

## Shut-In Numbers

Please pray for, visit and/or call the following members:

- **VALLEYVIEW NURSING HOME:** Calvin Butterfield; Flora Martin, GIBSON long-term care facility (Steeles and Leslie)

## Young Adult Corner

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.

## Prayer For the Sick

Please pray for the sick among us. Sisters: Mary Paul, Flora Martin, also keep the Seniors in prayer.

## Building Fund Donations Requested

For our church roof project please donate using the tithing envelopes and indicate clearly - Building Fund Church Roof - Building Committee

## Food Bank Help Needed

The Community Services Food Bank needs volunteers to help every Wednesday morning from 9 am to 10 am to assist in offloading the delivery truck. Please contact any of the following individuals: Myrtle Bailey; Anthony (Tony) Blake; Myrtle Edwards; Leron Johnson; Gary Adamson.

## Members Corner

Submit your notices here.

# Our Pastoral Team

## Pastor Eustace Williams

☎ 1-888-223-1992  
✉ ewilliams@adventistontario.org

## Pastor Ha Rim Ji

☎ 1-888-223-1992  
✉ hji@adventistontario.org

**1st Elder:** Jason Muloongo  
**Church Clerk:** Brenda Rasool  
**Church Secretary:** Susan Schroder

1-888-223-1992  
1-888-223-1992  
416-223-1992

**Church Office Hours:**  
Wed. & Thurs. 10:15 am to 4:00 pm

**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 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
- 6 **CHURCH BULLETIN:** Send all info to immanuelsda@gmail.com (preferred) or by phone at 416-223-1992. Spell-Check before submission is appreciated.

## Health Nugget

Lower your Blood Sugar.  
Lower your mental and physical stress: Cortisol and adrenaline, stress hormones, also increase blood sugar to keep us alert to respond to potential danger. Long term or chronic stress can also cause insulin resistance and will lower your body's ability to clear glucose. To combat chronic stress, implement activities like meditating on God's word; practicing gratitude; journaling; gentle exercise like walking in nature; utilizing deep breathing; getting a massage and interacting with supportive friends and family.

Sharma, K., Akre, S., Chakole, S., Wanjari, M. B. (2022). Stress-Induced Diabetes: A Review. Cureus 14(9).  
<https://doi.org/10.7759/cureus.29142>



# Immanuel

Seventh-day Adventist Church

# God With Us

Together, A Gateway  
To Christ for all

## MARCH 29, 2025

### "Not By Might, But By My Spirit" Zechariah 4:6

418 Drewry Ave. North York, ON M2R 2K5

☎ 416-223-1992

✉ immanuelsda@gmail.com

🌐 immanuelsda.org

March 29, 2025

# SABBATH SCHOOL

Bible Study & Share Time Theme:

"Not By Might, But By My Spirit"

09:20 - 10:50 am

John 8:32 NKJV

"And you shall know the truth, and the truth shall make you free."

9:20 am - Welcome ————— Victoria Serry

9:30 am - Lesson Study ————— Pastor Ji  
Benjamin Rasool  
Greg Mckenzie

10:25 am - Lesson Quiz ————— Greg McKenzie

10:35 am - Program ————— Children

10:45 am - Closing Remarks ————— Victoria Serry

SUNSET TODAY: 7:39 PM NEXT WEEK: 7:48 PM

## UPCOMING EVENTS:

**WORK BEE:** Tomorrow, Sunday March 30 @ 10:00 am. Please come out and help clean up our church.

**FITNESS CLASSES:** Weekly fitness classes beginning in mid-April. More details to come.

## TRANSFERS

**2nd Readings:** Cheryl Xavier-Goodall and Lester Xavier for a 2nd reading of transfer from Immanuel to the Bramalea Filipino-Cdn Church

## WEDNESDAY: APRIL 2, 2025

**ZOOM** Prayer Meeting @ 7:00 pm. March 26 to April 16 will be on Zoom presented by former pastors. Please see announcement.

## UNITED PRAYER:

Please join us for the United Prayer every evening @ 7:00 pm.

