

ROOTS & SPROUTS

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

Nov. 2025

Youth Camp Experience 2025



The Youth enjoyed the day at The Pott's trailer. As you can see, the weather provided the right temperature to enjoy the campfire all day and into the night.



UCW FALL LUNCHEON

The UCW pulled off another successful luncheon. With everyone's time and efforts, a delicious meal was put on for all the participants. Their efforts brought in a total profit of \$2,088 to go towards Outreach Projects.

Thank you to all who helped and purchased tickets.



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



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**



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



Ken & Selma were celebrated for their October birthdays. Dini was away in September so joined in the celebration with them.



David & Liz Reed, our in-house gardeners, take a moment to enjoy the fall roses. Thank you for your dedication to Trillium and the pollinator gardens.

The Knotter's have started back making quilts for those in need. If you are interested in learning how to do this, you are very welcome to join. They meet Tuesday morning at 9:00 and finish around 11:45. They bring their lunch and enjoy time together.



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



Christmas Book Sale

Saturday, November 29, 8 a.m. to 1:00 p.m.

Stone Church Bookstore

450 King St. East

Buy two books and get a third one free!

Donations welcome



There is a lot happening at the Stone Church Bookstore.

You will notice changes in how the books are displayed. Biographies and the religious and spiritual books have been moved to the shelves at the back of the sanctuary to make more room for novels.

We hope this makes it easier to find the books you are looking for. We will no longer have a section at the back set aside for books that we were selling in groups of five for \$2.

All of the books will be sold for the price indicated on the books.

The store will close on Sundays for January and February and remain open on Wednesdays from 10 a.m. until 1 p.m. unless traffic is reduced during the cold winter months.

Instead of being open on Sundays, we are planning monthly sales tentatively set for Jan. 3 (New Years Sale); Valentines Day sale, Feb. 14 and a sale on March 21 to celebrate the coming Spring and the reopening of the store on Sundays.

Be sure to plan for the Christmas Market and Book Sale Nov. 29 from 8 a.m. until 1 p.m.

Submitted by Bob Burt

Progressive Euchre

Saturday, November 15, 2025

Trillium United Church,
450 King St E, Cambridge

1 pm start time Cost \$10.

Includes snacks

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



TRILLIUM UNITED CHURCH
450 King St. East, Cambridge

CHRISTMAS MARKET

Saturday, November 29, 2025
8:00 a.m. – 1:30 p.m.

Featuring:

- Christmas Cookie Walk
- Bake Table
- Meat Pie & Apple Dumpling sales
- Trilli-Yum Café delectable
- Local Vendors and much, much more!

All proceeds to go towards the Trillium Building Fund.

For more information contact the office at 519-653-6601



We would LOVE your help with the Trillium Christmas Market 2024!

Is baking your passion?
Or even if it isn't...perhaps you would like to make some baked goods for our Market.

We are happy to receive your baked cookies, squares or loaves. **These items need to be free of peanuts, peanut butter and gel icing decorating tubes.** Eggs and cream cheese are fine as long as they are cooked.

Please write the name of the cookie on each platter and if your treats are gluten free or vegan, please write that down.

When baking squares, please use parchment paper in the pan for easy removal and easy cutting and no waste. By the way, Helen reminds us that we need more squares this year!

To confirm your participation, please let Bobbi know at Church. You can text or call her (519) 716 - 3238 or email bobbi.stewart@sympatico.ca

Thanks SO much!

The Trillium Table - Wondering what this is?

Fall Cleaning? Gifts to be re-gifted?

Do you have any new items, still in the original packaging that you would like to find a new home for?

We all have those items we received that we really don't need but don't know what to do with. Well, we have your solution.

During the Christmas Market we will have a table to sell these fabulous items and the proceeds will go towards Trillium which helps many in the community.

Contact Pastor Mark if you have any items you would like to donate.



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.

Congratulations Alvey

Alvey graduated from her Conestoga program- Advanced practice for internationally educated nurses! She had many supportive people attend her graduation ceremony to celebrate her!



