

ROOTS & SPROUTS

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

Feb. 2026



Some of our Knotter's enjoying making quilts together. Join in the fun, all welcome.



This snowman was made on the side yard of Trillium United Church. It was built by the F.R.O.G. group. Thanks to Carol Fleet who made hot chocolate for the children to keep them warm and Brian who organized a wonderful time for all who participated. Look for more photos inside this newsletter.



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 February a most blessed celebration.
Membership Committee

Happy Birthday to those born in January.



Time, Talent & Treasure Auction

The Handy Brians, 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



Thank you for utilizing the Handi Brians in 2025, we collected \$7,750 dollars for Trillium U.C. Please call 519 658 6405 in 2026 for any services you need looked after.



This gang went to Schmidtsville restaurant in Wellesley Jan. 24. We had a great buffet meal and lovely fellowship.

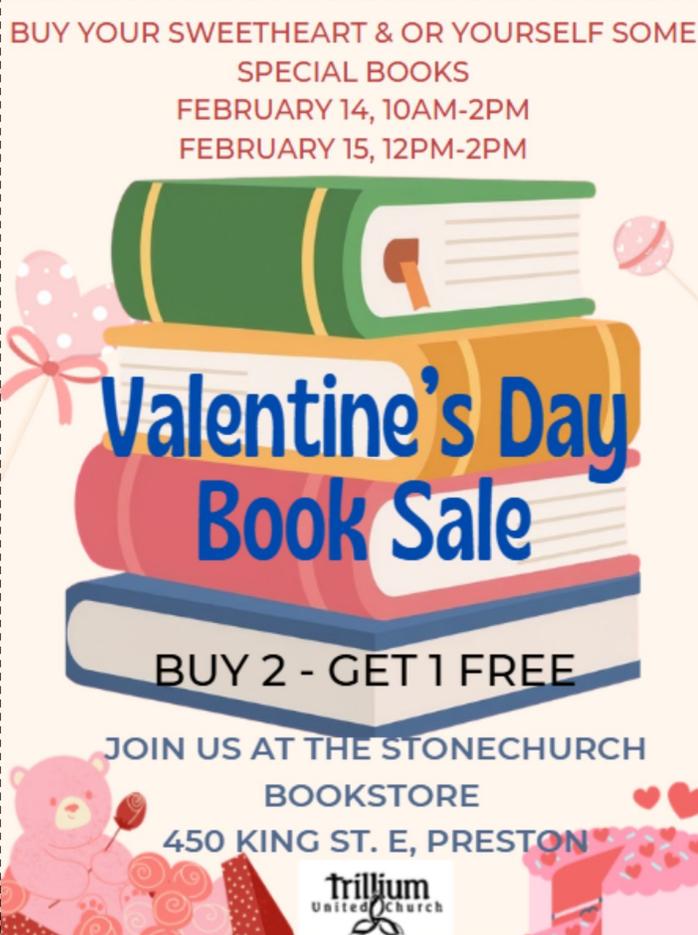
Submitted by Joan Joyce



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.

BUY YOUR SWEETHEART & OR YOURSELF SOME
SPECIAL BOOKS
FEBRUARY 14, 10AM-2PM
FEBRUARY 15, 12PM-2PM



**Valentine's Day
Book Sale**

BUY 2 - GET 1 FREE

JOIN US AT THE STONECHURCH
BOOKSTORE
450 KING ST. E, PRESTON



The Stone Church Bookstore hours have changed for the winter, closing Sundays for February. The store will continue to be open during the winter months on Wednesdays from 10 a.m. until 1 p.m.

We also hold special sales on Feb. 14 & 15 and March 21 & 22 to accommodate customers who might want a book or two during the snowy days of winter.

We are returning to the regular schedule in March (Wednesday 10 to 1 p.m.) and Sunday 12 to 2 p.m.

People who might wish to get a book during the shutdown should feel free to reach out to a bookstore volunteer anytime and people wishing to make donations should contact Bob Burt at bobburt@gmail.com.

Progressive Euchre

Saturday, February 21, 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



Where are our Trillium family members NOW?

Trillium has been blessed by Conestoga international students over the past 4 years and have also had to say goodbye to some.

Arun Paul was with us for a short time and has relocated to New Brunswick for a work opportunity. His family (wife, mom, 2 daughters) from India visited in the summer of 2025

Elma Cynthia left Canada to get married (to Clement, January 2025) and they started married life together in Plano, a town outside Dallas, Texas. Elma and Clement are expecting their first baby in April.

Sarah Samuels moved back to India in December 2024. She is currently working and living with her parents in Chennai. She has a new job as a Collaboration Strategist in a design studio (designing logos and product packaging and branding design - "I love this job!"). Sarah and her parents attend Zion Church where she is active in their Youth Group.

#1 - Elma's farewell at Trillium with Sheila Burt and Sarah October 2024

#2 - Sarah 2025 at work

#3 - Sarah with her church youth group

#4 - Elma and Clement - January 2026

#5 - Arun Paul - Summer 2025



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.

