

ROOTS & SPROUTS

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

Dec. 2025



Trillium's Christmas Market and Book Sale were a big success thanks to all our fabulous volunteers. This newsletter has many wonderful photos of the event. There are also some fun photos of the Knotters & friends celebrating Rose's 90th birthday.



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 December a most blessed celebration.
Membership Committee



Frances, Liz and Ashrit celebrated their birthdays.



Happy 90th Rose.

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**



Guatemala Fundraiser

These are the vitamins we will be taking to Guatemala in a few weeks: over 90 bottles. We tried to make a pyramid but it kept falling. We would like to thank Helen and Don for running Euchres, the pie ladies and the dumpling ladies, Ruth for running a felting class and anyone else who donated.

Submitted by Valerie Thielking



Brian Hershey is collecting Broadview magazines to donate to prisons. You can drop them off at the church or give them to Brian directly.

*Address labels must be removed. Thank you.

NEWS FROM THE STONE CHURCH

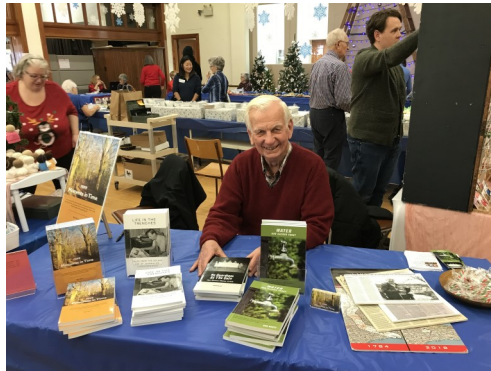
The Stone Church Bookstore had a successful sale Nov. 29. The numbers need to be confirmed but I'm confident that proceeds from the day will put us over \$3,000 for the year. Thanks to Betty-Anne Madill and Laurie Schmidt for staffing the bookstore for the sale.

This year will be the second highest for sales since the store opened four years ago, well ahead of what was our second-best year. With any kind of luck, our four-year total could hit \$11,000 by the end of the year.

Please do visit us and buy a book or two before the year is out. It would be great to hit our target.

We plan to close the bookstore on Sundays during January and February next year when business is typically down. We will continue to stay open on Wednesdays from 10 a.m. until 1 p.m. as long as we continue to have visitors on that day. While we might officially be closed Sundays, any of our volunteers would help you find a book if you ask.

We are planning one-day sales in January, February and March and there is a possibility of keeping the store open one Sunday in each of the three months. More on that later.



Submitted by Bob Burt

Progressive Euchre

Saturday, December 20, 2025

Trillium United Church,
450 King St E, Cambridge

1 pm start time Cost \$10.

Includes snacks

Proceeds to Guatemala Mission
(smokeless stoves, school supplies, footwear)
For more info, contact Trillium United Church
519-653-6601



You are invited...

CHRISTMAS POTLUCK

THUR., DEC. 11, 2025
TRILLIUM UNITED CHURCH
450 KING ST. EAST, CAMBRIDGE

Upper Auditorium
Time: 5:30pm
Turkey, dressing, potatoes
& gravy provided, bring a
yummy dish to share



Christmas goodies being enjoyed by some congregants. The youth were selling their wooden Christmas Trees. Marilyn was packaging treats. So many fabulous volunteers made for a successful event!



FREE Exercise Classes - All Welcome

Wednesdays and Fridays

Classes start at 1:00pm

Arrive a little early to get your spot.

No experience necessary, no registration required.

Seated options and standing balance to reduce falls.

Wear exercise shoes and bring water.



Trillium United Church
450 King St. E., Preston
Across from the library

Blessing Bag Ministry

Help! Our Blessing Bags need your continued support.

If you have started cleaning up your closets remember we can use hats, gloves, heavy socks.



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)



Call as needed:

Earlene Peshnak 519-222-6741

Joanne Sarkisian 519-653-3955

Brian Hershey 519-658-6405

Sandra Daoust 519-219-0381

Harold Matthews 519-653-1286

Jim Graham 519-650-2103

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

Rose, Joanne and Earlene were part of the team that got the cookie walk organized.



