

# ROOTS & SPROUTS

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

**Oct. 2023**



As we enter into a beautiful October, we wanted to share some of the fabulous photos from a recent kayaking trip. Everyone had a wonderful time and for some it was their first time enjoying kayaking. Thanks to all who made this event happen and everyone who joined in the fun!



## 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 October 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. You can drop them off at the church or give to Brian directly. \*Please remove address labels. Thank you.



Grace Ordonia & Arnua Gupta had their engagement party at Trillium. The quilters presented the happy couple with a lovely quilt. Everyone enjoyed the festivities. Grace and Arnua are currently living in Maharashtra and working in the family businesses.

## Did You Know?

There is no Christian Book Store in Cambridge!

I just bought my Christmas Cards from Grand River Bookstore located at 5 Oaks. Besides a lot of books, they have 2024 United Church Calendars, Advent devotional booklets and Upper room disciplines for 2024.

You can phone them at 519-442-3366 or 1 888 668 0871 or go online [sales@grandriverbooks.com](mailto:sales@grandriverbooks.com)

As I go there regularly, I would be happy to bring your purchase home.

God Bless,  
Brian Hershey - 519-658-6405



Join Us For Board Game Café  
Friday, October 27 - 7:30 - 11:30 pm  
\$5 Admission for UNLIMITED play  
Snacks available for purchase.





Attention - All Knotters and Quilters – or those who are interested in learning . We will be starting up on Tuesday, October 10 at 9am-noon in the upper auditorium. Bring your lunch as we enjoy eating together after working together.

Please join us for a great time of building these quilts for those who will appreciate their warmth and love. We look forward to seeing old friends and meeting new ones.

Submitted by: The Knotters' Group



## Trillium's UCW & SC&O

Invite you to learn about  
Reconciliation through:  
**The Healing Fund**

**Guest Speaker:**

**Joni Shawana**

Healing Fund Coordinator,  
UCC Indigenous Ministries  
& Justice



Wednesday, October 25, 2023

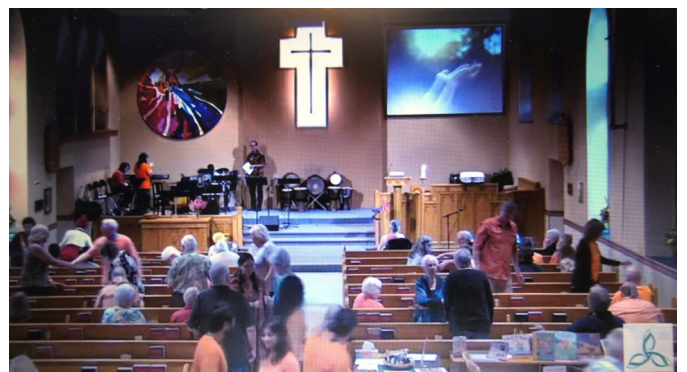
2:30 pm in the Sanctuary



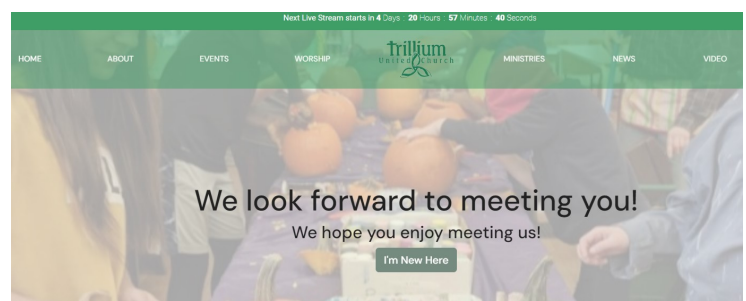
**Snacks and Conversation  
to Follow**



Remember if you are unable to get to church on Sunday you can always join us online and watch from the comfort of home. You can sing along and follow the service while seeing your friends from afar. [trilliumchurch.ca](http://trilliumchurch.ca)



There are many re-caps on the Trillium YouTube channel for your viewing pleasure as well. Maybe a Podcast is more to your taste. We have those too. Check out our website for links, [trilliumchurch.ca](http://trilliumchurch.ca)



## Stone Church Bookstore News



Thanksgiving is coming and we all have a lot to be thankful for. Being able to take time with a good book is one of those things.

