

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 immanuetreasurer@adventistontario.org. Next week the offering will be for 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: **Lower your Blood Sugar:** In the past weeks we've explored ways to reduce your blood glucose. This week, we'll talk about the types of food to eat or not eat that will help to control blood glucose levels.

1. Avoid processed or refined foods. Processed foods tend to be low in fibre, high in added sugar and they digest quickly which causes a rapid spike in blood glucose.
2. Avoid simple sugars, like table sugar, corn syrup, powdered sugar and candy. Even raw sugar, honey, molasses, agave syrup and fruit juice should be avoided when possible. These sugars can cause spikes in blood glucose and insulin and then a subsequent abrupt drop in glucose, accompanied by cravings, irritability, fatigue, and brain fog.
3. Eat more raw food, especially vegetables. Raw foods have less impact on blood sugar and are rich in phytonutrients, enzymes, fiber, vitamins, and minerals. Focus on vegetables that are less starchy, like leafy greens, and cruciferous vegetables like broccoli, cabbage, and cauliflower.

Next week we'll continue to discuss ways to lower your blood sugar.

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 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 documents must be stamped before they are posted on the notice board. Please see the Secretary for stamp.

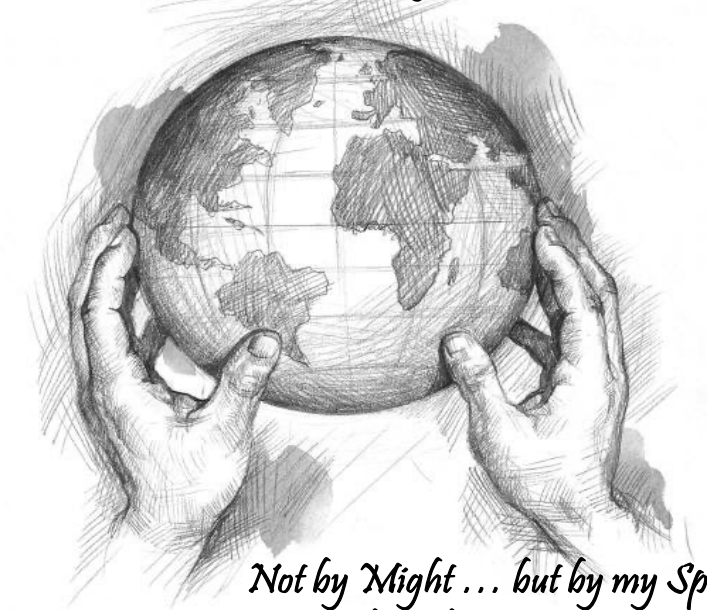
Immanuel

(God With Us)

Seventh-day Adventist Church

A cordial welcome is extended to all!

Please come again!



Not by Might ... but by my Spirit

Zachariah 4:6

January 25, 2025

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Email: immanuelsda@gmail.com

Website: immanuelsda.org

