

ROOTS & SPROUTS

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

March 2024



Pauline & Brian were wed on Saturday, February 17, 2024 at Grand River United Church. Many friends from Trillium were in attendance at their union along with family and others who love them. The ceremony was lovely as was the family lunch that followed. In the evening there was an open-house at a local favourite of the bride and groom. There was food, music and smiling faces. We wish them much love and happiness.



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 March a most blessed celebration.

Membership Committee

TIME, Talent & Treasure Auction

The Handy 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**



Be sure to view this beautiful quilt in the sanctuary.

Descending Dove, our Lenten banner, was designed by Betsy Ackford and constructed by Betsy and Helen Martin in 2007.

It used a watercolour method of colour placement. Betsy's original design did not include mountains on the right side but they were added to give depth to the quilt.

"Purple and mauve tones were used to give the quilt a reflective mood. The Crown of Thorns quilting design emphasizes the theme of God's suffering love. The pure white dove signifies God is with us -- we are not alone. The three rays represent the Trinity. The subtle cross shape signifies that even in our suffering, God suffers with us." These are the thoughts of John Anderson.

All members of the congregation were invited to help in the hand quilting process. For a perfectionist this was hard to watch. We simply left the huge stitches and quilted beside them! It is beautiful.

Submitted by Helen Martin



THE GARAGE SALE IS COMING!

Saturday, April 20, 2024

9.00AM - 12:00PM

Save your "stuff"!

Household items, Linens, Sporting goods, Toys, Books, etc.



Euchre Tournament

Saturday, January 13, 2024

Trillium United Church, 450 King St E, Cambridge

2pm start time Cost \$10.

Includes snacks



Fundraiser for DIG- Dream, Invest, Grow. <https://www.dreaminvestgrow.org/> Missionaries in Guatemala that support the Mayan people in the mountains. We will also be donating to The Cambridge Food Bank.

For more information contact Trillium United Church, 519-653-6601.

We have five boxes full of pop can tabs which will soon be taken to The Royal Canadian Legion in Elora.

I called the Legion today and was given the following information.

As of January 9, 2024, there have been 3,050 wheelchairs and 224 walkers purchased with funds received from the sale of these tabs to an aluminum company.

Here are a few facts and figures that I have shared before but bear repeating from time to time.

It takes about 1000 tabs to make up one pound.

Although prices vary, it takes about two tons or four million tabs to purchase one wheelchair.

The boxes that I have weigh about 15 pounds each. To put this in perspective, it would take 267 boxes of tabs to purchase one wheelchair.

Thank you for all your donations. It doesn't seem like much when you have a small bag of tabs but together they all add up. Special thanks to Bill Schiebel who has given me enough tabs to fill three boxes.

Submitted by Don Martin



Bags filled with pop can tabs at the Royal Canadian Legion in Elora.



All groups using our kitchen, be sure to update yourselves regarding how to use this facility, how to prepare for food prep, removal of anything not associated with food, and your final cleanup. See posts on the refrigerator door and bulletin board in kitchen.

Also, please label foods you are leaving behind, ie: to be used for yourselves or for others to use. Too much is being thrown out!

Note...UCW will be in March 16 to clean all refrigerators, etc.

Thankyou for helping to keep our church a safe place to eat.

UCW - Kitchen Group

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.





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

The FREE CSC Exercise Group runs on Wednesdays at 1:00pm. All are Welcome!

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 winter 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)

Our Fundscrip cards are always available. Pick some up on Sunday after the service or come by the church during regular office hours.

These are a great way to help give back to Trillium as a percentage of each card goes to TUC.

Prayer Request

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
- Jim Graham 519-650-2103



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

Cambridge Food Bank

Mobile Food Market

Fresh Produce Baskets in Your Neighbourhood Every Week!

PAYING WHAT YOU CAN HELPS OTHERS AFFORD GREAT FOOD

Subsidized Rate	\$10 Suggested Price	\$10+
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Weekly basket preview

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

trillium United Church

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

Everyone is Welcome

Community Support Connections

In Person Monthly Caregiver Support 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

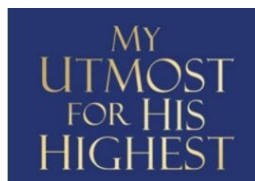
FIRST TUESDAY OF THE MONTH FROM 1 PM - 3 PM

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.



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.



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

Stone Church Bookstore News



I don't often read novels a second time, at least not intentionally, but I made an exemption for *The Shipping News*, a book that I read for the first time in the early 1990s, and again just recently. It was as good the second time around as it was the first.

In this Pulitzer Prize winning book by Annie Proulx, Quoye is a struggling newspaperman who leaves his job in New York after his two-timing wife dies in a car crash and Quoye heads to a backwater community in Newfoundland where he gets a job on a newspaper called the *Grammy Bird* in a small town called Killick-Claw.