Social Concerns & Outreach

Climate Justice Vigil

An intrepid group of environmentalists gathered on November 16, in front of St. Peter's Lutheran Church. Despite the chilly weather, the group enjoyed an informative message from Mike Morrice, Green Party representative for the Kitchener riding (2019-2025) and the first Green Party member of parliament elected in Ontario.

The vigil was focused on the COP Climate Conference which was taking place in Brazil at that time and also included meditations and prayers for climate justice. The event was a collaboration between St. Peter's Church and Trillium. It was brought about by Pastor Laura Sauder at St. Peter's reaching out to Sifa who had made contact with her during the summer. Developing environmental connections between local churches was one of the aims of Sifa's work as a United Church Climate Motivator. The event was organized by Pastor Laura, Sifa and Liz Reed, leader of Trillium's Green Team.

A big thank you goes out to all who attended the vigil as we work together to live out our Core Value to "Care for the earth and all creation".

Submitted by Liz Reed



Some of Trillium's volunteers getting ready for the Market!

Fundraiser for the Guatemala Mission on November 8



Health and Wellness

Health and Wellness Team

The Team's outreach focus involves regular clinics offering personal care: foot care, haircuts and massage. Most people accessing clinics are from the community. All clinics are managed by volunteers and attended by Trillium's Parish Nurse.

Personal Care Clinics – Pay-as-you-can

In November, the team organized one clinic at Trillium on November 5 offering Foot Care and Haircuts. Our Parish Nurse was on hand to offer Wellness Checks. A feature of these clinics are opportunities for socializing over refreshments.

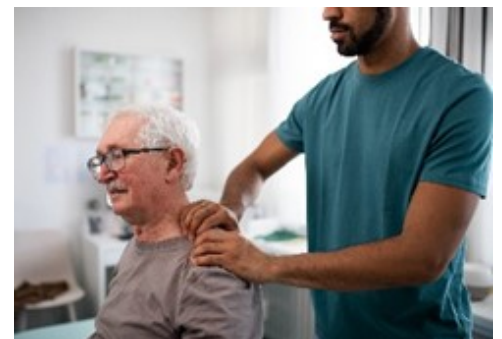
Many thanks to volunteers at the November clinic: Janice Cruickshank, Earlene Peshnak, and Ruth Thompson

The clinics are possible with funding from the Up Fund (Western Ontario Waterways Region), and Trillium fundraising groups—Garage Sale, UCW, Pie Bakers, and Beef Supper—as well as private donations. Individuals can direct donations to this program by designating to “Community Wellness.”

Massage Clinics - *FREE*

On November 21, the team hosted the third Massage Clinic featuring third year Conestoga College Massage Therapy students.

Five students offered free massages to benefit twenty people including six Trillium members. Feedback was once again positive. Sally White, Parish Nurse, was on hand to offer Wellness Checks. As with all clinics, refreshments were available.



Many thanks to November clinic volunteers: Janice Cruickshank, Carol McGeachan, Joanne Sarkisian, Earlene Peshnak, and Ruth Thompson.

Plans are underway to continue offering these massage clinics in 2026. For other activities of the Health and Wellness Team, see the Parish Nurse report.

Generosity LET IT \$NOW!

Our annual Fall Step Up Campaign *Let It \$now!* is now 50% of the way through. Our goal is to unleash a storm of epic generosity. We are dreaming of a White Christmas of big-hearted giving!

Each snowflake on the board represents an extra gift above and beyond what you were previously planning to give to Trillium. Your contributions allow Trillium to be the Faith in Bloom community that we know it can be.



