

January 18, 2025
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 - Gary Adamson
9:30 - 10:15 am – Lesson Study - Silvio, Broston & Greg
10:15 – 10:20 am – Mission Spotlight - Video
10:20 – 10:40 am – Presentation on End It Now - Video
10:40 – 10:50 am – Closing Remarks - Marcia Williams

SUNSET TODAY: 5:09 PM

NEXT WEEK: 5:18 PM

Wednesday: January 22, 2025

Prayer Meeting @ 7:00 pm. The passage for discussion will be Acts 16:1–10. Please join us.

UPCOMING EVENTS:

BOARD MEETING: The next Board Meeting will be on Monday, January 20, 2025 @ 7:00 pm.

SENIORS ONLINE MEETING: Seniors' January 26, 2025, meeting is **cancelled**. Please see announcement.

40th ANNIVERSARY: Immanuel Church will be celebrating its 40th anniversary this year, 2025, April 18—20. More details will follow.

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>.

January 18, 2025

Welcome

10:50 am

Pastoral Time & Welcome

Pastor Eustace Williams

WORSHIP SERVICE

Call to Worship Elder Ysmael Miranda
Invocation Song - The Lord Is in His Holy Temple #692 Congregation
Invocation Elder Diana Achim
Opening Hymn "He Hideth My Soul" #520
Praise and Worship 5PAK
Children's Story Crystal Robinson
Call for Offering Local Church Budget Gary Adamson
Intercessory Prayer Elder Ysmael Miranda
Scripture Reading Exodus 3:7-10 Ella Miranda
Introduction of Speaker Pastor Eustace Williams
Music for Meditation Margaret Meikle
Sermon *Is God Silent?* Elder Diana Achim
Closing Hymn "Let Your Heart Be Broken" #575
Benediction Elder Ysmael Miranda

Elder on Duty: Ysmael Miranda

Pianist/organist: Lesley Cresswell

END IT NOW EMPHASIS DAY - AFTERNOON PROGRAM

We invite you to join us @ 3:00 to 4:30pm as Pastor Eustace Williams facilitates "What is End It Now?" Don't miss hearing powerful testimonies!

BAPTISM: There will be a baptismal service at Immanuel Church on Sabbath, Feb. 1, 2025.

Welcome to Immanuel Church!

REACH EMPHASIS: Disciple Shift

WELCOME: A warm welcome to all who are joining us for worship today in the sanctuary or online. May God's richest blessings be on us all on this special End It Now Sabbath program.

BOARD MEETING: Our first Church Board meeting of 2025 will be on Monday, Jan. 20 @ 7:00 pm. All Board Members are encouraged to attend. If a quorum is not present the meeting cannot proceed.

OFFICERS' TRAINING: Feb. 1, 2025 @ 3:00 pm. Health Ministries (basement); Stewardship (Pastor's office); Sabbath School (loft). All officers/leaders are strongly encouraged to attend. Training is also open to members who are interested!

"GROWING IN CHRIST" CLASSES DISCIPLESHIP PROGRAM: Starting on Feb. 8, 2025 (3:00 - 4:00 pm) in the sanctuary) and continuing every Sabbath. Inviting all church members and visitors to join so we may GROW together!

CAMP FRENDA WINTER CAMP CANCELLED: Please note that, unfortunately, the camp weekend that was scheduled for January 24-26, 2025 has had to be **CANCELLED**. If you have any questions, please speak to Ron Cresswell.

SENIORS MINISTRY MEETING CANCELLED. The seniors' meeting will be canceled on the weekend of January 26, 2025. Our first meeting for 2025 will reconvene on Sunday, February 23. Seniors, please mark your calendars.

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, Khairoon 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 Ontario Conference Advance. 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: Lower your Blood Sugar: In the last 2 weeks we've covered 4 easy methods to lower your blood glucose levels. This week we'll explore 3 more ways to help control and reduce your blood glucose. These might be a little more difficult to accomplish but may be what your body needs if your glucose levels have plateaued and you need them to lower further.

1. Eat your last meal of the day before sunset in the winter and before 5 PM when the days are longer. This timing works with your circadian rhythm, (your internal clock) which affects blood glucose levels and metabolism. Eating the majority of your calories earlier in the day, allows glucose to be elevated when your body is most sensitive to insulin and your metabolism is most efficient.
2. Employ fasting. Fasting improves insulin sensitivity, lowers insulin, lowers blood glucose, and resets your metabolism and allows time for your body to heal. Fasting for 16 or 18 hours overnight is beneficial, but working up to fasting for 24 to 48 hours will bring improvements more rapidly. You can fast weekly or monthly, but more frequent fasts bring larger gains.
3. Don't snack. Snacking increases insulin exposure, keeps blood glucose high and doesn't allow your body to digest each meal properly.

Next week we'll continue to discuss ways to control and reduce blood glucose.

PASTORAL TEAM INFORMATION

Pastor Eustace Williams

Phone

Email

Office Phone

Office Hours:

905-431-2435 (cell)

ewilliams@adventistontario.org

416-223-8142

Call for appointment

Pastor Ha Rim Ji

Phone

Email

Office Phone

403-307-1245 (cell)

hji@adventistontario.org

416-223-6258

1st Elder: Jason Muloongo

1-888-223-1992

Church Clerk: Brenda Rasool

437-288-5518

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. **COMMUNION SERVICE:** Last Sabbath, last month of each Quarter
3. **CPR offered @ 10% discount,** call 416-567-7092
4. **SENIORS MEETING:** 4th Sunday of each month @ 1:30 pm
5. **BOARD MTGS:** 2nd Monday of each Month @ 7:00 pm

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

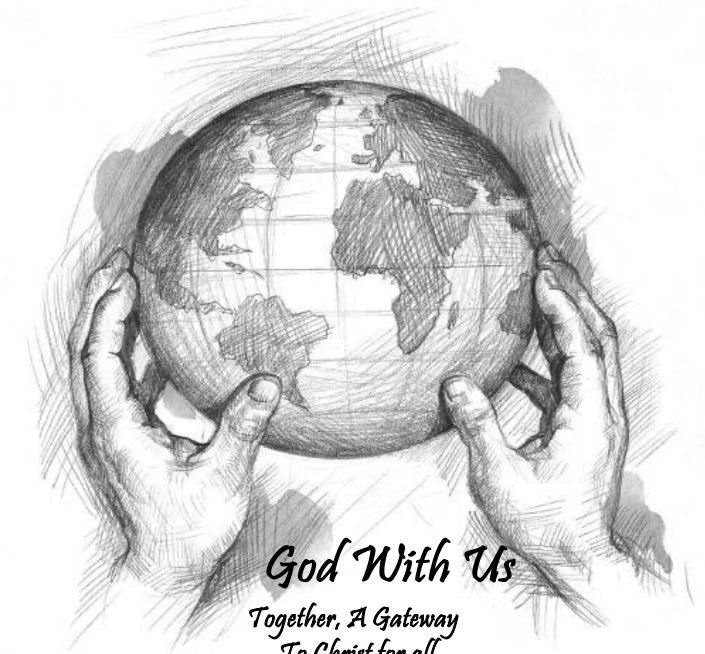
- All submissions **may be edited**
- **Send all info to immanuelsga@gmail.com** (preferred) or by phone at **416-223-1992**
- Late submissions will be deferred to the next week's bulletin.
- Spell-Check before submission is appreciated
- Announcement page is strictly for promoting Church Events
- All rooms bookings need to be made through the secretary.
- All 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*

January 18, 2025

End It Now



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Email: immanuelsga@gmail.com

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