

# ROOTS & SPROUTS

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

**May 2024**



Trillium's Annual Garage Sale - A Fabulous Success  
So many fun photos and details about it inside this newsletter.



## 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 everyone with birthdays in May a most blessed celebration.

*Membership Committee*



April Birthdays

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.



## 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, downsize, do yard work, clean or paint! Try us out!**

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

**Contact:  
Brian Hershey  
519-658-6405**



## News From The Bookstore

The Stone Church Bookstore had a very successful sale in conjunction with the yard sale April 20. We were able to deposit almost \$400 from the sale, bringing our sales for the year to well over \$1,000. That compares to \$2,250 for the entire year last year and about \$1,700 for the previous year. With some luck and continued support we should be able to show an increase over last year.

Thanks to Betty Ann Madill and Jo-Anne Hennig for all of the work they did in preparing for the sale, to Laurie Schmidt for help with Saturday sales and Wanda and Nowell Brain for their generous donation from their own sales. Thanks also to all of the people who bought or donated books.

While we probably sold close to two hundred books on the weekend of the sale we still have thousands of first-rate books that are looking for a new home. So, please do keep us in mind when you are looking to buy some books.

We've got some good ones and if the time has come for you to part with some good books, please do bring them in or contact Bob Burt for pickup.



Submitted by Bob Burt

# Move with Robert

Free Exercise Class  
YMCA Certified  
Fitness Instructor



**Mondays 1 to 2pm**

- \* No registration required
- \* Wear exercise shoes/ Bring water
- \* Please arrive by 12:45



# 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



So many fabulous volunteers  
made our garage sale a success!  
Thank You all!



## Trillium Garage Sale Proceeds are Almost \$5,000!

The final totals for the Garage Sale are in, here's how it looks:

Items sold	\$ 3,646.00
Trilli-yum Cafe	\$ 434.00
Stone Church Books	\$ 391.00
Turkey Pies	\$ 500.00
Grand Total	\$ 4,971.00

The sale was an amazing community effort by more than 50 people! A special thank you goes out to Neil Hammond and his brothers Ray and Karl for helping us each year, to Jen Uebele and her team who once again kept everyone fed with their delicious food and to Bob Burt and Betty-Anne Madill who opened the bookstore during the sale with excellent results.

The sale itself received an incredible quantity of donations and a large number of people from the local community came out and made purchases. Finally, as always, when it was over, a great deal remained! A team of wonderful people (including scout leader Angela Lewis and 4 cubs) packed everything up, carried it out to waiting vehicles, and took it all away to local thrift shops.

If you were involved in any capacity, THANK YOU! What a gift of time and effort was made by all!

Proceeds of the sale will go to support the Trillium World Vision sponsored children and the Trillium Building Fund.





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**.

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.  
**Starting May 10 at 1:00pm there will be weekly Friday classes too!**  
All are Welcome!

**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

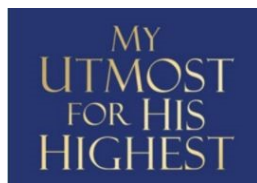
Since November 2022, Trillium has hosted the Mobile Food Market, a program offered by the Cambridge Food Bank.

While retail grocery store prices continue to be high, having access to affordable fresh produce is important for many people in our community. By shopping at the Mobile Food Market, you can save 30-40% off retail pricing on a basket of fresh produce.

*Baskets are \$10 each. If your basic needs are at risk, you may pay a minimum fee per basket, which is \$5.00, or more.*

*Everyone is welcome. You can support the program by paying more than the suggested price.*

The market runs every Tuesday from 5 to 6pm. Volunteers are essential to the program and several Trillium members have willingly given their time. If you wish to volunteer to help at the Mobile Food Market, please contact Wanda Brain.



Join us as we discuss and reflect upon the popular dail 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, May 24 - 7:30 - 11:30 pm**

**\$5 Admission for UNLIMITED play**

**Snacks available for purchase.**



## Emergency Contact Information

Here at Trillium we like to stay connected. To assist in staying connected we have produced a new photo directory and keep an updated contact information directory

Trillium is now embarking on collecting emergency contact information for our members. What we are finding at this time is that it is becoming more difficult to stay connected with members who have a health

emergency. With an emergency contact number for every member (especially our single seniors) if something happens and we can't contact you we can reach out to your emergency contact and find out what is happening in your life. Emergency contact information will stay confidential at the office.

You can help us in moving the project forward by giving your Emergency Contact Information to the office in person, by phone (519-653-6601), or by email at [office@trilliumchurch.ca](mailto:office@trilliumchurch.ca)

# Generosity Team

Dear Friends,

Trillium’s Vision is quite simple: to become a Faith in Bloom community. The blooming of a plant is a sign of health. A healthy plant is one that is growing and thriving. For churches there is also the extra ingredient of service. A healthy church is a growing, thriving, serving community and always under the guidance of our Lord Jesus Christ. Our full Vision is:

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



Our common commitment at Trillium is to build the Faith in Bloom community. There are many signs of abundant life at Trillium. Just listen to the announcements each Sunday and savour all the ways Trillium is active in the world. An amazing energy at Trillium can be felt. It is almost as if all the rehearsals for being the new church of Christ have been finalized and we are ready to go on the main stage of life to fulfill the original purpose we came together for. Trillium is ready to grow, thrive and serve in new ways that powerfully impact our community. In fact, it is already happening. Look at our Community Wellness Project or the Mobile Food Market for instance.