The Stone Church Bookstore continues to serve happy readers each Sunday from 12 to 2 p.m. and Tuesdays from 5 to 6 p.m. We have had several donations over the last several weeks and for the first time we have all of our books on shelves. Thanks to everyone who has contributed books to the Stone Church Bookstore.

Keep the books coming.

We've got hundreds of novels, stories about history, music, sports and crime.

Beginning Oct. 1 we will be featuring one author each Sunday.

The first one will be Nora Roberts, one of America's most famous romance authors. As part of the promotion, we will be offering five of Nora's books for \$2.

On October 15, we shift our attention to John Grisham and offer the same fabulous deal.

Put the fire on, curl up and enjoy a great book for bargain prices.

Stone Church Bookstore is open every Sunday from 12 to 2 p.m. (except for long weekends) and Tuesdays from 5 to 6 p.m.

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



## GIFT CARDS

## An opportunity to order different Fundscrip cards.



We will be ordering new Fundscrip cards on Monday, October 9th. If you wish to order cards that we don't normally keep on hand then please give David a call at 519-240-3144. He will be at church on Sunday, October 8th to take your orders.

Submitted by: David Reed





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**.

**With the fall upon us, 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 FREE CSC Exercise Group runs on Wednesdays at 1:00pm. All are Welcome!



### 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



Mark and Dani having a conversation about environmental concerns during a Sunday Service in September.

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

## **In case you were wondering... NO TRESPASSING**

A number of people have questioned why the No Trespassing signs were placed on the wall of the outside vestibules of the church. Here are the reasons for this action taken by the Property Committee. As a church, we want to welcome everyone and to assist those in need. We have in the past, allowed homeless people to use our hydro to charge their phones, our hose to access water and the outer vestibules to seek temporary shelter from rain and inclement weather.

Unfortunately, this was being abused by some. Significant messes were left behind on a regular basis and used needles were picked up on a number of occasions. The Montessori owners came to us for help with this situation since it was upsetting the parents as they brought their young children to school and staff arriving alone early in the morning. On one occasion recently, emergency medical assistance was being given as the families walked to the school. Rent from the Montessori school helps considerably in keeping the church open and allows us to continue doing good work for the community.

The signs are also a necessary first step if the police ever need to be involved in situations that church staff can't handle. We understand that this is not the type of message that we as a church wish to convey, however we feel that for the maintenance of our positive relationship with Montessori and the safety of our staff and theirs, this has unfortunately become necessary.

Submitted by: Property Team

## **Trillium United Church Women Fall Luncheon**

Get Your Tickets Today - All are welcome!

Come and Enjoy (pulled pork on a bun, coleslaw, dessert, tea/coffee)

Thursday, October 19, 2023 - 11:30a.m. - 1:00p.m.

Cost: \$20 (limited tickets)

Proceeds to: UCW Outreach Projects



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







## 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+
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Weekly basket preview

[f](#) [@](#) [X](#) [d](#) @Cambfoodbank




450 King St East  
Tuesdays from 5:00 pm - 6:00 pm

Everyone is Welcome

Do you have a used computer with a camera and microphone that you can donate? It will be used by someone who can then take online courses. Please call Brian Hershey at 519-658-6405. God Bless, bch



## 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, 5 to 6pm. This is run by the Cambridge Food Bank and anyone can participate. There is a subsidized rate, \$10 (suggested price) and \$10+ .

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.



THE UNITED CHURCH OF CANADA

Have you updated your PAR support in 2023?

