

ROOTS & SPROUTS

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

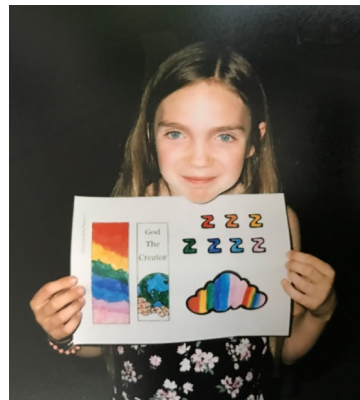
Sept. 2023



As usual the summer went by quickly and was enjoyed! The Food Bank Drive was kicked off by our CYMT and they did a fantastic job. See write up inside!



Many of our students enjoyed sports, crafts and celebrating together over the summer months.



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 September a most blessed celebration.

Membership Committee



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."

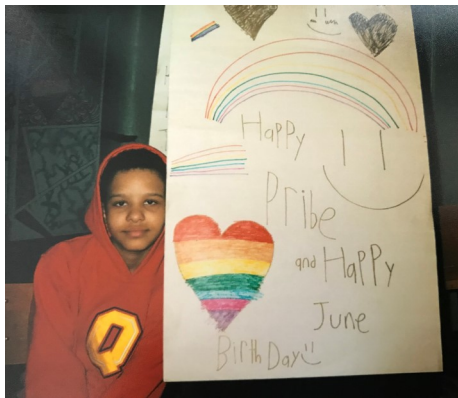
We will help move your furniture, down-size, do yard work, clean or paint! Try us out!

Minimum Bid/ Donation: \$10 Per hour / Per helper

Contact: Brian Hershey 519-658-6405



Brian Hershey is collecting old Broadview/Observer magazines to donate to prisons. * Please remove address labels. You can drop them off at the church or give to Brian directly. Thank you.



Join Us For Board Game Café
Friday, September 22 - 7:30 - 11:30 pm
\$5 Admission for UNLIMITED play
Snacks available for purchase.

Canada Day Parade 2023



A fun evening of roller skating was enjoyed by many from Trillium.

It was a fun way to kick off the summer.



Stone Church Bookstore News

Thanks to everyone who has contributed books to the Stone Church Bookstore. Because of you, we can now offer books of just about every kind. We've got hundreds of novels, stories about history, music, sports, crime, self-help cooking, gardening and much more.

Summer is quickly ending, so it is time to curl up with a good book.

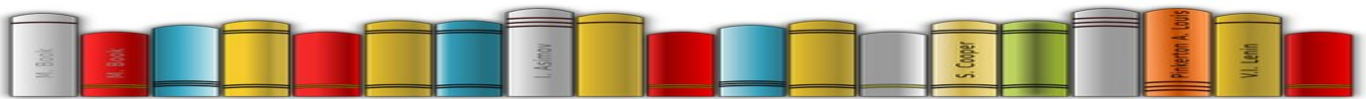
WHY SHOULD WE READ?

The sheer joy of getting immersed in a good story should be enough to make reading a must activity for all of us, but there are many other very real benefits of sitting down with a good book.

Studies have determined that reading not only helps with your vocabulary and improves communication skills, but it has also been proven to reduce stress, relieve depression and lead to a longer, happier life.

Stone Church Bookstore is open every Sunday from 12-2 p.m. (except for long weekends) and Tuesdays from 5 to 6:30 p.m. The store will be closed for Labour Day celebrations on Sept. 3.

The store is located at Trillium United Church at the corner of Waterloo and King streets.



A good time was had by all who joined in our CYMT outdoors Games Night in August.



Camp Day Service





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 Starting September 13!	Trillium United Church 450 King St E Cambridge	Seated options and standing balance to reduce falls!
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Phone: (519) 772-8787
Email: info@cscmow.org
www.communitysupportconnections.org

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 enter the fall, the need for warm hats, gloves, scarves and 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)

The CSC Exercise Group

The program will start up again on
Wednesday, September 11 at 1:00pm.



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 prayer team? Call one of our members for information.

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Trillium's Annual Picnic was a fun time for everyone who attended.



