

ROOTS & SPROUTS

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

Jan. 2026



The Christmas events at Trillium were a hit because of the great volunteers as well as all the wonderful participants. Our youth started off the New Year having fun bouldering!



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 January a most blessed celebration.
Membership Committee

Happy Dec. Birthday Harold!



Pop Can Tab Update

As of November 14, 2025, The Royal Canadian Legion in Elora have purchased the following;

3, 338 wheelchairs & 549 walkers

Thank you for all your donations. I currently have three boxes full of tabs (about 52 pounds) ready to be taken to Elora.

Thanks again,

Don Martin

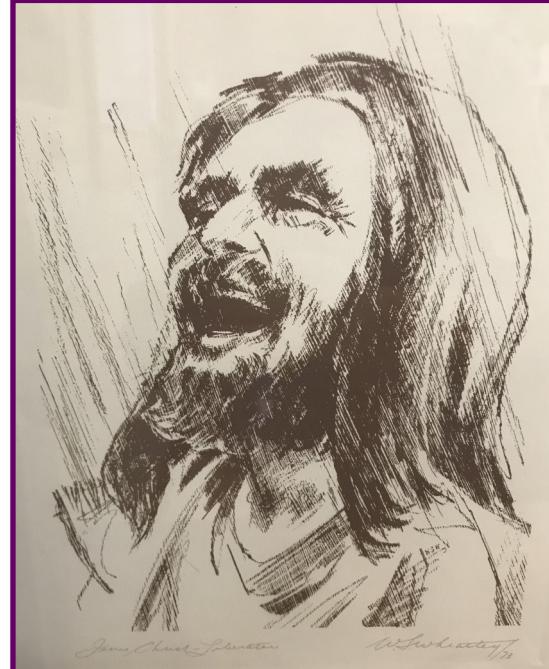
HAPPY NEW YEAR - from C.Y.M.T.
(Children/Youth Ministries Team)

In 2026 we are looking for a leader!

The children, teens, young adults have suggested the following qualities for a leader;

Patient
Kind
Faithful
Creative
Musical (likes music)
Artistic/crafty
Fun
Spiritual
Knowledge of the Bible/Biblical history

God Bless, CYMT



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.



The Scouts enjoyed their annual Breakfast with Santa in December. They always make donations to the food pantry at Trillium which we appreciate. It is a great way to help the community.



Progressive Euchre

Saturday, January 17, 2026

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





December's Potluck was well attended by both the community and Trillium people. There was a delicious meal provided by everyone. A Big thank you to all the volunteers and Mark and Sam for providing musical entertainment.



The young people at Trillium are seen painting the Christmas Trees that they sold at Trillium's annual Christmas Market. Thanks to everyone who participated and the volunteers who helped with these projects.



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



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

Paul Reeve 519-823-9623

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

Blessing Bag Ministry

Help! Our Blessing Bags need your continued support.

With the cold weather upon use we can use hats, gloves and 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)



Christmas Events



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



Health and Wellness

Massage Student Clinic

FREE Massages
3rd Year College Students

Friday, January 23
9:15 to 11:30am



For appointment:
519-653-6601 Ext. 5

**A New You
for a New Year**
The Ultimate Makeover

4 Sundays in January 2026

Contact Pastor Mark for details at 519-841-8333.

SPECIAL BIRTHDAY CELEBRATION

When people arrive in Canada as refugees, sometimes they come from situations where their birthdates have not been recorded or are unknown. In this situation, the government puts January 1 as the birthdate on their documents. This is the case for 5 members of Trillium's sponsored family from Ethiopia. Fatuma, Adan, Fatu, Hamza and Jibril all have birthdays recorded as January 1, so a few of their friends at Trillium decided to get together to have a birthday party for them. It was a lovely party complete with cake, ice cream, snacks, decorations and friends!





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
 450 King St East
Tuesdays from 5:00 pm - 6:00 pm
Everyone is Welcome

Everyone is Welcome

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.



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



F.R.O.G.
FULLY RELY ON GOD

GAMES

THE SECOND & FOURTH WEDNESDAY
6:00 - 7:30PM

GAMES-FRIENDS-FUN-CRAFTS

 **FREE**

**450 KING ST. EAST
CAMBRIDGE, ON**

trillium
United Church

Generosity



**The best way to financially
support Trillium
is to sign up for PAR!***

**The best way to keep
supporting Trillium
is to update your PAR**

**Have you updated your PAR
in 2026?**

***pre authorized remittance**

SEEKING.... SUNDAY GREETER VOLUNTEERS

Would you like to get more involved at Trillium?

