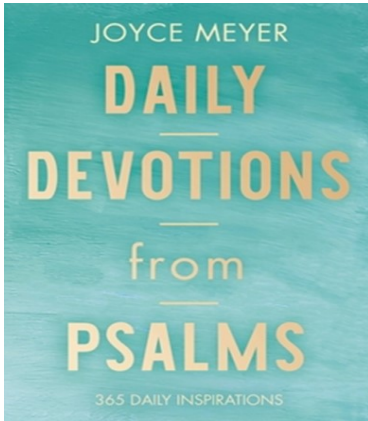
FROG games continues to bring youth together through play and engaging activities.

As you can see, Katherine's acrobat set-up was a success with the youth at Trillium.

FROG games are the second and fourth Wednesday of the month, 6-7:30pm, all are welcome and it's FREE!



Adult Spiritual Growth



Psalms Study Group

A group meets every Thursday from 4:45 to 5:45pm to study the Psalms using Joyce Meyer's *Daily Devotions from Psalms*. In addition to the daily readings, the group is finding inspiration and revelation from reading the Psalms.

New participants are welcome. Please speak to Pastor Mark.

Alpha@Trillium

The Alpha course started Tuesday, September 30 and continues weekly until December 9. Registration has been robust but there is room for a few more participants.



Sessions start at 6:30pm and conclude by 9pm. A light meal is included.

Many thanks to those who have volunteered in support roles - cooks, door greeters, set up and clean up crews.

To learn more about Alpha and what it could mean for you, you can ask anyone on the Alpha Team.

Alpha Team: Dawn Sebastian, Ruth Pratt, Sally White, Mark Rutledge, Angie Gibson, Sam Ordon, Ruth Thompson



Cooking Class — Wholesome Bite

Come learn how to cook authentic southern Indian cuisine! This wonderful event is helping fundraise for SC&O, our outreach committee. This session will feature Samosa and Vegetable Biriyan. **October 25 at 1:00pm**

See Alvey or Jo-Anne in the office for tickets, just \$40!



Update from Church Council Chair

Wow! September was very busy and sped by us quickly.

Welcome back to Pastor Mark and Sally White after three weeks away in August and many thanks to all who made our Worship Services run smoothly during that time. Thanks to Mark, his co – musicians and all who contribute to the production of our Sunday services on an ongoing basis.

It's late September and ALPHA began again on September 30th for ten weeks. We look forward to our October 16th Luncheon. Our Health & Wellness and Children & Youth Programs continue to thrive. Our Generosity Committee is active, equipped with creative ideas for fundraising. Our Social Concerns committee provides amazing support to our refugee families and draws attention to social justice. Thanks again for all our staff and volunteers and know that you make a huge difference in the life of Trillium. As Cindo Peterson says, "You are God's Hands."

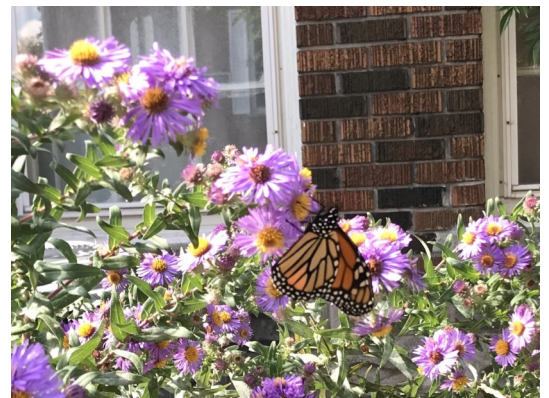
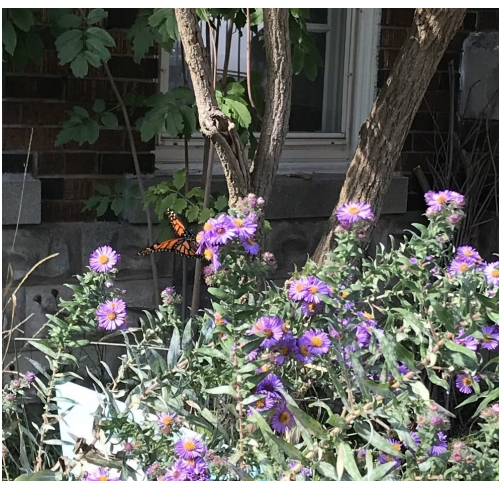
I am pleased to announce that Trillium has set up a Foundation called "Faith in Bloom". Directors for the Foundation are Paul Mundy, Pamela Noel and me. Karen Atkinson has worked steadily on this all summer with a Foundation lawyer to set this up and we owe her heartfelt thanks. The Foundation held its first board meeting on September 2 and is nearly ready to purchase a "Just Like Family" Franchise. Stay tuned.

