

# ROOTS & SPROUTS

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

**Mar. 2022**

## Congo Drum Workshop



On February 20 Pastor Mark led a workshop with the Trillium youth. They were learning about and playing on African drums and percussion instruments. It was very successful and more workshops will follow. A big thank you to Pastor Mark. Join us for the next workshop this month.



### 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*

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



Dan, Yvonne, Megan & Sifa



Jackson, Makesh & Dan



Wilson & Alexis







## Homemade Beef & Turkey Pies & Apple Dumplings

Our home baked pies and apple dumplings are available.

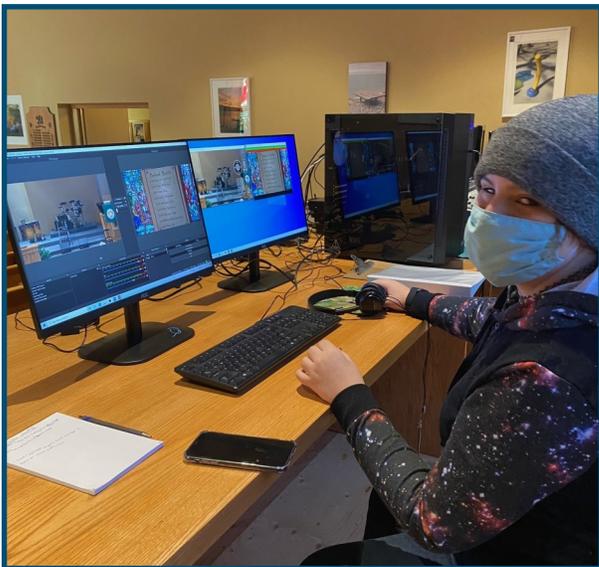
All proceeds go to the care of the church and the community.

A big thank you to all the volunteers who make these delicious goodies 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](mailto:office@trillium.ca) or leave a message on the Trillium voicemail at 519-653-6601.



Trillium launched its Sunday Worship Live Stream on February 6, 2022. We are very excited to be able to now broadcast our church services to our extended community. The sanctuary looks so good on screen. We most appreciate the patience of the congregation as we work out the inevitable bugs. Thanks especially to Philippe and Megan (in the photo) for leading our Live Stream Team.

## DO YOU KNOW WHERE THIS QUILT CAME FROM?

We have found this quilt top in the bins at the church and wondered if anyone knows where it came from?

If you have any information please contact the office.

Thank you.





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



### Stone Church Books Sneak Peak March 20th

Our bookstore now has a name - Stone Church Books. March 20th, after Worship Service, we'll be open for a special *Sneak Peak for Trillium Members*. Stop by and say hi.

### Big Launch March 27th

The following Sunday, March 27th, is the Big Launch - Stone Church Books opens to the public with live music and door prizes for kids. Bring friends and neighbours!

### Buying Books now

In the meantime, if you wish to purchase a book, please put the payment in one of the white offering envelopes, write BOOKSTORE on the envelope and leave it with one of the Greeters on Sunday, or with the office during the week. Please include the white bookmark slip that's inside each book with your payment. The money from every book purchased goes directly to Trillium.

Thank you for supporting Stone Church Books! It's YOUR bookstore. You own it, and you run it. If you'd like to help out with the bookstore, contact me or Pam Noel.

Diane Boyer [diane.boyer@gmail.com](mailto:diane.boyer@gmail.com)



@trillium 

## GOOD NEWS

In March we will be hosting 2 BGC events.

Friday, March 4 & 18

8:00 - 11:00 pm

**\$5 Admission for UNLIMITED play**

*Masking Required, No Proof of Vaccination Required*

## Re-Opening Team – March Update

In response to changes in provincial COVID restrictions, please be aware of the following changes to Trillium activities and worship services. While the province lifted all capacity limits as of March 1<sup>st</sup>, the Re-Opening Team is taking a cautious approach to activities at Trillium in March. This approach will be reviewed in late March.