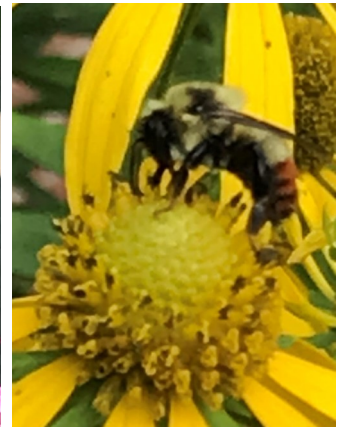
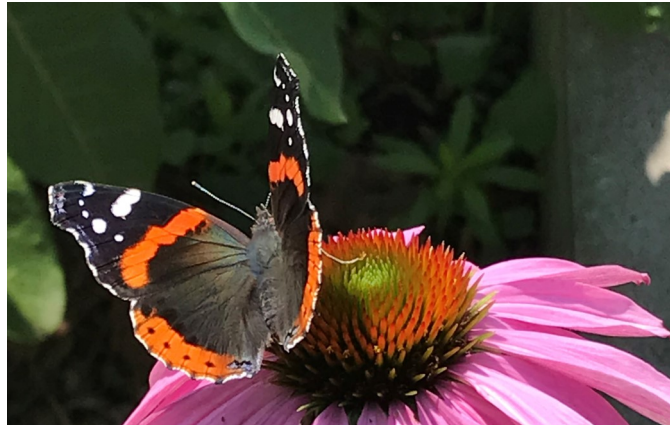
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Liz Reed, our in-house gardener, spent time educating some youth and congregants about our pollinator garden.

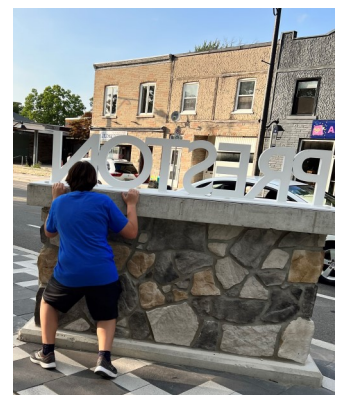
The bees and butterflies are taking advantage of the gardens.

Thank you Liz and David for your continued efforts in making our gardens sustaining to nature and beautiful for all to enjoy!



What A Night!

We had 16 people join us for the **Selfie Scavenger Hunt**. We painted picture frames and then went off to find the clues. The creativity was astounding and everyone had a blast. There were some sightings of spies along the way. Caught on film by some wise participants!





Mobile Food Market

Fresh Produce Baskets in Your Neighbourhood Every Week!

Subsidized Rate \$5.00
CASH or TAP to Pay
 Donations over \$10 allow us to keep the Market affordable for everyone

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

Weekly basket preview on our social media

    @Cambfoodbank

Everyone Welcome

For more information contact:
 Patrick 519-622-6550 ext 206
 mobilefoodmarket@cambridgefoodbank.org

INTERESTED IN A HOLIDAY MARKET AT TRILLIUM?

After church on Sunday, September 17, you are invited to a meeting if you would like to see the holiday market happen again this year. We will meet in the Trillium room around noon. Thank you for your time. Your Generosity Team



In Person Monthly Caregiver Support Session

Trillium United Church
 450 King St East
 Cambridge
 Come in the side door

To register please contact
 Linda Flemming
 519-503-8155 or
 lindaf@cscmow.org

FIRST TUESDAY OF THE MONTH FROM 1 PM - 3 PM

Share caregiver challenges and joys. Learn about self care and much more



Mobile Food Market runs every Tuesday, 5pm to 6:30pm. Remember, \$5 buys you a lot of fresh fruit and vegetables. This is run by the Cambridge Food Bank and anyone can participate. You can pay 3 ways; \$5 for your order; \$10 to cover food bank costs or \$20 to pay it forward.

We have a steady group of people coming these days to purchase delicious food! Join in the benefits.

We look forward to seeing you there.



Have you updated your PAR support in 2023?

MY UTMOST FOR HIS HIGHEST

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

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

If you are interested in joining the meeting, please contact Pastor Mark.

A Big Thank You - For Food Donations

The Trillium congregation and friends have been very generous supporting those in our community who need food .

Over 1000 lbs of food has been donated to the Cambridge Food Bank along with \$1000 since June. The Children and Youth Ministry Team has been busy with 3 Food Drives and another one in September. Pack the Pantry, sponsored by Social Concerns and Outreach, has raised money and many items to keep the outdoor pantry supplied daily. Blessing Bags are always prepared and available for your distribution.

