

## 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 next maintenance project please donate using the tithing envelopes and indicate clearly - Building Fund - 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.

**Get good quality and quantity of sleep** for 7-8 hours. Poor sleep practices also raise stress levels, insulin resistance and blood sugar. To ensure that your sleep is beneficial: fall asleep before 10:30 pm, sleep in total darkness, avoid electronic screens at least 1 hour before bed and make sure your sleeping environment is not too hot and there is some fresh air circulating. Wearing an electronic sleep tracker might also help you adjust your sleep schedule.

Iyegha, I. D., Chieh, A. Y., Bryant, B. M., & Li, L. (2019). Associations between poor sleep and glucose intolerance in prediabetes. *Psychoneuroendocrinology*, 110, 104444. <https://pubmed.ncbi.nlm.nih.gov/31546116/>



# Immanuel

Seventh-day Adventist® Church

# God With Us

Together, A Gateway  
To Christ for all

## APRIL 12, 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

April 12, 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 ————— Iris Brown

9:30 am - Lesson Study ————— Silvio Carnevali  
Pastor Ji

10:40 am - Mission Spotlight ————— Greg Mckenzie  
Video

10:45 am - Closing Remarks ————— Iris Brown

10:50 am - Personal Ministry ————— Benjamin Rasool

SUNSET TODAY: 7:56 PM NEXT WEEK: 8:04 PM

## UPCOMING EVENTS:

**SENIORS IN-PERSON MEETING:** ,Sunday April 27, 2025 @ 1:30 pm. Details to follow.

**BOARD MEETING:** The next Board Meeting will be on Monday, April 14, 2025 @ 7:00 pm.

**PRAYER WALK:** April 23, 6-7 pm around the neighborhood prior to in-person prayer meeting

## WEDNESDAY: APRIL 16, 2025

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

## 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)

April 12, 2025

# WORSHIP SERVICE

10:50 am

Pastoral Time  
Call to Worship  
Invocation Song  
Invocation  
Opening Hymn. Stand Like the Brave  
Praise and Worship  
Children's Story  
Welcome  
Address by Chief of Toronto Police  
Call for Offering – Hope Channel International  
Intercessory Prayer  
Scripture Reading. - Nehemiah 1:1 - 11  
Introduction of Speaker  
Music for Meditation  
Sermon - *Mission Possible*  
Closing Hymn - As Jacob With Travel Was Weary  
Benediction

Elder on Duty: Ysmael Miranda  
AV Operators: Matthew, Jonathan & Andrew  
Pianist: Kingsway College

## AFTERNOON

### UKULELE PRACTICE

This afternoon from 1:45 – 3:00 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 Ysmael Miranda  
Kingsway College  
Elder Eric Morris  
#610  
Kingsway College  
Sandra McKenzie  
Pastor Eustace Williams  
Myron Demkiw  
Greg McKenzie  
Elder Ysmael Miranda  
Ella Miranda  
Pastor Ha Rim Ji  
Kingsway College  
Elder Eric Morris

Elder Ysmael Miranda



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. A special welcome to our guest Speaker, Elder Eric Morris and Kingsway College! May God bless us all on this Holy Sabbath.

## IN-PERSON PRAYER MEETING

In-person prayer meeting at church on Tuesday, April 15, 7:00 to 8:30 pm. Join us!

## 40th ANNIVERSARY CELEBRATION

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

## 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. To register, contact Sandra - Email: [sandrahall35@yahoo.com](mailto:sandrahall35@yahoo.com) , Phone #: 647 540 1363

## READING RADICAL ROMANS

Some 450 Years ago, William Tyndale, the pioneer English Bible translator, penned these famous words about the Book of Romans: Forasmuch as this epistle is the principal and most excellent part of the New Testament, and most pure (gospel)...and also a light and a way in unto the whole scripture, I think it meet that every Christian man (woman) not only know it by rote but also exercise himself/herself therein evermore continually as with the daily bread of the soul. No person can verily read it too oft or study it too well: for the more it is studied, the easier it is, the more it is searched, the more precious things are found in it, so great treasure of spiritual things lieth hid therein.

## RECOGNITION OF GRADUATES

Please submit the names of all graduates, from kindergarten to university, BY MAY 24 to the church secretary. Thank you.