

ROOTS & SPROUTS

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

May 2026

Blessing of the Quilts and Bring A Friend to Church - Sunday, May 3

Join us on Sunday, May 3 for Bring a Friend to Church and the Blessing of the Quilts. It's a joyful service as we celebrate our wonderful artisans who share their time and talents. The quilts they provide for people bring comfort and joy.

Soup will be served after the service. This is a free will offering with funds going towards quilting supplies and a new freezer.

Bring a friend to share in the celebration!



Mission

To awaken the Christ light in each other and shine it in the world

Bedrock Beliefs

Through Jesus Christ our Saviour, 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

The teens and young adults went roller-skating on April 12. They had a great time! Thank you to Brian and Ibukun for making this event happen.

Submitted by Alvey



NOTICES/UPDATES



We wish everyone with a birthday in May a most blessed celebration.
Membership Committee

Happy Birthday to those born in April.



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, downsize, 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 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 is 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.



A.C.T.— Agape Connections Team

The Agape Connections Team (ACT) exists to help the Trillium congregation care for the Trillium congregation. ACT's primary responsibility is to connect congregants with each other by functioning as a catalyst for compassionate care and support. When members are linked up to each other the body grows strong. All this is done in Christ.

Pictured here are front row, (left to right): Dini Coleman, Joanne Sarkasian, Pastor Mark Rutledge, Frances Briggs, back row: Sally White, Parish Nurse, Wanda Brain and Carol Fleet. Selma Webster is absent from this photo .

Thank you one and all!

The results of the Garage Sale are in:

Garage Sale:	\$2,008
Trill-yum Cafe:	\$ 420
Bookstore:	\$ 305
Meat Pies	\$ 341
Total	\$3,074

The amount earned from the sale itself is down from last year, likely the result of the poor weather. The Cafe, Bookstore and Meat Pie sales were all excellent and it was a wonderful all round event which involved a lot of effort by a great many members of our church community.

Awesome work everyone!



Trillium's Annual Garage Sale happens every year because of the fabulous volunteers we have! You will find photos of this event throughout the newsletter highlighted with green borders.

Be sure to thank those who donated to this community event.

Progressive Euchre

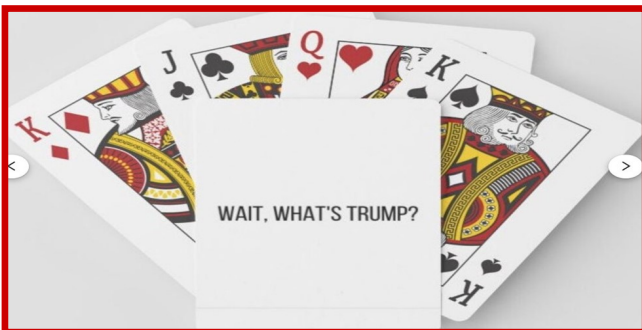
Saturday, May 16, 2026

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

Our Blessing Bags need your continued support.

With Spring upon us we can use baseball caps, socks and sunscreen .



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.

A big **THANK YOU** for all the donations to the **Blessing Bags**.

Please take some bags and hand them out.



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.