### **Meetings/Events for up to 50 people**

- Proof of vaccination is no longer required
- Committees or work groups may meet in the building while masked and distanced.
- Activities (youth and adult programs) may resume while masked and distanced.
- If meetings or programs have over 25 people, please meet in the sanctuary or the upstairs hall to allow for safe distancing.
- For committees or activities, if food shared, please maintain two metres distance between non-related people.
- Group leaders are asked to advise the office of in-person meetings for the church calendar
- Group leaders are asked to record their attendees
- Online meetings can be arranged by contacting the church office, Mark Rutledge or Heather Margerison.

### **Sunday Worship**

- Trillium has three options for worship: Livestream through YouTube, in-person in the sanctuary, and the youth service (Power Up) in upstairs hall.
- Please maintain two metres physical distance from non-family members.
- The sanctuary can hold 65-70 people to still allow safe distancing.
- Masking is required unless speaking from the podium.
- *Please* wear the Level 7 mask available at main entrances.
- Trillium is now green!! We offer biodegradable masks for use in the building.
- Social time is allowed in the sanctuary following the worship service, and effective March 13 will resume in the upstairs hall, but without refreshments, until it is deemed safe.

### **Access to building during the week**

Please continue to mask when entering the building. Masks are available free.

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

Re-Opening Team chair: Ruth Thompson

# Parish Nurse Update

## Fighting the winter blues

by Dr Linda Mintle

It's cold and you are feeling the winter blues.

The sky is cloudy and it's dark when you wake up. You don't want to get out of bed.

You feel irritable, tired, unable to concentrate, want to eat, crave carbohydrates, and feel like being alone. It's hard to get motivated. You just want to hibernate!

Since this feeling comes on seasonally, you wonder, "Why I am feeling so down and unmotivated?"

About 20% of people struggle to shake off those winter blues. All they can think about is sitting in the sun somewhere in the Caribbean. Actually, this is not such a crazy thought. 35 million Americans may be affected by winter depression. The "winter blues" has a name, Seasonal Affective Disorder (SAD). Most sufferers of SAD are women in their 30's (although the disorder affects others including children). SAD usually begins mid-October and ends around April when Spring arrives.

You may be surprised to learn that SAD can also have a Spring/Summer pattern as well. However, both the winter and summer seasonal types of depression have to do with sensitivity to light, those who get too little light (the fall/winter pattern), and those who get too much light (the spring/summer pattern). Light impacts our sleep-wake cycle and when that cycle is impaired, depression can result. And SAD is also tied to latitude, the farther north you live, the less light you get in the winter. So what can you do to stop being an irritable or depressed family member? Move to Florida? You could but there is a cheaper and easier solution.

Here are 6 things you can do if you suffer from Fall/Winter SAD? Many of these involve getting more light:

1. Lift your shades in home or apartment and let the sunlight into your rooms.
2. If the sun is shining brightly outside, don't wear sunglasses for part of the time. The eyes bring in light and help with mood regulation.
3. Bundle up and do outdoor activities that expose you to natural light. Take a brisk walk, sit on a park bench and enjoy the sunny days of winter.
4. Consider trying a light box or dawn simulator. These commercial lighting devices and florescent

light boxes help many people.

5. Try 30 minutes of sitting under a fluorescent light while watching TV, reading, etc. However, you shouldn't stare into a light source. You'll only get a headache! Just do a normal activity with the light in your field of vision.
6. Stay in the spiritual light as well. Boost your mood by staying spiritually strong. Read your Bible and be encouraged!

*The Lord is my light and salvation. Whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid, He is our anchor and hope. He is our anchor and hope. Psalm 27:1*

