

October 19, 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 - Eman B'Dacy
9:30 - 10:40 am – Lesson Study
Class 1: Silvio Carnevali
Class 2: Benjamin Rasool
10:40 – 10:45 am – Mission Spotlight - Video
10:45 – 10:50 am – Closing Thoughts - Eman B'Dacy

SUNSET TODAY: 6:27 PM **NEXT WEEK:** 6:17 PM

Wednesday: October 23, 2024

Prayer Meeting @ 7:00 pm.

UPCOMING EVENTS:

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

NOMINATING COMMITTEE: Sunday, October 20, 2:00 - 4:00 pm.

CHURCH BOARD: Monday, October 21 @ 7:00 pm.

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

CULTURAL NIGHT SOCIAL: November 30 @ 5:00 pm. 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 19, 2024

Welcome

10:50 am

Pastoral Time & Welcome

Pastor Ha Rim Ji

Special Presentation

Diana Achim & Monica Carnevali

WORSHIP SERVICE

Call to Worship Elder Greg McKenzie
Invocation Song Majesty Congregation
Invocation Pastor Eustace Williams
Opening Hymn "Praise, My Soul, the King of Heaven" #4
Praise and Worship Immanuel Youth Praise Team
Children's Story Cameron Wilson
Offering Local Church Budget Ysmael Miranda
Intercessory Prayer Elder Greg McKenzie
Scripture Reading SDAH #746 Marcia Williams
Music for Meditation Kiona Nichol
Sermon *Divine Politics* Pastor Eustace Williams
Closing Hymn "We Know Not the Hour" #604
Benediction Elder Greg McKenzie

Elder on Duty: Greg McKenzie

Pianist: Choongo Mwinga

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.

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

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.

UKULELE PRACTICE: Resumes today, October 19 @ 2:00 pm

CHOIR PRACTICE: Resumes today, October 19, 2024 @ 4:00 pm.

THANK YOU: The Community Services Ministry would like to say a very big Thank You to all the volunteers who assisted with the Thanksgiving Dinner on Monday. It was truly a memorable day for all, and your time and effort were greatly appreciated.

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

NOMINATING COMMITTEE: Sunday, October 20, 2:00 - 4:00 pm. All Nominating Committee members are encouraged to attend.

CHURCH BOARD: Monday, October 21 @ 7:00 pm. All Board Members are encouraged to attend.

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).

CULTURAL NIGHT SOCIAL: November 30 @ 5:00 pm in the Immanuel church basement. Everyone is encouraged to dress in your country's national colours

YOU CAN READ THE NEW TESTAMENT IN 2024. This is week 43 and the chapters are Hebrews 7 – Hebrews 11. 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 for Burman University. 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 immanuellda@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 19, 2024



418 Drewry Ave.
North York, ON
M2R 2K5

Tel: 416-223-1992

Email: immanuellda@gmail.com

Website: immanuellda.org