

# ROOTS & SPROUTS

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

**April 2024**



## 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*



March Break 2024 - so much fun! See page 12 for more details.



# NOTICES/UPDATES



We wish everyone with birthdays in April a most blessed celebration.  
*Membership Committee*



January Birthdays



February Birthdays



March Birthdays

### 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**



March Break Camp Fun



# Church Garage Sale

## and Trilli-Yum Cafe



Saturday April 20  
8am - 12pm

**Volunteers and donations needed!**

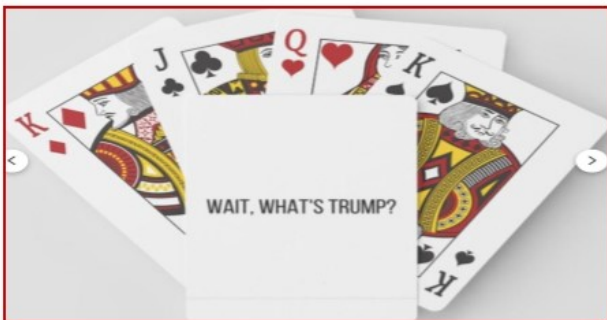
Please see Liz Reed to volunteer or to arrange for donations that need to be picked up.



Brian Hershey is collecting old Broadview/Observer magazines to donate to prisons.

You can drop them off at the church or give them to Brian directly.

\*Please remove address labels. Thank you.



### Progressive Euchre

Saturday, April 27, 2024

Trillium United Church,  
450 King St E, Cambridge

1 pm start time

Cost \$10.

Includes snacks

Proceeds from the day will be split amongst The Trillium Pantry, The Cambridge Food Bank and World Vision Children that our CYMT support.

For More info contact Trillium United Church, 519-653-6601.

## Trillium United Church Women Spring Luncheon

Come and Enjoy

Pork Tenderloin with salads

Lemon Dessert with coffee & tea

Thursday, May 9, 2024

Serving: 11:30am - 12:30pm

Cost \$20

Limited Tickets available at the church office or any UCW member

Proceeds to UCW Outreach Projects



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

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



Blanket fort, outside & inside games, volunteers, yummy food and restful movie time. Thanks to everyone for a fabulous March Break week!





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 Trillium United Church projects.



**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+

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

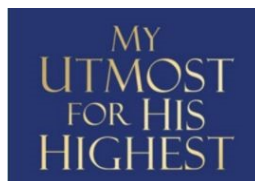
**FIRST TUESDAY OF THE MONTH FROM 1 PM - 3 PM**

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.

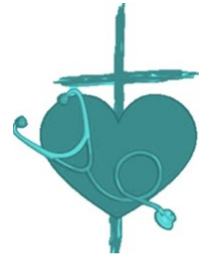


**Join Us For Board Game Café**  
Friday, April 26 - 7:30 - 11:30 pm  
\$5 Admission for UNLIMITED play  
Snacks available for purchase.

# Health & Wellness Team

## Health and Wellness Team

In March, the team held a blood pressure clinic after a worship service and conducted a survey of members: "Know Your Medications."



Personal Care Clinics are the primary outreach activity of the team. Volunteers and the Parish Nurse work together to organize and manage the clinics offering foot care, haircuts and massage on a pay-as-you-can basis.

The March 6 clinic was featured by CTV News Kitchener.

A recent survey of clinic participants revealed a high level of satisfaction and appreciation for the services provided.

In April the team is holding its first off-site clinic at Preston Heights Community Center. This increases the potential to reach out to our community.

The next clinic dates to be announced; watch the weekly E News .

The demand for the services at Personal Care Clinics has increased. Foot care services consistently have a waiting list. The Team has submitted another grant application through Western Ontario Waterways to add another six clinics in 2024.



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](mailto:trilliumparishnurse@gmail.com)



# Social Concerns & Outreach

Meet the latest small group ministry at Trillium

## Trillium has a Green Team!

Our focus:

“Caring for the earth  
and all creation”



Trillium has already taken some excellent steps to help the environment and we have many ideas for other ways to make our church even “greener”. Here are some of the ideas generated at our recent meetings:

- Supporting Sifa and Jackson who are applying to be Climate Motivators with the United Church of Canada again this year
- An earth focused youth-led service for Earth Day
- Hosting a speaker on the problem of single use plastics (April 23)
- Surveying the congregation to determine which actions are of the greatest interest to Trillium members
- Conducting a “Green Audit” to give us a better idea of which actions will give the most benefit for the earth and the best “payback” for the church
- Improving the efficiency of our building by sealing, replacing draughty windows where needed, better thermostats, etc.
- Applying for grants to assist with the cost of our projects
- Possibly enlarging our native plant area, planting additional trees/shrubs, beginning to grow vegetables and using our rain barrels for watering
- Continuing to improve on our composting and recycling practices





## Plastic, Plastic Everywhere


Modern day societies have been built on the use of plastics. We have been dependent on plastics for just about everything we use, or wear, and now plastic pollution has become one of the most challenging problems of our time.