Our 2024 Spring Step Up Campaign begins as of May 1, 2024. As in past years we are asking our members and friends to take one or more flowers from the Step Up Board and place the amount on the flower into a special offering envelope. Only with your extra generosity can Trillium carry forward our Vision to be a vital, alive and impactful community in Christ.

Your Generosity Team



## Adult Spiritual Growth Team



The team’s focus for spiritual growth in 2024 is the Alpha Course, an in-depth exploration of the Christian faith—the evidence on which we base our faith and how we can have a closer relationship with God. The spring session at Trillium started April 4 and runs until June 13.

Each weekly session starts with a meal, followed by an Alpha video addressing a different question about faith each week. Group discussion concludes the session. Video topics/discussion include: How Can I have Faith? Why did Jesus Die? Why and How Do I Pray? How Does God Guide Us? The course includes a retreat on May 17 and 18 to explore the role of the Holy Spirit in our lives.

There are nine participants in the course organized and led by a leader team including: Sally White, Selma Webster, Janice Schultz, Dawn Sebastian, Brian Hershey, Mark Rutledge and Ruth Thompson.

Adult Spiritual Growth Team wishes to thank the over 25 volunteers who are making meals, doing kitchen clean up and serving as greeters. This is truly a church wide effort.



# Health & Wellness Team

## Health and Wellness Team

In April, the team organized two Personal Care Clinics as an outreach to our community. On April 3<sup>rd</sup> we held our first off-site clinic at Preston Heights Community Centre. The clinic provided six foot care appointments, five haircuts, and four therapeutic massages. Several residents in the Preston Heights neighbourhood accessed the clinic and appreciated the convenience of having a clinic close to home.



On Friday, April 26<sup>th</sup>, the team held a clinic at Trillium just for foot care because of the HUGE wait list for this service. There is a shortage of affordable foot care services locally and other clinics have been trying to refer people to Trillium clinics. The team continues to seek funds to increase the number of clinics we can offer to meet the growing demand.

Sally White, Trillium's Parish Nurse, attended both clinics offering blood pressure checks and informal health checks, another way clinics reach out and serve others with kindness.

The clinics continue to attract new people from our community. Everyone who accessed April 3<sup>rd</sup> and April 26<sup>th</sup> clinics were from the community outside Trillium's membership.

Many thanks to the volunteers who helped organize and manage the April Personal Care Clinics: Wanda Brain, Janice Cruickshank, Carol Fleet, Jim Potts, Joanne Sarkisian, and Ruth Thompson  
Upcoming clinics: Wednesday May 8<sup>th</sup> and Wednesday, June 5<sup>th</sup>.

Submitted by: Ruth Thompson

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## Personal Care Clinic

*Pay-as-you-can*

- ❖ **Foot care: Experienced RN**
- ❖ **Haircuts: Experienced stylist/barber**
- ❖ **Therapeutic massage: Experienced RMT**

**Wednesday, May 8th 9am to Noon**  
Trillium United Church

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



# Social Concerns & Outreach



Thank you to all who attended the information evening about Plastics sponsored by SC&O and the Green Team. Dani Lindamood of the Water Watchers made an interesting and informative presentation about the troublesome problem posed by plastic waste.

Submitted by: Liz Reed



## SPECIAL EASTER OFFERING

The totals are in for the Special Easter Offering:

**Life and Work of Trillium: Trillium's Little Pantry - \$435.00**

**Outreach: United Church Appeal for Emergency Response - \$830.00**

Thank you to everyone who donated to this special offering.

Submitted by SC&O Team

# Parish Nurse

## Know Your Medication Survey

Thank you for your participation in this survey in March.

93% of respondents take prescription medication

36% of respondents would like guidance as to what to do if they forget to take a dose of prescribed medication

32% felt it would be helpful to discuss their prescription at home

89% ask a druggist or doctor when they have questions about their medications

Please contact Sally at the number below if you would like to discuss your medications and find the answers to any questions that you might have.

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

## **What should you do if you miss a dose?**

Published November 7, 2022 - SafeMedication.com

Medicines are essential because they help cure, halt, or prevent diseases as well as ease symptoms of an illness. However, they cannot do their job if not taken regularly.

What to do if you miss a dose is dependent on the medication you take. Be sure you look at the medication handout specific to the medication you take or you can look at the drug library on SafeMedication.com for the specific medication you take.

- In general, if you miss a dose of your medication, take the missed dose as soon as you remember, then continue your regular schedule. If you are closer to the next dose, skip the missed dose and return to your standard time.
- Be aware that you should not take extra doses of the medication simultaneously. However, this may depend on the medication you are taking, and there may be instances in which you may be required to double up on your medication or skip the dose all together.

If you are uncertain on how to handle a missed dose call your doctor or pharmacist.