The Trillium formula of giving while celebrating is a success. It started with Rose, then Frances and more recently Heather and Eric, Helen and Don and Marilyn. I know the UCW has been involved and many individuals, like Ken Cober who drives every month for the food drives.

And the disciples asked Jesus.....when did I ever see you hungry?

Thanks and God Bless, Brian Hershey



So many great memories were created this summer! Thank you to all who organized, participated and volunteered!



CYMT Update

The Summer of 2023 has been filled with laughter, adventure, friendship, and snacks!

The Trillium Youth have been busy, and the pictures tell the whole story. There have been 3 very successful food collections, canoeing, kayaking, adventures in the woods, swimming, crafts, and the new Community Family Camps. We have welcomed youth of all ages into our events and activities and it has been a blast. We began the summer with Roller Skating. Mickie was a big help as he helped each new skater onto the rink and helped them to find their confidence. Canoeing with Liz, David, and the Ancient Mariners was a wonderful day. The youth each had an opportunity to paddle up the river while those on shore tried their hands at making ice cream the old fashioned way. Our favorite flavors were sour watermelon and vanilla. The month of August the youth met each Wednesday for a games or adventure evening.

Our first adventure was to make chalk bombs to decorate the front sidewalk. The kids learned that citric acid and sodium bicarbonate have an explosive reaction inside their little containers creating a rocket that left chalk blobs on the sidewalk. There was plenty of laughter that evening. The second week we attempted to go geo-caching. Our lesson the previous Sunday was that sometimes our plans are not God's plans. We learned this fully on our walk as we got lost in the tall grasses and weeds that grow close to the Speed River. We prevailed and persevered to find our way out and back home again. The third week had us meeting for a pool party graciously hosted by Liz and David Reed at their daughter Dianne and Jennifer's home. It was a wonderful time of playing and laughter. We are very grateful to have been invited to swim. The final week of August has the older youth heading to The Core climbing gym to try their hands at bouldering. The younger youth will complete the summer with a trip to the trampoline park. Whew! What summer!

Community relationships are very important to Trillium and families are so busy that they often forget to play together. To respond to this need we created the Community Family Camp. This is a camp that invites families to come out and play together. Family is the term used to describe and relational group be it friends, family or community members wishing to take part. The first week we had a Selfie Scavenger Hunt with 4 teams of 16 people - 6 of whom do not attend Trillium. Week 2 was Musical Mayhem with 20 people - 8 of whom do not attend Trillium. We learned how to play Ukuleles and did some drumming. Week 3 was a STEM Challenge where teams were to build a free-standing structure out of toothpicks and marshmallows. Week 4 was old fashioned camp games. We had sack races, egg races and played toss the water balloon. Week 4 was the Amazing Race where teams compete physical and mental challenges in a race against the other teams. Each week had a special snack to reward the campers for their hard work and fun! We hope to continue the Community Family Camps once per month over the winter. We hope to see you all there!

Coming up this fall, the youth will be having a sleep-over at the church on September 9 from 4pm until Sunday after church. FROG games will return the 2nd and 4th Wednesdays from 6:00-7:30pm.





Health and Wellness Team

Self-Care for Mental Health Workshop and Meditation.

A great deal of emphasis is placed on our physical health – becoming more active, eating a healthy diet, having a proper night’s sleep; these practices are also important in maintaining our mental health as well.

Good mental health is not merely the absence of an illness or diagnosis, it’s how you feel, think, and interact with people every day.

This workshop by Canadian Mental Health, Waterloo-Wellington will explore the role of self-care in building resilience and wellness through practical tools and strategies that you implement right away.

Following the workshop, the Community Wellness project is sponsoring a guided meditation, “Loving Kindness.” Participation is limited to ten people. Please pre-register with Ruth Thompson 519-654-8350

This event is free. All welcome. Refreshments will be served before the 10:00am start.

Self-Care for Mental Health

Build Resilience and Wellness with Practical Tools and Strategies

**ALL
WELCOME!**

	<p>Canadian Mental Health Association Waterloo Wellington</p>	<p>Association canadienne pour la santé mentale Waterloo Wellington</p>
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PLUS... Guided Meditation—Loving Kindness
LIMITED SPACE—Please preregister 519-654-8350

FREE! Tuesday, September 19, 10:00am-Noon
Trillium United Church

Community Wellness Project



Social Concerns & Outreach



Youth Climate Motivators Meet at Camp Pringle

The United Church Youth Climate Motivators and Coordinators gathered in person this summer at Camp Pringle in British Columbia. The young leaders enjoyed their time with Moderator Carmen Lansdowne while shedding some light on the important climate projects and advocacy campaigns they've been developing within their communities of faith.