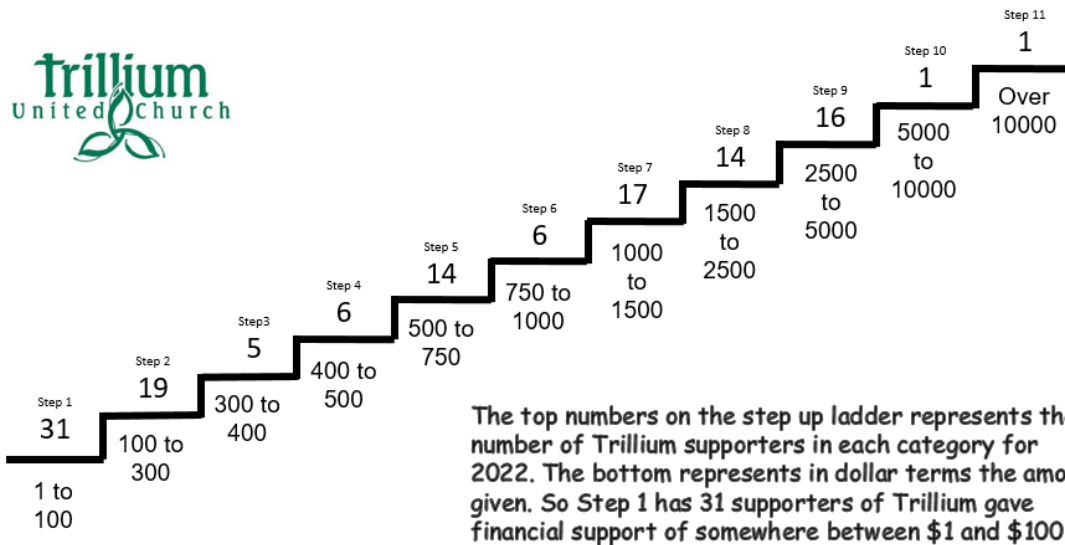
MY  
UTMOST  
FOR HIS  
HIGHEST

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.

# Generosity Team 2023 Trillium Step Up Ladder



Trillium can raise an extra \$43,000 for its operating budget in 2023!

**How do we do this you ask?**

1. Every supporter of Trillium on steps 1 to 7 steps up 1 step on the Step Up Ladder above in their financial support of the church.
2. Every supporter on steps 8 through 11 steps up and additional \$500 in their financial support.

**That's it!**

If we do this, Trillium would instantly become financially viable. So we are not that far off from our goal. If you need information about your 2022 or 2023 giving totals please contact the church office at [office@trilliumchurch.ca](mailto:office@trilliumchurch.ca) and we will get working on it.

Your Generosity Team



Some of our fabulous volunteers from the October Clinic— thank you for your time! The gardens continue to support the bees and the grounds at Trillium look lovely. A big thank you to our in-house grounds keepers.





# Health and Wellness Team

## Personal Care Clinic

*Pay-as-you-can*

- ❖ Foot care: Experienced nurse (RN)
- ❖ Haircuts: Experienced stylist/barber

**November 15, 2023 9am to Noon**

*By appointment only*

Contact Sally White, Parish Nurse



## Community Wellness Project

**Personal Care Clinics are offered every six to eight weeks as part of the Community Wellness Project**

Comments by participants:

- Excellent services
- I will be back
- Thank you. This was greatly appreciated.
- ... a wonderful job on my feet
- Everything was excellent. Everyone was kind and friendly
- I felt welcomed and the foot care was the best I have ever had.  
Thanks so much!
- Better than expected

## Aging Well: Increase your Health Span on a Budget



- Seven secrets to aging well*
- Self-assessment tools*
- Health promoting meal ideas*

**An interactive workshop with  
Ruth Thompson, Holistic Nutritionist & Author  
Nineteen years in private practice in Cambridge**

**Thursday, November 9—10:30-Noon\*  
\*Lunch to follow**

**FREE!**

**Trillium United Church**

## Community Wellness Project

[www.trilliumchurch.ca/ministries](http://www.trilliumchurch.ca/ministries)



# Social Concerns & Outreach

## Special Thanksgiving Offering



This October, Social Concerns and Outreach Team have identified the following initiatives to receive our Special Thanksgiving Offering:

### Life and Work of Trillium: The Young Adult Group (which is not funded from our annual budget)

*The Young Adult group have been active in taking part in experiences they may not have been exposed to before, at an affordable or no cost to them. They have roller skated, hiked, and kayaked over the summer. Over the winter we will continue this practice but also would like to look at a bible study and ways to give back through volunteer work. Barriers to this plan will be their work schedules and transportation.*

*We are planning a Gratitude Dinner for Thanksgiving Monday as a way to bring our adult youth and anyone in the church or community together to celebrate a non-colonial time of breaking bread together and community. This is not young adult specific but an inclusive event with this unique group in the forefront.*

### Outreach: Mayan Mission Trip - Stoves and School Supplies

*For the Outreach portion of our Special Thanksgiving Offering, SC&O has chosen to support the outreach trip to Guatemala, being led by Val & Dave Thielking from January 21-29, 2024.*

*There are 10 people committed to the trip, both from Trillium and from outside, and there is room for more. If anyone is interested, please contact Val. The group will be working with "DIG - Dream, Invest, Grow". They work with the Mayan people in Guatemala who were abandoned by the government and forced to live in the mountains with little support, after the civil war ended in 1995. Their focus is on improving community well-being, education, nutrition, medical facilities and infrastructure.*

*Trip costs are paid for by participants, all money raised will be used in the Mayan community for much needed things like smokeless stoves, school supplies, school upgrades and additions. Group participants will be making and installing smokeless stoves and purchasing and delivering school supplies while they are there.*

*Please help us to support this wonderful project.*

*As is the norm at Trillium, donations may be made using the collection plate, envelopes, cheques, the credit machine or using e-transfer. Special envelopes will be available in the sanctuary. Please indicate where to direct your donations.*



# Parish Nurse

## Parish Nursing @ Trillium

By the time you are enjoying your October edition of Roots and Sprouts, the magnificent warm weather might have changed to more seasonal fall temperatures!

Please be inspired by what Ann-Marie Anderson suggests for us to further develop and grow our faith.

Sally White

Trillium Parish Nurse

Confidential phone number: 519-653-6601 ext 4

Email: [trilliumparishnurse@gmail.com](mailto:trilliumparishnurse@gmail.com)



### How to Grow in Faith – Part 2 of 5

#### 2) Grow Your Faith by Putting His Word into Practice

*“By faith, Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.”* Hebrews 11:8 NIV.

•Abraham didn't use his faith to *think about* going where God told him to go, he used his faith to **act in obedience**.

I want to remember Abraham's obedience and follow his example. Has God ever asked you to travel an unknown road to a questionable destination? I want to have the faith of Abraham to go where He asks without question. ♥

•It is possible to go through life without growing your faith. You can read the Bible and talk about it, and even agree with what you read, but never do what it says.

*“Do not merely listen to the word, and so deceive yourselves. Do what it says.”* James 1:22.

•Our faith moves us to put it into action, following the examples of Jesus. Show love, mercy, and forgiveness as He did.

Our faith can impact every part of our lives- relationships, jobs, service, and worship. The more you put it into practice, the stronger it gets, and the bigger the harvest you will have. You will see your life change for the better, and your faith increase.

***What effect does your reading of the Bible or Sunday messages from Pastor Mark have on your behavior and attitudes? What actions does it inspire you to put into place?***

AnnMarie Anderson – Busy Blessed Women - <https://busyblessedwomen.com/category/spiritual-growth/>

## **Pastor Mark's Musings**

Dear Friends,

I watch a lot of debates and discussions on YouTube. I find the exchange of ideas and the sharing of different perspectives the best way to learn things. It is not a perfect way however. One of the things I have noticed is that speakers often fail to give an accurate picture of the other side's argument. People tend to caricature the position of their opposition and create strawman that they can knock down instead of really, seriously engaging what the other person says.

