

ROOTS & SPROUTS

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

June 2021



Sunset with the boys - Mike enjoys some fishing time with his sons Connor and Owen.



A Big Thank You to Maral B. for planting the flowers at the church after God created the Trilliums and after Liz and Dave did all the weeding of the gardens.

If you have any items you think our readers would enjoy please send them to the office for future newsletters. Please note the next newsletter will be September.
office@trilliumchurch.ca



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

As we continue to navigate through this pandemic we wish all of those with birthdays in the summer 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."

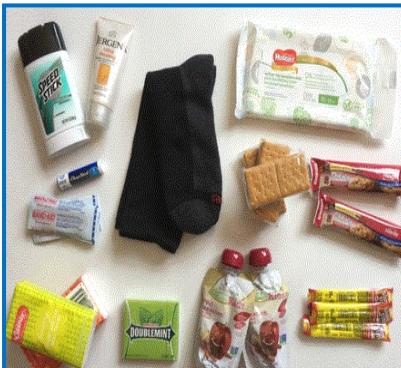
We will help move your furniture, down-size, do yard work, clean or paint! Try us out!

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

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



Several of our Trillium children need tutors to help them with their school work. If you can volunteer, please contact Heather Margerison or Susan Balfour.



Celebrating Our Friends Who Are 90+

Each year at this time the visitation committee at Trillium church celebrate all of our special friends who are in their 90s! Unfortunately, this year meeting in person cannot occur. To let them know they are still being thought about each celebrant has been sent a greeting card with the hope that next year we will all celebrate in person. Happy Wishes go out to all of our over 90's from the Visitation Committee and all the Trillium congregants.

A big **THANKYOU** for all the donations to the **Blessing Bags**. As we move into the warmer weather we require travel sized personal hygiene items, lip balm, conditioner, sunscreen, protein bars, pop open cans of tuna or chicken, apple sauce, crackers, bandages, wipes, and hand sanitizer to fill the bags.

Did you know that you can view recordings of past Sunday services?

They are available at this link ->

<https://www.gotostage.com/channel/7596b3bda87a491bab937b9ab856f627>

You will need to enter your name & email to register after clicking on any of the videos.

Hidden Heroes at Trillium during the COVID Crises

First Wave – COVID-19, March 2020

Council meets several times to chart Trillium's course. Proper seating, masks etc. By March 15 services were cancelled and given on line. Brian Potts covered one Sunday service for us as Mark was quarantined after being out of the country. Heather Margerison and Marie Sitler delivered games and crafts to our youth to work at during March Break. David Reed and Steve Vargas repaired the sanctuary ceiling. Brian Hershey prepared Blessing Bags for those in need.

Second Wave – More COVID cases, March 2021

Church is open on Thursdays as David Reed receives Offering or card purchases on remaining Turkey pies. All transactions are made with COVID precautions in place. All church services are offered online. These special soloists provided hymns or spiritual songs each Sunday, Pauline Demelo, Ruth Thompson, Naomi Ferguson and Phillippe Faure.

Third Wave – Variants of COVID, April 2021

COVID's variants are more contagious than their predecessors. ICU beds are full by April 3. Lockdown has closed more stores, big box stores are only allowed to sell groceries and other essential items. On April 17, 2021 Trillium held a small funeral service for Brent Potts, with only 20 people allowed to attend. During the 2 weeks following 12 Trillium Heroes prepared supper meals for Irene Potts and her 4 children. Brian Hershey co-ordinated and delivered the meals.

We also say a big thank you to our church staff who still continued their work throughout the pandemic, Jo-Anne Hennig, Mandy Townsend, Heather Margerison, Steve Vargas, Jason White, our Minister, Rev. Mark Rutledge and his wife Sally White, our Parish Nurse.

Submitted by Sheila Matthews



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



Heather Margerison is our Children, Youth and Outreach Minister at Trillium. She joined the team on September 12, 2019. After only 5 ½ months the pandemic restrictions changed everything that she envisioned her call to Trillium was supposed to look like. Heather rose to the occasion and has provided weekly e-Blasts for children, youth, and families. Each Sunday, she broadcasts a live worship service for the young and young at heart. She feels so blessed to have a ministry team of young people that make these services come alive. Heather also provides articles for the Roots and Sprouts, supports the work of the Social Concerns and Outreach Committee, and is facilitating the monthly “faith formation inquiry program” (exploring faith and Church membership).