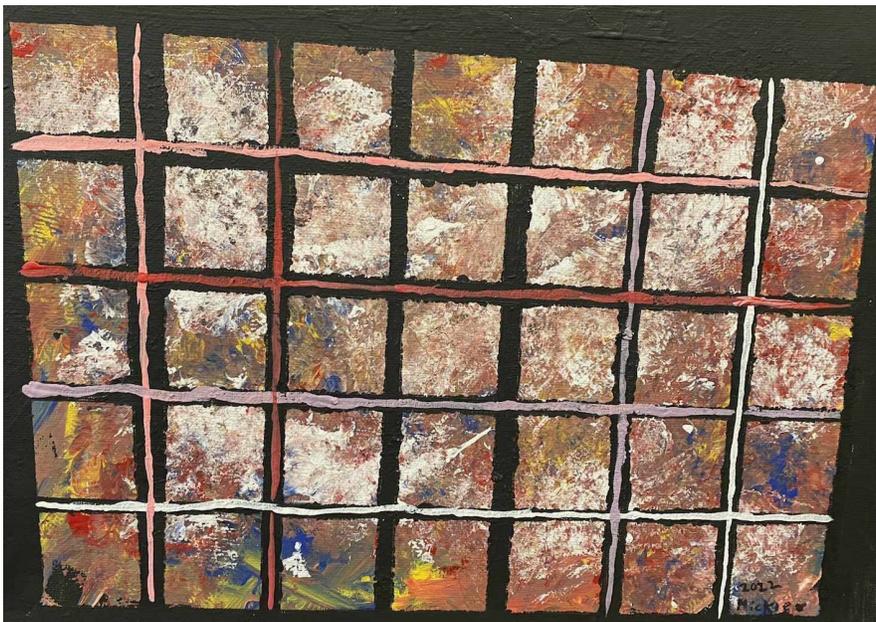
You should be careful not to self-diagnose SAD because you may confuse symptoms with other conditions such as diabetes, high blood pressure, etc. Make sure you have a physical exam and do not have another cause for feeling depressed.

**Parish Nurse Ministry**

**Sally White RN**

**Trillium office phone number: 519-653-6601 Ext 4**

**Office hours:**



Megan's artwork from the youth paint night hosted by our very own CYMT Minister, Heather. A good time was had by everyone who joined.

## Get To Know Don & Helen Martin



Don and Helen have been an integral part of the Trillium Community for many years. They are both life-time volunteers so before they came to Cambridge they contributed their time and talent to many establishments. They continue to support other causes along with all they do here at Trillium. To get to know them better I have asked them to give us some key ways in how they contribute to Trillium.

Helen wrote, “Here at Trillium, I have helped once again with the UCW's spring and fall luncheons, baked for the Cookie Walk, helped organize beef suppers, pancake suppers, turkey pie and apple dumpling production, helped with the Quilting Angels and the Knotters and helped with coffee hour after services, I helped design and create seven banners and wall hangings, sewed drapes and blinds for the Trillium room, helped paint several rooms, helped re-finish the stacking tables, helped with garage sales, and was co-leader of the LIFT group several times.”

Don wrote, “After moving to Cambridge, I have been involved at Trillium by being a co-leader of the LIFT group, Chair of Council, and have been Chair of the Pastoral Visitation team. Because of Helen's involvement with UCW, I have been the on-call pack horse between Hale Court and Trillium, have helped with many UCW events involving the kitchen, helped with beef suppers, making turkey pies and apple dumplings. I have helped organize garage sales and have help paint several rooms at Trillium.

Thank you for your on-going support here at Trillium!

*Are you a good cook?* Yes, Don won't starve

*Do you collect anything?* Don - crokinole boards & yard sticks, Helen collects quilts

*Do you have any phobias?* Helen—snakes

*Favourite Place to go?* Baseball diamond and quilt shop

*Have you ever had braces?* No/no

*Have you ever lived in another country?* No/no

*Have you ever won an award or trophy—what for?*

Quilting awards for Helen

*If you could only eat one food for the rest of your life what would it be?* Helen says ice cream

*Is there a food you will not eat?* Don, Brussel sprouts, Helen, oysters

*Last gift you gave someone?* Don gave Helen earrings, the same ones he had bought her before

*Next trip you would like to take?* Germany—European Trip

*Tell us something about yourself no one knows.* Don still has his tonsils

*What did you have for breakfast?* Don, high fibre cereal,

Helen, 2 bran muffins

*What is the worst injury you have ever had?* Don, scalded arm, Helen, broken knee cap

*What sports or extra-curricular activities do you enjoy?*

Baseball and volleyball

*What time is your alarm clock set for?* 6:30

*What is your favourite day of the week?* Don, Saturday,

Helen doesn't have one

*Did you play sports in high school?* No/no

*Do you floss your teeth every day?* No/no

*Have you ever gone camping?* Sort of but not in a tent

*What is your favourite kind of ice cream?* Helen likes

Moose Tracks and Don likes Caramel Turtle

*Can you sing?* No/no

*Have you ever been to an opera?* No, but we love musicals

*Do you prefer travel alone, with your family or friends?* With family

*What is your longest vacation?* One month in Portugal

*Have you ever driven across country?* Yes, across Canada and most of the U.S.A.