We are known in our community as a congregation that goes the extra mile for people. We offer big-hearted welcome to newcomers and older-timers alike. We are committed to discipling people to follow Jesus in the way of love. We are an amazing church. We are immensely blessed by God in so many ways. We think our church is worthy of your generous support. Do you agree? If the answer is yes then show you believe by stepping up and taking one or two snowflakes from the Step Up Board and *Let It \$now!*

The Generosity Team

General Fund Jan-Nov

2025	Goal	Difference	2024	Difference
\$120,906	\$160,224	-\$39,318	\$134,690	-\$13,784

Each month we will be updating you on the amount in the General Fund, the money that is used to operate the church. We understand that many of you give to specific funds that are important to you. That is wonderful. We would still encourage you to be generous with the General Fund as it supports all other funds. If you have any questions please contact the office and a Generosity or Finance team member will contact you.

Membership & Congregational Life Team

Introducing our new team

Earlene Peshnak
Joanne Sarkisian
Donna Bernard
Debby Verhagen
Tanya Pickford
Sally White (chair)



F.R.O.G.

FULLY RELY ON GOD

GAMES

THE SECOND & FOURTH WEDNESDAY

6:00 - 7:30PM

GAMES-FRIENDS-FUN-CRAFTS



FREE



450 KING ST. EAST
CAMBRIDGE, ON

A New You for a New Year

The Ultimate Makeover

4 Sundays in January 2026



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

    @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 Sessions

First Tuesday of the month:
1:00 - 3:00
Trillium United Church
450 King St E
Cambridge

To register, or for more information please contact:
Holly Williamson 519-503-8155
or
Kallie Doak 519-239-0874
caregiver@cscmow.org

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.



Everyone enjoyed the festive music played by local musicians. A big shout out to The Forget-Me-Notes for adding to the merriment!

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



A Huge Thank You to all our volunteers and everyone who made this community event enjoyable and successful!



SEEKING.... SUNDAY GREETER VOLUNTEERS

Would you like to get more involved at Trillium?

Speak to One of the Membership and
Congregational Life team to find out more OR

Call Church office 519-653-6601 x 1

Team members: Earlene Peshnak / Joanne
Sarkisian / Donna Bernard / Debby Verhagen /
Tanya Pickard / Sally White

Join Us For
Board Game Café

Friday, Dec. 12

7:30 - 11:30 pm

\$5 Admission for UNLIMITED play
Snacks available for purchase.

AGES 18-35 - WELCOME

YOUTH IGNITE



Trillium Room
12:15PM

The 2nd & 4th Sunday
following Coffee/Social Time

Join us for
singing, sharing, food, fellowship



FOR MORE INFO.
OFFICE@TRILLIUMCHURCH.CA



@trillium 

BGC New Year's Eve Party

8:00 pm to 12:30 am



Adult Spiritual Growth

Alpha@Trillium

The Alpha Retreat, central to the course, was held November 14 and 15 at Preston School apartments. The retreat engaged guests with these important questions: *Who is the Holy Spirit? What does the Holy Spirit do? How can we be filled with the Holy Spirit?*



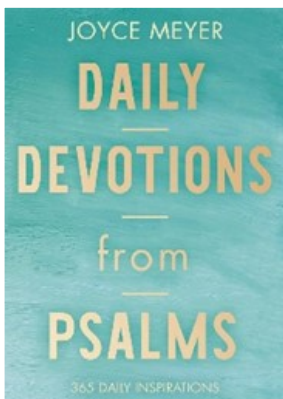
The current Alpha course concludes on December 9 with a celebration potluck dinner.

Many thanks to all the volunteers who supported Alpha by greeting guests at the door, cooking tasty soups, making delicious desserts, and doing cleanup. The success of Alpha would not be possible without your efforts.

The next Alpha Course will start on Tuesday, March 24, 2026. We encourage all Trillium members to experience Alpha and to invite others who are searching for answers to life's big questions.

To learn more about Alpha and what it could mean for you, please speak to someone on the Alpha Team.

Alpha Team: Dawn Sebastian, Ruth Pratt, Sally White, Mark Rutledge, Angie Gibson, Katherine Churchill, Ruth Thompson



Psalms Study Group

A group meets every Thursday from 4:45 to 5:45pm to study the Psalms using Joyce Meyer's *Daily Devotions from Psalms*. In addition to the daily readings, the group is finding inspiration and revelation from reading the Psalms.

New participants may join this study at any time. Please speak to Pastor Mark.