These youth are certainly motivated! Tackling environmental and energy audits, transportation improvements, extreme weather response for homeless people, preserving the greenbelt, sharing education and resources to reduce greenhouse gases, creating pollinator gardens, raising funds for targeted improvements within their congregations like heat pumps and insulation, and so much more!

Follow them on Instagram and Facebook, and stay tuned for more news updates on their important work! (Please note that in order to view the content on Instagram and Facebook, you must have an account.)

Can you spot the three Trillium youth in this photo?

[Image credit: courtesy of the Climate Motivators]

Adult Spiritual Growth

Adult Spiritual Growth Team

Alpha@Trillium

In spring 2023, the Adult Spiritual Growth Team (ASG) gathered to discuss the spiritual needs of Trillium. We took a hard look at our programming and the congregational response over the COVID years. We also scanned the horizon to discern what the most pressing needs of Trillium will be over the next decade. We came away with a simple conclusion. Trillium needs to learn how to bring new people into the Christian faith; people who often have little or no Christian background.



We've seen our own families turn away from the church. Our children went to church when they were young and then left. They had children who now have no practical church experience. We are now dealing with a large cohort in our society who have no religious training, no faith fellowship and no understanding of what it means to belong to a church community.

We might shrug our shoulders at this new reality, but two compelling interests call us to respond with urgency.

Jesus calls us, as his followers, to make disciples of all people. In the Gospel of Matthew, Jesus commands his followers to:

"Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always to the very end of the age."
Matthew 28:19-20

The early church did exactly that—they took the Gospel out far and wide and made disciples throughout many nations. The call to disciple people in a life of faith is axiomatic of what it means to be the church. A church that doesn't take the evangelistic mission of making new disciples seriously is failing at one of the primary tasks given to it by Christ.

Without a deep and powerful faith in God, human life struggles.

The ASG believes the growing report of anxiety, depression and loneliness in Canada directly results from the decline in the population's religiosity. As people lose faith and belief in a higher power and turn to human solutions, it is no surprise that there comes with it a deep discouragement. God created us for something more than ourselves. He built it right into us. Trillium, like all churches, has the antidote to this growing anxiety, depression and loneliness in our society. It is called the Gospel of Jesus Christ.

Our dilemma at Trillium? Most of us don't know how to reach out to people and nurture them in the first steps of a life of faith. This is a problem in the United Church at large as well.

It seems we've lost our ability to be disciples. It didn't used to be that way. Two hundred years ago, our forebears as Methodists were the leaders in bringing to people a simple but accessible way to a life of faith. Preston Methodist Church (the first name for Trillium), back in the mid-1870s, had an awakening of the Holy Spirit that led to an influx of over a hundred new members. Methodists knew how to be disciples. When Pastor Mark was at Ebenezer United Church in Milton, ON there was a similar spiritual explosion. Today, we struggle to nurture the first steps of faith among others.

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With these issues heavy on our hearts, the ASG Team reflected on how to address belief and discipleship. We immediately thought of the Alpha program. Most of the ASG team had taken part in the Alpha program and found it very illuminating and inspiring.

What makes Alpha such a great program is that it offers a simple but systematic way of introducing the basic tenants of the Christian faith to people.

So here we are. Trillium is embarking on the Alpha program in the Fall of 2023.

The ASG team considers Alpha@Trillium as a multi-year project. The first step is to introduce Alpha to Trillium members. The founder of Alpha designed the program foremost to welcome new people into a life of faith, but it is also a great program for long-term members to reflect on what they believe and why they believe it. ASG offers the first program of Alpha, expecting participants to be a combination of current Trillium members and some new seekers. From there, we hope to build a network of invitation that reaches further and further into the community to come and explore what it means to follow Jesus Christ.

Alpha@Trillium runs Tuesday, October 3 to December 12. 6:30pm to 9:00pm. At each session, we share a simple meal together, watch an Alpha video, and meet in small groups for reaction and discussion. The first video title: *Is There More to Life Than This?*

During worship services in September, ASG members will share more about Alpha, including their life-changing experiences from participating in the program.

