

ROOTS & SPROUTS

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

Sept. 2026



The Annual Trillium and Ancient Mariner's Canoe Excursion was a big success. Thank you to all the volunteers who helped make this event happen!

It was a beautiful day on the Grand River and such a treat to experience nature first hand.



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*

NOTICES/UPDATES



We wish everyone with a birthday in September a most blessed celebration.
Congregational Life Team



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

As we start up the Fall time of fellowship, The Congregational Life Team requests volunteers to share their time for Sunday Morning Snack Time before and after the church service, no shopping required!

Thanks to all who have volunteered in the past and we ask that you continue to offer your help. 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.

July Birthdays



The August cake was enjoyed by all who attended but there is no photo.



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.



Sifa graduated from high school this year and received 2 awards, The SHSM red seal award and the WCDSB Black student excellence award. She was surrounded by friends and family to celebrate her at this exciting time! Congratulations Sifa!



Office Hours

Our summer office hours will continue through the end of September. The office will be open on Tuesday, 10-3, Wednesday, 11-4, Thursday, 10-3. Jo-Anne will be working her usual 15 hours per week. Mandy, our bookkeeper will be coming in early on Wednesday mornings.

As usual you can email or call the office if you have any questions.

Progressive Euchre

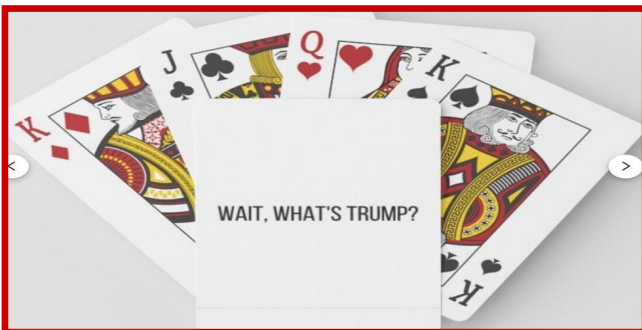
Saturday, September 19, 2026

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



CHANGES TO EXERCISE CLASSES FOR SEPTEMBER AND OCTOBER

Community Support Connections will need to pause the Trillium classes for the following:
FRIDAYS-
September 11, 18, 25, October 2, 9, 16, 23
and
WEDNESDAYS - September 9, 30, October 7, 21.

They will continue to have regular Wednesday classes on September 2, 16, 23, October 14, 28.

Join in the fun and stay strong. There is no registration required. Exercise classes start promptly at 1:00pm. These are FREE classes.

Please wear sports shoes and comfortable clothing and bring a water bottle.



Blessing Bag Ministry

Our Blessing Bags need your continued support.

With Autumn 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

Trillium Room
12:15PM

The 2nd & 4th Sunday
Following Sunday Service

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

Generosity

General (Core) Fund July 2026

2026	Goal	Difference	2025	Difference
\$81,998	\$127,118	-\$45,120	\$77,878	\$4,120
\$105,284	Including Faith in Bloom Funds	-\$21,834	\$100,097	\$5,187

The top line above shows that the July Year to Date (YTD) Core Fund total is short of our goal but up from last year, so thank you to all who increased contributions this year. On the second line, with the Faith in Bloom funds added in, we came to within about \$20,000 of our YTD Goal and exceeded last year's contributions. Thanks again to all who supported this campaign. As we are still behind our goal, please consider increasing your support over the upcoming months to help fill this gap. We will continue to keep you updated as we move through the remainder of the year.



Stone Church Bookstore is planning for a book sale on October 10. This is our way of celebrating Thanksgiving and all that we have to be thankful for. As with sales that we have had in the past, customers buying two books will receive a third one of the same value free. That means a buyer could get three of our most expensive books for \$10.

This is our fifth year with the bookstore. We earned just over \$11,000 in the first four years and with your support, and support from the community, it is possible that our grand total could be bumped to \$14,000 and maybe even \$15,000.

All of the proceeds from the book sales go towards the operation of the church, so you're not just getting some great books at great prices, you are contributing to the work of the church and the community.

The sale will be held at the church, Oct.10 from 10 a.m. to 2 p.m.



Don and Helen picked the elderberries from the tree at Trillium. Joan helped with the work of taking them off the vines. The three of them worked away and got the berries ready for pies. There will be more berries to pick soon. Once the pies are made then people can purchase them. This is another fabulous fundraising project by our awesome volunteers!



Chancel Renewal Update

The renovation of the front of the church (Chancel Renewal) has been a project long discussed since the three churches amalgamated, but other projects have taken priority over the years. We are in a good position now to take on this project for 2027.

We have formed a team to oversee this project. The Chancel Renewal Management Team consists of the following Trillium folks: Pam Noël, Chair, Helen Martin, Communications, Paul Mundy, Contractor Liaison, Debby Verhagen, Member, Mark Rutledge, Staff Rep.

The purpose of this team is to ensure the Chancel Renewal project is completed to our specifications and on budget. We will work with affected teams within Trillium, such as Property and Worship, to ensure the construction process is as minimally disruptive as possible.

