ROOTS & SPROUTS

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

Nov. 2026



Katherine, Ali and Sifa went rock climbing in October. They appreciated God's creation and had a great day!

Another fabulous activity enjoyed by our congregants at Trillium.







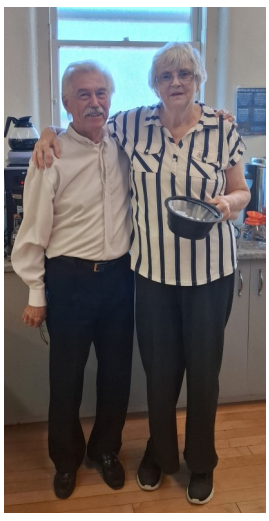
Fall Buncheon

Many thanks to our many dedicated volunteers. Our buncheon was a success; some even said it was a 5 star event! We made $1569.00 towards our fundraising.

The Bridges were grateful to receive the extra food we had so it was a win/win situation.

Thank you everyone.

UCW Team





trillium United Church

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 November a most blessed celebration. *Congregational Life Team*



October birthdays were celebrated with a yummy cake.

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





Featured here is Joan along with Brianna and her new baby brother Jaymar. Shani, mom of the children took the photo. Oct. 2026

The Knotter's met for their weekly quilting and at lunch they celebrated Rose with a red velvet cake.



Fully Rely On God

Young people enjoy crafts and games together. They meet at Trillium the 2nd and 4th Wednesday of each month, 6-7:30pm

It's FREE and welcoming. Poster on page 13.



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.

Join our Nativity Expo

PLEASE LOAN US YOUR NATIVITY SETS!

Expo dates: 28+29 November 2026
Where: Sanctuary@ Trillium
Organizers: Congregational Life Team
Contact: Sally 519-653-6601 ext. 4





Our Bruncheon volunteers enjoyed a delicious lunch of corn chowder made by Laurie. This was the day before the big event and everyone was super busy with preparations!

Everyone sang Happy Birthday to Rose, 91 years young!





Progressive Euchre

Saturday, November 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—2:00pm

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

Trillium United Church
450 King St. E., Preston
Across from the library

Blessing Bag Ministry

Our Blessing Bags need your continued support.



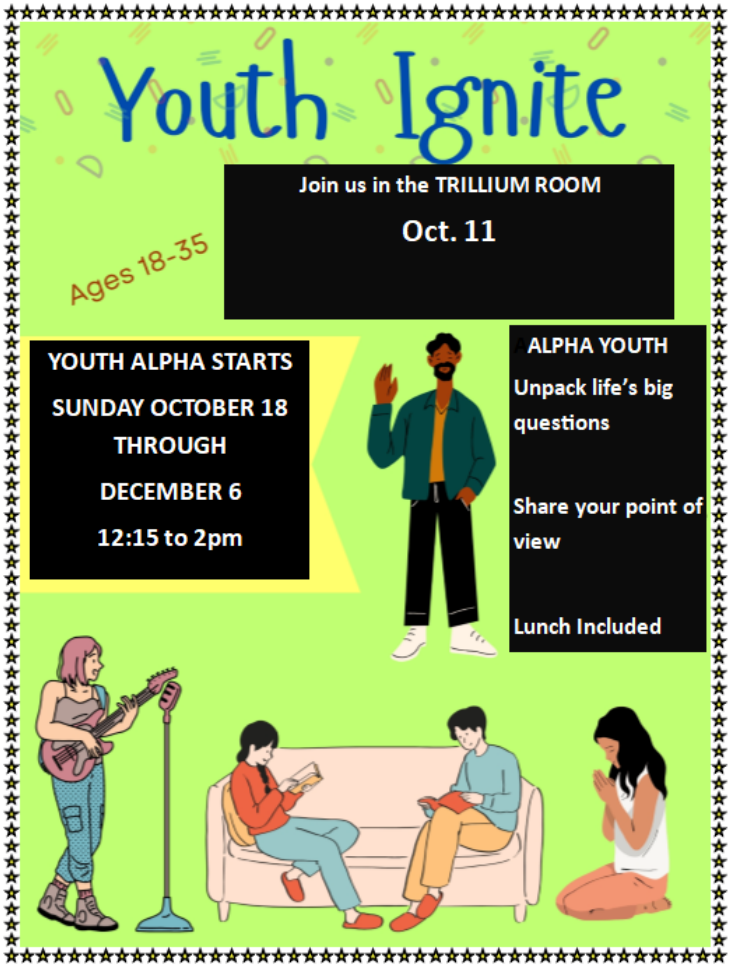
With Winter approaching, we can use warmer socks, hats, scarves & warm gloves .