Heather loves to be in community with the Trillium family. Over the first five and a half months she had just begun to build relationships with the children, youth, and families. Since that time Heather has had to find some creative ways to build on those relationships. She dreams of the day she can celebrate meeting in person and getting to know everyone better.

Get to know Heather Margerison

Are you a good cook? My family loves my soup our as they call it “stoup” (it’s soup that looks like stew)
Do you collect anything? Art supplies
Do you have any phobias? I love dogs but am terrified of ones I don’t know (lots of stories for this one)
Favourite Place to go? Any place that is beside water. I was born near the ocean.
Have you ever had braces? No
Have you ever lived in another country? Yes, England
Have you ever won an award or trophy—what for? Several for volleyball, track & field, Duke of Edinburgh award, and a few more.....
If you could go back in time to a specific era and place—when and where? I love English History so anytime in the 17-1800’s would suit me just fine. Although just for a visit as I would miss my coffee maker.
If you could only eat one food for the rest of your life what would it be? Cobb salad
Is there a food you will not eat? Sushi
Last gift you gave someone? Books for my grandchildren
Next trip you would like to take? Italy
Tell us something about yourself no one knows. My middle name was supposed to be “Ann”. My mother had the good sense not to use it as my initials would have been, H.A.M.
What did you have for breakfast? Yogurt/berries/nuts
What is the worst injury you have ever had? Dislocated rotator cuff
What sports or extra-curricular activities do you enjoy? I love volleyball, creating pieces of art & walks on trails.
What time is your alarm clock set for? 7:00 am

What is your favourite day of the week? Friday, I can sleep in (but rarely do).
Give me the names of three objects or things you love and why.
I love my phone because it keeps me connected with family and friends, my art supplies because they provide me with an outlet to dream and relax, and I love my little red car because it helps me go and see my grandchildren.
Did you play sports in high school? I played sports every day in high school. If you couldn’t find me in the gym, then I was either outside on the track, on the pitch or at the arena.
Have you ever gone camping? Yes, but now I would prefer glamping!
If you could invite any three people to dinner who would they be? Jesus, my Mom and my Dad
What is your favourite kind of ice cream? Anything with nuts and chocolate in it.
Can you sing? I used to be quite good but lack of using my vocal chords is not a pretty sound.
Have you ever been to an opera? No, I’ve just watched a couple on TV.
Do you prefer travel alone, with your family or friends? I love to travel with family.
What is your longest vacation? 11 days in the U.K.
Have you ever driven across country? No, but I’d love to see more of Canada.

Parish Nurse Update

Trillium Church Council has extended the trial of the parish nurse ministry until the end of September. I am grateful that I will be available in this ministry to serve you.

As I write this, the rain that we so wished for has changed to a light shower of hail! In the last week of May! I believe that most of us have been able to extend our lives to the outdoors in the past weeks as we have basked in the wonderful sunny weather. This leads me straight to National Health and Fitness Day on 5 June. As the weather improves we are able to increase our level of activity to embrace the outdoors.

Please enjoy the short article by Kasey B. Shuler highlighting Bible verses referring specifically to faith and fitness.

In my research for this Roots and Sprouts edition, I found a magazine on line, Faith and Fitness! I'd like to encourage you to explore this resource. Some interesting ideas and suggestions as to the very natural overlap between spiritual health and physical activity and vitality.

Sally White
Trillium Parish Nurse

Trillium Parish Nurse confidential phone number: 519-653-6601 ext 4
Email: trilliumparishnurse@gmail.com
Office hours: Friday 10am-12 noon

What Does the Bible Say About Exercise? 7 Fitness and Exercise Bible Verses – Kasey B. Shuler



What does the Bible say about fitness, and how can Jesus and the gym be connected? Here are 5 verses that about fitness:

1. 1 CORINTHIANS 9:26-27

“So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.” 1 Corinthians 9:26-27

2. ROMANS 12:1

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” Romans 12:1

3. ISAIAH 40:31

“...[B]ut they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” Isaiah 40:31

4. 1 CORINTHIANS 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” 1 Corinthians 6:19-20

5. PROVERBS 31:17

“She dresses herself with strength and makes her arms strong.” Proverbs 31:17

6. EPHESIANS 4:15-16

“Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.” Ephesians 4:15-16

7. 1 TIMOTHY 4:8

“...[F]or while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” 1 Timothy 4:8

FINDING FITNESS IN THE BIBLE

Upon a closer look, we can find fitness in many more places in the Bible. We can start in Genesis 3 when God was walking in the cool of the garden, looking for Adam and Eve, presumably to pick them up for a regular walk with Him. Fitness is always about moving with God, our creator, who designed us to be fruitful and multiply, and use our bodies to play in His good creation!