With the cold weather upon us 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)



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

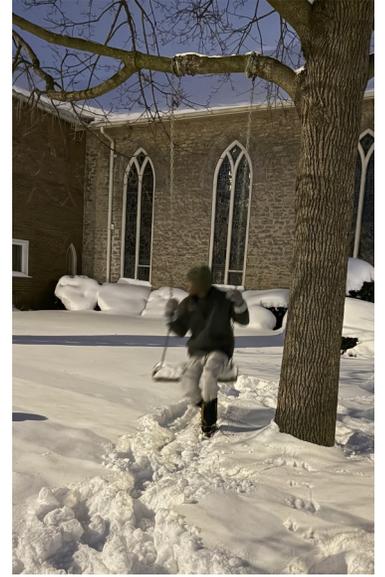
Paul Reeve 519-823-9623

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

Membership Team

The Membership Team requests volunteers for Sunday Morning Snack Time before and after the church service. There is a sign-up sheet on the bulletin board inside the kitchen beside the door on the left. Also, the role of the volunteer is posted on the white fridge and on the warming door in the kitchen.

This time of fellowship shared is greatly enjoyed by everyone and appreciated by all. Remember you are never alone in the kitchen as this a team effort. Contact Joanne Sarkisian 519-653-3955 if you have further questions or simply use the sign-up sheet in the kitchen.



One Sunday in January at Church Brian taught the story about faith and the person who built a house on rock and the other person who built a house on sand. Seen below are the youth using props to visualize this concept. Two new people joined in, Jordyn and Justice from Stratford. They came to trillium 7 years back and are now 12 and 13 years old.



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



What a wonderful evening of food and fellowship! Trillium's Annual Beef Supper was a success on all fronts. A huge thank you to all our fabulous volunteers who made this possible! As you can see from the photos everyone enjoyed a lovely evening.



From Our Church Council Chair

It’s a joy to see the level of activity at Trillium. Between pie-making, quilting, preparation for the Beef Dinner (which will already have taken place very successfully when you read this), Personal Care Clinics, fitness classes, preparation for the next Alpha sessions, Youth activities, outreach, prayer and support to refugee and others in need, environmental initiatives, Board Game Cafe, the Book Store, the Food Bank, Thursday music practice, Church Council work, coffee by the kitchen...I could go on and on. As Pastor Mark says, “I don’t want to miss anyone, so I’ll stop now.” Having said that, I think I may have covered most!

I have no doubt that we make a difference in these very difficult times. We know that when we give, we get. We know that research shows a high correlation between social relationships and mental health. There is much talk about this as it relates to seniors, but we know it applies to us all. I think that Jesus is keeping an eye on us and that he has to like what he sees.

Thank you for everything you do for each other and the greater community. It’s crucial that we love ourselves in order to give to others. Give yourself permission to know that you are doing this for yourself too and if you are so inclined, pat yourself on the back.

Cheers!

Bobbi



General (Core) Fund January 2026				
2026	Goal	Difference	2025	Difference
\$9,725	\$15,359	-\$5,634	\$8,549	\$1,176
<p>Each month we will be updating you on the amount in the General (Core) 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 (Core) 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.</p>				

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*



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.



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

Health & Wellness

Three happenings in January:

- Personal Care Clinic at 1195 King St building on January 7
- Massage Student Clinic at Trillium on January 23
- Commitment from Satellite Community Homes to financially support clinics in their buildings in 2026.



The Personal Care Clinic at 1195 King Street served ten people with therapeutic foot care and haircuts. The massage service had to be canceled because of health issues with our massage therapist. Sally White, Parish Nurse, offered Wellness Checks and Diane Mennegato talked to people about vaccinations. Refreshments were served. Thanks to clinic volunteers: Katherine Churchill, Ana D'Sa, Joanne Sarkisian, and Ruth Thompson.

The Massage Student Clinic on January 23 proceeded despite winter weather which forbade parking on city streets. Four students provided free massages to 16 people, most of whom were from the community outside Trillium. Refreshments were served to participants and students. Thanks to clinic volunteers: Janice Cruickshank, Katherine Churchill, Carol Fleet, Janice Schultz, Joanne Sarkisian, and Ruth Thompson.

In response to a sponsorship request to Satellite Community Homes, the team learned they are willing to financially support eight clinics during 2026 at two buildings they manage: 1995 King St. and 565 Margaret St. The team has been organizing and funding clinics in those buildings since 2024. The specific details of the sponsorship will be determined in February.

Upcoming Clinics:

Personal Care Clinic February 4 at Trillium

Massage Student Clinic February 20 at Trillium

Please contact Ruth Thompson for more information about these clinics.

Health and Wellness Ministry @ Trillium

Blood pressure Screening

Sun Feb 8, 2026 @ 12 noon

Coffee Time

Upper Auditorium

All are welcome



The Knotter's celebrated Debby's birthday this week with a yummy chocolate cake. It's a great group who get together every Tuesday morning. If you are interested in joining please contact the office.