Social Concerns & Outreach

Candles for COP30 a Prayer Vigil for Climate Justice

*Sunday
November 16
7:00PM*

810 King St E

*(St Peter's Lutheran Church)
co-hosted with Trillium United*

please bring a candle and dress for the weather

As world leaders, scientists, NGOs, and civil society leaders gather for COP30 in Brazil (Nov 10-23) to discuss actions to tackle climate change, we invite you to come together for a time to reflect and share our love for our planet, and our concern for ourselves, humanity, and all our more-than-human relations at risk from climate change.

Please bring a candle and dress for the weather as we will meet outdoors, weather permitting.

**St. Peter's Lutheran Church,
810 King St. E.
Cambridge, ON**

Trillium's Special Thanksgiving Offering

Social Concerns and Outreach team identified the projects below for donations to be made for Trillium's Special Thanksgiving Offering this fall.

Thanks to your generosity we received the following: **Life & Work of Trillium: Refugee Aid - \$780, Outreach: Porchlight Counselling- \$265**



The 90+ Birthday Celebration was well attended with many family and friends! Everyone enjoyed their time together.

Thank you to all who organized this yearly event! Your time and efforts are most appreciated!



GUATEMALA FUNDRAISING FELTING EVENT



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. \$25 per person.

519-653-6601 ext. 5



Health and Wellness

Health and Wellness Team

The Team has a focus on outreach by organizing regular clinics offering personal care: foot care, haircuts and massage. Most people accessing clinics are from the community. All clinics are managed by volunteers and attended by Trillium's Parish Nurse.

Personal Care Clinics – Pay-as-you-can

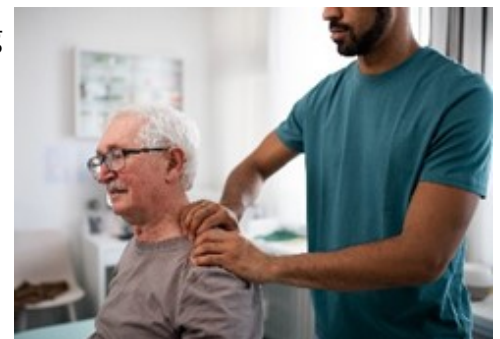
In October, the team organized two clinics: October 8th at 1195 King Street apartments and October 17 at Trillium. The October 8th clinic offered foot care, massage and haircuts. On October 17, only Foot Care was offered to address an ongoing waiting list for this service. Our Parish Nurse was on hand at both clinics to offer Wellness Checks. A feature of these clinics is an opportunity for socializing over refreshments.

Beyond a 2025 grant from the Up Fund (Western Ontario Waterways Region), the team appreciates the support this year from fundraising groups—Garage Sale, UCW, and Beef Supper—as well as private donations. Individuals can donate to this program by designating to “Community Wellness.” Many thanks to volunteers at the October clinics – Liz Reed, Carol Fleet, Janice Cruickshank, Joanne Sarkisian, Jim Potts, Liz Reed, Ana D'Sa, and Ruth Thompson

Massage Clinics - *FREE*

On October 31, the team hosted the second Massage Clinic featuring third year Conestoga College Massage Therapy students.

Four students offered free massages to benefit twenty people including eleven from Trillium. 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 were available.



Many thanks to clinic volunteers – Janice Cruickshank, Carol McGeachan, Carol Fleet, Jim Potts and Ruth Thompson.

The next Massage Clinic is Friday, November 21 at Trillium.
For other activities of the Health and Wellness Team, see Parish Nurse report.

Generosity

LET IT \$NOW!

First, we want to thank you for your regular generosity. Without your 365 day generosity, any step-up campaign would be pointless. Way to go Trillium!

Our annual Fall Step Up campaign begins this week. We call it **Let It \$now**. Our goal is to unleash a storm of epic generosity.

The primary focus of the step-up campaign is the Let It \$now board. On the board are snow flake tags. Each snow flake represents an opportunity to offer an extra generous gift to Trillium. The process is simple: Take a snow flake from the board, place it in a special envelope with payment, seal it and hand it into the church. You can also make an on-line donation. Just make sure to write Step Up or Let It \$now in the notes section. We will take off the snow flakes on your behalf.