<https://www.safemedication.com/pharmacist-insights/2022/11/07/what-if-i-miss-a-dose-of-my-medication>

# CYMT UPDATE

## Power Up Ponderings

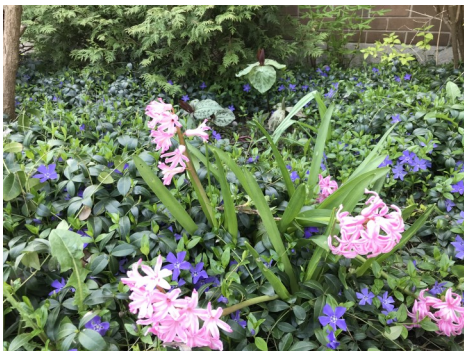
Trillium is a truly welcoming church – more than just a church – a community. Over the years, we have welcomed many people from our community in Preston to those who have come to Canada to find a new home and new experiences. Over the past year, we have had the pleasure of meeting several students from India who have joined our Trillium community in worship. In March, a team was formed to discuss the needs of the immense population of international students who pass by our doors on a daily basis. Many of whom are Christians living far from their place of birth. There are also many of these students who do not have a relationship with God but are seeking a connection. After meeting one day after church, we decided to embark on a new ministry at Trillium – Youth Ignite.

In India, a youth is defined as 18-30 years of age – what Canadians would identify as a young adult. The experience of church in India for this age group is different. There is more engagement and study. After much collaboration, Trillium offered the first Youth Ignite on April 3, 2024, from 4-6 pm. We had very few expectations and put our full trust in God. We prayed that God would lead us and that we would listen and follow. God never disappoints. At 4 pm on April 3 we had one person arrive. We welcomed our new friend and again placed our trust in God that those who were seeking might be led to our doors. We began the games at 4:30 with about 10 people – 7 of whom were Trillium congregants and staff. By the end of the game, about 20 minutes later, we were joined by 10 students. Praise God! *Sthothiram (Tamil)*

The service was a mix of music, prayer, message, and spiritual practice. The theme was “Play”. The need for play in our lives. We talked about how Jesus played, how God plays, and how play can affect our spiritual, emotional, and physical health. We finished the service by playing Eye Spy. The focus was on opening our senses to the world around us – the world that God gave us.

The Youth Ignite team has committed to engaging in this new ministry for six months. While the poster says this service is for Internationals aged 18-35, it is open to all who wish to experience an alternative form of worship. As with most events, volunteers are needed. If you have a passion for expanding our Trillium community in this way, please consider being a part of the Youth Ignite team. Come and experience this service to learn more.

Submitted by: Pauline Duchesne Potts, Children & Youth Pastor



Thanks to our resident gardeners we can enjoy these lovely spring flowers!



## **Pastor Mark's Musings**

Dear Friends,

I have noticed a growing trend developing in our culture. When a person dies there is often nothing done today to celebrate their life. No funeral, no wake, no gathering of any type is held. A person just simply disappears after they die without any kind of celebration or commemoration.

I think this is a sad development and the number one reason it troubles me is that every life deserves to be celebrated in one form or another (with possibly a few exceptions.) Even difficult or morally suspect people have redeeming qualities that deserve to be lifted up. Giving thanks for another person's life I think says a lot about the culture that we live in and its very absence speaks poorly of where we are going.

There are a number of reasons for this shift in our culture. The cost of funerals and memorials can be substantial. Certainly the declining religiosity of our culture has something to do with it. I also think that many in our culture have become disdainful of our past. We are tearing down or removing our historical markers at an alarming rate. The past is not valued very highly in many circles. Of course, people are the living connection with the past and when they die our connection dies with them. If we value this connection, then it becomes incumbent upon us to lift it up in a form of celebration. If we don't value this connection with the past, then of course we won't see it as something worth celebrating when the moment comes to us.

Today, you cannot rely on your children to necessarily organize a celebration of life for you after you've died. It is a sad reality but it is true. We have seen many notable senior members from Trillium over the past five years, who when they pass away, do not receive any kind of meaningful celebration of life. I would highly encourage you to have a direct conversation with your family members about what you would like to see happen as an immediate response to your death. If necessary, you should put in your will if you are not convinced that they will do the "right" thing.

You may feel that it is presumptuous to insist on a celebration of life for yourself but this practice goes way beyond your life or death. This is about a deeper set of values and the importance of giving thanks to those who have gone before us. Making your family do the right thing is good for them and will bless them even if in the moment it is not something that comes naturally to them.

On a related note, Trillium is going to embark on collecting emergency contact information for our members. What we are finding at this time is that with families spread out a lot more and people living longer that when someone has a health emergency we have no way of tracking that person down and finding out about their circumstances. A person disappears and we don't know who to contact to find out about them. With an emergency contact number for every member, especially our single seniors, if they disappear from view we can reach out to their emergency contact and find out what is happening in their life.

One of the ways we live our faith at Trillium is staying connected to each other. That means staying connected to our past and it means staying connected to each other today. By doing this in love and with great care we live out God's command to love each other.

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://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-Potts
- **Worship:** Pauline Duchesne-Potts

## 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

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

**May 28**

The next issue will be available on June 7, 2024.