Since life was in general more physically demanding in biblical times, we can find movement all throughout the Bible: most occupations started out with agriculture and raising children, people traveled by foot, fought with their hands, and made a living with very little technology as we know it today. Jesus Himself was a carpenter and manual laborer, He and his disciples traveled and ministered on foot, and hiked mountains to pray. And we must not forget that worship itself is primarily physical:

The Bible describes worship in physical terms. The root meaning for the Hebrew word we translate worship is ‘to prostrate.’ The word bless literally means ‘to kneel.’ Thanksgiving refers to ‘an extension of the hand.’ Throughout Scripture we find a variety of physical postures in connection with worship: lying prostrate, standing, kneeling, lifting the hands, clapping the hands, lifting the head, bowing the head, dancing, and wearing sackcloth and ashes. The point is that we are to offer God our bodies as well as all the rest of our being. Worship is appropriately physical. We are to present our bodies to God in a posture consistent with the inner spirit in worship.

—Richard Foster, *Celebration of Discipline*

Social Concerns & Outreach



Since the beginning of the pandemic, I have been educating myself about racism, inclusion, equality and social justice in Canada. This is in keeping with our Trillium Values: Embrace Diversity and Speak Up for Justice. I have read many books written by Indigenous, black, and Asian authors, as well as books authored by people of colour. I have taken advantage of many online workshops offered or sponsored by the United Church of Canada.

Between May 17 and 20, I participated in a conference put on by Citizens for Justice (CPJ) which was sponsored in part by the United Church. In the closing workshop the guest speaker was Romeo Saganash (he/him), from the Cree Nation. After his presentation there was a 'question and answer' time with Mr. Saganash and Jocelyn Bell, who is the editor and publisher of Broadview Magazine, which is North America's longest-running magazine, covering spirituality, social justice and ethical living.

Romeo Saganash was born in Waswanipi and raised in accordance with the values and traditions of the Cree Nation until he was seven years old. He then spent ten years at a residential school in La Tuque. While there Mr. Romeo promised himself two things: he would go back to his community and live off the land, and he would reconcile with those who put him away for 10 years. That separation informed everything that he went on to achieve in his professional and po-

litical career. Mr. Saganash did not lose his language at the residential school, and, in fact, learned two other languages, French and English. He learned from his father that, "...our children will need to learn the language and ways of white men to learn how to deal with white man and white man's ways." Throughout his career as legal specialist, negotiator and politician, Romeo Saganash has sought to defend human rights, especially the human rights of First Nations people. At the federal level, Mr. Saganash was the member of parliament for Abitibi-Baie-James-Nunavik-Eeyou from 2011 to 2019, and the New Democratic Party's critic for reconciliation. Internationally he played a key role in drafting the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), which he continues to promote tirelessly.

When Jocelyn Bell asked Mr. Romeo what his favourite article is in the United Nations Declaration of Indigenous Rights, Mr. Romeo responded that it was Article 1, the second paragraph, about the equality of Indigenous peoples who need to be "respected, even though different."

June 1 is Canada's National Indigenous People's Day. SC&O hope that our little diverse library will be installed and filled with books by that day. There will be numerous books available that were written by Indigenous authors. One of those books, entitled "Lifting Hearts off the Ground: Declaring Indigenous Rights in Poetry", centres on

two poets – one Indigenous and one Settler. They came together one summer when a fire warden near Waswanipi hired Romeo's dad for the summer. Through conversations this book was born.

SC&O Team challenges you to read stories by Indigenous authors, put yourselves in their shoes, and critically examine what has been done to our First Nations People over the years.

This is an opportunity for all of us to learn.

Susan Balfour, SC&O

Trillium responds generously to Easter Special Offering

The special Easter Offering this year was designated for 2 important projects:

Life and Work of Trillium: \$530 was received toward the purchase of a new furnace.

Trillium Outreach: \$620 was raised for Aowsmer Ordona's fundraiser to purchase a laptop for her family's church in the Philippines. The money has been sent and this is a screenshot from a thank you video that was made for us by the pastor of the church, showing the laptop in use!

Thank you Trillium for your wonderful response to this special appeal.



Ministry & Personnel Update

Hello from the Trillium M & P Team. The Ministry and Personnel (M&P) committee is here to support the Trillium staff, volunteers, and congregation. The Statement on Ministry in The United Church of Canada (2012) states “Through the Spirit, who enlivens and renews the church, all members are empowered to share in Christ’s ministry, the work of the church.” Trillium M&P is available to support all congregants and staff as they carry out the work of the church.

