

ROOTS & SPROUTS

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

Feb. 2022

January Paint Party Night

WOW! Trillium is blessed to have so many talented artists!

We had 14 participants for our 1st online paint night.

Thank you everyone for a great night!



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*



The artists in the above photo are as follows, back row - Matilda and Owen, front row - Connor and Penny.

All the participants did a fabulous job and everyone enjoyed their painting time. Thanks to Heather for her continued ingenuity to create fun and engaging on-line activities.



NOTICES/UPDATES

As we continue to navigate through this pandemic we wish all of those with birthdays in February a most blessed birthday. We look forward to sharing cake and celebrating each and everyone at Trillium when the time is right.

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



Our Trillium Children and Youth are back to school. Many of them require our assistance to help them be successful in their learning.

If you can give an hour or two of your time to tutor our young people, please contact Tracy Sullivan at tracyp73ca@yahoo.com.

A big **THANK YOU** for all the donations to the **Blessing Bags**.

HATS, SCARVES AND GLOVES ARE URGENTLY NEEDED! We continue to require travel sized personal hygiene items, lip balm, conditioner, protein bars, crackers, bandages, wipes, and hand sanitizer to fill the bags.

Brian Hershey's update on The Handy Bryans & Sams & Daves

Your generosity totalled giving's to Trillium in the sum of \$3,800.00. This is the most annually since the work started in 2016.



Happy 90th Birthday Iona

March 02, 2022, Iona Langlois will be celebrating her 90th birthday. There will be an open house, (Covid 19 permitting) from 1-4pm on her birthday.

You are welcome to stop by - 1410 Pineview Court, Cambridge to Wish her a Happy Birthday.

Any questions, please contact Monica Annett at 519-240-3974 or nana.annett@icloud.com

We trust that you will use your own discretion in regards to your health and others while following Covid protocols.



Homemade Beef Pies & Other Goodies

Our home baked beef pies are available.

Turkey pies and Apple Dumplings will be available in mid-February.

All proceeds go to the care of the church and the community.

A big thank you to all the volunteers who make these delicious pies and those who purchase them.

Call or email the office to place your order.

APARTMENT AND ROOM REGISTRY

We are finding that as the rental market tightens, more and more people are reaching out to the church for guidance, leads and support in finding a safe place to live. What we would like to do in the office is keep an ongoing list of possible rental options. What we are asking the Trillium congregation to do is let us know if an apartment or room is available, or coming available in your building or a building you know about. Just email us the information office@trillium.ca or leave a message on the Trillium voicemail at 519-653-6601.

Live Stream Update



We will be going live from the Sanctuary on February 6, 2022. This is very exciting news. It means a return of Trillium's worship leaders to our worship space. You will be able to watch live services on the Trillium YouTube Channel. This means that worship services will no longer be broadcast through GoToWebinar as of this date. Your patience and support has been most appreciated. The Trillium Tech Team will be exploring a possible phone option sometime in the spring for those who are unable to attend worship services in-person but who are not able to access the services on-line.



Annual General Meeting
Sunday, March 6, 2022
Starting at 12:45pm

You can connect via this link: [https://
global.gotomeeting.com/join/804980989](https://global.gotomeeting.com/join/804980989)

or

You can also dial in using your phone:
Canada (Toll Free): 1 888 455 1389
Canada: +1 (647) 497-9391

Access Code: 804-980-989

If you have any questions regarding the meeting, please contact Jayne Little, Chair or Paul Reeve, Vice-Chair



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

If you would like to join the Prayer Request group we would love to have you. If this is a calling of yours please reach out to anyone on the list. We can fill you in on what we do and what time we get together (once) each month.

PARTICIPATING INSIDE TRILLIUM?

If you plan to participate in activities *inside* the church, please be aware that provincial government regulation requires that you show proof of vaccination. This only needs to be done once.

Please contact the church office.

Note: this does not apply to Sunday worship services.

Trillium Bookstore Update



Thank you for all your book contributions for the bookstore! The shelves are filling up!

Remember:

whenever possible, please bring your books in a box, not a bag or loose stack

The best time to drop off book donations is Sunday following the service.

When you're looking through your books for donation, ask yourself,

"Would I like to get this book as a gift? "

If the answer is "yes" that's probably a great addition to our shelves.



Keep 'em coming! We still have lots of space!



@trillium 

Due to COVID, the February event is cancelled.

