

# ROOTS & SPROUTS

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

**Dec. 2022**



## Holiday Market 2022

What a fabulous group of volunteers we had this year! Many people participated and it was a winning event. So many delicious baked goods, crafts by the youth and our café was a hit as well.

A big thank you to everyone!



## 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 all of those with birthdays in December a most blessed celebration.

Membership Committee



Our November birthdays were celebrated with cake and everyone enjoyed the festivities. Happy Birthday, Pam, Frances and Liz.



Frieda Kroeker, at the Remembrance Service on Sunday, walked up to the front of the church with her husband's wreath to commemorate his Military service to our country. Thank you Henry.

### TIME, Talent & Treasure Auction

The Handy Bryans & 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



Thanks to everyone who placed orders for chocolates in our recent Chocolate Fundraiser. We greatly appreciate your support. 18 people placed orders and we raised \$433.02 for the Roof Fund. This is a great start that the Generosity Team would like to grow in future.

Some of the learnings we took away from this experience were that we should include more offerings in the mid priced range and a few more basic chocolate offerings, not just fancy wrapped gift items. We will work with Reids to look for future opportunities to expand this program over the next year.

Pam Noël  
Generosity Team, Trillium United Church



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



This is a short note to say thank you to every person who made our Holiday Market a great success. We had many varieties of cookies and Christmas baking. God gave us a beautiful day. Heather and Eric Goulet organized the event including our old fashioned cookie walk. What a wonderful day! Thank you so much.

Submitted by Shelia Matthews



## 2nd Annual Candlelight Walk

As the time grew closer to gather for our 2nd Annual Candlelight Walk it was very apparent that we would have to change our plans. So, what do you do when you are handed lemons? You make lemonade! (For those who attended this will put a smile on your face)

We quickly sent a message around to the churches on Sunday morning to change the walking to an indoor event.

We jumped into high gear. Brian and Sifa stepped in at the last minute to take parts for those missing. Tracy took the pictures (Heather forgot her phone), Mickie found some music for the carols and Dianne pushed buttons. Our "live" Christmas candles (Alexis, Mira, Mercy, Jackson, Mickie) and biblical characters (Heather, Wilson and our community friends) were just the right inspirational message to kick off the Advent season. It was well attended with over 50 participants!

Submitted by: Heather Margerison



## AVODAH at Five Oaks

Great work, great worship,  
great food, and great fun!





Exercise

### Stay Active, Build Better Balance!

Join our FREE Gentle Exercise Classes



Drop in: No Registration Required  
Bring Your Running Shoes and Water!  
Everyone is Welcome, No Experience Necessary!

Wednesdays at 1:00 PM Starts November 30	Trillium United Church 450 King St E Cambridge	Seated class options and standing balance to reduce falls!
--	--	--



### Book Store Manager Needed

Do you love books? Do you enjoy organizing? Do you want to help others get books into their lives? If you answered yes then give us a call at the office, 519-653-6601.

We need someone who can co-ordinate the volunteer schedule, manage the book store stock and have fun too. This would be a commitment of a couple of hours per week.

Thank you for your consideration.



Iona was delighted with her Prayer Shawl given to her by members at Trillium.

### Blessing Bag Ministry

Help! Our Blessing Bags need your continued support.



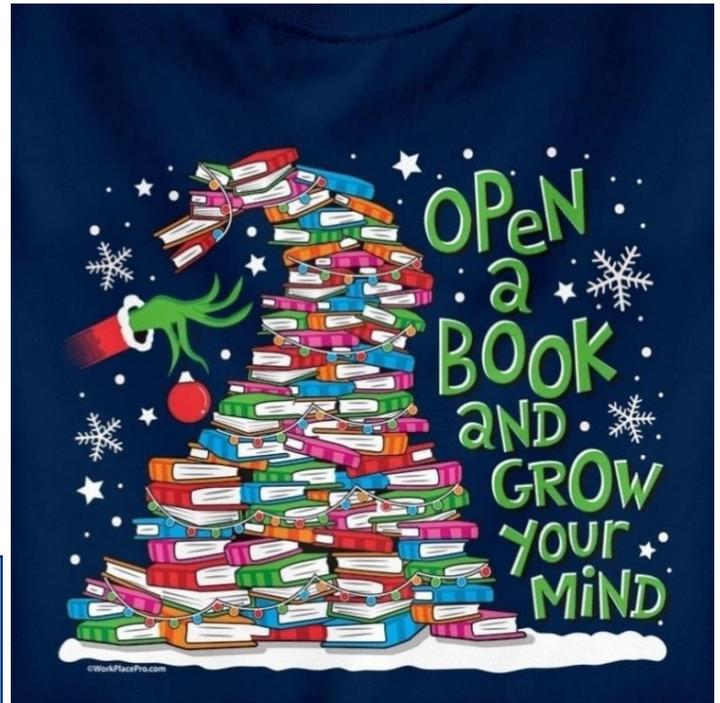
A big **THANK YOU** for all the donations to the Blessing Bags.

