

***February 15, 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 - Ernest Rampersad  
9:30 - 10:40 am – Lesson Study: Benjamin Rasool, Pastor Ji  
Greg McKenzie

10:40 – 10:45 am – Mission Spotlight - Video  
10:45 – 10:50 am – Closing Remarks - Ernest Rampersad

**SUNSET TODAY:** 5:44 PM **NEXT WEEK:** 5:56 PM

**Wednesday: February 19, 2025**

Prayer Meeting @ 7:00 pm. The passage for discussion will be Acts 16:25 - 34. Please join us.

In-Person Prayer Meeting @ 7:00 pm. Please see announcement.

**UPCOMING EVENTS:**

**SENIORS MEETING ONLINE:** Sunday, February 23, 2025 @ 1:30 pm. Please see announcements.

**WOMEN'S MINISTRY DAY:** Sabbath, March 1, 2025: Sabbath School @ 9:15 am, Morning Service @ 10:30 am, and Afternoon Program starts @ 2:30 pm! Join us in celebrating the Launch of Women's Ministry at Immanuel Church.

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

**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>.

***February 15, 2025***  
***Welcome***  
**10:50 am**

Pastoral Time & Welcome

Pastor Ha Rim Ji

***WORSHIP SERVICE***

Call to Worship Elder Maybelle Bradshaw  
Invocation Song - The Lord Is in His Holy Temple #692 Congregation  
Invocation Pastor Eustace Williams  
Opening Hymn “Crown Him With Many Crowns” #223  
Praise and Worship Ysmael Miranda  
Children’s Story Uton Robinson  
Call for Offering Local Church Budget Diana Achim  
Intercessory Prayer Elder Maybelle Bradshaw  
Scripture Reading SDAH #814 Betsy Duggan  
Music for Meditation Hymn  
Sermon *Proof of the Presence of God* Pastor Eustace Williams  
Closing Hymn “O for That Flame of Living Fire” #264  
Benediction Elder Maybelle Bradshaw

Elder on Duty: Maybelle Bradshaw

A/V Operators: Andrew, Kaitlin & Marius

Pianist/organist: Lesley Cresswell

**Reading Radical Romans:** The Apostle Paul’s Letter to the Christians in Rome is his masterpiece (N. T. Wright, *Romans for Everyone*, p. xii). It was written somewhere between 57 and 59 AD when Nero ruled in Rome. It was while Paul was in Corinth, towards the end of his third missionary trip, that the great Apostle to the Gentiles penned his message to the Romans (D. Stuart Briscoe, *The Communicator’s Commentary*, p. 16).

In 16 chapters, 433 verses, and 7,111 words, Paul, writing under the guidance of the Holy Spirit, sets out a reasoned, systematic, and comprehensive presentation of the Christian gospel. In preparation for our series of evangelistic meetings, starting on April 26, I invite everyone to begin reading (or read again) this amazingly inspired Book of the Bible.

***Welcome to Immanuel Church!***

**REACH EMPHASIS: Discipleship**

**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.

**TITHE RECEIPTS:** Tithe receipts will be available for pick up today, February 15 and next Sabbath, February 22 following Divine Service in the foyer. Receipts not picked up by February 22nd will be mailed.

**UKULELE PRACTICE:** This afternoon from 2:00 – 3:00 pm. All band members are encouraged to attend.

**CHOIR PRACTICE:** Choir practice this afternoon @ 4:15 pm. Please be on time.

**BIBLE TRIVIA QUIZ:** There will be a Bible trivia on February 22 at 5:45 pm in the sanctuary, followed by food and games in the basement. All are welcome.

**MASS CHOIR:** Everyone is invited to join the Immanuel Mass Choir for the 40th Anniversary. We will commence our practice sessions on today February 15, 2025. See you there.

**"GROWING IN CHRIST" CLASSES DISCIPLESHIP PROGRAM:** In the sanctuary from 3:00 – 4:00 pm and continuing every Sabbath. Inviting all church members and visitors to join so we may GROW together!

**IN-PERSON PRAYER MEETING:** Each Wednesday 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.

**SENIORS MEETING ONLINE, SUNDAY, FEBRUARY 23, 2025:** We are encouraging all Seniors, younger Seniors, and friends of Immanuel Seniors to attend our first meeting in 2025. We have lots to talk about. The meeting starts on Zoom at 1:30 pm. ID 416-223-1992, Passcode 4162231992.

**WOMEN’S MINISTRY LAUNCH:** Immanuel Family: Do not miss the launching of Women’s Ministry on Sabbath, March 1 with our morning speaker, Dr. Joan Rogers, and afternoon speakers, Advocate & Director of End It Now, Robert & Maegan Soto from Alabama, USA! Come and listen to the angelic voices of Immanuel Children’s choir, compelling testimonies from one of our faithful members and of course powerful sermon and facilitation from our speakers.