GOOD NEWS

In March we will be hosting 2 BGC events.

March 4 & 18

8:00 - 11:00 pm

\$5 Admission for UNLIMITED play

Update from Re-Opening Team, Effective January 31

In response to provincial government restrictions, please be aware of the following changes to Trillium activities for the month of February.

Meetings/Events at Trillium

- Committees or work groups (e.g. pie making) may meet in the building with up to 10 people
- Activities (youth and adult programs) may resume if held in the sanctuary or the upstairs hall, if two metre physical distance can be maintained, masks worn, and no food shared. Limit: Up to 20 people.
- Leaders of committees and activities are asked to record their attendees for contact tracing
- Online meetings can be arranged by contacting the church office, Mark Rutledge or Heather Margerison.

Sunday Worship

- Online worship continues with Livestreaming starting in February.
- Trillium sanctuary is open on Sunday morning to worshipers who wish an in-person experience.
- Attendance will be taken effective February 6 for contact tracing
- Masking is required. Due to the highly transmissible nature of the current COVID variant, *please* wear the Level 3 mask available at main entrances.
- Please maintain two metre physical distance from non-family members both during and after the service.
- Power up Sundays for children and youth will continue with additional safety protocols in place.

Access to building during the week

- Please continue to mask when entering the building.
- Please limit visits to the building for necessities and avoid congregating with staff or others who are not part of your family.

Trillium's Re-Opening Team. Chair: Ruth Thompson

Parish Nurse Update

What is spirituality? What does the word spirituality mean to you? What do you understand the term spiritual care means? What difference can spiritual care make?

It is generally recognized that individualized health care involves treating the whole person and that spiritual wellbeing can help improve health and quality of life. Spiritual care attends to a person's spiritual or religious needs as he or she copes with illness, loss, grief or pain and can help him or her heal emotionally as well as physically, rebuild relationships and regain a sense of spiritual wellbeing.

There is no one definition of spirituality, but in general, spirituality:

- ♦ is something everyone can experience
- ♦ helps us to find meaning and purpose in the things we value
- ♦ can bring hope in times of suffering and loss
- ♦ encourages us to seek peace with ourselves, others and what lies beyond.

These experiences are part of being human; they are as present in people with a learning disability and other conditions, such as dementia or head injury, as they are in anybody else. Furthermore, spirituality often becomes more important in times of distress, emotional stress, physical and mental illness, loss, bereavement and the approach of death. All healthcare tries to relieve pain and to cure, but good health care tries to do more. Spirituality emphasizes the healing of the person, not just the disease. It views life as a journey, where good and bad experiences can help you to learn, develop and mature.

The current health care system in the Canada doesn't focus on health, too often doesn't seem to care, and isn't a cohesive, holistic system. Instead, it is primarily disease-oriented, fragmented and enormously expensive. The church, on the other hand, is in the business of healing, of saving.

Health ministry and parish nursing in a congregation do not replicate services that already exist in the community, because health ministry and parish nursing in the church setting, addresses health more than illness.

Parish nursing combines the knowledge and skills of nursing practice with an understanding of the spiritual and religious beliefs that underlie health. Parish nurses, with one foot in the spiritual world of the church and one foot in the physical world of medicine, minister in ways that reunite the mind, body and spirit, addressing and embracing the relationship between the visible and the invisible. The parish nurse links these spheres, translating the jargon, forging the connections and facilitating the parishioner's more complete understanding of his or her health experience.

Those who engage in spiritual care and practices report better self-control, self-esteem and confidence, faster and easier recovery (often through healthy grieving of losses and through recognizing their strengths), better relationships – with self, others and with God/creation/nature and a new sense of meaning, hope and peace of mind, which allows them to find healing (in distinction to cure) and to accept and live with continuing problems.