AGES 18-35 - WELCOME

**YOUTH
IGNITE**



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

Add to your calendar
Join us for singing, sharing, food, fellowship



OFFICE@TRILLIUMCHURCH.CA



Generosity

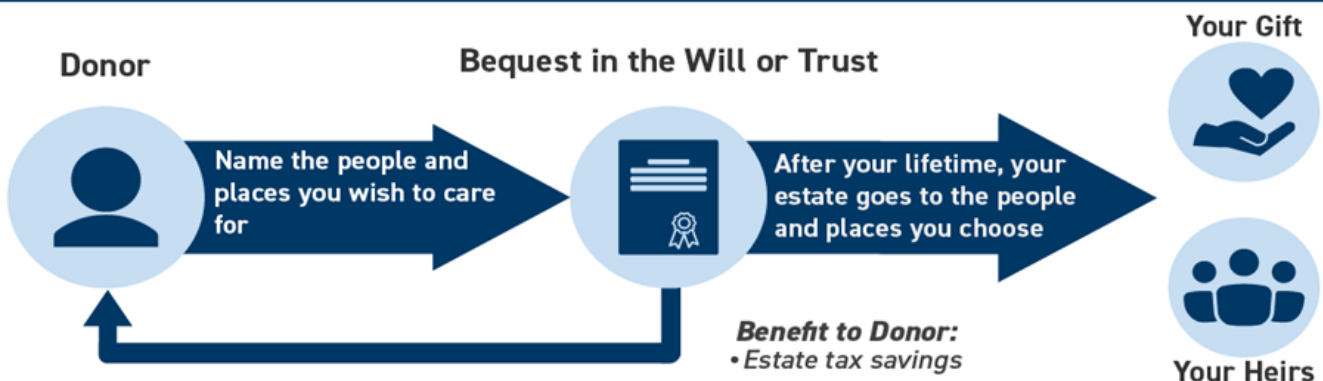


Continuing our journey into Planned Giving, this month we will discuss **Bequests** and explore how your final gifts can support the future mission of our church. Some of you have already included Trillium in your estate planning and we Thank You for your generosity! For those who haven't yet considered it, are beginning to think about it, or are anywhere along that journey, we hope this series provides helpful information and guidance.

Different types of bequests exist in Ontario. These include:

1. Specific Bequests: Gifts of specific items or amounts of money (e.g., jewelry, money, artwork, etc.).
2. Residual Bequests: Gifts of the remainder of the Estate's assets after all specific bequests, debts, taxes, and expenses are paid. This can be gifted through a percentage or share structure to individuals, classes of individuals, charities, and other organizations.
3. Percentage Bequests: Divides the assets in the Estate to beneficiaries on a percentage basis.
4. Contingent Bequests: Gifts that depend on certain conditions being met (e.g., if someone predeceases another; if a charity shuts down and there is a secondary charity the person wants to donate to).

HOW IT WORKS: BEQUEST



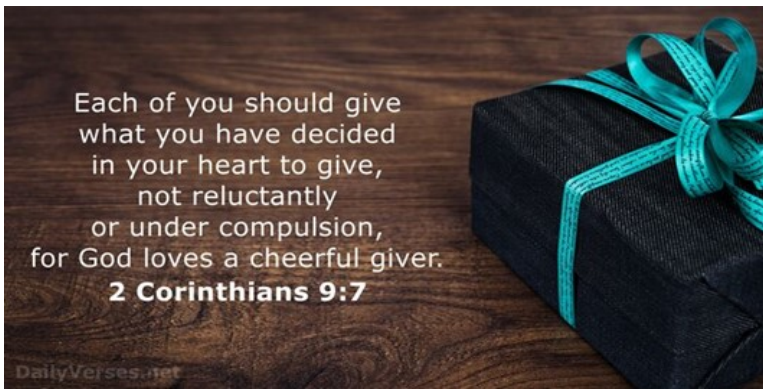
For those who want to leave bequests to their favorite non-profits, organizations, and charities. These donations made by the Estate can be claimed on the **T3 Trust Income Tax and Information Return**, potentially leaving the Estate with residual income tax benefits.

From website of HGR Graham Partners Lawyers Mediators

NOTE: Keep bequests as general as possible to avoid obsolescence. We are reminded of the bequest left to a church for the upkeep of the horse stable. Of course, once a horse stable was no longer required by the church, the money set aside could no longer be used. It sits idle still. If you must be specific, have a back up plan written into your bequest.

To learn more, please be sure to contact a financial advisor/lawyer to advise on your particular circumstances.

Scripture teaches us about generosity, trust and legacy:



John answered, "Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same."