Speak to One of the Membership and Congregational Life team to find out more OR

Call Church office 519-653-6601 x 1

Team members: Earlene Peshnak / Joanne Sarkisian / Donna Bernard / Debby Verhagen / Tanya Pickard / Sally White

Join Us For
Board Game Café
Friday, Jan. 9 & 23
7:30 - 11:30 pm

\$5 Admission for UNLIMITED play
Snacks available for purchase.

AGES 18-35 - WELCOME

YOUTH IGNITE

Trillium Room
12:15PM

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

Join us for
singing, sharing, food, fellowship



FOR MORE INFO.
OFFICE@TRILLIUMCHURCH.CA



Explore the Big Story

THE BIBLE COURSE



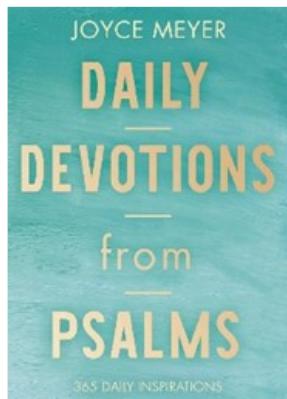
Tuesday evenings
7:00 to 8:30 pm

January 20 to March 10, 2026

for more information contact

office@trilliumchurch.ca

FREE!



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 Ruth Thompson.

Parish Nurse @ Trillium

And so a new year begins!

The parish nurse ministry will enter its 6th year at Trillium, in March 2026. There is a parish nurse office in the Trillium building that is a private space to meet for visits. Calling ahead for an appointment is definitely the best way of reaching the parish nurse. If mobility is a challenge, then a home visit or telephone call is always an alternative way of connecting.

The role of a parish nurse is best described as a church-based nurse. They are registered nurses who work within a faith community, providing healthcare services. Parish nurses focus on the physical, emotional, and spiritual health of individuals and families within their communities. A parish nurse integrates faith and health by providing holistic care, acting as a health counselor, educator, advocate, and referral agent, and coordinating volunteers to support their faith community's physical, emotional, and spiritual well-being. Examples of these services include, but are not limited to offering blood pressure checks, providing health education, visiting the sick, connecting people to resources, and facilitating support groups. They focus on prevention, wellness, and supporting people through life's challenges, linking medical care with spiritual support.

Please reach out to Sally by calling or emailing; see the details below.
This is a ministry that serves you!

Trillium Parish Nurse – Sally White RN Cert in Parish Nurse Ministry
Confidential phone number: 519-653-6601 ext 4
Email: trilliumparishnurse@gmail.com
Please call for an appointment



Pastor Mark's Musings

Dear Friends,

For the month of January our worship services are organized around the theme, *A New You for a New Year*. It is a play on the idea of New Year's resolutions. New Year's resolutions were a big thing when I was kid. My parents and their friends would make resolutions for the first day of the year to develop new habits or to break old ones. A quite common New Year's resolution in those days was to quit smoking.

The idea of New Year's resolutions essentially began with the invention of the yearly calendar. Once we had a day one of the year, it became customary for people to use this as a launching pad for self-improvement (and it should be added that almost all New Year's resolutions focus on self-improvement.) Over the past 4000 years (at least) people from a multitude of different cultures and different times have used the New Year as an opportunity to begin a new regime for life.

Today, the idea of New Year's resolutions seems somewhat quaint. For one thing, the trend through social media today is for year-round self-improvement. Why wait for January 1? Also, the follow through or lack thereof, tends to dissuade people from making these kinds of commitments. Having failed the previous twenty times at changing an ingrained habit it is fair for people to wonder about the utility of making them in the first place. I remember times watching my parents quit smoking only to see them back at it sometime in late January or early February. I see this same phenomenon at the gym I go to. Things

get busier in early January and then they quiet down again by mid-February.

Changing habits or making new ones is hard work. It is not easy. It requires a certain insight into our inner motivations. What is it that triggers the undesired habit? What are the thinking patterns that sustains this habit? What is the reward we get from it? Even when we understand how the habit works it is still challenging to sufficiently disrupt it so that it doesn't happen again. Change is hard.

Part of the challenge of our "bad" habits has to do with the current version of human nature that we are working with. The more fundamental issue is not the habit per se (as important as it can be) but rather the deeper ingrained "habit" of our determination to live apart from any kind of real collaboration with God. The Bible calls this "sin". The Bible says that sin (or the habit of going it alone) is beyond our capacity or ability to change. Rather, a more radical response is needed. And that is what the month of January is about.

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://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
- **Health & Wellness Team:** Interim Chair - Sally White
- **Membership:** Sally White
- **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:

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Editor: Jo-Anne Hennig

Send articles to: office@trilliumchurch.ca

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

January 29

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