**As we move into the fall, warmer hats, gloves, scarves & new socks are needed.** 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)



Misago Family and Friends Celebrate  
Becoming Canadian Citizens!



Trillium's end of year

STEP UP campaign for 2022

has begun!

Each snowflake represents an extra  
gift to Trillium and gets us one step  
closer to financial health

Take a snow flake, any snow flake  
and make a difference!

Goal \$19,200

Raised \$5,230



## Stone Church Books - Sale

We've got a **big sale** coming up on  
**Sunday, December 11**, just in time  
for Christmas shopping.

12 pm - 3 pm

Most adult hardcovers will be priced  
at **\$2** and most adult paperbacks will  
be priced at **\$1**.

Kids' books will range from **50 cents  
to \$1**.

Our gently used books make great  
gifts and it is good for the planet to  
buy used!

Come join Betty Anne and Selma in  
the bookstore for some warm  
conversation and great deals!

**Frances turned 80** and it was a fabulous celebration. Many people turned out to wish the birthday girl all the best. In lieu of gifts Frances asked for food bank donations. She raised over \$250 plus over 50 pounds of food for the food bank pantry and blessing bags. Way to go everyone! Our community spirit makes such a positive impact!



Join Us For BGC

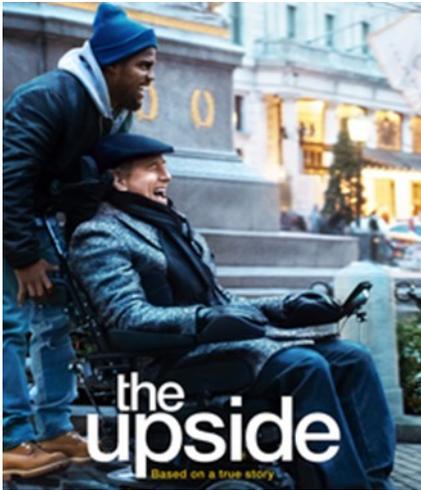
Friday, December 9

7:30 - 11:30 pm

\$5 Admission for UNLIMITED play

# Adult Spiritual Growth

## Faith in Film



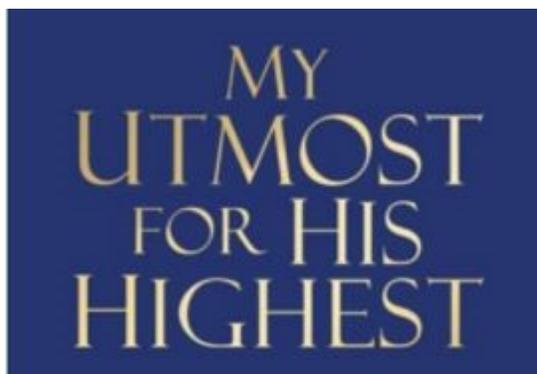
For movie buffs who like spiritually significant films. Watch the film and talk about its messages in our faith journey.

**Friday, December 2, 7:00pm,  
Trillium Sanctuary**

**Feature: The Upside, 2017, PG-13**

A disabled billionaire who thinks his life is no longer worth living hires a parolee as a life auxiliary and an unlikely relationship develops. Based on a true story.

**ALL WELCOME! FREE!**



Join us as we discuss and reflect upon the popular daily devotional, *My Utmost for His Highest*

**Thursday afternoons, 4:45pm to 5:45pm**

Please join the meeting from your computer, tablet or smartphone.

<https://meet.goto.com/120237085>

You can also dial in using your phone.