The Trillium M&P committee is responsible for the working conditions, responsibilities, and compensation to the staff. We are also responsible for overseeing the relationships that are formed – whether positively or negatively – between the staff and volunteers. Relationships between staff and volunteers in a community of faith can be challenging as often individuals have a strong sense of ownership over a particular program or project. M&P is here to help navigate those relationships. It is important when addressing challenges within these relationships that it be done so in writing or in person with an M&P representative (phone or video conference inclusive) and be done so by the individual who is experiencing the difficulty. This is to ensure that all the details and decisions are documented correctly. Undocumented allegations or complaints will not be considered for action at any time. Documentation can be done for both positive and negative feedback. All feedback received will be confidential however we strongly encourage healthy, mediated conversations.

Over the next several months Trillium M&P will be:

- publishing articles of information in the Roots and Sprouts to both keep in touch with and to inform the congregation and staff of various roles and procedure of the M&P committee.
- Working with committee chairs on healthy conversations and team building
- Working with council to create future opportunities for teambuilding

If you wish to speak to any of the M&P team you can call or email any of the following members:

Pauline Demelo – gpduches@gmail.com

Phil Hankins – s.phankins@yahoo.com

Richard Beeksma – richard.beeksma@shopatstop.com

Also on the team are:

Past/exiting chair – Janice Cruickshank

Consulting member – Brian Sillett



Heather's Hunches

(guesses, feelings, intuitions, ideas)



Everyone morning when I open my computer I'm greeted with beautiful images of sunflowers. I'm not sure what it is about these flowers that puts a smile on my face, but they do. Is it their colour, sunny and bright? Is it their strong presence, as they stand tall even in the strongest winds? Is it the fact that they follow the sun from morning to dusk? Whatever the reason it got me thinking about our life as we grow and encourage each other to form deep roots in God's love.

As we grow, we look more and more to the "Son-flower", Jesus. We get excited about growing in the understanding of His word. We become more rooted in our faith. We begin to follow the "Son" and radiate His beauty into the world.

"...grow in the grace and knowledge of our Lord..."
2 Peter 3:18

Holy Son, pour out Your Spirit on us, our children, and our children's children... show them Your ways, teach them Your paths, lead them in Your truth... and grow them up in You. Amen.



Trillium's Youth



Comedy Corner



Jokes Submitted by Owen and Connor Plant

What kind of gum does a whale chew?
Blubber gum

What do you call a seagull who flies over the bay?
A baygull

What does a tight rope walker eat?
A balanced diet

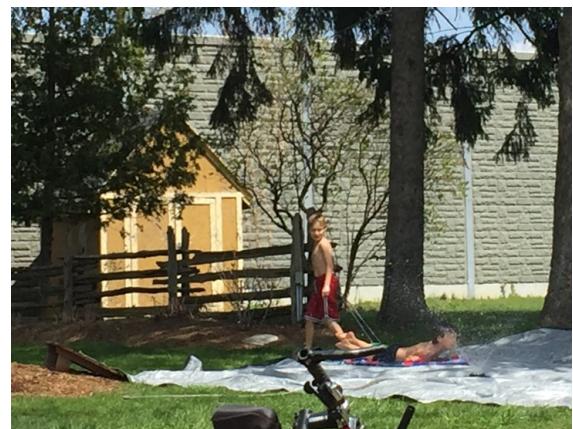
What does a skeleton say before it eats?
Bone-appetite

What does the one ocean say to the other?
Nothing they just waved



Owen and Connor enjoy their outside time, playing in the hot weather we experienced during May. What a great way to have fun and take care of your body!

Send us your summertime photos for the September edition of Trillium's newsletter.
office@trilliumchurch.ca



Rockin' Recipes



Myra loves to cook and bake. This is one of her favourite recipes.