Please call me at (519) 716 – 3238 or send an E-Mail to bobbi.stewart@sympatico.ca if you have concerns or request further information.

Bobbi Stewart, Trillium Church Council Chair

Bobbi Stewart, Church Council Chair

Trillium's Pollinator gardens welcome Mother Nature's creatures. A big Thank You to David & Liz Reed for all their fabulous gardening skills!



Parish Nurse @ Trillium

Please read the comprehensive report that Ruth Thompson has written about the Health and Wellness team activities. This report is on page 8.

We have only just started up again after the summer break and already our programs are up and running!

Over the past months Trillium has been blessed by new faces in our Trillium community from 1195 King Street East! After consideration of feedback from the tenants in this apartment building, the PN and volunteers have launched a new trial program that offers an opportunity for tenants to drop in to enjoy a game of cards, do a puzzle, play a board game or simply have a tea or coffee and chat. Satellite Social Drop-In, as the group is called, is hosted in the Common Room at 1195 King Street East from 1 – 3pm on 2nd and 4th Wednesdays of the month. The intention of this group is to offer a social time for tenants to meet and get to know each other. This group will run for a trial period until the end of November and at that time a decision will be made as to whether the group will continue.

If you would be interested in joining this small team of volunteers, please speak to Sally (contact information below).

We are living out these 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,

As I am writing this Musing of the October Roots and Sprouts the MLB playoffs have begun. The first four games take place today. The playoff game that interests Toronto Blue Jays fans the most is the Yankees/Red Sox matchup in New York City because the winner of that series will face the Blue Jays in round two. For the first time ever, the Yankees will block out-of-market fans from buying postseason tickets. In simple terms, they are not going to allow Red Sox fans to attend any of the games in NYC.

I was listening to Mike Francesa, a radio sports commentator from NYC, decrying this move by the Yankees on his show recently. Understand, Francesa is a passionate Yankees fan but he believes it is simply small-minded and petty to deny Boston fans a chance to see the game live at Yankee Stadium. He said, "we are the New York Yankees, the mighty Yankees. We are the franchise or franchises. We are going to run afraid of another team's fans?" He was lamenting that the Yankees were now acting like a second rate, scared franchise that has to block fans from Boston from seeing the game live. "Say it ain't so that the Yankees have stooped to such a ploy."

I suppose the Yankees' management doesn't want any Red Sox fans cheering for their team in Yankee Stadium. The Yankees' management only wants to hear one voice speaking, the deafening cheers for their team. The way to make this happen is to simply make it impossible for Red Sox fans to attend.

I wish this sentiment were only found in post season sports events but I am afraid that this mind set has infected pretty much every facet of our culture today. The tendency today is to insist on only one perspective or one point of view. Just watch cable news and see how this sounds. Sometimes you'll hear a token presentation of a different point of view being represented but it is just that, a token. It is not a serious offering. People often straw-man each other's point of view over simplifying it to the point of it being a caricature of what that person really believes. Or people will try to smear a different point of view by labeling it with an offensive nickname. "Climate Change Denier" or "Climate Change Alarmist" comes to mind.

I think that the maturity of a culture is represented by its ability to tolerate and perhaps even celebrate a wide spectrum of voices. A plurality of voices is a good thing and it is important that we create the space for a wide exchange of ideas. Unfortunately, it seems that today we have many who think that the key to progress is to be like the Yankees and simply deny or frustrate those voices that are in opposition to our own. Every struggle then becomes a political confrontation to see who's voice triumphs.

Jesus, when talking to a large crowd, said "You've been taught to love your neighbour and hate your enemy. Paraphrase, "You've been taught to love those who agree with you and hate those who disagree with you." Jesus goes on to say:

But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. Matthew 5:44-48

If we only seek friendship with those who agree with us, what good are we? If we seek companionship only with those who understand the world the way we do, what great prize do we deserve? If we will only have fellowship with those who embrace the causes that matter to us, what are we doing more than others?

What do you think about Trillium being an ideologically diverse community? For me I wonder where else are people with differing points of view ever going to meet up with each other but at church? On the street? I hope not. There is a certain responsibility that comes when we embrace our diversity. At times it might mean Trillium staying neutral on a topic in a way that you might find difficult to live with. But the blessing of staying open and wide is that we will learn how to live Jesus' injunction to love our neighbour and "our enemy" with equal passion. And that is a lesson our world desperately needs to learn.

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

October 27

The next issue will be available on November 7, 2025.