Luke 3:11

But who am I, and who are my people, that we should be able to give as generously as this? Everything comes from you, and we have given you only what comes from your hand. 1 Chronicles 29:14

Leaving a gift to Trillium is also a way to deepen our own discipleship. It reflects a relationship of trust between you and the church; a confidence that these gifts will be honoured and used faithfully. It is an opportunity to contribute to meaningful change in the lives of others, even in a future we may not personally witness.

A question for reflection until the next issue:

Do you have a will? Have you even thought about what you'd put in it? Consider this: What matters most to you? What would you like to see continue long after you are gone? Where do you want to have a lasting impact? Communicating your plans can bring clarity and peace to those you leave behind.

General (Core) Fund March 2026				
2026	Goal	Difference	2025	Difference
\$32,052	\$44,900	-\$12,848	\$29,915	\$2,137

March Year to Date (YTD) totals are short of our goal but up from last year, so thank you to all who increased your contributions this year. Your generosity is appreciated. Please see this spot in future Roots & Sprouts for updated monthly generosity information. We appreciate your commitment to the work of Trillium.



 **Faith in Bloom** 

 **trillium**
United Church 

Let's show our support
for Trillium by emptying
the Step-Up Board 



Health & Wellness

Health and Wellness Team

Mission: To support and promote the physical, emotional, and spiritual well-being of our Trillium family and neighbouring community.

Vision: Create a community of whole-person wellness at Trillium and in the neighbouring community, through growing and serving together in Christ.



March Events:

- Personal Care Clinic at 565 Margaret St. on March 4
- Massage Student Clinic at Trillium on March 20

The Personal Care Clinic served ten people with therapeutic foot care, neck/shoulder massage, and haircuts. In our Parish Nurse's absence, Diane Mennagato offered Wellness Checks to participants. Refreshments were served. As always, participants expressed their appreciation for the services this outreach provides. Clinic volunteers: Joanne Sarkisian, Liz Reed, and Ruth Thompson.

The Massage Student Clinic on March 20 had six massage students providing half-hour, free massages to 21 people, most of whom were from the community outside Trillium. Refreshments were available for participants and students. Clinic volunteers: Janice Cruickshank, Carol Fleet, Carol McGeachan, Liz Reed, Joanne Sarkisian, and Ruth Thompson.

Many thanks to the fundraising groups, Pie Bakers and Beef Supper, for their financial support of Personal Care Clinics (via Community Wellness). This support will ensure clinics can continue to be offered at Trillium in 2026.

April/ May Events:

- Personal Care Clinic at 1195 King St building on April 1. No fooling!
- Fraud Awareness & Prevention, Thursday, April 16 at 2pm. In collaboration with UCW.
- Massage Student Clinic at Trillium on April 17.
- Personal Care Clinic at Trillium on May 6.

Please contact Ruth Thompson or Sally White for more information about clinics and events organized by the Health and Wellness Team.

Team members: Naomi Ferguson, Brian Hershey, Joanne Sarkisian, Alvey Saji, Ruth Thompson, and Sally White, Parish Nurse



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

Thank You

A heartfelt “thank you” to my church family for your caring, support, cards and phone calls in the sad, sudden passing of my only brother Bob.

He is now at peace and with that knowledge and my faith, I too am at peace.

Joanne Sarkisian



Stone Church Book Store - Thank You

Our fabulous book store volunteers did a wonderful job setting up and selling books at the garage sale!

We want to take this opportunity to give a big shout out to Bob Burt, Betty Anne Madill and Laurie Yeo-Schmidt for their efforts in the sale.

Other book store volunteers who continue to promote and help throughout the year include Selma Webster, Jen & Kevin Uebele, Dawn Sebastian, Ruth Pratt and Beth Attwood.



Trillium's Music Team

Chantel Betts met with Pastor Mark for some extra practice.

As you can see they have fun while getting ready for Sunday's service.



Dave, Annette and Walter, some of the Alpha Group participants, cleaning up after a shared meal this month.

Adult Spiritual Growth

Alpha@Trillium

Alpha@Trillium - Tuesday evenings at Trillium

Alpha might be the most attended course on the Christian faith worldwide. The Alpha course is the primary spiritual growth program at Trillium, with spring and fall courses offered.