## OFFERINGS:

Please submit your offerings at church, online or e-transfer. **We need your help with the needs of our own Immanuel Church each month.** Please remember the Church Budget in your offerings. God bless. E-transfers to [immanueltreasurer@adventistontario.ca](mailto:immanueltreasurer@adventistontario.ca)

March 29, 2025

# WORSHIP SERVICE

10:50 am

2nd Reading Transfer

Pastoral Time & Welcome  
Call to Worship  
Invocation Song – The Lord is In His Holy Temple  
Invocation  
Exhortation for the Ordinance of Humility

### Ordinance of Humility

Children's Story (During O. Of H.)

Praise and Worship

Hymn

- Great Is Thy Faithfulness

Call for Offering

- Local Church Budget

Scripture Reading

- Matthew 20:28

Intercessory Prayer

Music for Meditation

Sermon

- *Repay*

Prayer for the Bread - 1 Corinthians 11:23-24

Prayer for the Wine - 1 Corinthians 11:25-26

### Participation of Emblems

Closing Hymn – Blessed Assurance, Jesus Is Mine!

#462

Benediction

Elder Silvio Carnevali

Elder on Duty: Silvio Carnevali

A/V Operators: Matthew, Jonathan & Andrew

Pianist: Beth Officer

## AFTERNOON

### UKULELE PRACTICE

This afternoon from 1:45 – 2:30 pm. All band members are encouraged to attend.

### GROWING IN CHRIST - DISCIPLESHIP PROGRAM

Classes continue today from 3:00 – 4:00 pm in the sanctuary.

### CHOIR PRACTICE

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

### CHAMBER MUSIC ENSEMBLE PRACTICE

Continues this afternoon 2 pm in the sanctuary. Please be on time.

Pastor Eustace Williams  
Elder Silvio Carnevali  
#692  
Pastor Ha Rim Ji  
Pastor Eustace Williams

Milen Stoyanov  
Vermont Cleghorne  
#100

Aurora Wilson

Diana Sotero

Elder Silvio Carnevali

Immanuel Choir

Pastor Ha Rim Ji

Elder Jason Muloongo

Elder Diana Achim



FOR MORE UPDATES SCAN ME



# Welcome

**ECHO: Excellence, Community, Hope, Oneness**

### MISSION

We are a diverse family, growing in Christ as we welcome and serve our community.

### WELCOME

A warm welcome to all who are joining us for worship today in the sanctuary or online. May God bless us all on this Communion Sabbath.

### READING RADICAL ROMANS:

As you read through the Book of Romans, which I highly encourage as we prepare for our twelve-sermon series, you will sense that the Apostle Paul had one primary goal in mind – to make the “good news” great! What is the good news? Jesus Christ, the Son of God and the Son of Man, died for our sins and rose from the dead (Rom. 1:1-4; 1 Cor. 15:1-5). He proclaims that this good news (the gospel) is “the power of God unto salvation” (Rom. 1:16). Wow! The power of God comes to powerless humanity, offering all that is necessary for salvation through Jesus Christ. What a God!

### IN-PERSON PRAYER MEETING

In-person prayer meetings will take place in the church on Tuesday evenings from 7:00 to 8:30 pm from March 25 to April 15. Join us!

### 40th ANNIVERSARY CELEBRATION

Friday, April 18, 7 pm - Speaker: Pastor Garth Dottin; April 19, Sabbath divine service Speaker: Pastor Marion Kossov; reunion concert at 4:30 pm. Also, Wed night prayer meetings March 26 - April 16 via Immanuel zoom line with our former pastors. Come celebrate with many community guests and conference leaders here with us.

### VISIT BY CHIEF OF POLICE

Police Chief, Myron Demkiw, will visit Immanuel Church on April 12 to address the church on a topic of relevance to us. Please attend and invite family and friends.

### VACATION BIBLE SCHOOL

Join us in world of wonder that will delight our senses, while captivating our hearts and minds at The Great Jungle Rescue: An epic cruise from Genesis to Revelation. Volunteers needed.

### FOOD HANDLER CERTIFICATION COURSE

Date T.B.A. Minimum 25 registrants. Please contact Sandra to put your name on the list. Email: [sandrahall35@yahoo.com](mailto:sandrahall35@yahoo.com) Phone #: 647 540 1363