Update from Church Council Chair

It's winter time! And SO beautiful. Thank you God!

It is Friday, November 28th and countdown to our Trillium Christmas Market. Many dedicated volunteers have worked tirelessly over the past weeks planning and of course, making cookies and baked goods. Yesterday, with Marie Sitler at our lead, we decorated the hall, folded boxes, Carol Flint baked more cookies and later in the day, Kevin and Jen Uebele set up for our one – and – only Trilli'Yum Cafe. Today we will greet vendors and cookie donors in final preparations for the BIG DAY tomorrow.

Church Council, Trustees, Ministry & Personnel Committee members and staff participated in two of three communication workshops in November and we have one more with facilitator Gord Dunbar on December 6. Feedback has been positive and we look forward to the extension of our learning to the congregation.

Pastor Mark, Brian Hershey and Pam Noel are planning a retreat for Church leaders for January 17th. We will take a prayerful approach to our discussions focusing on the following question: "What is our personal path with Jesus and how does that path fit into Jesus' path for Trillium?" Stay tuned for further details.

Our Foundation "Faith in Bloom" continues on track regarding the purchase of a Just Like Family franchise with a start date of January 1, 2026. Stay tuned for further information in the new year.

A reminder that the Church Council minutes are available at any time in the Church Office. You can also let me know if you would like a copy, via computer or a paper copy and I will get that to you.

Please call me at (519) 716 – 3238 or send an E-Mail to bobbi.stewart@sympatico.ca if you have concerns or to request further information.

In the meantime, please know that I appreciate you all and wish you and yours a very, very Merry Christmas and a Happy New Year!

Blessings,

Bobbi Stewart, Trillium Church Council Chair



Parish Nurse @ Trillium

As we approach the Christmas season and the end of 2025, my mind turns to reflecting on what has been achieved during the past year by the parish nurse ministry and its service to Trillium and the community.

I am reminded of the truly unique role that this ministry plays not only within the Trillium family but outside Trillium in the community which we serve. This ministry and Community Wellness program do not reach out into the community by accident. You, the congregation here at Trillium, made a conscious decision to have the role of the parish nurse in our church, including connecting with people who are not part of our congregation. The main way the parish nurse connects with the community at large is through the Community Wellness-run Personal Care Clinics. At these clinics, wellness checks are offered. These include blood pressure checks if desired. This is an opportunity for the parish nurse to engage with people who have come to the clinic for foot care or a haircut or a massage appointment. In many cases this is how the relationship between a community member, who might not be connected to Trillium in any way, connects with and becomes a recipient of care offered by this unique ministry.

In 2023 reports show that sixty parish nurses were practicing in Canada. Yes, sixty! In the whole of Canada!

Not only is Trillium offering a ministry that is not common in faith communities in Canada as a whole, but it is unique in that this Trillium ministry is mandated to reach out into our community.

This is a perfect demonstration of living out our Core Values in everyday life: showing the love of Christ to our community. We model our actions on the core values of:

Reach out and serve others with kindness
Offer friendship and fellowship to all

The parish nurse and the Community Wellness ministry would not have the reach that they have without the dedicated volunteers that staff our clinics and support this ministry. Our thanks to you all! You certainly are God's love in action and God's hands in the world!

If you would like to join this vibrant ministry as a volunteer, please contact Sally (519-653-6601 x 4) or our wonderful lead volunteer Ruth Thompson (519-653-6601 x 5) to explore this further.

Trillium Parish Nurse: Sally White RN Cert. in Parish Nurse Ministry
Please call for an appointment 519-653-6601 ext 4
email: trilliumparishnurse@gmail.com

Pastor Mark's Musings

Dear Friends,

Do you remember as a child the wonder and beauty of Christmas? I certainly do. It was such an exciting time. It was more than the excitement of opening presents on Christmas morning. The whole build up to Christmas Day was so wonderful. The Christmas carols on the radio and the decorations in people's homes were inspiring. The growing darkness of December and the outside lights on the front of people's homes had a mysterious, almost mystical feel for me. I loved the many animated Christmas specials and the strong sense of family at this time. I understood in a very vague sense the religious dimension to the season. Christmas was the time to celebrate the birth of the Son of God into our world.