The spring Alpha course has sixteen participants engaged in the weekly sessions on Tuesday evenings. Sessions include a soup meal, dessert, Alpha video, and group discussion. Many thanks go to our fabulous soup cooks for the first five sessions: Liz Reed, Jen Uebele, Betty Ann Madill, Selma Webster and Carol Fleet.

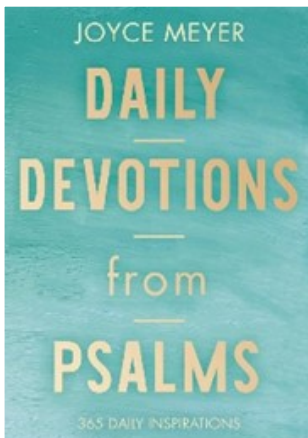
The Alpha Holy Spirit retreat will be held at Trillium on May 8 (evening) and May 9, 9 to 4pm. The course runs until June 2nd.

The next Alpha course is scheduled to start in late September or early October. Plans are also underway to organize a Youth Alpha program.

Alpha is possible because of many volunteers in various roles: meal organizing, cooking, helping in the kitchen, greeting at the door, leading discussions, and helping discussion leaders. Please give prayerful consideration to ways you can offer your time and talents for this important program.

Please contact Ruth Thompson for more information.

Spring 2026 Alpha Team: Sally White, Dawn Sebastian, Sam Ordon, Bobbi Stewart, and Ruth Thompson. Crystal Verhagen is the kitchen manager.



Psalm Study Group

This ongoing study group is based on Joyce Meyer's *Daily Devotions with Psalms* and progression through all the Psalms. If you are looking for a meaningful daily devotional guide and the chance for meaningful discussion, this group is for you. Newcomers are welcome to join at any time. The group meets every Thursday from 4:45 to 6 pm at Trillium. Please contact Ruth Thompson for details.

Health and Wellness Team

Mission: To support and promote the physical, emotional, and spiritual well-being of our Trillium family and neighbouring community.

Vision: Create a community of whole-person wellness at Trillium and in the neighbouring community, through growing and serving together in Christ.



April Events:

Personal Care Clinic at 1195 King St, April 1. Featured Foot Care, Haircuts and Massage serving fourteen individuals. Participants made offerings on a pay-as-you-can basis.

Fraud Awareness and Prevention at Trillium, April 16. Health and Wellness Team is grateful to UCW for organizing refreshments for this event.

Massage Student Clinic at Trillium on April 17. Twenty individuals received free half-hour massages. The students involved in this clinics graduate in May. Clinics will resume in September with a new group of 3rd year students.

May Events:

Personal Care Clinic at Trillium Wednesday, May 6: Foot Care and Haircuts

Many thanks to all the volunteers who help make Personal Care Clinics and Massage Student Clinics possible—scheduling appointments, setup/transportation of supplies, greeting guests at the door, welcoming and socializing, and preparing refreshments.

For information about the Health and Wellness Team and how to get involved, please contact Ruth Thompson or Sally White.

Team members: Naomi Ferguson, Brian Hershey, Alvey Saji, Ruth Thompson, and Sally White, Parish Nurse



Trillium
United Church Women
Spring Luncheon

Come and Enjoy

Confetti pasta with ham and salad

Dessert with coffee & tea

Thursday, May 14, 2026

Serving: 11:30am - 12:30pm

Cost \$20

Limited Tickets available at the church office or any UCW member

Proceeds to UCW Outreach Projects



450 King St. E. Cambridge, ON 519-653-6601

office@trilliumchurch.ca

The Clean
Sweep Team



Just a quick update: our team has embarked on a plan to declutter Trillium United Church. That means taking a good look at everything we currently have and deciding if it has a useful role to play in the church going forward. This is not an easy task and it will come with some difficult decisions to make.