Quoye meets and becomes friends with other *Grammy Bird* characters working at the paper as he goes about starting a new life for himself and his two daughters.

This is a rich story that will leave you laughing, or wishing that you could spend some time in a place as beautiful as Killick-Claw.

The Shipping News, along with thousands of other books, is available now at The Stone Church Bookstore. The store is located in Trillium United Church, at 450 King Street in Preston.

The store is operated by volunteers and all of the money earned goes to support the work of the church in the community. The store offers a good selection of both fiction and non-fiction books.

The store is open Tuesday's from 5 to 6 p.m. and Sundays from 12 to 2 p.m. and it welcomes new volunteers and book donations. For more information contact Bob Burt at bobburt@gmail.com.

The bookstore is one of many community outreach programs Trillium offers. There are crews of volunteers that make and sell meat pies, and apple dumplings, put on lunches, a beef dinner and a pancake dinner. Another group does small jobs that help people stay in their own homes, and yet another group, in partnership with the Cambridge Foodbank arranges weekly visits by the Mobile Food Market, holds fitness classes twice a week, a Board Game Café once a month and an annual yard sale.

And yet another group with the help of the parish nurse provides a program that allows people from the community to get a hair-cut, foot care, or an upper body massage on a pay as you can basis.

Combined, these groups raise thousands of dollars each year, and each, in its own way, help make Preston a better place to live.

Submitted by: Bob Burt



Some of our fabulous volunteers! You Rock!

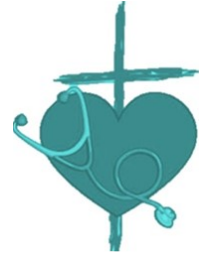


Health & Wellness Team

Health and Wellness Team

Blood Pressure Clinic, Sunday, March 3

Following the worship service, gather in the church hall to have your blood pressure checked. Sally, Trillium's Parish Nurse, will be available to discuss any health concerns.



Personal Care Clinics

Seven things to know:

1. Now available: Limited therapeutic massage with a Registered Massage Therapist. A half hour massage for head, neck and upper back is intended for adults managing chronic or acute pain.
2. The clinic is an outreach initiative. Most patrons come from outside Trillium's membership.
3. Pay-as-you-can: Grants/donations allow us to pay qualified practitioners their full fee.
4. Foot care services have a waiting list. If your budget allows, please consider accessing other resources in the community.
5. The Team continues to seek grants/ donations to add more clinics to meet the demand for foot care on a pay-as-you-can basis.
6. In February, Trillium's pie makers directed \$300 from pie sales to help fund personal care clinics. THANK YOU!!!
7. A dedicated team of Trillium volunteers manages the clinics. If you want to be involved in this outreach activity, please contact Ruth Thompson.

Exercise is important for wellness! Two Free opportunities at Trillium:

Move with Robert. Mondays, 1 to 2pm. All welcome!

Gentle Exercise by Community Support Connections. Wednesdays 1 to 2pm. All welcome!

Adult Spiritual Growth

JOIN US!

Tuesday, March 5. 7pm-8:30pm

Alpha Open House & Reunion for Fall 2023 participants

Trillium Church Hall. Dessert/ Refreshments served.

- A preview of the Alpha course and what it has meant to past participants.



The Alpha Course explores the basics of the Christian faith and provides a space to ask questions in a friendly environment. Twenty-eight million people worldwide have taken the course over the past thirty years.

Adult Spiritual Growth Team will host the next Alpha Course at Trillium starting the first week of April. Date and time to be announced.



Personal Care Clinic

Pay-as-you-can

❖ **Foot care: Experienced RN**

❖ **Haircuts: Experienced stylist/barber**

NEW! ❖ **Therapeutic massage: Experienced RMT**

Wednesday, March 6 9am to Noon

By appointment only: 519-653-6601 Ext. 4

Trillium’s Parish Nurse, Sally White, R.N., is available if you need assistance.

To make an appointment with our Parish Nurse please call her confidential phone number, 519-653-6601 ext. 4.

Email - trilliumparishnurse@gmail.com



CYMT UPDATE

Power Up Ponderings

Lent is a time to focus on God and prepare to remember and celebrate the crucifixion and resurrection of Jesus. Lent is also a time for service and reflection.

Isaiah 58:6-7 (NIV)

⁶ *“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?”*

⁷ *“Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?”*

The Children and Youth worked hard to make the pancake supper a great success with many thanks to Sarah for coordinating the event and the numerous volunteers who kept the pancakes flowing. The money raised goes to supporting our World Vision Child, Thomas. We are grateful for all of your support and the opportunity to serve each of you while providing much-needed support to Thomas.

