

ROOTS & SPROUTS

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

March 2026



With all this snow we took advantage of it and went tobogganing. We had a fun day. Brian drove us to our destination and Ibukun helped with driving. Beth made us lunch and hot chocolate too! Thanks to the people who played a good role behind the scenes and who made everything great for us. Submitted by Alvey



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 March a most blessed celebration.
Membership Committee

Happy Birthday to those born in February.



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

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**



Volunteers Requested

The Membership & Congregational Life 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.



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.

GREAT SALE AND MORE TO COME

Stone Church Bookstore held a successful Valentine's Day sale on February 14th & 15th. That was our second sale of the year and it put us in a good position compared to last year.

Selling books has earned the church more than \$11,000 since it opened and with a little help from our friends we could come close to or even pass the \$15,000 mark this year.

The store has been closed on Sundays in January and February, but we will be back to our regular schedule beginning on March 1. That means you can shop at our store on Sundays from 12 to 2 p.m. and on Mondays 10 to 1 p.m.

We've decided to cancel a sale that we had planned for March and have a big one on April 25 in conjunction with the church garage-sale. Keep your eyes open for more information on both the garage and book sale.

There will be bargains galore at the garage sale in the upstairs hall and at the bookstore in the sanctuary.

If you have any donations or questions please contact Bob Burt at bobburt@gmail.com



Progressive Euchre

Saturday, March 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



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)



Water Woes
Exploring Waterloo Region's Water Crisis



Guest Speaker: Mr. Kevin Thomason



Environmental Advocate & Community Organizer

Thursday, March 26
7:00-9:00 pm

Trillium United Church
(enter from Waterloo St.)
450 King St. E, Cambridge
519-653-6601



Refreshments will be served. All are welcome!



Call as needed:

Earlene Peshnak 519-222-6741

Joanne Sarkisian 519-653-3955

Brian Hershey 519-658-6405

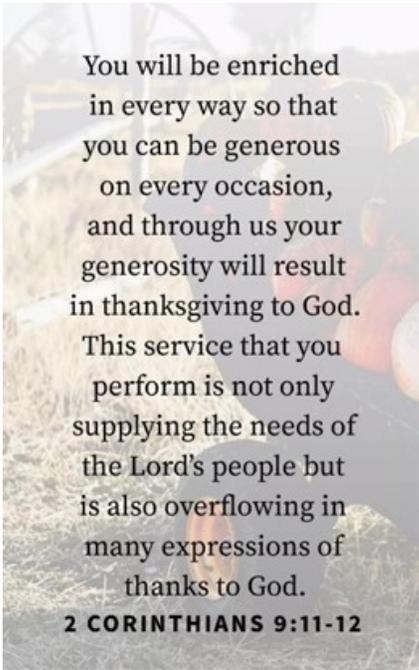
Sandra Daoust 519-219-0381

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.



Scripture teaches us about generosity. *Command them to do good, to be rich in good deeds, and to be generous and willing to share.* **1 Timothy 6:18**
A generous person will prosper; whoever refreshes others will be refreshed. **Proverbs 11:25**
And you will be blessed, because they cannot repay you. For you will be repaid at the resurrection of the righteous. **Luke 14:14**
I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.' **Acts 20:35**

Over the past year, the Generosity Team has been reflecting on Legacy Giving and consulting with the stewardship ministry of the United Church of Canada. One key learning has been the importance of establishing a Legacy Giving Policy. While we believe deeply in the impact of these gifts for future generations, it is equally important to be clear about how such gifts can support Trillium's mission. Our April article will outline the elements of this policy. We have also learned that Legacy Giving offers more options than many people realize. In the coming months, we will explore these possibilities in greater detail. Below is a sample of what we will be covering.

Type of Gift	Advantages
Bequest/In your will	<ul style="list-style-type: none"> You can make a gift in your will to any area of the church or divide your gift among several programs and ministries of the United Church.
Annuities	<ul style="list-style-type: none"> You make a gift now. You receive a charitable donation receipt for a portion of your gift. You receive guaranteed semi-annual payments for life.
Life insurance	<ul style="list-style-type: none"> A substantial future gift is created to support the ministry and mission of the church. This type of gift can be made for a relatively small outlay of cash. This type of gift does not reduce the size of your estate.
RRSPs, RRIFs, and TFSAs	<ul style="list-style-type: none"> A substantial future gift is created to support the ministry and mission of the church. Your estate receives a charitable donation receipt that will offset taxes, which will in turn replenish the value of your estate. Designating a ministry as the beneficiary of a policy helps avoid probate fees on these gifts.

If you decide to leave a gift to Trillium, we encourage you to speak with your financial advisor about how to make the most of Canada's generous tax incentives.

A question for reflection until the next issue:

Have you considered your legacy? What do you hope to leave behind – in how you are remembered, in the people you influence, and in the difference you make? This may include personal memories, gifts to loved ones, or support for causes that matter deeply to you. Take time to reflect on what is most important and the impact you hope to have beyond your lifetime.

General (Core) Fund January 2026 REVISED				
2026	Goal	Difference	2025	Difference
\$11,055	\$12,000	-\$945	\$8,549	\$2,506

The January numbers reported in February did not have all the information, so please see the revised report for January above. Thank you so much for your generosity. We are very close to our goal for January and quite a bit above last year. Hopefully this 'trend' continues. Please see this spot in future Roots & Sprouts for updated monthly generosity information. We appreciate your commitment to the work of Trillium.



From Our Church Council Chair

I continue to be amazed by and proud of the high level of activity at Trillium. We offer so many programs for both Trillium congregants and other members of the Community. It was also really satisfying to see the number of people who participated in our 2026 Annual Meeting and pot luck lunch. In addition, it is heart warming when volunteers consistently step up to work in the kitchen.