Sally White, RN

Resources

<https://www.baycrest.org/Baycrest/Healthcare-Programs-Services/Culture-Arts-Spiritual-Care/Spiritual-Care/What-Is-Spiritual-Care>

<https://www.episcopalri.org/why-should-a-congregation-consider-health-ministry/>

<https://www.capnm.ca/>

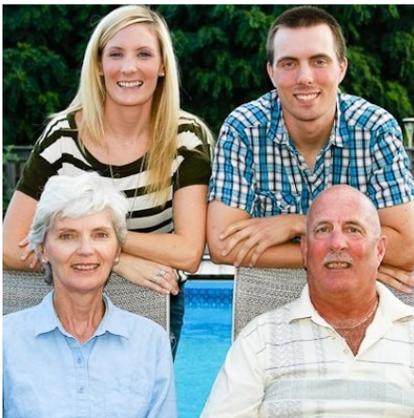
<https://www.cno.org/>

Trillium Parish Nurse

Confidential phone number: 519-653-6601 ext. 4

Email: trilliumparishnurse@gmail.com

Office hours: Wednesday and Friday 10am-12noon



Get to know Ruth Thompson

Ruth Thompson has been a member of Trillium since 1986, choosing this welcoming congregation after shopping around for a United Church in the city. She is a lifelong member of the United Church, having grown up in Owen Sound, attending Division Street United (now called Georgian Shores). Ruth has been involved in several ways at Trillium over the years: Social Concern and Outreach, Adult Spiritual Growth, Worship, Marketing, choir, band, and a couple of stints as Chair of Council. She would say her faith took a giant leap forward since 2009 when she started leading spiritual growth groups at Trillium. Another influence in her faith journey came from studying *A Course In Miracles*.

Things you might not know.

Ruth has been married to Derek since 1983. They have two children, Jill and Travers. Jill and her husband Kirt have three children: Cohen, Camryn, and Caz. They live in Virginia, which makes visiting a rarity, more so in the past two years. Travers and his wife Amanda have a son, Dashiell. They live in Brantford, so Ruth gets to see them more often.

In her work life, Ruth started out as a welfare caseworker, and after going back to school to study social work, became the director of the Social Planning Council in Cambridge in the '90s. For the past eighteen years, she has worked in private practice as a Holistic Nutritionist. She is now semi-retired but still takes the occasional client to keep her hand in. In 2015, she wrote a book on nutrition, *You Can Be Well*. There is a copy in the Trillium library. As a pandemic project, she challenged herself to try a new genre and is now completing her first novel about healing and spiritual growth.

NOMINATING TEAM UPDATE

Blessings

Some of our newest members at Trillium have answered the call to leadership in 2022. We extend our sincere appreciation to Diane Boyer for volunteering as chair of Worship, Pam Noël for joining Generosity team as the co-chair, and Brenda Higgins for serving as interim chair for Child and Youth Ministry.

Challenges

The following leadership positions are still available:

Chair of Property

A member for Ministry and Personnel

An additional Regional Representative

Chair of Marketing

Property Committee Chair is well supported by our custodian, Steve Vargas for day-to-day maintenance of the building, and by Doug Stuart on evening security. Property Committee volunteers supervise staff, monitor the safety of the church, track utility costs, coordinate capital projects (e.g. new roofs), and make reports to Church Council. The Committee meets ten times per year. Steve Peterson, the outgoing chair, will stay on the committee to mentor the new chairperson. Co-chairing is also an option.

Ministry and Personnel needs one more member to join the committee of three, chaired by Pauline Demelo. This committee is concerned with ensuring Trillium provides a good working environment for staff and volunteers. This may include addressing working conditions, relationships, and training needs. Responsibilities include a yearly staff evaluation and making recommendations to Church Council on salaries. For those wanting to hone skills in staff relations and mediation, this committee is ideal.

Regional Representative attends meetings of the Regional body of the United Church, Western Ontario Waterways. Another representative is needed to support Doug Stuart who has served in this role for several years. This position is our volunteer link to information and resources from our parent church. The benefits of involvement are having a say in the workings of the larger church, plus interacting with, and learning from other church leaders. Meetings are online up to three times each year.

Marketing Chair coordinates promotion of Trillium activities that, since 2020, have been minimal, but we must believe will resume in the coming year. Jo-Anne Hennig supports this team's efforts through email communications and social media. Pastor Mark Rutledge has put considerable effort into redesigning our website to spread the word about our church community.

For more information on leadership and committee roles, please contact Joan Joyce, Brian Hershey or Ruth Thompson.