The Chancel Renewal project has been divided into four phases: Phase one has been completed. This phase was for a new projector and as the old projector was on its last legs, we decided to go ahead on this part of the project. We received an Upfund grant from the United Church which paid for a good portion of this cost.

Phase two is for the reconstruction of the platform itself. This includes demolition and removal of various aspects of the platform area, as well as revised electrical and audiovisual wiring. Due to the receipt of a grant of \$56,000, as well as some generous contributions from congregants, we are able to proceed with this phase of the project in the new year.

There are still some funds that will need to be raised for the remainder of the project. We are awaiting updated costing but anticipate an additional \$50,000 will be required. We have applied for grants which, if received, will reduce this amount. We will be starting a fundraising campaign in October and will share details at that time.

If you have any questions about this project, please don't hesitate to reach out to Pam by email at pamela.noel@rogers.com or by text at 519-841-7738.



Youth Pool Party

Thank You Barb and Kelly for hosting the Trillium youth.

Even though it was a cooler day, everyone had a fun time.



A couple of garden photos at Trillium.

Thank you to all our gardening volunteers!



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



More canoeing excursion photos.



Youth trip to Georgian Bay with Pastor Mark, Parish Nurse Sally and their adorable dog too! It was a lovely August day.





This summer at Trillium, Katie was our Climate Motivator. These photos show some of the events that kept her busy.

The top left picture is a group photo with all the climate motivators holding signs of where they are all from while standing outside the Parliament building! The top middle photo is Katie sitting at the table during our coffee hour was when I was getting everyone to sign a petition to encourage our government to care more about our environment

and ecosystems. The top right photo is Katie with three other people at their Climate Motivators presentation at St. Luke's church including our MP Connie Cody beside Katie. The photo with Katie and two other climate motivators, David and Nghi, was from when she visited a United Church in Toronto for the weekend for a water related event where they learned about the importance of water!



Some more photos of the canoe excursion this summer.



Knotter's - All Welcome

On Tuesday, September 15, the Knotter's will be back to meeting on a weekly basis. If you are familiar with them you will know that they meet at 9 am and put together beautiful quilts which are donated to many people. There is no experience necessary to join in this community program. There are many talented people who are happy to share their skills with you.

Everyone brings their own lunch so after they are done quilting, they sit together and socialize.

If you are interested in joining, you can call the office at 519-653-6601 x 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



The CYMT group from Trillium enjoyed a camping experience at Brian Pott's camp site on August 19.

Ibukun, Brian Hershey, Son, Elena's father, as well as Elizabeth, Olivia's mother helped with driving the children to the trailer and back home. It was a fantastic time!



Oct 4, 2026 @ 1pm

Bring your pet, service animal or photo to the outside service for a blessing.

Trillium United Church – 450 King St. East





After the storm on Sept. 2 a few limbs came off some older trees around Trillium.

The gardens are flourishing with pollinators and no serious damage was sustained.

Thanks to our volunteers who helped to clean up.



PIES AVAILABLE

Our volunteer pie makers have been working their magic again. There are beef and turkey pies available for purchase. \$7 gets you a delicious pie. Call the office or speak to Helen or Joan to purchase yours.

Thank you to our fantastic volunteers who do a great job on this fundraising project!

Health and Wellness Team

Summer Update

Personal Care Clinics were held on July 8 at 1195 King St and on August 5 at Trillium.

The King St. clinic offered Foot Care, Haircuts and Massage on a pay-as-you-can basis.

For Trillium, services were Foot Care and Haircuts, Sally, our Parish Nurse was present to offer Wellness Checks to participants. Refreshments were served.



September Events

Personal Care Clinic on September 2 at 565 Margaret Street.

Clinic offering Foot Care, Haircuts and Massage. Dianne Mennegato will provide Wellness Checks as Sally is on vacation.

FREE Massage Clinic on Tuesday, September 15 at 1195 King Street.

Conestoga College students offer massages for 30-40 minutes free of charge. Conestoga offered Tuesday mornings for clinics September to April but this could not be accommodated at Trillium. Satellite Homes agreed to have the clinics at 1195 King Street. Trillium volunteers will continue to manage these clinics. By appointment only: Call 519-865-6601 Extension 5.

THANK YOU VOLUNTEERS! Personal Care Clinics are organized and managed by volunteers: scheduling appointments, setup/transportation of supplies, greeting guests at the door, welcoming and socializing, and preparing refreshments.

New volunteers are welcome to get involved in this outreach that is making a difference in our community. Contact Sally White, Parish Nurse or Ruth Thompson.

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

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

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

Parish Nursing @ Trillium

Parish Nursing @ Trillium

And so, the summer is coming to an end! Please check your calendars and set aside time to join us for an exciting event at Trillium in September.

On Thursday September 17, 2026 from 2-4pm, United Church Women and the Health and Wellness Team are collaborating and offering you an opportunity to hear from Holly Williamson from Community Support Connections. Holly will outline all the services that are offered to YOU by CSC. Some of these services are free and others have a sliding-scale fee attached that is income dependent. There will be an opportunity to ask questions.