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.

God Bless, bch (Brian Hershey)



Prayer Request

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.

Generosity

Core Fund September YTD 2026				
2026	**Goal**	**Difference**	**2025**	**Difference**
$108,288	$136,100	-$27,812	$100,267	$8,021
$131,574	**Including Faith in Bloom Funds**	-$4,526	$122,486	$9,088

The top line above shows that the September Year to Date (YTD) Core Fund total is short over $25,000 from 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 are only short $4,526 from our YTD Goal, but exceeded last year's contributions. We will continue to keep you updated as we move through the remainder of the year.



The Personal Care Clinic was a success at Trillium on November 4. Our volunteers and staff welcomed people to have foot care and hair cuts at a pay-as-you-can event. There is an opportunity for people to speak with our Parish Nurse who also offers wellness checks.

Refreshments are available along with the care of our volunteers and professionals.

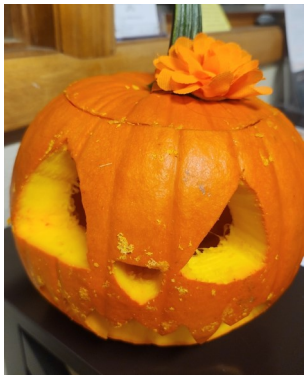
A big thank you to all involved in these events.

Our Children and Youth got their hands on and into some pumpkins for Halloween festivities. Thanks to our volunteers who got the pumpkins and organized this traditional pumpkin carving event.











90+ Birthday Celebration
Sunday November 1, 2026

We had a wonderful time celebrating Rose, Ken, Frieda, Janet, Audrey, Iona & Laurine.

Everyone enjoyed cake and ice cream.

Thank you to all who attended and those who organized this special event.

See page 14 for more photos.

PIES & DUMPLINGS 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. The apple dumplings are fresh and available for $6 each. The elderberry pies are ready and available for $15 each. 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!

Join Us For

Board Game Café

Friday, Nov. 13

7:00 - 11:00 pm

$5 Admission for UNLIMITED play

Snacks available for purchase.

Social Concerns & Outreach

Our Special Thanksgiving Offering results are as follows:

Life and Work of Trillium:
$2,430.00 for our Refugee Aid Fund (This has been designated by the Social Concern and Outreach Committee to help our Ethiopian Sponsored family repay their airfare)

Outreach: $820.00 which is designated for the Cambridge Food Bank





The Trillium Table - Wondering what this is?

Fall Cleaning? Gifts to be re-gifted?

Do you have any new items, still in the original packaging that you would like to find a new home for?

We all have those items we received that we really don't need but don't know what to do with. Well, we have your solution.

During the Christmas Market we will have a table to sell these fabulous items and the proceeds will go towards Trillium which helps many in the community.

Contact Pastor Mark if you have any items you would like to donate.



A big thank you to our very own Linda Pitcher who comes into the church to decorate the sanctuary. Linda was in this week to set up the Remembrance Day memorials.

If you would like to help Linda with this volunteer position please contact the office.

Health and Wellness Team

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, Carol Fleet, Ruth Thompson, and Sally White, Parish Nurse

Support volunteers: Joanne Sarkisian, Janice Cruickshank, Wanda Brain, Jim Potts, Earlene Peshnak, Dini Coleman, Veronica Miller, Liz Reed, David Reed, Sheila Burtt, Annette Losier, Dianne Mennegato

The team's community wellness outreach includes:

- Personal Care Clinics (foot care and haircuts) – Pay-as-you-can
- Massage Clinics in collaboration with Conestoga College's Massage Therapy Program. Students offer free massages as part of their training.
- Social Drop-in twice monthly at 1195 King St E building.

<u>October Outreach:</u>

Wednesday, October 7: **Personal Care Clinic** at 1195 King St. E.

Tuesday, October 20: **Massage Clinic** at 1195 King St. E.

Tuesday, October 20: **Foot Care Clinic** at 1195 King St. E.

October 14 and October 28: **Social Drop**-In at 1195 King St. E.

<u>November Outreach:</u>

Wednesday, November 4: **Personal Care Clinic** at Trillium

Tuesday, November 17: **Massage Clinic** at 1195 King St. E.

Second and fourth Wednesday: **Social Drop-In** 1195 King St. E.

For more information about clinics: Please contact Ruth Thompson 519-653-6601 Ext 5

Massage Clinic

FREE by 3rd Year Students

Tuesday, November 17

9:00 to Noon

1195 King Street East

For appointment: 519-653-6601 Ext. 5

Trillium United Church

Satellite COMMUNITY HOMES

These photos show Peter our custodian as he looks after Trillium's outside property this autumn by collecting the leaves and cutting the lawn. David is an integral part of our property team and is always looking after the building. Thank you both for your care of Trillium.