# Social Concerns & Outreach



When the weather improves, and we are able to put up a ladder without risk of ice and snow, this attractive banner will be appearing on our church. What does this mean?

It means that Trillium is part of a group that is working together with other local faith communities for climate justice in our region and our country. The Faith, Climate, Justice group sends out information about ways to advocate for our environment, which we will now be passing on to our congregation.

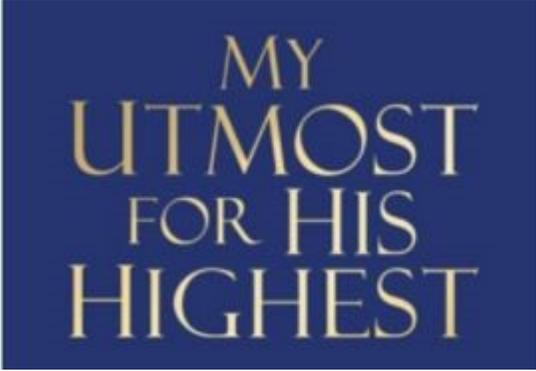
## [Upcoming day of action for a Just Transition - March 12th](#)

There will be a grassroots day of action on March 12th in support of climate justice and a just transition to a more sustainable economy happening Canada-wide. Local organizers are planning an event in our region, which will take place at Huron Natural Area at 2:00 pm. It is put on by the Climate Justice Committee from the University of Waterloo, and is an opportunity to have your ideas heard, and to listen to those of others. If you would like more information about this, please contact Liz Reed.

Join in on **World Water Day, March 22**, for [Sacred Water: An Interfaith Conversation](#), to learn about what diverse faith and spiritual traditions have to teach us concerning the sacredness of water in a time of climate crisis, and how we can deepen our connection with it. This is an online event. Watch for the link to register for this in the e-news.

A promotional graphic for World Water Day. On the left, a teal box contains the text "World Water Day", "March 22", and "6:00-7:30 PM ET" in white. To the right, the text "Sacred Water: An Interfaith Conversation" is written in a dark blue font. At the bottom right, there are two logos: "Faith &amp; the Common Good" with a green leaf icon, and "CLEAN ECONOMY FUND" with a blue and white circular icon. A white wavy line runs across the bottom of the graphic.

# 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.

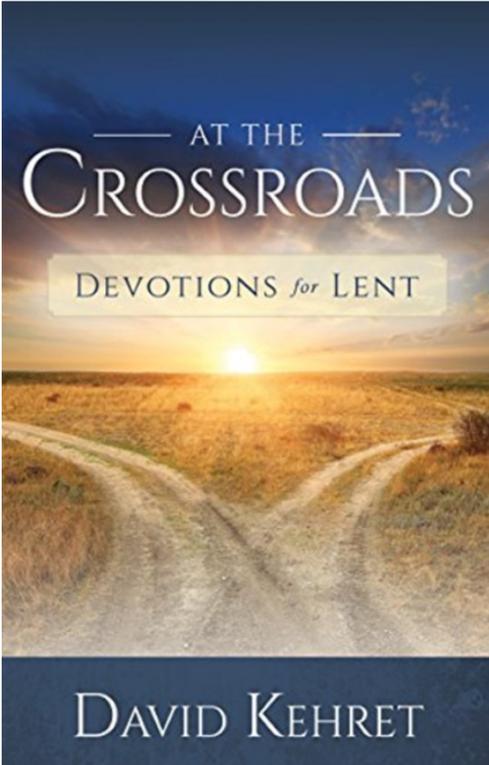
Canada: +1(647) 497-9391

Access code: 695-509-213

## Faith in Film @ Trillium

### Friday, March 25, 7-9:30 pm

Details will be in the weekly eWorship. We will not require proof of vaccination.