**ADVENTURERS:** All children from 4-10 years old are invited to join the Immanuel Adventurers Club for the first meeting on March 2nd, 10 am at Immanuel Church. For any additional information contact Halren, Ann-Marie or Hans.

**VACATION BIBLE SCHOOL: Save the Date July 21-25!** The Great Jungle Journey, an epic cruise from Genesis to Revelation!

### SHUT-IN MEMBERS

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

**YOUNG ADULT CORNER: Attention Immanuel Youth!** Do you need guidance, healing, or simply want to express gratitude? Our new Prayer Box is now available in the foyer. We invite you to write down your prayer requests and share your heart. Let's not carry our burdens alone—instead, let us lean on our brothers and sisters in Christ and lift each other up in prayer.

“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and dine with him, and he with me.” Revelation 3:20

**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](mailto: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:** This week we'll continue to discuss foods that lower blood glucose level.

1. Eat more fiber. Fiber reduces glucose spikes and slows down the digestion of carbohydrates. The fiber that is most effective in reducing blood glucose is soluble fiber. This fiber forms a gel-like substance which makes it more difficult for glucose to be released. Soluble fiber is found in most plant foods, but high amounts are found in beans and legumes; seeds like chia and flax; nuts like almonds, hazelnuts, and chestnuts; vegetables like brussels sprouts, kale, and sweet potato; fruit like avocado, apples, and pears; and grains like buckwheat.
2. Another component of some plant foods that help reduce blood sugar levels and improve insulin sensitivity is resistant starch. Resistant starch is a type of carbohydrate that cannot be digested by the body but instead feeds healthy bacteria in your gut and acts in a similar manner as fiber. The higher the amount of resistant starch consumed, the lower your blood sugar. Foods high in resistant starch are green bananas, lentils, chickpeas, and beans. Foods like potatoes can also have high amounts of resistant starch if they are refrigerated for 24 hours and then consumed in salads but not reheated too much.

### PASTORAL TEAM INFORMATION

**Pastor Eustace Williams**  
Phone  
Email  
Office Hours:

905-431-2435 (cell)  
[ewilliams@adventistontario.org](mailto:ewilliams@adventistontario.org)  
Call for appointment

**Pastor Ha Rim Ji**  
Phone  
Email

403-307-1245 (cell)  
[hji@adventistontario.org](mailto:hji@adventistontario.org)

**1<sup>st</sup> Elder:** Jason Muloongo  
**Church Clerk:** Brenda Rasool

1-888-223-1992  
437-288-5518

**Church Secretary:** Susan Schroder  
**Church Office Hours:**

416-223-1992  
Wed. & Thurs. 11:15 am to 3:00 pm

**Ontario Conference Office**  
**ABC Bookstore (Oshawa)**  
**Canadian Union of SDA**  
**ADRA Canada**

905-686-5757  
1-800-263-3791  
905-433-0011  
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:** 4<sup>th</sup> Sunday of each month @ 1:30 pm
5. **BOARD MTGS:** 2<sup>nd</sup> 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](mailto: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.

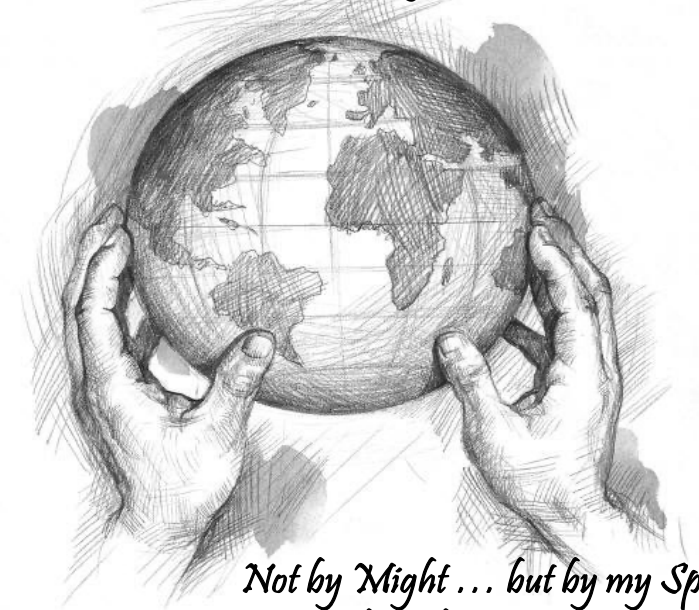
# Immanuel

*(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*

*February 15, 2025*

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