Canada: [+1 \(647\) 497-9373](tel:+16474979373)

**Trillium  
Christmas Day  
Potluck Meal  
and Party**

**Gathering 2 pm**  
**Meal 3 pm**  
**Games 4-6 pm**

*Please RSVP to Sally White  
for your food assignment  
(519)546-4849*




**Special BGC  
New Year's Eve Party**

**December 31, 2022  
8 pm to 12:30 am**

**Ring in the New Year  
in a Fun  
and Safe Manner!**

**Lots of Games & Snacks  
\$10 covers everything**

**Call as needed:**

**Earlene Peshnak 519-653-1553**  
**Sheila Matthews 519-653-1286**  
**Joanne Sarkisian 519-653-3955**  
**Brian Hershey 519-658-6405**  
**Sandra Daoust 519-219-0381**  
**Harold Matthews 519-653-1286**  
**Doug Stuart 519-653-0514**



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

**Calling all knitters... and  
crochet-ers.....**

*We are looking to continue the prayer shawl ministry here at Trillium. Do you know someone who loves to knit or crochet? If you do, or you would like to be involved in knitting or crocheting shawls that are given to those who are in need of feeling the love of God, please contact Sally White @ 519-546-4849*





**Mobile Food Market**

**Fresh Produce Baskets in Your Neighbourhood Every Week!**

**COST \$5.00**  
**CASH or DEBIT**  
Donations over \$5 allow us to keep the Market affordable for everyone

**Trillium United Church**  
**450 King Street East**  
**Every Tuesday**  
**5pm- 6:30pm**

**Beginning November 1st**  
Weekly basket preview on our social media

   @Cambfoodbank

**Everyone Welcome**

For more information contact:  
Patrick 519-622-6350 ext 206  
mobilefoodmarket@cambridgefoodbank.org

Thank you to the volunteers from Trillium who have worked the Vegi Van for orientation. We are averaging 14 customers a week. Personally I cannot eat all the food I buy. Although this is sponsored by the Cambridge Food Bank it is for anyone who wants inexpensive, local produce to help with the household budget. Every week we see a new face from our Trillium congregation. See you Tuesday at 5 - 6:30pm. Thanks and God Bless, bch



**In Person Monthly Caregiver Support Session**

Located at the:

**Trillium United Church**  
**450 King St East**  
**Cambridge**

To register, or for more information please contact:

**Linda Flemming**  
**519-503-8155 or**  
**[lindaf@cscmow.org](mailto:lindaf@cscmow.org)**

**TUESDAY DECEMBER 6TH**  
**1:00 - 3:00**

Parking is on King St, or Waterloo Street



**WATER**  
**OUR SACRED TRUST**



A story about Waterloo Region's most important resource and the challenges it faces.

**BOB BURTT**

## Water - Our Sacred Trust

A new book by Cambridge Author Bob Burtt injects new life into old stories about the history of drinking water in Waterloo Region.

*Water—Our Sacred Trust* chronicles the search for water beginning with the first settlers who relied on ponds, streams and creeks, drilling wells and eventually tapping the Grand River. The Middleton pumping station in Galt plays an important role in the story. The pumping station, built in 1890, is the oldest continuous operating station in the region, providing up to fifty percent of the city's water today.

The region has a proud history of innovation, being the first in Canada to develop a serious water conservation plan, a comprehensive plan to protect water at its source and an innovative scheme that allows water to be stored in the ground and used later when demand is at its highest.

More than a series of dates and events, *Our Sacred Trust* is also a cautionary tale about what can happen when water, the source of all life, is not properly cared for.

Other books by Bob Burtt include *rare Moments In Time* and *No Guardians At The Gate*. Bob Burtt is a Cambridge resident. *Water - Our Sacred Trust* will be available at Bowman's Home Hardware in Preston and Wordsworth Books in Waterloo or at [bobburtt@gmail.com](mailto:bobburtt@gmail.com).



**Christmas Eve  
at Trillium**

**A Visit to Bethlehem**  
For children, youth and adults  
at 7 pm

**The Star Child Arrives**  
Candlelight & Communion  
at 10:30 pm

**Christmas Morning**  
at 10:30 am

***Health and Wellness  
Ministry@ Trillium***



***Information and Introduction  
Sunday December 4, 2022  
Coffee Time  
Upper Auditorium***

## Heather's Hunches



I've often written about the view from my home office. At this time of year, it is a very gloomy scene. The trees are bare, the sky is grey, and now the grass is turning from green to brown. Sorry if I'm bringing your holiday cheer down a notch as this is not my intention.

Let me explain; I love the trees outside my window. They are full of life and are constantly changing. So how does their dreary appearance make me smile during this season?

The trees are, for lack of a better term, in a state of hibernation. They've dropped their leaves to retain water over the winter. They are taking a "time out", "a rest".

During the season of Advent, I'd like to think that we can learn from the trees and take a "time out" to reflect on and prepare for the day of Christ's birth.