Social Concerns & Outreach

Trillium's Little Library



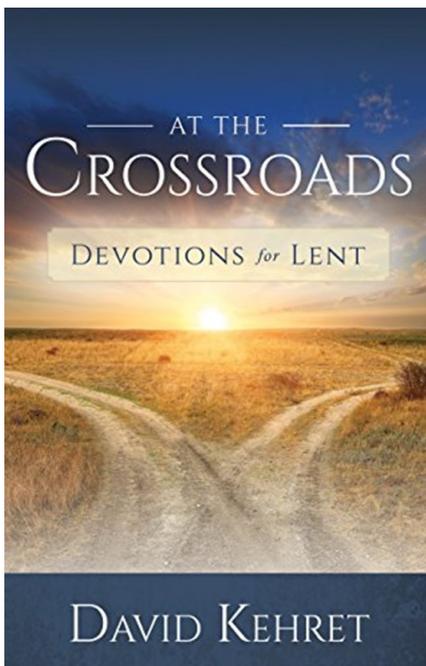
SC&O is pleased to announce that Trillium's Little Diverse Library is fully operational, and busy!

The books on the top shelf have been flying out the door. We changed the sign, asking people who are taking books to return them as soon as they have finished reading them so others can have access to them. We also asked that if donations are made, make sure the authors are Asian, black, Indigenous or people of colour.

The bottom shelf is quickly emptied on a daily basis. For example, 3 items of food and a scarf are taken every day. One Blessing Bag is put out each week and it is always taken.

We have been putting items in the Little Library from the church pantry. The church pantry is now almost empty. If you would like to donate food for the neighbourhood, please place it in the pantry cupboard inside the church. Since it is now below zero, boxed or bagged (i.e. dry soup mix, Kraft Dinner) items would be best for the winter months.

We are out of scarves, hats and mittens. If you like to knit, we would be grateful for more donations.



40 Day Lent Study

Lent is the perfect season to consider the critical crossroads of life—losses, transitions, choices, uncertainties and disappointments—those times when faith and life intersect. These devotions for Lent by Rev. David Kehret, an experienced campus minister, help us to become more keenly aware that our crucified and risen Savior navigated the difficult crossroads of this world for the sake of our salvation, equipping us to navigate the crossroads of our own lives.

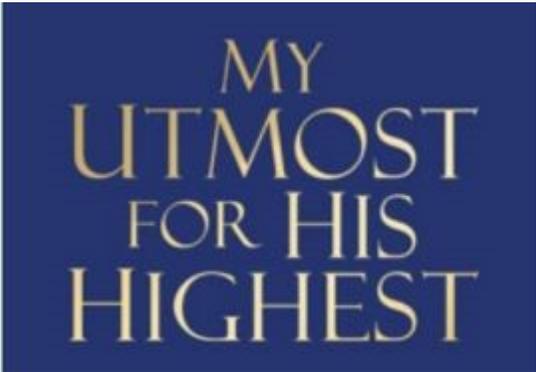
Leader: Selma Webster

Meeting time: Sunday mornings 9 to 9:45 am Dates: March 6, 13, 20, 27 and April 3

The Lenten booklet is available from the Office free of charge.

On-line through Gotomeeting

Adult Spiritual Growth



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

Please join the meeting from your computer, tablet or smartphone

<https://global.gotomeeting.com/join/695509213>

You can also dial in using your phone.

Canada: +1(647) 497-9391

Access code: 695-509-213

Gospel of John Part 2

We will be continuing our reading of the Gospel of John from the Fall. We pick up the story at Jesus' entry into Jerusalem on Palm Sunday in chapter 12. We then journey through chapters 13-17 which are Jesus' instructions to the disciples at the Last Supper. In chapters 18-19 we follow Jesus on his journey to the cross and his crucifixion and death. In chapters 20 and 21 we meet the resurrected Jesus as he rebuilds his team of disciples. This is a great study for Lent and Easter for those interested in deepening their spiritual understanding of events around Jesus' death and resurrection. Those who have not gone through the Fall John course are still welcome to participate. For more information contact Pastor Mark.

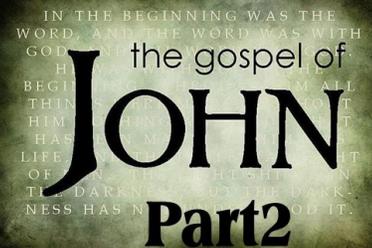
Tuesday
evenings

7:15 to 8:30 pm



Starting: February 15
Ending: April 5

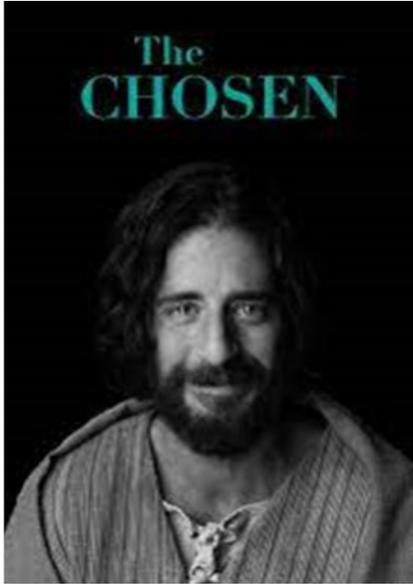
For more information please contact Pastor Mark



