

October 12, 2024
SABBATH SCHOOL

Bible Study & Share Time

Theme: "Serving For God's Glory"

9:20 - 10:45 am

"And you shall know the truth, and the truth shall make you free."

John 8:32 NKJV

9:20 – 9:30 am – Welcome/Praise Time - Iris Brown
9:30 - 10:40 am – Lesson Study
Class 1: Pastor Ji
Class 2: Greg McKenzie
10:40 – 10:45 am – Mission Spotlight - Video
10:45 – 10:50 am – Closing Thoughts - Iris Brown

SUNSET TODAY: 6:39 PM **NEXT WEEK: 6:27 PM**

Wednesday: October 16, 2024

Prayer Meeting @ 7:00 pm.

UPCOMING EVENTS:

CHURCH BUSINESS MEETING: Saturday, October 19 @ 7:00 pm.

SENIORS' MEETING: The last in-person Seniors' meeting will be held on Sunday, October 27 @ 1:30 pm.

CHRISTMAS BANQUET: Sunday, December 15. Please see announcement.

IMMANUEL ZOOM LINE: Immanuel SDA Church's Personal Meeting Room, <https://us02web.zoom.us/j/4162231992>.

PHONE LINK FOR ZOOM MEETING: For those wishing to join our Zoom meetings by phone, here is the number: **647 558 0588** ID 416 223 1992 follow the prompts, press # **IMMANUEL ZOOM LINE:** Immanuel SDA Church's Personal Meeting Room, <https://us02web.zoom.us/j/4162231992>.

October 12, 2024

Welcome

10:50 am

Pastoral Time & Welcome

Pastor Ha Rim Ji

WORSHIP SERVICE

Call to Worship		Elder Jason Muloongo
Invocation Song	Majesty	Congregation
Invocation		Benjamin Rasool
Opening Hymn	"Come, Thou Fount of Every Blessing"	#334
Praise and Worship	K. & R. Sohar; J. & M. Carnevali	
Children's Story		Leslie Novoa
Offering	Ontario Conference Advance	Greg McKenzie
Intercessory Prayer		Elder Jason Muloongo
Scripture Reading	1 Thessalonians 5:16-18	Francis Jamuyot
Music for Meditation		Vermont Cleghorne
Sermon	<i>Gratitude Is a Must!</i>	Benjamin Rasool
Closing Hymn	"Praise Him! Praise Him!"	#249
Benediction		Elder Jason Muloongo

Elder on Duty: Jason Muloongo

Pianist: Lesley Cresswell

QUARTERLY SCHEDULES: The 4th Quarter Schedules are available in the foyer.

ADRA: Immanuel's goal for ADRA this year is **\$12,000**. Please collect or donate generously to this worthy cause as our world suffers increasing disasters day by day.

Welcome to Immanuel Church!

REACH EMPHASIS: Disciple Shift

WELCOME: A warm welcome and Happy Sabbath to all who are joining us for worship on this Sabbath Day. We pray that God will bless our fellowship together on this Thanksgiving Weekend.

UKULELE PRACTICE: CANCELLED for today, October 12. Resumes next week, October 19.

CHOIR PRACTICE: There will be no choir practice today but we will resume next Sabbath October 19, 2024 at 4 pm.

CHURCH BUSINESS MEETING: Saturday, October 19, 2024 @ 7:00 pm. All Immanuel Church Members are encouraged to attend.

DONATE: THANKSGIVING DINNER; Our goal is \$5000 for serve approximately 200 families. Donations can be in the form of Cash (in an envelope) and please state that it's for the Thanksgiving Dinner, or by E-transfer – immanueltreasurer@adventistontario.org also stating that it is for the Thanksgiving Dinner.

VOLUNTEERS: All volunteers for the Thanksgiving dinner on Monday are kindly asked to meet on the organ side immediately after Divine Service for a short information meeting.

THANKSGIVING DINNER PICKUP: Pick up for Thanksgiving dinner will be on Monday, October 14, 2024 between 2 pm and 5 pm.

IMMANUEL CHRISTMAS BANQUET: DATE: Sunday, December 15, 2024.

VENUE: Crowne Plaza Hotel, Airport Road. **COST:** \$75.00 per person, Children under 13 years old - \$40.00. Now is the time to send in payments via e-transfer to immanueltreasurer@adventistontario.org - or Cheque - Mark "Christmas Banquet in the message line. Contact Royston McKenzie at 905-883-0789 OR Marjorie Williamson at 416-431-4888. Be the early bird.

SENIORS MEETING: We will conclude our final In-Person meeting on Sunday, October 27, at 1:30 PM. Let us make it a true "get-together." Please invite your family, friends, and all seniors to come out and have fellowship and praise God for the long Summer of 2024, before winter sets in and we are forced to be on Zoom. (More details to follow).