Several Youth and Young Adults attended a youth worship event hosted by The Hub Community Network. The Hub is a group that was formed in the United Church and is supported by the UP Fund and the regional conferences. Their goal is to connect young people across Ontario and empower them to create the world that Jesus talked about. The worship service was a time for youth to come together and sing, laugh, and grow in their faith together. We look forward to attending more Hub events in the coming months.

Looking forward, the Children and Youth will continue to get to know Jesus the man on Sunday mornings. By understanding Jesus as a human person, we can grow closer to God as we reflect on our own lives and emotions. God came to us in human form for this purpose so that we can truly “know” Him. We will show others God’s love over the March Break as we meet for a fun week of camp days. Each day has a theme and will teach the campers many skills as they form new relationships and strengthen others. Volunteers are always welcome and needed! We look forward to this busy month ahead.

Peace and blessings to each of you,

Pauline ~ Youth Pastor

*Thank
You*

We wish to thank you, the Trillium congregation, and our Trillium Family for the wonderful gift for our wedding. You have truly shown us God’s love through the love you offer to us. Those of you who were able to be with us helped to fill our special day with God’s presence. We are so blessed to have all of you in our lives.

~Brian Potts and Pauline Duchesne

Pastor Mark's Musings

Dear Friends,

I was recently reading an article about Monica Lewinsky. Monica Lewinsky was born in 1973 and was only a young woman of 22 when she got involved with Bill Clinton. Her whole life was essentially before her. Lewinsky had simple dreams. A good career, marriage, children and a happy family. The notoriety of her involvement with Bill Clinton changed all that. She is now 50 years old, single, never married, no children and has had a quixotic career with no roots or major accomplishments. Lewinsky's life has ended up in a place that thirty years ago she probably could never have imagined.

In one sense, I don't feel sorry for Lewinsky. She made choices and she has had to endure the consequences of those choices. All the same, what person at the age of 22 could fully anticipate the consequences of what in retrospect must be considered reckless activity? How could Lewinsky have anticipated that her tryst with Clinton would derail all her dreams for the future?

Even when we are careful, we still might find ourselves later in life in places that we could never have imagined. Life rarely turns out to be exactly as we imagined it. It is very common to arrive at a certain time and place in life and find ourselves in circumstances that were once completely unimaginable. I know one person who was very careful in choosing a spouse and yet found themselves twenty-five years later in a very unhappy marriage to a very difficult person. They could never have imagined this scenario unfolding when they were younger and first got married. I know people who are estranged from their children, parents or siblings and are heartbroken about it. Their dreams of a happy and connected life lie in tatters. Life has unfolded for them in ways that they could never have imagined.

I wonder when Jesus embarked on his ministry at the age of 30 whether he fully anticipated that things would turn out the way they did. The Gospels certainly give the impression that Jesus knew where all of this was headed (to the Cross.) Or perhaps Jesus knew where it could head. Because in the Gospel of Luke,

for instance, one gets the impression that initially Jesus' ministry showed great promise. The crowds were large and sympathetic, the authorities muted in their criticism and at times even supportive. For one brief moment in Luke it looked like Jesus was going to succeed in his mission to bring about the Kingdom of God on earth apart from his death. I wonder if, in that moment, Jesus had a dream of a different future for himself. A future that did not require his sacrificial death. Certainly his words in the Garden of Gethsemane makes one wonder. Jesus says in Gethsemane, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." That is, if there is another way to bring this all about other than through my death please let it be done.

In Gethsemane Jesus' dream of a different future comes crashing up against reality. A dream of sorts dies there. In that sense Jesus is completely human. How many dreams have we been forced to let go of in our own lives because they have crashed up against the rocky shoreline of reality? I think this is an inevitable part of our aging and maturing as people. The key for us is to allow certain dreams to die so that something new can be born in their place. It will often be very different from what we originally imagined and so could prove painful to let go of. But beyond the horizon of our current circumstances lies a new world with a new vision for life. In this new world lies a dream of a different sort whose source is God. The spiritual walk is one of allowing one dream to die so that a better dream, one from God, can come and live within us. Jesus experienced this through the power of his crucifixion and then resurrection. One dream died on the cross, the other was born in his resurrection.

Your friend 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
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:** Vacant
- **Adult Spiritual Growth:** Ruth Thompson
- **Children & Youth Ministry:** Brian Hershey
- **Financial Liaison:** Kevin Uebele
- **Generosity:** Co-Chair - Pam Noël
- **Ministry & Personnel:** Vacant
- **Property:** Co-Chair - David Reed
- **Social Concerns & Outreach:** Brian Hershey
- **Staff:** Pastor Mark Rutledge, Interim Youth Pastor - Pauline Duchesne
- **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
- **Ministry & Personnel:** Richard Beeksma
- **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

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Send articles to: office@trilliumchurch.ca

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

March 26

The next issue will be available on April 5, 2024.