How will you take a "time out"? Will you take time for reflection, listen to special music, go for a walk, read, write, or craft?

So, remember, if you lose your way through this season of Advent, look to the trees for your inspiration. Stand still and breathe!

*May you have a peace filled Advent and a very Merry Christmas, Heather Margerison (Children & Youth Pastor)*

# Parish Nurse Update

The Christmas season is upon us! We have already lit our first Advent candle, even if it did take more than a few tries, as those of us who were in the Sanctuary and on line can attest to! Isn't the lighting of the candles a challenge most years? But I digress!

I do hope you enjoy the article that I found on the United Church of Canada website from a few years back, encouraging us to consider a Buy Less Christmas. This article briefly highlights the true meaning of Christmas and challenges us to live this out in our Christmas gift giving.

Sally White, Parish Nurse

Trillium Parish Nurse  
Confidential phone number: 519-653-6601 ext 4  
Email: [trilliumparishnurse@gmail.com](mailto:trilliumparishnurse@gmail.com)  
Please call for an appointment

## **Kathryn Gray muses on how we can be more mindful with gifts this Advent, and not give in to the pressure to Alternative Gift-Giving for a Buy Less Christmas.**

Advent is a time of waiting. It is meant to be slow and full of reflection, but most people find Advent becomes a high-speed train they can't get off until January. Everyone wants the season to slow down but feels they can't grab onto it long enough to take control.

What if we took a step to make Advent a slowed-down time of preparation? What if we refused to give in to the pressure to shop and consume and shop some more? Every day of Advent we could engage in a spiritual practice of turning from our usual habits and instead making gifts or finding gifts in second-hand shops, or really thinking about what our loved ones would value and what we have to offer them.

Aiden Enns, one of the founders of the "Buy Nothing Christmas" concept and former editor of [Geez Magazine](#), says that having a Buy Less Christmas, "puts the focus on our consumer habits and seeks to align them with our principles." For people like Aiden, it is ironic that people of faith celebrate the coming of the Christ child by shopping

madly, pouring money into a system that generates things nobody needs.

The concept of a Buy Less Christmas is daunting for many people because they worry, they'll be stuck making cheesy crafts. Check out the Advent Unwrapped [Buy Less Shopping Guide](#) for ideas for things you can do and buy that hopefully won't have you crying in the aisle of the craft store: creating a photo album, taking your loved one to a show or café, assembling a care package.

Think of Buy Less Christmas as a spiritual practice getting you ready for the Christmas event. If you can shrug off some of the frenzy and return to the values of community and simplicity, you will find this Christmas to be rich and full of surprises!

*Kathryn Gray lives in Toronto and hopes her teenagers don't secretly hate the things she knits them for Christmas.*

*United Church of Canada  
November 21, 2019*

## Pastor Mark's Musings

Dear Friends,

I came across an article I wrote for Roots and Sprouts back in December, 2014 that I had totally forgotten about it. I had just become acquainted several months earlier with the Offa Dyke Path that runs along the border between England and Wales. The path/trail follows the basic outlines of an earthen wall that King Offa of England built around 700 AD to keep all those rascally Welsh out of his kingdom. Whether it worked or not is unknown but the footpath wanders through some of the loveliest parts of Wales. At the time I bought several guide books on the Offa Dyke Path and had begun researching what walking it would entail. I was excited about going on an adventure like this. In fact, the Offa Dyke felt more like a pilgrimage than a hike to me because I sensed there was important spiritual learning waiting for me on it. Certainly, the seeds of a dream had been planted.

Now it is eight years later and I still haven't walked the Offa Dyke. Like many dreams there are often practical reasons that get in the way. At 330kms the Offa Dyke journey would probably take about 3 weeks to walk so I would probably need to take a month in total to do it. Not easy to arrange. Also, I was hoping I could walk the Offa Dyke with Sally so that is an extra consideration. Most people B&B the Offa Dyke in farm homes along the way. The cost of travelling to England and Wales and the necessary accommodations is significant. Finding the financial resources to do this is not easy. There are often many practical reasons that get in the way of embarking on a dream.

If I am really honest, however, there is a deeper reason why I haven't yet walked the Offa Dyke. I am intimidated by the Offa Dyke. I am scared of it. As I get older, I wonder if I have the physical resources to walk day in and day out for three weeks straight. A single day hike is doable. Two days. Yup. But 20+ days straight. I don't know. I have never done it. I would also be walking in an unfamiliar environment without my customary supports available. That is a bit unnerving to me. The amount of organizational and logistical requirements seems daunting. There are just so many unknowns. How does one plan for something like this?

