January 25, 2025 SABBATH SCHOOL

Bible Study & Share Time

Theme: "Not by Might ... but by my Spirit"

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 - Myrtle Edward 9:30 - 10:15 am – Lesson Study: Benjamin Rasool, Angeline Edwards Greg McKenzie 10:15 – 10:40 am – Mission Spotlight - Video 10:40 – 10:50 am – Closing Remarks - Myrtle Edward

SUNSET TODAY: 5:18 PM NEXT WEEK: 5:27 PM

Wednesday: January 29, 2025

Prayer Meeting @ 7:00 pm. The passage for discussion will be Acts 16:11 - 15. Please join us.

UPCOMING EVENTS:

BAPTISM: Sabbath, February 1, 2025.

40th **ANNIVERSARY**: Immanuel Church will be celebrating its 40th anniversary this year, 2025, <u>April 18—20</u>. .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 25, 2025 Welcome

Pastoral Time & Welcome

Pastor Eustace Williams

WORSHIP SERVICE

Call to Worship Elder Silvio Carnevali Invocation Song - The Lord Is in His Holy Temple #692 Congregation Invocation Pastor Ha Rim Ji Opening Hymn "Wonderful Words of Life" #286 Praise and Worship Carnevali & Friends Children's Story Iris Brown Call for Offering Ontario Advance Jason Muloongo Elder Silvio Carnevali Intercessory Prayer Scripture Reading Haggai 1:1 - 5 Iris Brown Music for Meditation Kaitlin & Rachael Sohar What Time Is It? Pastor Ha Rim Ji Sermon Closing Hymn "Give Me the Bible" Benediction Elder Silvio Carnevali

Elder on Duty: Silvio Carnevali

A/V Operators: Matthew & Jonathan Carnevali, Andrew Tatu

Pianist/organist: Maybelle Bradshaw/Beth Officer

BAPTISM: There will be a baptismal service at Immanuel Church on <u>Sabbath</u>, 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 Holy Sabbath Day.

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!

PENTECOST PREPARATION & PRAYER: In preparation for the Pentecost 2025 Evangelistic series, which begins at Immanuel Church on Sabbath, April 26, Pastor Williams and Pastor Ji are kindly inviting all those who would like to join them for special in-person prayer meetings each Wednesday evening commencing on Wednesday, Feb. 4, from 7 to 8:30 pm. These special prayer meetings will be, in addition to and, different from the regular Wednesday evening prayer meetings, which are held on Zoom. These special sessions are designed to pray, especially for the receiving and indwelling of the Holy Spirit as we prepare for the evangelistic series. Thank you for planning to be part of this spiritual endeavour.

PRAYER REQUESTED: For Pastor Hope Sebetlela a former member of Immanuel Church. His father passed away this week. Pastor Hope left for Botswana on Wednesday to attend his Dad's Funeral. Please pray for comfort for him and his family and traveling protection during this sad time.

40th **ANNIVERSARY:** Immanuel Church will be celebrating its 40th anniversary on Good Friday weekend, April 18 - 20, 2025. Please inform and invite former members as we celebrate this milestone in the church's history. It promises to be a wonderful time of fellowship and reflection as we give honor and praise to the Lord for His goodness to us over those years.

40th **Anniversary of Immanuel Church Cont.**: The planning committee is kindly asking all those who have pictures of any church activities or functions dating back to the beginning of the church up to n the present w to please share them with us. These will be placed in a montage as part of the anniversary program. These will be returned in the same condition in which they were received. You can hand deliver them to any of the committee members – Vermont Cleghorne, Marcia Williams, Cindy Le or Annmarie Wallace.

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 @ $\underline{10:00 \text{ am}}$

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 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.

- 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.
- 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.
- 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 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: Jason Muloongo
 1-888-223-1992

 Church Clerk: Brenda Rasool
 437-288-5518

Church Secretary: Susan Schroder
Church Office Hours:
416-223-1992
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:

- UNITED PRAYER: 7:00 pm every evening.
- 2. COMMUNION SERVICE: Last Sabbath, last month of each Quarter
- 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: <u>TUESDAY BY 6:00 pm.</u>

- 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.

9mmanuel

(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