The problem is everywhere. It is there in the form of single use plastic bottles that litter our streets and waterways; it is there in tiny particles that break down and are flushed into creeks and rivers and it is there in the form of fishing nets that are cut loose in our oceans and end up trapping birds.

Some reports suggest that plastic pollution is so bad in our oceans that there will come a day when there is more plastic than fish in some of our oceans.

Trillium's Green Team has identified this problem as one that needs to be addressed and the team is organizing a special presentation at the church April 23, at 7 p.m.



**Earth Week Event**  
**April 23, 7:00 pm**



**Special Guest Speaker:**  
**Dani Lindamood**  
Programs Director, Wellington Water Watchers

**Plastics, plastics everywhere...  
and what you can do about it!**

**Trillium United Church**  
450 King St. E., Cambridge  
Light refreshments will be provided.



We are fortunate to have Dani Lindamood as our presenter. Dani is Program Director with The Water Watchers, an environmental group committed to water justice.

She has worked across multiple sectors, including social enterprise, academia, and the non-profit sector, but water is always at the heart of her work and life. She moved to southern Ontario in 2015 to pursue her Master's degree in Sustainability Management with an emphasis on water.

Education, mobilization, water protection, resourcing the water justice movement, solidarity, and celebration of water are woven throughout her work. When she's not on the clock, Dani can be found enjoying a craft beer, soaking in the wonders of nature, working on her novel and making music.

Submitted by Bob Burt

# CYMT UPDATE

## March Break Power Up Camp

The March break at Trillium was filled with excitement, laughter, great food, and loads of energy. Between March 11 and 15, we hosted 20 children and youth as both participants and leaders for a fun-filled week of playing, worshipping, and discovering. Each day, campers began with action songs to invite God into our day. Campers were provided a healthy lunch that they helped prepare, which was cost-effective and easy to prepare.

### Day One – Video Game Day

We spent the morning playing various group video games and even had an ongoing game of UNO.

Campers enjoyed dancing to Just Dance Videos displayed on the new TV in the auditorium and played sports and Mario cart in the Trillium room.

The afternoon was spent playing Zombie tag and Tic Tac Toe relays.

We finished the day with a real-life Mario cart race in the auditorium.

### Day Two – Cooking Day

Campers took turns in the Kitchen, preparing lunch of Chicken Caesar salad, cupcakes, and garlic bread with the help of our incredible volunteers Carol Fleet and Donna Bernard. Lunch was served and shared with the Knotters, Jo-Anne, and Pastor Mark.

The campers decorated placemats, folded napkins, and learned to set the table for guests.

When not in the kitchen, the campers played more games.

### Day Three – The Great Escape

The campers began the day with team-building games. The human pretzel was a favourite, as were the kinetic ring challenges. After lunch, the campers split into two teams and took on a time machine escape room challenge. They were sent to different locations in time to find clues on how to get home. The final combination was found, and a potion was discovered that set the time machine to the present day.

Snacks were enjoyed after a harrowing escape.

Campers had fun creating art using Sharpie magic that created abstract art pieces on canvas.

Great joy was found in making a simple whirlybird that the campers raced by dropping them down the stairs.

### Day four – Newton's Law of Motion

Campers experimented and played to discover the law of motion as defined by Newton.

After taco lunch, we retreated to the trillium room to watch Bill Nye explain further.

Some campers made a catapult with popsicle sticks to launch pompoms. Each activity, including balloon play, demonstrated the law of motion.

### Day five – the Un-slumber Party

Campers wore PJs and brought stuffies and blankets for this un-slumber party.

We began with a blanket fort big enough for everyone. We spent some time in the fort playing camp games.

Then, on to a challenging game of seated badminton.

The campers made their own pizzas and then retreated to the Trillium Room to watch Inside Out.

The final activity was to make slime – a new classic slumber party activity.

When asked, the campers all expressed that they had a great week and hope to do it again soon. My favourite activity for the week was the escape room. This week was filled with new friendships and smiling faces as the campers all played in a safe and welcoming space.