IN THE BEGINNING WAS THE
WORD, AND THE WORD WAS WITH
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the gospel of
JOHN
Part 2

The Chosen, Season 2



This first ever multi-season series offers a glimpse into what the daily life of Jesus and his disciples might have looked like.

*...makes the life of Jesus jump off the pages of scripture...
Funded 100% by private donations*

Join us each week to watch one episode with discussion to follow. (Masking and proof of vaccination required)

Starts: Wednesday, February 23, 10am 11:30am in the sanctuary.

Missed the Season 1 group? You can view the eight Season 1 episodes online at your convenience, free. <https://watch.angelstudios.com/thechosen>
For more information: Contact Ruth Thompson 519-654-8350 ruthethomson53@gmail.com

Faith in Film @ Trillium

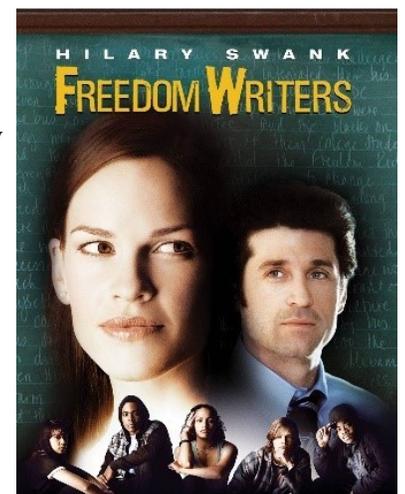
Freedom Writers, 2007, PG-13

A young teacher inspires her class of at-risk students to learn tolerance, apply themselves, and pursue education beyond high school. Based on the 1999 book, *The Freedom Writers Diary*, by teacher Erin Gruwell and students, compiled from real diary entries about students' lives written in their high school English class.

Friday, February 25, 7 to 9:30pm in Trillium Sanctuary

FREE! All Welcome!

Masking and Proof of Vaccination required.



Heather's Hunches

(guesses, feelings, intuitions, ideas)



Last month Waterloo Region experienced more than 30cm of snow in 24 hours. It was a one in 20-year storm.

It started me thinking about all the milestones and unique events in my life.

The first time I rode a bike, the first time I climbed a tree, the first time I saw a robin feeding her young, and the first time I held my children. Just to name a few of my firsts.

Our bibles are filled with firsts. The first time God speaks to people, the first time a shepherd becomes a king, the first-time people heard the ten commandments, and the most incredible first, the first time God came to earth in human form.

The beautiful thing about firsts is that they will never happen again with the same wonderment. The snowfall experience last month was not necessarily the first for some of us that have lived for more than 20 years but it was certainly a wonderment.

When I was a young adult, I taught art at an “Arts in Action” summer camp. I loved seeing the children’s awe at their creations, their first painting, photograph, or piece of pottery. But what I didn’t know was how I made a difference in some of their lives until I went to my high school reunion. While my husband James and I were on the dance floor, a young man approached us and asked if my name was Heather. When I’d said, yes, he got down on one knee, raised his arms towards me and said, “you were my favourite camp counsellor”. I was embarrassed at his praise. Who knew that doing something I loved would impact another’s life in such an incredible way?

When Jesus began His adult ministry, His followers experienced many firsts. They were witness to miracles. They were taught new ways to worship and pray. They were taught how to be disciples of Christ. If the disciples had not lived in the present with all their new experiences, they would have likely been so pre-occupied by the events to come they would not have lived their incredible walk with Jesus.

“After looking at the way things are on this earth, here’s what I’ve decided is the best way to live: Take care of yourself, have a good time, and make the most of whatever job you have for as long as God gives you life. And that’s about it. That’s the human lot. Yes, we should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what’s given and delighting in the work. It’s God’s gift! God deals out joy in the present, the now.”

