

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 tithe 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.

Go Plant-based Expo 2025

Sun May 4 11-5 pm, JC's Banquet and Convention Center 1686 Ellesmere Rd, Scarborough. Tickets are available at Culturetix.ca

Job Opportunity - Part time driver. For more info, call Carolyn Nichol, 647-505-3840

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: Approximately 90 minutes of your total nighttime sleep should be in deep (slow-wave) sleep. Deep sleep is supported by melatonin and is where restoration of your brain and body occur. Lack of deep sleep caused by frequent disturbances, sleep apnea, snoring, and a too bright sleep environment can raise stress levels, insulin resistance and blood sugar. To ensure that your sleep is beneficial: follow good sleep hygiene which would include getting to bed early, and sleeping in total darkness. Wearing an electronic sleep tracker may also signal potential problems that might require a sleep clinician/clinic to address.

Tasali, E., Leproult, R., Ehrmann, D. A., Cauter, E. V. (2008). Slow-wave sleep and the risk of type 2 diabetes in humans. *Proc Natl Acad Sci U S A*, 105(3):1044-9. <https://doi.org/10.1073/pnas.0706446105>



Immanuel

Seventh-day Adventist Church

God With Us

Together, A Gateway
To Christ for all

APRIL 26, 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 26, 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 ————— Silvio Carnevali
Benjamin Rasool
Greg Mckenzie

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

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

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

SUNSET TODAY: 8:13 PM NEXT WEEK: 8:21 PM

UPCOMING EVENTS:

Ontario Camp Meeting

May 30-31, 2025. For more information, visit adventistontario.org

NAD Cross Reach Prison Ministry Convention

Aug 7-9, 2025. Sheraton Parkway, 600 Hwy 7, Richmond Hill. Registration: <https://register.adventsourceevents.org/CrossREachPrisonMinistiesConvention2025>

WEDNESDAY: APRIL 30, 2025

Our Wednesday night Prayer Meetings will be replaced by the Evangelistic series. Please join us.

UNITED PRAYER:

Every evening except Wednesday and Fridays @ 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.org

April 26, 2025

WORSHIP SERVICE

10:50 am

Pastoral Time
Call to Worship
Invocation Song - The Lord Is in His Holy Temple
Invocation
Opening Hymn - And Can It Be?
Praise and Worship
Children's Story
Welcome
Call for Offering - Ontario Advance
Intercessory Prayer
Scripture Reading - The Plan of Salvation #841
Music for Meditation
Sermon - Launching the Romans Rocket
Closing Hymn - 'Tis So Sweet to Trust in Jesus
Benediction

Pastor Ha Rim Ji
Elder Silvio Carnevali #692
Pastor Eustace Williams #198
Ysmael Miranda
Cameron Wilson
Pastor Ha Rim Ji
Royston McKenzie
Elder Silvio Carnevali
Susan Schroder
Chelsea Bartholomew
Pastor Eustace Williams #524
Elder Silvio Carnevali

Elder on Duty: Silvio Carnevali

AV Operators: Marius, Kaitlin & Josh

Pianist: Maybelle Bradshaw

AFTERNOON

UKULELE PRACTICE

NO practice this afternoon.

EVANGELISTIC SERIES

Please join us @ 4:00 pm in the sanctuary.

CHOIR PRACTICE

NO practice this afternoon.

CHAMBER MUSIC ENSEMBLE PRACTICE

NO practice this afternoon.



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 in the study of His Word.

THANK YOU

To the 40th anniversary planning team and all the ministry leaders and members who contributed to the blessed anniversary celebration last weekend. It was blessed time to see former pastors, members, and visitors

IN-PERSON PRAYER MEETING

In-person prayer meetings at church resume on Wednesdays from 7:00 to 8:30 pm. Join us!

SENIORS IN-PERSON MEETING:

A reminder that our first meeting will be tomorrow, Sunday, April 27, at 1:30 pm. All seniors are encouraged to join us. (ISM)

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.

READING RADICAL ROMANS EVANGELISTIC SERIES

April 26 to May 17, 2025. Saturdays, 11 am and 4:00 pm. Wednesdays and Fridays 7:00 pm in person. Please join us and invite friends and family.

RECOGNITION OF GRADUATES

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