Loaded Berry Cheesecake Tarts

Ingredients

1 package frozen puffed pastry leave on the counter to thaw

Cream Cheese Filling

1 block cream cheese leave on the counter, let mellow

1 large egg yolk

½ cups powdered sugar

½ tsp. almond extract optional

1 tsp. vanilla

Dusting/Topping

1 cup fruit of your choice

1 tbsp. granulated white sugar, raw sugar works too

1 egg for egg wash (we may not use all of it)

Instructions

1. Preheat your oven to 400
2. Line a sheet pan with parchment paper or a silicone baking mat
3. On the counter, unroll your puffed pastry sheets and using a rolling pin, flatten them both out so they are each a big square. If you are working with 1 large sheet you will simply unroll.
4. Using a cookie cutter or a glass, cut 4 circles from each sheet of puffed pastry. If it's one large sheet you can cut about 8 out. **If you wish to leave this as one big tart you can do that as well!
5. Place the pastry circles on the sheet pan.
6. Using a knife, free hand a small border to each pastry disc, about ¼ inch from the outside.
7. In a small bowl, mix your cream cheese, powdered sugar, egg yolk, almond, vanilla.
8. Fill the INSIDE of the circle with the cream cheese mixture. Don't go over the lines, this is going to be part that puffs up like walls! Top each disc with fruit, sprinkle some sugar on top.
9. In another small bowl, whisk your egg with 1 tsp. of water. This is an "egg wash". Then brush the egg wash all around the borders of your puffed pastry. Sprinkle rest of the sugar on top of egg wash area.
10. Bake for 15 – 18 minutes at 400, but don't leave the room, check on them around the 13 minute mark to see how they look. You want the "walls" to puff up, but not get too dark.
11. Take out of oven, serve soon and enjoy!!!

Recipe from Meg Tucker

Pastor Mark's Musings

Dear Friends,

There was a story in the news recently about authorities finding the graves of 215 First Nations children at the Kamloops Residential School. The Truth and Reconciliation Commission calculated that approximately 3200 native children in the residential school program are still unaccounted for (some members of the Commission put the number as high as 6000.)

The story is troubling on so many levels. At its core the story shows the complete and total disregard for the humanity and identity of those native children and their families. How could this happen? It is, in some ways, unfathomable. The history of residential schools is replete with bad actors with malicious intentions towards native people. Yet, I have read that the original idea of educating native children on mass came first from people who were sympathetic to First Nations aspirations. Many of the people who came up with the idea of residential schools were devout Christians who thought they were doing the right thing. If this is true then it compounds the tragedy even further.

We tend to think that if our intentions are good that we can presume that we are doing the right thing. Yet, Samuel Johnson once said, "Hell is paved with good intentions." The author Vikram Seth wrote, "God save us from people who mean well." Angela Blount wrote in one of her novels, "Well-meaning people are sometimes the most dangerous." T.S. Eliot wrote "Most of the evil in this world is done by people with good intentions."

The last quote is quite sobering when one thinks about it. We tend to think that evil is done only by malicious, malevolent people. Not so according to Eliot and the other authors. Some of the worst horrors are done by people who suppose they are doing good. Andrena Sawyer wrote "One of the most dangerous traps for the believer is a good thing that's not a God thing." For the Christian there must always be a dividing line between the "good thing" and the "God thing." We can no longer presume that because we do

the good thing we are doing the God thing. The Residential School tragedy proves that this conclusion is wrong and that this mistake can have tragic consequences. The difference between the "good thing" and the God thing can sometimes be everything.

At Trillium our commitment is to the God thing, not the good thing. It means discerning the mind of God who sees all things. We never have sufficient information or vision to discern the consequences of our actions and words. There is one who does. This is why prayer and careful discernment of the Spirit's voice is so pivotal to those of us who follow Christ. Even then, we need to tread carefully.

Your Friend in Christ,

Mark

TRILLIUM UNITED CHURCH

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

Minister: Mark Rutledge
Youth & Outreach: Heather Margerison
Music Director: Jason White
Office Administrator: Jo-Anne Hennig
Bookkeeper: Mandy Townsend
Custodian: Steve Vargas

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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
- **Past Chairperson:** Ruth Thompson
- **Children & Youth Ministry:** Brian Hershey
- **Financial Liaison:** Kevin Uebele
- **Membership:** Joan Joyce
- **Ministry & Personnel: Chair:** Pauline Demelo
- **Property:** Steve Peterson
- **Social Concerns & Outreach:** Susan Balfour
- **Staff:** Rev. Mark Rutledge, Heather Margerison

Other Teams

- **Adult Spiritual Growth:** Ruth Thompson
- **Board of Trustees:** Paul Mundy
- **Generosity:** Karen Atkinson
- **Golden Years Worship:** Earlene Peshnak
- **Marketing:** Ruth Thompson
- **Region 8 Representative:** Doug Stuart
- **Visitation:** Don Martin
- **Worship:** Mark Rutledge

ROOTS & SPROUTS

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