— AT THE —  
CROSSROADS

DEVOTIONS *for* LENT

DAVID KEHRET

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 in the office, free of charge.

**Lenten Study Group - Sunday 9am**

Please join meeting from your computer, tablet or smartphone.

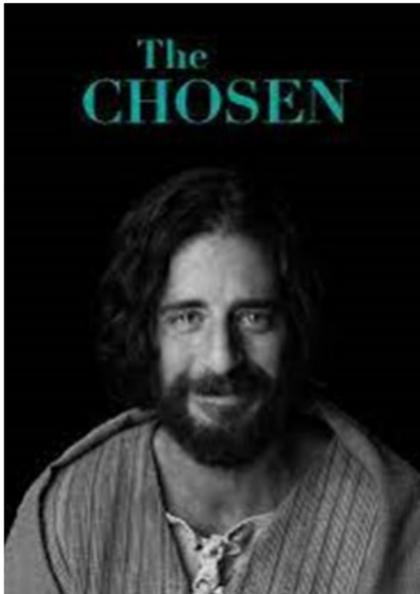
<https://meet.goto.com/429682077>

You can also dial in using your phone.

Canada (Toll Free): [1 888 455 1389](tel:18884551389)

Canada: [+1 \(647\) 497-9391](tel:+16474979391)

Access Code: 429-682-077



## The Chosen, Season 2: Discussion Group

**This first ever multi-season series is a powerful portrayal of the life and work of Jesus and his disciples. On-line Reviews:**

*...this is about watching something that brings outrageous joy. ...speaks to the soul and represents Jesus in a wonderful and relatable light.*

**Wednesdays, March 9 to April 27. 10am 11:30am in the sanctuary**

On March 9, we will watch and discuss Episode 1.

**Session Format:** Watch one episode together with discussion to follow. Masking required. Information: Ruth Thompson 519-654-8350 [ruthethompson53@gmail.com](mailto:ruthethompson53@gmail.com)

NOTE: For an introduction to the characters, you are encouraged to watch Season 1 at home. Online, free! Link: <https://watch.angelstudios.com/thechosen>

## 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**

IN THE BEGINNING WAS THE WORD, AND THE WORD WAS WITH GOD...  
the gospel of  
**JOHN**  
Part2

Starting: February 15  
Ending: April 5

For more information please contact Pastor Mark

# Heather's Hunches

(guesses, feelings, intuitions, ideas)



I'm going to tell you something about myself that you may find surprising. I don't like "March". As soon as February is over, I begin wishing the snow would disappear and the weather would warm up. Sadly, "March" appears. To me, it feels like the longest month of the year. It often gives us a few teasers of spring and even tells us that spring begins on the 20<sup>th</sup> but takes much longer to look like our mind's perception of "spring". Okay, enough of the doom and gloom. There is something that does get me through this month. March is the

beginning of Lent. It is a time to give up something to make room for more "God moments". Um What? Well, we fill our lives with stuff. I'm not talking about giving up chocolate or coffee. After all I can pop a piece of chocolate in my mouth and drink my coffee while still giving God my time and attention. I'm talking about giving up something that fills my day so much that I don't have time to give God a call.

The 40 days (46 including Sundays) of Lent is a time to get closer to God and open ourselves up to listening to God's messages for our lives. It is a time of prayer, reflection, and quietness on our journey to Easter.

What is the thing that is preventing you from having "God moments"?

*High fives and Hallelujahs,*

*Heather (Children and Youth Pastor)*

## Pastor Mark's Musings

Dear Friends,

I have been watching and reading about the Russian invasion of Ukraine over the past several days. This event has hit me surprisingly hard. It is not that I have any Ukrainian ancestry or such. I don't even really know anyone who is from The Ukraine. Yet the events over the past few days have had a real impact on me. I have been trying to figure out what it is. Obviously, there is a basic compassion at work in me for human suffering. You can't watch or read a story about war, any war, without having some basic response to the pain and suffering that it brings to people. Still, I don't think that explains fully my feelings at this time.