One room of major interest to us is the front vestibule that functions as Trillium's primary entrance. Considering this is often the first thing experienced by first time visitors, it is important this space be an inviting entry point. Currently, the space is cluttered, dark and uninviting. So, we are embarking on some changes.

If you'd like to have input, why not let us know what you think we could do to make this space more welcoming. Or even better, join our team and be part of the change.

Peter Bouktsis, David Reed, Mark Rutledge, Sally White, Jo-Anne Hennig



Parish Nursing @ Trillium

When to call the Parish Nurse

- If **you** need someone to listen
- If **you** are looking for ways to improve your health
- If **you** are struggling with a relationship
- If **you** are in need of prayer
- If **you** are dealing with a loss or death
- If **you** or someone you know is going for surgery
- If **you** are lonely
- If **you** are overwhelmed
- If **you** or a family member is sick
- If **you** don't understand something that your doctor has told you
- If **you** are concerned about a family member or friend
- If **you** have a health questionnaire to complete



Trillium parish nurse ministry serves YOU!

Sally White RN Cert in Parish Nurse Ministry

Confidential phone number: 519-653-6601 ext 4 - Please call for an appointment

Email: trilliumparishnurse@gmail.com

- Are you outgoing and friendly?
- Do you have 15 minutes to spare on Sundays at church?
- Are you looking for an undemanding yet important volunteer opportunity?

WE NEED YOU!

Please contact Donna Bernard (Congregational Life Team) at 519-576-1538 for more information about volunteering at the ***Welcome Table*** after church on Sundays.



Pastor Mark's Musings

Dear Friends,

In Greek, the word for God is Theos. It is from Theos that we get the word Theism. Theism is the belief that a higher transcendent power or reality exists. If the belief is in a unified transcendent power then we call that monotheism. If the belief is in multiple transcendent entities (i.e. gods) then we call that polytheism. If the belief is that there is no higher transcendent power or reality then we call that atheism.

Most people are theists. There are many reasons for why most people are theists but the simplest explanation is that people intuitively recognize that God is the best explanation for why the world is the way it is. God best explains why there is something instead of nothing. God best explains why there is such gratuitous beauty and symmetry in nature. God as a designer best explains why the world is the way it is. On top of that, God best explains why people often sense a presence around them that seems hard to fully capture.

Understand that for many, God is not a perfect explanation for why the world is the way it is. People look around and wonder where God is in the midst of the violence and greed they see in the world. I remember one Holocaust survivor saying "that if God exists, He has a lot of explaining to do." Fair enough.

Why do you believe in God? What are the best reasons for you that cause you to believe in a higher, transcendent power? I remember as a five year old child just taking God as given in life. It just seemed to me in looking around there everything I saw gave evidence of design. With design comes a designer. It is not complicated. Alongside the self-evident evidence for God was also my sense of God's presence. I could feel God around me. It was something very palpable and real.

As I have grown older there have been times when I have doubted. I am probably not alone in that. This mood doesn't usually last very long but when it does happen, I wonder if my belief in God is really

grounded in something solid and true. Maybe I am just hedging against the possibility that life is pointless in the end. What often saves me in those places is that the idea that there is no God seems even less likely to me than there is one. For all the challenges of Theism I think Atheism faces even greater explanatory deficits. Atheism completely fails for me with respect to all the basic questions of life.

Jesus promises us that if we follow him, he will send the Holy Spirit to us as our Comforter and Advocate. That means we don't have to simply rely on our own wits to get through times of doubt. God is with us regardless of whether we are in times of deep faith or in the lean times of our doubt. You can call upon the Lord and ask for help, even if the help you need is to know whether He exists or not.

Your Friend in Christ,

Pastor Mark

**Join Us For
Board Game Café
Friday, May 15 & 29
7:30 - 11:30 pm
\$5 Admission for
UNLIMITED play
Snacks available for
purchase.**

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
- **Congregational Life:** 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:** Vacant

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

May 25

The next issue will be available on June 5, 2026.