YOU CAN READ THE NEW TESTAMENT IN 2024. This is week 42 and the chapters are Hebrews 2 – Hebrews 6. Thank you all for engaging in the reading of God's word. May you be edified and blessed. If you have any questions speak to Broston Wilson, Eman B'Dacy or Vermont Cleghorne.

SHUT-IN MEMBERS

Please pray for, visit and/or call the following members:
VALLEYVIEW NURSING HOME: Calvin Butterfield

Young Adult Corner

PRAYER FOR THE SICK: Please pray for the sick among us. Sisters: Mary Paul, Khairon Mohamed, Flora Martin, also keep the Seniors in prayer.

FOOD BANK DONATIONS REQUESTED: *Cash donations* are needed for grocery supplies. Please donate to our Food Bank. – Community Services Ministry.

MORNING DEVOTIONS & LESSON STUDY: Lesson discussion every Sunday to Thursday @ 10:00 am

UNITED PRAYER: Every evening @ 7:00 pm.

OFFERINGS: You are encouraged to submit your offerings via online or e-transfer to immanueltreasurer@adventistontario.org. Next week the offering will be Local Church Budget. Please remember the Church Budget in your offerings. We need your help with the needs of our own Immanuel Church each month. God bless.

HEALTH & NUTRITION TIPS FROM THE HEALTH MINISTRY: **Rebounding:** is a form of low impact exercise that is performed on a piece of equipment that is similar in appearance to a mini-trampoline. It is a low-impact cardiovascular aerobic exercise that can be enjoyed and is recommended for people of all ages. A rebounder, although sometimes of a similar size and appearance differs from a trampoline in that it doesn't confer as much bounce and loft to the person using it, making it ideal for exercise and rehabilitation. Rebounding increases the gravitational force on our body more than traditional exercise like walking or running; all the while without putting too much stress on the joints. Because of the greater forces working on the body, rebounding burns as much as 3 times as many calories as running does in the same amount of time. There are many benefits of rebounding and one of the most important ways it aids our bodies is by increasing lymphatic circulation and drainage. The lymphatic system, which is an integral part of our immune system, comprises partly of a network of vessels throughout our body. This system relies on your muscles to stimulate lymphatic flow. When rebounding, the one-way valves of the lymph vessels are forced to open at the top of the bounce, and close at the bottom of the bounce which generates a flushing of the lymph system, sweeping toxins and other unwanted materials out of the system. This bouncing not only increases the circulation of lymph fluid, but also increases the number of white blood cells to defend against disease. Next week we'll continue to discuss rebounding

PASTORAL TEAM INFORMATION

Pastor Eustace Williams
Phone 905-431-2435 (cell)
Email ewilliams@adventistontario.org
Office Phone 416-223-8142
Office Hours: Call for appointment

Pastor Ha Rim Ji
Phone 403-307-1245 (cell)
Email hji@adventistontario.org
Office Phone 416-223-6258

1st Elder: Ernest Rampersad 905-760-2810
Interim Church Clerk: Lesley Cresswell

Church Secretary: Susan Schroder 416-223-1992
Church Office Hours: Wed. & Thurs. 11:15 am to 3:00 pm

Fax Number 416-223-6537

Ontario Conference Office 905-686-5757
ABC Bookstore (Oshawa) 1-800-263-3791
Canadian Union of SDA 905-433-0011
ADRA Canada 1-888-274-2372

NOTICES:

1. **UNITED PRAYER:** 7:00 pm every evening.
2. **BABY DEDICATION:** 3rd Sabbath of each Month
3. **COMMUNION SERVICE:** Last Sabbath, last month of each Quarter
4. **CPR offered @ 10% discount,** call 416-567-7092
5. **SENIORS MEETING:** 4th Sunday of each month @ 2:00 pm
6. **BOARD MTGS:** 2nd Monday of each Month

CHURCH BULLETIN: Deadline: TUESDAY BY 6:00 pm.

- All submissions may be edited
- Send all info to immanuelsda@gmail.com (preferred) or by phone at 416-223-1992
- Late submissions will be deferred to the next week's bulletin.
- Spell-Check before submission is appreciated
- **Announcement page is strictly for promoting Church Events**
- **All rooms bookings need to be made through the secretary.**
- **ALL announcements will run for 2 weeks and then removed. Thanks for your cooperation.**
- **All documents must be stamped before they are posted on the notice board. Please see the Secretary for stamp.**

Immanuel

Seventh-day Adventist Church

*A cordial welcome is extended to all!
Please come again!*



*God With Us
Together, A Gateway
To Christ for all
October 12, 2024
Happy Thanksgiving!*



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