We think we have a very special church. Trillium only happens because so many of you have made regular and special contributions to Trillium. Still there are many who have not yet participated in our step-up campaigns. Make this year different. Take a snow flake and make a difference!

Every week you will receive an updated Weather Report. For this Weather Report we are hoping for snow weather. In fact, we're dreaming of a White Christmas of generosity! So step up and take one or two snowflakes from the Step Up Board and *Let It \$now*!

Your Generosity Team

General Fund Jan-Oct				
2025	Goal	Difference	2024	Difference
\$111,450	\$135,764	-\$24,314	\$122,692	-\$11,242
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.				



Wholesome Cooking with Alvey

This fundraising event was enjoyed by all who attended. The food was delicious and Alvey did a fabulous job as the head chef!

Membership & Congregational Life Team

Do you have...

Fresh ideas about serving our church

A heart for your Trillium family

Time on your hands

WANT TO MAKE A DIFFERENCE

Join our team

Earlene ~ Joanne ~ Sally

Call the church office





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, Nov. 14 & 28

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

Adults In Motion

Our local A.I.M. group comes to volunteer at Trillium each month. Sometimes they come to exercise too. We are happy to share our space with them and receive their help at Trillium.





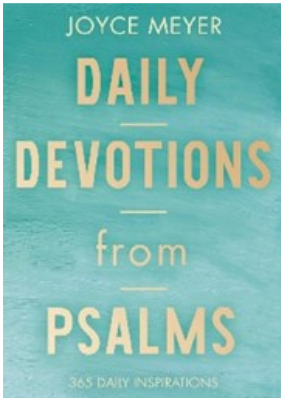
Thanksgiving Potluck Celebration

There was a wonderful turnout at this year's Potluck. The food was delicious with a fabulous selection. Games and socializing were enjoyed during the event.

Thanks to all who organized and participated in the celebration.



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 may join this study at any time. Please speak to Pastor Mark.

Alpha@Trillium

The fall Alpha course is running every Tuesday evening from September 30 to December 9. Fourteen people are participating in the course including seven from outside Trillium's membership.



Sessions start at 6:30pm with a meal of hearty soup made by skilled Trillium volunteer cooks. Participants watch a different video each week followed by small group discussion.

November 14 and 15 is the Holy Spirit Retreat to be held at Preston School apartments. Many thanks to those who have volunteered as cooks, door greeters, set up and clean up crews.

To learn more about Alpha and what it could mean for your faith journey, you can speak to anyone on the Alpha Team.

Alpha Team: Dawn Sebastian, Ruth Pratt, Sally White, Mark Rutledge, Angie Gibson, Katherine Churchill, Ruth Thompson



Update from Church Council Chair

It's been a beautiful and busy fall.

Congratulations to chief cook Laurie Yeo - Schmidt, organizer Linda Klassen and many volunteers for their amazing work on our Fall Luncheon. As always, the auditorium was filled with people from both within and outside the Trillium community enjoying a delicious meal and warm, friendly conversations. Success can always be measured when our guests linger long after they have finished their meal. It is a lovely sight to see.

Marie Sitler and I are working with key leaders to make the Christmas Market happen again this year. The Market takes place on Saturday, November 29th from 8:00 am to 1:00 pm. Volunteers will be setting up tables, decorating the hall, putting together cookie boxes and plating and boxing cookies and baked goods, on the Thursday and Friday before. Bakers are making their plans and we all salivate in anticipation. We will also host a variety of vendors including a special Trillium Table filled with Christmas wares. Speaking of delicious food, The Trilli'Yum Cafe will be a key part of the whole operation. So, please **mark your calendar** and pass the word to your family, friends and neighbours!

Church Council, Ministry & Personnel Committee members and staff will participate in three communication workshops in November/ December facilitated by United Church minister and community activist Gord Dunbar. We are excited to spend this time together and to see how we can enrich our working relationships.

As noted in last month's edition, Trillium has set up a Foundation called "Faith in Bloom". Directors for the Foundation are Paul Mundy, Pamela Noël and me. Karen Atkinson has worked steadily on this over many months with a Foundation lawyer to set this up and we owe her heartfelt thanks. Purchase of the Just Like Family franchise is expected for January 1, 2026 start.