UCW is kindly offering light refreshments and this event is free.

Please pick up a flyer from the Welcome Table in the Sanctuary and share it with a neighbour or friend.

We hope to see you on the 17th!

Trillium Parish Nurse – 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



Support to Live Well at Home

Join Community Support Connections for an informative presentation about the programs and services available to help older adults and adults with different abilities live safely and independently at home.



What You'll Learn

Discover the full range of Community Support Connections programs and services, including:

Meals on Wheels • Transportation • Exercise & Fall Prevention • Help at Home • Caregiver Support • Social Connection

Date: Thursday, September 17, 2026

Time: 2:00-4:00 p.m.

Location: Trillium United Church, 450 King Street East, Cambridge

Extra: Light refreshments will be served

Hosted by: Trillium United Church Women and
Trillium Health & Wellness Team

Trillium United Church: 519-653-6601 ext. 1

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.



Adult Spiritual Growth

Adult Spiritual Growth Team

NEW: Bible Studies with Mark

Watch the E news and October Roots and Sprouts for updates.

Psalm Study Group

This ongoing study group meets weekly to discuss Joyce Meyer's *Daily Devotions with Psalms* that progresses through all 150 Psalms. At each session, the group reads and reflects on two to three psalms and Meyer's daily devotions related to those psalms.

The group has six regular participants and have room for a few more. Newcomers are welcome to join at any time. The group meets every Thursday from 4:30 to 6 pm at Trillium. Please contact Ruth Thompson for details.

Alpha@Trillium

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



The spring 2026 Alpha course was the sixth course offered at Trillium. Participants have frequently remarked how Alpha has helped strengthen their faith.

Planning is underway for Fall 2026 and Winter 2027.

Alpha is possible because of the dedication of the Leader Team and Support Volunteers.

If you are past participant, please give prayer consideration to how you could help with this important program.

Please contact Sally White or Ruth Thompson

Pastor Mark's Musings

Dear Friends,

I remember years ago hearing a preacher ask the question,

"If a police officer pulled you over and charged you with the crime of being a Christian, would he be able to find enough evidence to convict you?"

You've probably heard this question before because, at the very least, I have used it myself a few times Sunday morning at Trillium. I think it is a great question. What tangible ways would someone recognize that you follow Jesus? Because, surely, if we are practicing Christians there must be some distinctive ways that make us different from others.

When the question above was posed many years ago by the preacher, my first response was, there wouldn't be enough evidence in my life to convict me of being a Christian. Why? Because my life looked pretty much like the life everyone else lived. What specific distinguishing Christian features in my life would the police officer find?

If the officer did an investigation, he'd learn that I went to worship most Sunday mornings. He'd also learn that I gave money to a church. He'd discover that I had some Christian books in my home. Even a Bible. In interviewing my associates he'd learn that I was a generous person when it suited me. Was this a sufficient body of evidence that could convict me in court of being a Christian? I remember at the time thinking that a good lawyer could get me off. All the facts above could be explained away with some clever interpretations.

Do you want your Christian faith to be at such a level that it could be explained away with a few clever interpretations? I hope not. That doesn't seem like real discipleship to me. A Christian faith that can be explained away with a few clever interpretations doesn't conform to the teachings and way of Jesus and it is out of step with the way the church of the New Testament went about things.

What Jesus offers us is a radical, mind-changing and life altering way to live today. It is built on an extravagant and expansive commitment to truth and love. It is a life that always protects, always trusts, always

hopes, always perseveres. It is a life that is rooted in a total commitment to collaborate with God. It is a way of life that cannot be explained away with a few clever interpretations.

A few of us in leadership have been looking at what it means to be a member of Trillium. And remember, being a member of Trillium also means you are a member of the United Church of Canada and the Holy Catholic Church that transcends all denominations. To be a member at Trillium is to be part of Christ's universal church. To be part of Christ's church is to commit oneself to living out His holy way of truth and love in your life.

Churches that take discipleship seriously are growing and the ones that take it lightly are fading away. If Trillium is truly committed to its Vision of being a Faith in Bloom community where its people grow, thrive and serve together in Christ then we need to up our game around membership and discipleship. The goal? If a police officer pulled over a member of Trillium he would most certainly find a sufficient body of evidence to charge that person with being a Christian. And no smooth-talking lawyer would be able to get that person off. That is the goal.

Your Friend in Christ,

Pastor Mark

Join Us For
Board Game Café
Friday, Sept. 11 & 25
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)

SUMMER OFFICE HOURS:

Tuesday, 10am-3pm, Wednesday 11am-4pm,
Thursday, 10am-3pm

Our Vision: ***Faith in Bloom: Growing, Thriving,
Serving - Together in Christ***

Registered Charity #119197002RR0001



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.

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Editor: Jo-Anne Hennig

Send articles to: office@trilliumchurch.ca

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

September 22

The next issue will be available on October 1, 2026.