Sadly, today, I don't feel the same way about the Christmas season as I once did as a kid. Part of this is because I am pastor and the Christmas season means a lot more work for me. A larger part of this is because I grew up and I lost contact with that more poetic side of me. Very few things today really capture me in the way they used to when I was a child. I really miss that connection to things. Is there a way for me to get it back? Don't think I haven't tried. For many years I've made it a practice to watch the various animated Christmas specials so as to maintain the link with my childlike enthusiasm for Christmas. I put up Christmas lights every year on our eaves trough. I try to listen to Christmas music. When my daughter Elizabeth was little I tried to live Christmas vicariously through her. All these helped a little but they didn't really get me back to where I had been as a child.

The biologist Charles Darwin noted a decline in his intellectual and emotional capabilities as he grew older. He could feel his link with people and things weakening as he aged. He especially lamented his growing loss of interest and appreciation for art and music in his later years. Darwin said that if he had a second chance to live life he would make it a rule to consistently read poetry and listen to music as he got older. He felt

that this would have preserved his happiness and potentially his intellect and moral character.

I think maintaining a link with our poetic nature is a critical feature of following Jesus. Jesus didn't use those exact words. Rather he said, "Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven." In Jesus' time the goal of adult life was mastery. Mastery of our skills and the goals that they serve. Darwin talked about this mastery in terms of his mind becoming "a kind of machine for grinding general laws out of large collections of facts". To become a child again is a demotion of sorts because it moves us away from the world of mastery and back to a time of dependency and wonder. Yet interestingly, it turns out becoming childlike is the way we preserve our happiness, intellect and moral character. Go figure! We have a wonderful opportunity this Christmas season to embrace our return to being a child again. We do this in our rendezvous with Jesus in Bethlehem. Come, let us adore him. Come, let us adore him. O Come, let us adore him. Christ the King!

Merry Christmas!

Mark



TRILLIUM UNITED CHURCH

Our Mission: ***To awaken the Christ light in each other and shine it in the world!***

Pastor: Mark Rutledge
Parish Nurse: Sally White
CYMT: Brian Hershey, Alvey Saji
Nursery Teacher: Katherine Churchill
Office Administrator: Jo-Anne Hennig
Bookkeeper: Mandy Townsend
Building Caretaker: Peter Bouktsis

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

OFFICE HOURS:

Tuesday, Wednesday and Friday - 10 am to 3 pm

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

Registered Charity #119197002RR001



Members of Church Council

- **Chairperson:** Bobbi Stewart
- **Secretary:** Vacant
- **Adult Spiritual Growth:** Ruth Thompson
- **Children & Youth Ministry:** Brian Hershey
- **Financial Liaison:** Kevin Uebele
- **Generosity:** Co-Chair - Pam Noël
- **Health & Wellness Team:** Ruth Thompson
- **Property:** Co-Chair - David Reed
- **Social Concerns & Outreach:** Brian Hershey
- **Staff:** Pastor Mark Rutledge, Interim Youth Pastor - Vacant

Other Teams

- **Agape Connections Team:** Selma Webster
- **Board of Trustees:** Paul Mundy
- **Generosity:** Co-Chair - Karen Atkinson
- **Health & Wellness Team:** Interim Chair - Sally White
- **Membership:** Joan Joyce
- **Ministry & Personnel:** Richard Beeksma, Dianne Grimm-Jennings & Linda Klassen
- **Prayer Chain:** Earlene Peshnak
- **Property:** Co-Chair - Steve Jennings
- **Social Concerns & Outreach:** Co-Chairs- Liz Reed & Susan Balfour
- **WOW:** Susan Balfour

ROOTS & SPROUTS

ROOTS & SPROUTS is produced monthly from September to June by:

Trillium United Church

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Editor: Jo-Anne Hennig

Send articles to: office@trilliumchurch.ca

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

December 30

The next issue will be available on January 9, 2026.