Ecclesiastes 5:18-20, MSG

Enjoy the “Firsts”, they will never be the same again.

Live Love and Smile, Heather

Pastor Mark's Musings

Dear Friends,

I have mentioned many times that when I first came to Trillium I didn't really like the name of the church. Why? Because I am not a flower guy. Flowers have had very little impact in my daily experience over the years. Flowers have never been a big deal for me. The image of a flower, the Trillium, seemed quaint even a bit decadent. I think I would have preferred a more masculine, energetic name for a new congregation.

I have changed my mind over the years. First, I have come to love flowers. This has partly come about through Sally's influence on me. I really love the garden that she has created at our home. It brings such beauty and joy into my life. Also, I have come to appreciate the symbolic power of the flower for a congregation. A flower is a living thing. I think that is important. The trillium has proved for me to be a great image to work with. I am not talking about the symbolism of the trillium with respect to the trinity; the three petals representing the Father, Son and Spirit etc.. I am talking about the flower image as a way of understanding ourselves at this church as a living system.

For any flower to bloom the plant requires good soil, lots of sunshine and water. The plant needs to develop deep roots and vibrant foliage for the flower to finally bloom. The flower is the final step in a long process of growth. If any important step is missing along the way the plant is diminished and the flower will not develop. A flower is the result of a whole process of growth.

Actually, the flower is not the final step. The flower is the means by which a plant propagates itself. Insects are drawn to the plant by the flower which leads to fertilization and ultimately the seeding of the plant for its replication in the environment. If you notice a trillium patch out in the woods they can, under the right set of circumstances, be very prolific in reproducing themselves. If a plant doesn't successfully replicate itself, it will die out. Reproduce or die seems to be the basic hallmark of plants.

There was a Global News report that came out a few weeks back. The report was about the decline of

religion in Canada and specifically noted the potential disappearance of the Anglican and United denominations by the year 2040. That is, if the trends continue, there will be no United Church left in Canada by 2040. By no church I mean no church. Zero, zip, nada.

As I was reflecting on this report it occurred to me, that for whatever reason, the kind of Christian faith and spirit today found in the United Church is not being widely or easily replicated in the bigger environment. The United Church seems to have become spiritually sterile. I think this is an important distinction. Our faith communities are not dead. Definitely not. It was, for a time, common to talk about congregations being "dead" and needing "resurrection." I am not sure that analogy is the right one. There is still much great life and work being done in many of our congregations. I see lots of love and faith all the time at Trillium. We just don't seem to be able to replicate what we are about in other people. Why is that do you suppose? What is it about our spiritual way that makes it difficult for others to assimilate?

In thinking through the Global News report it seemed to me that it would be a good idea for Trillium to contemplate the challenges of sterility. If we disappear it is not because we are already dead but because we have lost the power to propagate a way of life in others. Why do plants become sterile? How does one address the underlying conditions that lead to plant sterility? I am not a gardener but I suspect we might find some very helpful concepts in plant physiology that will help us at Trillium in becoming more fertile. Because the truth is for the church, just like for flowers, we either replicate or die.

Just one proviso, the church authentically is not called to replicate itself. Neither are we called to replicate a culture or a tradition. The church is called to replicate Christ in others. That is the mission given to the Church by the Risen Lord. We say it this way at Trillium, "to Awaken the Christ Light in Each Other and Shine It in the World."

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
Music Director: Jason White (on leave)
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:** Jayne Little
- **Vice-Chairperson:** Paul Reeve
- **Secretary:** David Webster
- **Children & Youth Ministry:** interm chair – Brenda Higgins
- **Financial Liaison:** Kevin Uebele
- **Membership:** Joan Joyce
- **Ministry & Personnel:** Chair: Pauline Demelo
- **Property:** Steve Peterson
- **Social Concerns & Outreach:** Susan Balfour
- **Staff:** Pastor Mark Rutledge, Heather Margerison

Other Teams

- **Adult Spiritual Growth:** Ruth Thompson
- **Board of Trustees:** Paul Mundy
- **Generosity:** Co-Chairs - Karen Atkinson, Pam Noël
- **Golden Years Worship:** Earlene Peshnak
- **Marketing:** Ruth Thompson
- **Region 8 Representative:** Doug Stuart
- **Visitation:** Don Martin
- **Worship:** Diane Boyer

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

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

February 24

The issue will be available on March 4, 2022.