I don't think there is anyone who hasn't been bullied at some point in their lives. Whether it was at school or by a sibling, or perhaps by a supervisor or someone in authority over you, I think we all know what it feels like to be bullied. Bullying, at its core, is someone who uses their personal or positional advantage to force a point of view or claim regardless of its merit. It is someone who uses their advantage to get what they want regardless of how it impacts others.

Do you remember the first time in life you were bullied? I don't think I can. I can remember times in my life where a kid at school who was bigger or nastier took advantage of me. I can remember seeing other kids at school get bullied and being grateful that it wasn't me. I remember one of my younger brothers being bullied by an older student and coming to his defence. I still remember feeling indignant when he told me that he had been bullied on the playground for months. I'll take care of it for you, I told him and I did.

I hate bullying. I can tell I am not the only one. There is a whole genre of film about victimized people receiving justice by having the perpetrators be brought to justice. The basic story line is of a lone hero who comes to the aid of those who are victimized by others. Steven Seagal, for instance, has made a lot of money as an actor portraying characters that come to the aid of defenceless people. People cheer as the villains are dealt with in a savage but nominally just way. These kinds of stories, I think, speak to our experience of bullying and the kinds of vindication we want to see take place.

Jesus was bullied by those who had a positional advantage on him. Those with advantage were people who could muster economic, social, legal and even military power in order to prevail regardless of the merits of their case. Ultimately this bullying escalated to its full and logical conclusion,

death. Death can be understood as the ultimate victory of the perpetrator. The cross was a symbol not only of death but of total defeat and complete surrender. Even the position of the body of the cross was one of submission to a greater authority and power. Being put on a cross meant you lost and they won.

As a follower of Jesus I think my greatest fear is that somehow Jesus Christ will be permanently defeated. My fear is that his resurrection was more wishful thinking on the part of the disciples than something that really happened. My fear is that everything that Jesus stood for— love, justice, forgiveness, and kindness among people, peace— will not win out in the end and will represent an unattainable goal for us. What are we to do in the face of an act of aggression as massive as the Russian invasion of Ukraine? This is a pure unprovoked act of bullying and it is so galling to watch. How are we to respond in life when we see others being bullied? Do we step forward or do we simply stand back and be glad it is not us? What does it mean to step forward?

My hope is that Ukraine wins and that Putin loses. I want this so bad. Every day I am cheering on those brave men and women who are committed to standing up to the oppressive power of evil in the world. I am hoping that President Zelensky is the Steven Seagal of the moment and that he can lead a resistance to this unwarranted aggression that will prevail. If Ukraine loses then it is just another example of the bully getting away with it again. Again!

As a Christian, though, I am going to persevere in my belief in the victory of Jesus Christ. That in the face of his death and defeat he really was raised from the dead by God. That Jesus' resurrection is a sign to us that his way is the only way forward. I am going to persevere in my belief that everything that Jesus stood for— love, justice, forgiveness, and kindness among people, peace— will win out in the end. I am going to persevere in the belief that love really is the only answer to the bullying and violence of this world. We can resist the bully by using his tools but better, yet, we can resist the bully by embracing the way of Jesus Christ. How can we have any future today, as a world, unless we all agree that love is the answer, the only answer?

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  
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Bookkeeper: [trilliumfinances@gmail.com](mailto:trilliumfinances@gmail.com)  
You Tube: [youtube.com \(trilliumunitedchurch\)](http://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
- **Past Chair:** Jayne Little
- **Secretary:** David Webster
- **Children & Youth Ministry:** Interm Chair – Brenda Higgins
- **Financial Liaison:** Kevin Uebele
- **Membership:** Joan Joyce
- **Ministry & Personnel:** Chair: Pauline Demelo
- **Property: Co-Chairs** - David Reed, Steve Jennings
- **Social Concerns & Outreach: Co-Chairs** - Susan Balfour, Liz Reed
- **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  
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

**March 24**

The issue will be available on April 1, 2022.