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



Thank you to Ruth Pratt for the Halloween hike. Twenty of us gathered for fun, food and fellowship.

The children and youth love her big, black fluffy dog Bernie, he is a great hit every time we enjoy Ruth's hospitality. Special thanks to Catherine, Carol, Dianne and Beth for driving, picking up pumpkin seeds and cooking Hallal, smores and distributing foods.

God Bless, Brian Hershey

Parish Nurse @ Trillium

On October 19, 2025 we had our last blood pressure screening clinic for 2025. We had 26 individuals avail themselves of this service which was a great turn out. Thank you so much to our volunteers Joanne Sarkisian, Naomi Ferguson, Brian Hershey and Diane Menegotto. Diane joined us for the first time. We have got to know Diane as a Personal Care Clinic volunteer who offered her services at our BP clinic. Thank you to all those who participated, both participants and our volunteers!

It's that time of year again! This is a reminder to consider having your Influenza and Covid vaccinations. Most pharmacies offer this service free to the public.

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

Christmas Fundscrip Gift card orders

**Orders in:
Wednesday Nov 26, 2025**

**Card pick up/payment due:
Sunday Dec 14, 2025**

Contact

Church office 519-653-6601 x 1

David Reed – 519-240-3144

Pastor Mark's Musings

Dear Friends,

Generally, I don't like the idea of surrender. I like stories where people battle to the end and go down with the ship. Someone battles against cancer, against injustice or against an oppressive enemy and refuses to surrender even at the risk of total defeat. I love those stories. Think about Winston Churchill's famous speech after the Allied defeat at Dunkirk in June, 1940. Basically, Britain lost everything at Dunkirk and immediately afterwards it had very few armed troops to resist a German invasion (in fact, the only fully organized division in those early days was a recently arrived Canadian Division.) Yet at that moment Churchill uttered these famous words to the British House of Commons.

Even though large tracts of Europe and many old and famous States have fallen or may fall into the grip of the Gestapo and all the odious apparatus of Nazi rule, we shall not flag or fail. We shall go on to the end. We shall fight in France, we shall fight on the seas and oceans, we shall fight with growing confidence and growing strength in the air, we shall defend our island, whatever the cost may be. We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender.

We shall never surrender! I love it. Amen.

I like sports teams that never give up, never stop trying to win, and no matter what the odds are they won't surrender. I love to hear stories about people surviving and overcoming against the odds. The indomitable spirit rising to the occasion. Magnificent!

One song we sing in our worship services at Trillium that I particularly like is Make Room. It is a simple song with only one verse and the verse goes like this.

Here is where I lay it down
Every burden every crown

This is my surrender
This is my surrender
Here is where I lay it down
Every lie and every doubt
This is my surrender

There is that difficult word again, "surrender." I have to admit to you that these lyrics touch me deeply and at some place in me, beyond words, it connects with my spirit. I want to surrender myself to God. I also have to admit to you that in practice I don't surrender myself to God in the way that I want to. In fact, there is a part of me that cries out in defiance against God, "I shall never surrender." This gets me thinking about what kind of surrender I am being invited into with my walk with Jesus.

As I think about the question of surrendering it seems to me that God is not asking for an unconditional surrender from us. It might seem like that at times but that is not what it means to follow Jesus Christ. What God is seeking from us is a very specific and special kind of surrender. God wants us to relinquish the God position in our lives back to Him. God is calling us to give up our total claim to ourselves and move back into a collaborative relationship with Him. God is asking us to surrender trying to do life on our own terms apart from Him.

Remember, the Bible tells us not to surrender to the world. In fact we are to put on the full armour of God as we struggle to resist the dark and evil forces at work in the world. But we can only do this when we are fully collaborating with the Lord. That requires a special kind of surrender that is unique to our relationship with God. It is only when our collaboration with our Heavenly Father is strong that the full might and power of heaven can become real to us and in us. That is the true source of our victory.

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

November 25

The next issue will be available on December 5, 2025.