I was thinking about this a few weeks back when the 1 Million March 4 Children protest in Kitchener was taking place. There was also a counter protest that gathered to protest the protest. I know people who were in one or the other protest. They all had an interesting story to tell. It was certainly an emotional day for anyone who gathered and protested.

My general impression was that neither side was particularly interested in engaging the other side's concerns and points of view. It seemed that the prevailing view was to mischaracterize the other side's concerns and direct ad hominem attacks (attacks against the character of someone) on those they disagreed with. In my own personal experience, the people who went to protest or counter protest were people of good will. They were not people intent on hating others or dismissing the concerns of those who disagreed with them. They simply had an important message to communicate to governments and the world around them.

Is it possible to have sympathy with people who you disagree with? When I listened to people in my circle of friends or acquaintances tell me why they went out to protest I found myself sympathetic to the concerns they raised. Both sides seem to have a real point to make. It got me wondering if there was a win/win outcome to be had out of all this. Could there be a way of addressing both sides' key concerns without trespassing over the concerns of the other side? Don't know for sure but I hope so.

Some faith communities were clearly on the side of the 1 Million March 4 Children while other faith communities were on the side of the Counter Protest. There were even clergy and other faith leaders participating in the day of protest. I wonder if some churches and faith communities had members in the protest and counter protest at the same time.

Do you think that is possible? Imagine a church like Trillium having people in both the protest march and in the counter protest march. That would be a real test for us in our willingness to offer friendship and fellowship to all. It is not easy to live with people we don't agree with. Especially in a voluntary community like a church. Can we support others even when they take a different position to us? I think it would require that we hold something greater that binds us together that is bigger than our differences.

There are lots of issues to fight about today. Transgenderism is simply one of them. There are divisions around land rights, abortion, the war in Ukraine, socialism, private enterprise, family law, legalization of drugs, climate change. I could keep going. Take for instance the question of safe injection sites. I know there are many who support the concept of safe injection sites at Trillium. There are also many at Trillium who don't support it. How do we live with the difference? How do we grow and thrive with the difference? Especially on matters that we feel passionate about.

Personally, I think a congregation is healthier when we have a variety of points of view on the topics of the day. But it would only work in our favour if we could find ways of engaging each other on these kinds of issues. That would mean,



first of all, having respectful conversations. That would mean having a real desire to learn from each other. It would mean that we would have to put aside our desire to be right or to win in order to instead focus on understanding each other's point of view. That is not easy. We talk about loving our neighbour at Trillium but when it comes down to the crunch of things it is not an easy practice to actually bring about.

My dream for Trillium is a community filled with passionate people who don't always agree on the practical matters of life but who are still bound to each other because they worship the God who comes in Jesus Christ. Trillium would be a place where people know and experience a love that transcends the differences of this world so that we could then live comfortably in our differences. We might not completely understand each other's idiosyncrasies and points of view but we could still love each other with the love that God loves us with. In that kind of community, the peace of God would be something really powerful to experience

Your Friend in Christ,

Pastor Mark



## CYMT Update

The changing of the seasons brings with it the end of the summer weather, the blooming flowers, and the endless sunshine. The onset of fall has our children, youth, and young adults beginning new journeys in school and work. God graces us all with the beauty of the changing landscape painted with love and hope for what the next season will bring.

SKA on Sundays has become a time of learning, discovery and connections among the children and youth. Many of us were warmed by the large group that gathered in the nursery after the service on the first Sunday in October. This is a sight not seen since the pandemic forced a change in our lives and ministry. But like the changing of the seasons, there is beauty in the changing landscapes.

Over the coming month, the youth will continue to come together in a time of worship and joy as a community in Christ. On October 22, many youth and young adults will head down to Grand River United Church to explore the beauty of the autumn and the love of community as they experience worship in a sister church. We will continue our understanding of the Kingdom of God parables with our continued exploration of nature and how the love of God can be seen in everything around us. Youth of any age are invited to this service.

Submitted by: Pauline Duchesne, Youth Pastor

## 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:**
- **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.

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

**October 24**

The next issue will be available on November 3, 2023.