Here we have Carol and Evelina, our hair stylist and foot care specialist at the Personal Care clinics. These clinics are held at Trillium and off-site. The off-site clinics allow clients who cannot leave their homes quite so easily access to these services.

These ladies are much appreciated and the clients are grateful for their professional services.



Christmas Book Sale

Saturday, November 28, 8 a.m. to 1:00 p.m.

Stone Church Bookstore

450 King St. East

Buy two books and get a third one free!

Donations welcome

trillium United Church

Safety Reminder for Trillium United Church

For those that have door code access - it is our responsibility to ensure our church is only accessed by those with permission which includes others with door codes, or for the purpose of a specific activity.

We are a welcoming and caring church and strive to ensure our space stays safe for all who use it. Thank you for your part in this.

Submitted by Church Council

Some of our book store volunteers enjoying the beautiful autumn weather!



Save The Date

Saturday, November 28, 2026 8:00 a.m. - 1:00 p.m.

Trillium's Annual Christmas Market

Cookie Walk and Bake Table

BAKERS NEEDED!

We would GREATLY APPRECIATE your help to bake festive cookies, squares and loaves to help make this year another great success!

We need as many cookies as possible! The past two years we have been sold out after only two hours of opening!

Baked goods need to be **free of peanuts, peanut butter and gel icing decorating tubes.** Eggs and cream cheese are fine as long as they are baked within.

When baking **squares**, please use parchment paper in the pans to provide easy removal. Also, please **do not cut** the squares. Our volunteers will do that.

Before bringing your baked goods to the church, please **write the name** of the cookie/square/loaf on the top **and** if it is gluten free or vegan.

Please remember to label your containers or plates with your name.

trillium United Church

TRILLIUM UNITED CHURCH

450 King St. East, Cambridge

(Entrance now on King Street)

CHRISTMAS MARKET

Saturday, November 28, 2026

8:00 a.m. – 1:00 p.m.

Christmas Cookie Walk

Bake Table

Meat Pie and Apple Dumpling sales

Trill-i-Yum Café - Breakfast/Lunch

Nativity Expo (New) 20+ Nativity scenes

Local Vendors

Come and Enjoy all the Treats and Goods Available!

Cash Preferred

All proceeds to go towards the Trillium Building Fund

For more information, contact the office at 519-653-6601

trillium United Church

Adult Spiritual Growth

Psalm Study Group. An ongoing study group following Joyce Meyer's *Daily Devotions with Psalms. Thursdays from 4:45-5:45 pm at Trillium. Seven participants.*

An upcoming daily devotional is based on Psalm 111:10.

Excerpts of Meyer's reflection on this verse*: Wisdom is the right use of knowledge… Walking in wisdom is doing now what you will be happy with later… There is no such thing as wisdom without worship… Knowledge and information are good, but wisdom is far better... Knowledge without wisdom causes us to be pompous and proud, which is ultimately detrimental.*

Newcomers are welcome. Please contact Ruth Thompson for details.

Alpha@Trillium

For the fall, **Alpha Youth: Original Stories Course** is running Sundays following worship until December 6th with seven youth participating. Course leaders: Tanya Pickard, Ben Harder, and Tori Buck. Many thanks to the support volunteers providing lunches.

Bible Project: The Letters of Paul – Led by Pastor Mark. Fourteen people are participating in this study group that runs until December 1.

Did you know? Trillium has a library – Books available on loan.

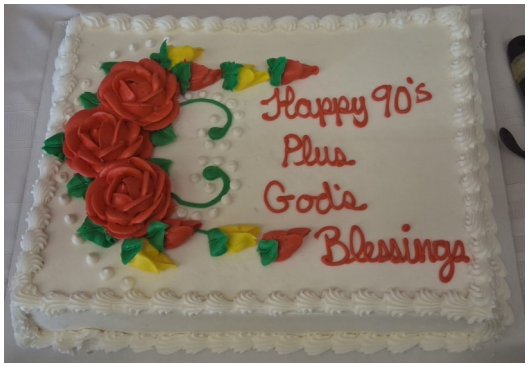
Check out the church library featuring a variety of genres: Devotionals, Christian commentary, Christian fiction, Women's focus, Inspiration, Biographies, and different versions of the Bible.