In some ways I think my hedging around the Offa Dyke Path shares many of the same characteristics with my walk with Jesus. As much as I would like to be free and open with the Lord in offering myself to the service of love in life I hesitate. There are so many practical reasons that get in the way of me being a complete servant of God. The practical needs of daily life are considerable. I would have to seriously reorganize my priorities in life in order to become more available to serving God's purposes. That is not always easy to do.

If I am really honest, however, I am intimidated by the thought of following Jesus. I get scared. What will he ask of me? Can I

do it? It is one thing to be a whole hearted servant for a day or two. But day after day, week after week? I don't know. Following Jesus could very easily put me outside my comfort zone. The Lord may ask me to do something with someone completely outside my customary environment. The Lord may push me outside my normal support systems. There are just so many unknowns in following Jesus.

The analogy of following Jesus and walking the Offa Dyke Path (or something like it) falls down on one critical point. Walking the Offa Dyke requires me to journey to a specific location at a specific time. Not so with following Jesus. I can begin to follow the Lord anywhere and at any time I choose. There is no practical restriction on how to begin walking with the Lord. I don't need to buy an airline ticket or arrange for accommodation. I can happen exactly where I am located at the time I choose. True, walking both paths require a degree of intentionality. One never walks the whole Offa Dyke Path on a whim and one never really begins a wholehearted journey with the Lord on a whim. They both require a degree of intentionality.

In the history of the church becoming an intentional follower of Jesus was marked out with two special seasons of preparation, Advent and Lent. Advent was the season of preparation to follow the Prince of Peace and Lent was the season of preparation to follow the Risen Lord. These seasons are where followers become intentional in their discipleship.

We have embarked on the Season of Advent. Advent is the time we ready ourselves for the birth of the Prince of Peace. As the Son of God was born long ago in Bethlehem so he can also be born again in our hearts and minds today. This does not happen on a whim. It is something we must choose to receive and it is something we must intentionally prepare for. If our lives are crowded with the noise of the world we just won't be available when the Son of God comes to us.

The time of preparation in our spiritual journey is important. The prep time is actually critical. One way to prepare in the season of Advent for the coming of the Prince of Peace is to intentionally clear away the noise of our lives as best we can. A simple way to start is to take five minutes and be as quiet as possible. Turn off the radio, silence your phone and make yourself unavailable for a few minutes. Open your heart and mind to God. If you have a daily reading, take the time to read it again. Allow the words to flow into your mind. Invite the Lord in.

Yours 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  
Youth & Outreach: Heather Margerison  
Parish Nurse: Sally White  
Office Administrator: Jo-Anne Hennig  
Bookkeeper: Mandy Townsend  
Custodian: Steve Vargas

450 King St. E., Cambridge, ON N3H 3M9  
Telephone: 519-653-6601

Web: [trilliumchurch.ca](http://trilliumchurch.ca)

Email: [office@trilliumchurch.ca](mailto:office@trilliumchurch.ca)

Bookkeeper: [trilliumfinances@gmail.com](mailto:trilliumfinances@gmail.com)

You Tube: [youtube.com \(trilliumunitedchurch\)](https://www.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*



## Members of Church Council

- **Chairperson:** Paul Reeve
- **Secretary:** David Webster
- **Adult Spiritual Growth:** Ruth Thompson
- **Children & Youth Ministry:** Brian Hershey
- **Financial Liaison:** Kevin Uebele
- **Generosity:** Co-Chair - Pam Noël
- **Ministry & Personnel:** Chair - Pauline Duchesne (Demelo)
- **Property:** Co-Chair - David Reed
- **Social Concerns & Outreach:** Co-Chair - Susan Balfour
- **Staff:** Pastor Mark Rutledge, Heather Margerison

## Other Teams

- **Board of Trustees:** Paul Mundy
- **Children & Youth Ministry:** Interim Chair - Brenda Higgins
- **Generosity:** Co-Chair - Karen Atkinson
- **Golden Years Worship:** Earlene Peshnak
- **Health & Wellness Team:** Interim Chair - Sally White
- **Marketing:** Ruth Thompson
- **Membership:** Joan Joyce
- **Property:** Co-Chair - Steve Jennings
- **Social Concerns & Outreach:** Co-Chair - Liz Reed
- **WOW:** Doug Stuart & Bobbi Stewart
- **Visitation:** Don Martin

## 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](mailto:office@trilliumchurch.ca)

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

**January 6**

The issue will be available on January 13, 2023.