Your Adult Spiritual Growth Team: Selma Webster, Pam Noël, Sally White, Ruth Thompson, Mark Rutledge

Faith in Film @ Trillium

This program is on hold until the fall of 2024.



In July, Don and Helen Martin celebrated their 60th Wedding Anniversary at Trillium with many in attendance. A big shout-out to all the volunteers who made it so special!

Thanks to all who attended and donated food to the food bank projects.



Pastor Mark's Musings

Dear Friends,

We talk a lot at Trillium about the practice of generosity. That should come as no surprise to Trillium members since the very foundation of our faith in Jesus Christ rests on an understanding of God's overflowing generosity towards us. Grace literally means overflowing generosity. God's grace is God's extravagant goodness towards us. The Gospel says that even sin (unlove) and death cannot fully frustrate God's goodness for us. To follow Jesus is to live our lives rooted in the goodness of God. And that means also sharing this blessing with our neighbours.

We are sometimes limited in our understanding of generosity. We tend to frame it principally in financial terms. And of course, financial generosity is an important element of living a truly generous life in response to the goodness of God. How we use our financial resources to serve God and bless our neighbours is an important indication of how serious we are in following Jesus. There is no denying that.

We would, however, be amiss if we only thought of generosity in terms of our use of money. There are so many other ways to practice generosity. It could be how we use our time. When you think about it, time can be even more precious than money. We never get time back. Once spent it is gone. Rick Warren wrote, "When you give someone your time, you are giving them a portion of your life that you'll never get back. Your time is your life. That is why the greatest gift you can give someone is your time."

Think about those moments when someone gave you more time than you expected. Perhaps a doctor sat with you longer than you expected, or a coach gave you some special after class attention or a friend listened to your heartache with care and interest. We remember these times and how important they were to us. They make a big impact on us.

I remember when I got the word that my dad had died and that I had to go from Hamilton to the Mississauga General Hospital to identify his body. It was an incredibly difficult journey to make but my best friend came

with me. Just having his presence with me was so reassuring. He gave me a gift that day that was more valuable than money. He gave me his time by being present with me.

You possess the most important commodity out there: your time. By being generous with your time when it matters most you show others what true love looks like and feels like. Love almost begs time to make it real. Our commitment to using our time to serve God's purposes is axiomatic to what it means to follow Jesus. There is no other way to share the Gospel than by committing our time to a higher purpose in life.

I find the selfishness of this world is often revealed in how people prioritize their use of time. In the selfish life of our age people dedicate their time principally to themselves. They organize their time around their own wants and desires. They guard their time as closely as they guard our wallets.

That is not how it is to be with us. In the Kingdom of God time is seen and used very differently than it is the world. We are to use our time to serve love's purpose, not ourselves. In fact, in the Greek New Testament God's time has a totally different word associated with it than the normal time connected with the everyday activities of life. The reason there are two words for time is not so much because there are two forms of time as it is that there are two basic ways to use our time.

When time is given freely it becomes a powerful and generous currency. Whether it is how we serve our customers, our peers, family members, friends, neighbours or classmates, the act of sharing our time is the essential characteristic that distinguishes the Christ follower.

Your Friend in Christ,

Pastor 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

Email: office@trilliumchurch.ca

Bookkeeper: 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:**
- **Adult Spiritual Growth:** Ruth Thompson
- **Children & Youth Ministry:** Brian Hershey
- **Financial Liaison:** Kevin Uebele
- **Generosity:** Co-Chair - Pam Noël
- **Ministry & Personnel:** Phil Hankins
- **Property:** Co-Chair - David Reed
- **Social Concerns & Outreach:** Brian Hershey
- **Staff:** Pastor Mark Rutledge, Interim Youth Pastor - Pauline Duchesne Heather Margerison (on leave)
- **Worship:** Vacant

Other Teams

- **Agape Connections Team:** Selma Webster
- **Board of Trustees:** Paul Mundy
- **Children & Youth Ministry:** Interim Chair - Vacant
- **Generosity:** Co-Chair - Karen Atkinson
- **Golden Years Worship:** Earlene Peshnak
- **Health & Wellness Team:** Interim Chair - Sally White
- **Membership:** Joan Joyce
- **Property:** Co-Chair - Steve Jennings
- **Social Concerns & Outreach:** Co-Chairs- Liz Reed & Susan Balfour
- **WOW:** Doug Stuart

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

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September 26

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