I have been reading a memoir by Wab Kinew, author, musician and former CBC broadcaster, now Premier of Manitoba. I found the book in our Church library. This is the story of an Ojibwa man whose father and grandfather were survivors of Residential Schools. Mr. Kinew offers great insight into the cause of anger in parenting and relationships and how, through the living out of our personal cultures with a focus on family and forgiveness, we can turn this all around and live a full, healthy life. I am finishing the book as we speak and will return it to our lovely little library so that you too can borrow it.

Cheers!

Bobbi

Homemade Beef Pies, Turkey Pies and Apple Dumplings

Trillium's bakers have been busy making more pies with apple dumplings soon to follow. We all know how delicious these items are and enjoy the ease and convenience of them. Due to rising ingredient costs, our pies and dumplings will now be available for \$7 each. You can reach out to Helen or Joan to purchase these items or call the office at 519-653-6601 ext. 1.



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**

Trillium United Church

Health & Wellness

Fraud Awareness & Prevention



Presented by
Waterloo Regional Police Services
Criminal Investigations – General Investigations
Unit/Fraud

Thursday, April 16, 2:00pm

Trillium United Church
450 King St East, Cambridge

ALL WELCOME!
Refreshments served



Sponsored by: Health and Wellness Team
United Church Women

Massage Student Clinic

FREE Massages
3rd Year College Students

Friday, March 20
9:15 to 11:30am

For appointment:
519-653-6601 Ext. 5
Or speak to Ruth Thompson

Upcoming GARAGE SALE -

Trillium's Annual Sale is happening on **Saturday, April 25**. Start gathering your used items to be donated for the sale. If you have any new items they can be donated to the Trillium Table.

Watch for posters in the coming weeks.



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



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

Alpha is for anyone--whether you have attended church all your life, or you are new to the faith, or even if you have serious doubts. This is what makes the course so intriguing. It accommodates the faithful, the seekers and the doubters.

Significant moments reported from participants in Trillium's Fall Alpha:

" I love how you can be open and not judged in your personal experiences."

"It was beneficial to be reminded a) Jesus has nothing to do with religion b) there are very different experiences others have had in pursuit of faith."

"I felt the presence of the Holy Spirit on the retreat."

"Helped me understand the Bible more."

"Alpha is spiritual therapy"

Things to know

Alpha includes a soup-style dinner.

Please pre-register to assist in planning spaces and food

Alpha is always free

March 15 is Alpha Open House. Please consider inviting a friend or relative

The Spring course retreat will be held May 7 (evening) and May 8.

Your Alpha Team: Sally White, Dawn Sebastian, Mark Rutledge, Ruth Thompson , Ashrit Athawale, Sam Ordon

The Alpha Course

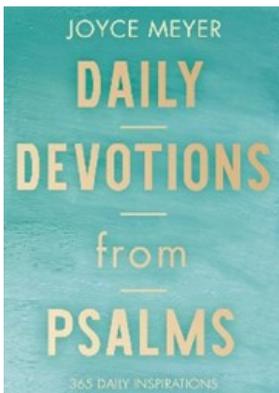
An open invitation to
open conversation about
the Christian faith

Open House/Preview:
Sunday, March 15, 10:30am

Course dates:
Tuesday, March 24-June 3

Trillium United Church

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

Pastor Mark's Musings

Dear Friends,

One of the primary challenges in following Jesus in our time is distraction. We start focused in our discipleship but then find ourselves quickly diverted down pathways that lead us away from our initial purpose. Now this is not a new problem for human beings nor is it restricted to following Jesus. Distraction and diversion have been with us since the very beginning. When Adam and Eve were in the Garden of Eden, God gave them everything for abundant life. Yet they were distracted by the temptation of the shiny fruit from the Tree of the Knowledge of Good and Evil. In the end they were diverted away from God's purpose and ultimately found themselves shunted outside the paradise God had created for them.

Distraction is not a new reality in life nor is it a new reality for those who follow Jesus. We are, however, certainly living in an age of heightened distraction. Communication technology that many of us are very familiar with is all about distraction and diversion. I experience this everyday of my life. I go on YouTube to find material for some aspect of church life and am immediately confronted with dozens of video clips to watch (usually based on previous searches) that have nothing to do with the initial reason for being there. It is not uncommon for me to spend half an hour or even an hour watching video after video and then completely forgetting to watch the video that brought me there in the first place.

Notifications can easily distract my attention. Even when I turn off my sound notifications I find myself constantly checking my phone to see if anything new has come in. When I am bored, I look at my phone. When my concentration wanes, I check my phone. My mind asks the silliest questions when I am concentrating on a task that requires my full attention. Out comes the phone and a quick Google search.

Diverted again!

It is not just the technology that I find distracting. The media landscape is designed to outrage and inflame our emotions. Some outrageous story about a horrific event in Somalia or Thailand happens and we are immediately diverted in our attention and our emotions. A story about someone getting scammed by an imposter enrages our sense of justice. Understand, our emotional responses are often justified but the whole point of the media report is to distract and divert our attention away from the task at hand.

One of the hardest things to do in life is to discipline ourselves such that we are not distracted and diverted by the impulses of our thoughts. To be a disciple of Jesus is to embrace the notion of discipline. We are to discipline ourselves in such a manner that we are able to remain focused on Christ and the tasks he places before us. In fact, living open to God means staying focused on what God is up to in our daily circumstances. It means paying attention to the moment with great focus and care. How can we do that if we are constantly being distracted and diverted away from what God is up to around us? The answer is we can't. Something needs to change.

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

March 24

The next issue will be available on April 3, 2026.