Many thanks and great gratitude to our volunteers – Carol Fleet, Donna Bernard, Sarah Samuel, Brian Hershey, and all the youth leaders. Thank you to the Exercise classes for their patience and the Knotters for accommodating our energetic group. We cannot provide such a wonderful experience without the help and support of our church community.

Submitted by: Pauline Duchesne Potts, Children & Youth Pastor

## Pastor Mark's Musings

Dear Friends,

*In 1875, during the pastorate of Rev. James McAllister, with the assistance of Rev. Thomas Leith, a great spiritual awakening took place and there were about sixty or seventy new members added.*

These words come from *History of St. Paul's United Church, 1868-1968* written by Mrs. Hipel. I have spoken about this event from time to time over the past 15 years. There is so much I would like to ask about this pithy little sentence. But first some background.

Methodism, as a Protestant denomination, began back in the 18<sup>th</sup> century when John Wesley, an Anglican priest, had a spiritual awakening, what he called a "strange warming of the heart." From this awakening Wesley began to take a keen interest in the presence and power of the Holy Spirit. He developed a practice or "method" for eliciting the presence of the Holy Spirit in the lives of believers. This new method included forming small groups of people who would study and pray together to kindle the Spirit's presence in their lives. Thus the term "Methodism" was coined. Initially Wesley saw his work as reforming the rather stale spiritual practices of the Anglican Church but he met considerable resistance from his colleagues and superiors. This caused Wesley to encourage Prayer Societies to form outside of the Established Church. From these Prayer Societies came the new Methodist denomination. It should be noted that the Methodist church grew from a small number of participants in the mid 18<sup>th</sup> century to becoming, by the mid part of the 19<sup>th</sup> century, the largest Protestant denomination in the North America.

Methodism was noted for its emphasis on the experience of God and the willingness of its leaders to go where people lived. So began outdoor prayer meetings, revivals and circuit riders (itinerant ministers moving about on horse back from small group to small group.) Methodism in Ontario began to spread out as the land was opened up by new settlers. Methodist Prayer Societies were certainly in existence in Galt, Preston and Hespeler by the 1830s. Zion Methodist Church (one of the three founding congregations of Trillium) was formed in the early 1840s. By the end of the 1850s a

sufficient body of English and German speaking Methodists had gathered in local Prayer Societies in Preston to justify forming a new congregation. Its name, not surprisingly, was Preston Methodist Church.

In 1868 Preston Methodist Church moved into our present building. Then a few years later came the spiritual awakening described above and it is described in the simplest and most matter of fact terms:

*In 1875 a great spiritual awakening took place and there were about sixty or seventy new members added.*

What was this spiritual awakening? What happened? How did it come about? Who was touched by it? Did people get healed? Were there signs and wonders in evidence? What impact did it have on the Preston community? What did it mean for the church to have 60 or 70 new members added in one year? How did the patterns of church life change with so many new people? Sadly, we will never know more than what Mrs. Hipel wrote in her booklet.

We talk about *Awakening the Christ Light in each other and shining it in the world* as our basic purpose at Trillium. In essence we are inviting the Holy Spirit to initiate a spiritual awakening at Trillium as dramatic and far reaching as it must have been in 1875. It is important to remember that a growing, thriving, serving community exists only in the midst of a spiritually awakening congregation of dedicated believers. Simply put, a flourishing church lives wherever people, as disciples of Jesus, are willing to allow the Holy Spirit to have its way in them. How is that working for you? Have you given the Holy Spirit a fair chance to wake you up? Have you shown an interest in the spiritual growth of your brother or sister here at Trillium? Are we willing to let a new version of the church breakout at Trillium? It happened a long time ago and it can happen again.

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](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:** Bobbi Stewart
- **Past Chair:** Paul Reeve
- **Secretary:** Laurie Yeo-Schmidt
- **Adult Spiritual Growth:** Ruth Thompson
- **Children & Youth Ministry:** Brian Hershey
- **Financial Liaison:** Kevin Uebele
- **Generosity:** Co-Chair - Pam Noël
- **Health & Wellness Team:** Ruth Thompson
- **Ministry & Personnel:** Vacant
- **Property:** Co-Chair - David Reed
- **Social Concerns & Outreach:** Brian Hershey
- **Staff:** Pastor Mark Rutledge, Interim Youth Pastor - Pauline Duchesne
- **Worship:** Pauline Duchesne

## 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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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

**April 24**

The next issue will be available on May 3, 2024.