This is a friendly reminder that Trillium has a well stocked library for all to use. It is located outside the nursery classroom. It's a cozy nook at the top of a small staircase. Be sure to check out the wonderful selection of books. Use the sign-out sheet and return the book in the bin when done reading. Ruth is one of our volunteers who enjoys the Trillium library.

90+ Birthday Celebration at Trillium Nov. 1













What started as a dreary day turned beautiful for the **Pet Blessing** ceremony on Oct. 4th. The ceremony was made very personal by Pastor Mark. Each attendee (approx. 15 pets) was able to share some of the character of their well-loved companions whether they were in actual attendance or represented by a photo or special toy. Each owner and pet received a special blessing for which all were incredibly tolerant. The only "misbehavers" were the yellow jackets (bees) when the group enjoyed cider and animal cookies after the service.













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.



Parish Nursing @ Trillium

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



Our Bruncheon was a lovely time for all involved.



Pastor Mark's Musings

Dear Friends,

One of our Core Values at Trillium is Reach Out and Serve Others with Kindness. This is a very important core value in our understanding of what it means to follow Jesus at Trillium. The core value that precedes Reach Out is also very important. It says, Uphold Honesty and Integrity. The challenge in life is trying to live out these two values together. Not easy! It means we must communicate with each other with the truth. The idea being that without truth there is no opportunity for an authentic relationship between people. At the same time, truth communicated without any concern for kindness is often harsh and hurtful. We've all been on the receiving end of someone who speaks bluntly without concern for our feelings. In many cases the truth isn't delivered in a way that is helpful to us. The challenge is to communicate truth in a kind way.

Somehow, we've subverted the notion of what kindness and love actually is. Kindness is often connected with deception rather than truth in our culture. To be kind is to withhold the truth. Truth may be necessary at times but it rarely feels like an act of kindness. We all tell "little white lies" to smooth over our social interactions. Perhaps our heart is in the right place but if we are honest, I think we'd have to admit that most of the time those little white lies are told to save us aggravation and misery. And let's be honest, when we have been honest with others in the past it hasn't always been well received. Yet when I think back to my best learning and growth in life it is always because someone has been honest with me about what they see.

It is a hard problem to solve. How to speak the truth in love? How to be that kind presence without being dishonest? Here are my suggestions for beginning a practice of reaching out and serving others with kindness. They don't guarantee absolute success but they move us I believe in the right direction. It starts with a simple question. Is our goal to build other people up or to tear them down. Is sharing our honest perspective meant to benefit ourselves or the other party. Truth offered in the quest to build people up is a powerful act of kindness. Here is what it can look like :

Truth spoken with kindness...
1. Has good timing.
2. Is spoken in a private setting.
3. Is planned for.
4. Gets straight to the point.
5. Begins with a positive aspect about the person.
6. Allows the other person time to respond.
7. Doesn't allow the point to drag on too long.
8. Lets the person know that the relationship is still solid.
9. Ends things on a positive note.
10. Speaks in the first person.
11. Doesn't ask questions.

When we speak truth with kindness we take concern over the timing of it. We seek one-on-one situations. We think through what we want to say and we get straight to the point. We begin our observation with praise for the other person so that they understand that what we offer them is meant to build them up. We allow the other person time to respond. We don't let the conversation drag on too long since most things in life aren't really that big. We make certain the other person knows that we are committed to our relationship with them. We end things on a positive note wherever possible (a bit of humour can be helpful here.) We always speak in the first person. We never claim to speak the ultimate truth. And we avoid asking questions at this time since it is easy to ask them in a judgemental way or with a certain agenda or edge.

Now I realize that I should probably put up some suggestions about how to receive truth in love since for every sharing there is both a giver and receiver. This is something for me to think about. In the meantime, let me encourage you to remember that we are called as Christ's followers to share the truth in kindness. It is always truth with love, never the truth. Candour is great but without the kindness that comes from love it can easily alienate others. The other great temptation is simply to stay quiet or pretend that everything is fine but then that wouldn't be very honest. There wouldn't be much integrity in that approach. That wasn't Jesus' way and it can't be ours either.

Your friend in Christ,

Mark Rutledge

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 Bingham
Building Caretaker: Peter Bouktsis

450 King St. E., Cambridge, ON N3H 3M9
Telephone: 519-653-6601
Web: trilliumchurch.ca
Email: office@trilliumchurch.ca
Bookkeeper/eTransfer: trilliumfinances@gmail.com
You Tube: youtube.com (trilliumunitedchurch)

OFFICE HOURS:
Tuesday, Wednesday & Friday,10am-3pm

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

Registered Charity #119197002RR0001

Members of Church Council

- **Chairperson:** Karen Atkinson
- **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

November 23

The next issue will be available on December 4, 2026.