Join Us For
Board Game Café
Friday, February 13 & 27
7:30 - 11:30 pm
\$5 Admission for UNLIMITED play
Snacks available for purchase.



Our Beef Supper volunteers enjoyed a well deserved dinner after serving everyone!

Thank you all!



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



Two new stoves were installed after the old ones malfunctioned. Thanks to Richard B. and Liz R. for doing all the research into the best available stoves for Trillium. Pictured here are Steve P. and David R. who inspected the new stoves before they were installed.

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!

Adult Spiritual Growth

***Is there more to life than this?
What is my purpose?
How can I have hope?***

Alpha@Trillium is...

a safe place to ask/discuss these questions

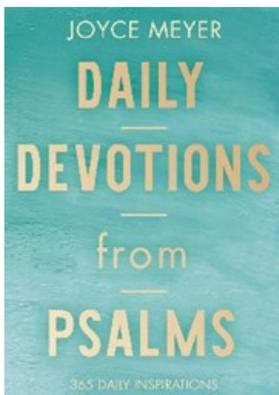


Next Course starts:

Tuesday, March 24 6:30 to 9pm
Light supper provided

Information and registration:

519-653-6601 Ext 5 or alphatrillium@gmail.com



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

Parish Nursing @ Trillium

Medical conditions and cold weather

Seniors are more likely to have certain chronic medical conditions that make it harder to stay warm:

Diabetes can prevent blood from flowing normally to provide warmth.

Thyroid problems can affect the body's ability to maintain a normal body temperature.

Parkinson's disease and **arthritis** can make it challenging to put on more clothes, use a blanket, or get out of the cold.

Memory problems can cause a person to forget to take precautions for staying weather-safe, such as wearing appropriate attire.

Medications can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines. Ask your doctor if medications you take may affect body heat and what you can do.



Avoiding falls in cold weather



Keep outside **walkways clear** of snow and ice with an ice melt product or sand.

Avoid shoveling snow yourself when possible. In addition to the risk of falling, there is a risk of heart attack for older adults while shoveling snow.

Use **railings** to help avoid slipping on icy stairs and walkways.

Wear non-skid, rubber-soled, low-heeled **footwear**.

If possible, **stay inside** during the worst of the bad weather. Consider **asking for help from** friends or family or make use of services that deliver prescriptions, groceries, and other necessities so you don't need to go out.

Trillium's parish nurse ministry serves YOU!

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,

I was reading recently that Canada has crossed a major demographic threshold. One in five (20%) Canadians is now over the age of 65. That is quite remarkable when you think about it. Back in 1980 Canadians 65 and older made up only about 7% of the population or about one in fourteen. That means that the sensibilities of older Canadians have a growing influence on the culture as our society ages. What does that mean for us as a church?

For one thing, we will never see in our lifetime the burgeoning of the Sunday school classes for children that was a part of the church experience that many of us had back in the 1950s and 60s. There simply aren't enough children for that to happen today. Even if there was a major spiritual awakening in our culture and people flocked to Christian churches, we wouldn't see the kinds of children and youth in our congregations that were the norm decades ago. There just aren't that many children around in our families anymore.

I definitely think that a healthy church today should have a powerful ministry to children and youth. Part of our legacy is to pass our Christian faith forward to the next generation. We just need to understand that there are more 60 year olds being born today than there are newborns and that the future of many of our congregations rests on carrying the Gospel of Jesus Christ to older members of our society. That means the future of the church rests not only on our youth but also on our ability to share the love of God with our older neighbours.

The challenge of carrying our message to older members of our society is easy in some ways and difficult in others. Most people in our culture today over the age of sixty have some church experience. So the church itself isn't quite foreign to them. As we age, our sense of vulnerability grows and I think people come to understand how much we need each other. In our youth we can live in the fantasy of going it alone.

When we are older that fantasy fades away because it simply is not possible. Community connection is coming back into vogue. I also think that as we age, we begin to wonder about the legacy of our life and what might be waiting for us beyond the grave. There is a certain urgency in these questions.

On the other hand, it is probably fair to say that many older people don't engage with church today because something in their past didn't work out for them very well in this regard. Sad to say that during those burgeoning years in the 50s and 60s there were a lot of people in churches who were along for the ride but who didn't really believe it very deeply. There is a certain irony that the church was possibly at its weakest point spiritually when it was numerically the strongest. Also, the cultural revolution of the 1960s with its emphasis on personal discovery and ambition didn't lend itself well to established, organized religion. I think the limits of the 60s revolution is finally exhausting itself in the 2020s. We are ripe for something very different going forward.

I feel more confident today in the future of Trillium than at any time in my role as pastor in the church. I think we've done some great work in getting ready for the major cultural shift that is going on right in our midst. There is a new openness in our culture today to Jesus and the Christian message. We've just got to understand the breadth and width of this opportunity and that this new opportunity includes those 20% who are over the age of 65.

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

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 & Brian Hershey
- **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

February 25

The next issue will be available on March 6, 2026.