

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

Immanuel Health Ministry is holding a Mini Health Expo, Sunday, May 4, 11AM-5PM at GO Plant-based Expo, JC's Banquet & Convention Centre, 1186 Ellesmere Ave. FREE TICKETS available. Register in advance: <https://energyshackjuicebar.culturetix.ca/go=plant-based-expo-2025-gz79g/tickets> use code: IMMANUEL. Bring a friend use code: FAMILY

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
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 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 adequate hydration : Not drinking enough water may cause increased blood glucose and insulin resistance. Dehydration decreases blood volume and concentrates the glucose in the blood. In addition, dehydration triggers hormones to instruct the liver to synthesize more glucose. It is commonly recommended to drink around 2 liters of water per day to keep well hydrated, but exercise, hot weather, physical conditions like pregnancy, illnesses or increased body weight will increase water needs. Drink the majority of your water before 3 PM so sleep is not disrupted. Boost your hydration by eating raw and cooked vegetables, fruit, and soups.

Rousse, R., Fezeu, L., Bouby, N., Balkau, B., Lantieri, O., Alhenc-Gelas, F., Marre, M., Bankir, L. (2011). Low water intake and risk for new-onset hyperglycemia. Diabetes Care, 34(12), 2551-2554. doi: [10.2337/dc11-0652](https://doi.org/10.2337/dc11-0652)



Immanuel
Seventh-day Adventist® Church

God With Us
Together, A Gateway
To Christ for all

MAY 3, 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

May 3, 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 ————— Ernest Rampersad

9:30 am - Lesson Study ————— Royston McKenzie
Uton Robinson
Greg McKenzie

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

10:45 am - Closing Remarks ————— Ernest Rampersad

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

SUNSET TODAY: 8:21 PM NEXT WEEK: 8:29 PM

UPCOMING EVENTS:

BOARD MEETING

The next Board Meeting will be on Monday, May 12 @ 7:00 pm.

NAD Cross Reach Prison Ministry Convention

Aug 7-9, 2025. Sheraton Parkway, 600 Hwy 7, Richmond Hill. Registration: <https://register.adventsourceevents.org/CrossREachPrisonMinistriesConvention2025>

DAILY SABBATH SCHOOL STUDY

Sunday to Thursday 10-11 am via Zoom
Meeting ID 416-223-1992, PW 416-223-1992

WEDNESDAY: MAY 14, 2025

Our Wednesday night Prayer Meetings will be replaced by the Evangelistic series. Please join us every Friday evening as well.

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

May 3, 2025

WORSHIP SERVICE

10:50 am

Pastoral Time
Call to Worship
Invocation Song - The Lord Is in His Holy Temple
Invocation
Opening Hymn - Power in the Blood
Praise and Worship
Children's Story
Welcome
Call for Offering – Local Church Budget
Intercessory Prayer
Scripture Reading. - #782 SDAH
Music for Meditation
Sermon - Is Your Record Accurate?
Closing Hymn - All Hail the Power of Jesus' Name
Benediction

Elder on Duty: M. Williamson
A/V Operators: Mariana, Sofia & Ezra
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.

Pastor Ha Rim Ji
Elder M. Williamson
#692
Pastor Eustace Williams
#294
Robinson Family
Jason Muloongo
Pastor Ha Rim Ji
Uton Robinson
Elder M. Williamson
Aimi Ogawa
Margaret Meikle
Pastor Eustace Williams
#229
Elder M. Williamson



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.

TRANSFERS TO IMMANUEL - 2nd READING

Deanah Williamson from Kanisa Fellowship Adventist Church
Benjamin Rasool and Brenda Gordon-Rasool from New Ebenezer SDA Church, Montserrat

RECOGNITION OF MISSED CHARTER MEMBERS

The Immanuel Church would like to apologize to Sis. Irene Galloway and Sis. Elizabeth Razon, for mistakenly omitting their names from the list of Charter Members for the Immanuel Church when the 40th Anniversary of the Church was celebrated on the weekend of April 18-19. We take this opportunity, therefore, to recognize these two sisters as Charter Members of the Immanuel Church and do profoundly appreciate your labour of sacrifice and love to the development and growth of the said congregation. May God bless you as you continue to give yourselves in service to God.

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. July 21 - 25.

GET READY TO MOVE, STRETCH AND STRENGTHEN!

Join us for a brand-new All-Level Fitness Class starting Thursday, May 15, 7:00 PM, in the Immanuel Church basement! Whether you're a beginner or a seasoned pro, this fun, energizing class is for YOU. Let's make fitness fun and feel great together—see you there!

SAVE THE DATE

Sunday, July 20, 2025. Summer Boat Trip to 1000 Islands, organized by the Immanuel Seniors Ministry, and offered to everyone. See Royston McKenzie or Marjorie Williamson for details.

APPRECIATION FROM BRO. VINCENT ROBINSON

Brother Vincent Robinson would like to extend his heartfelt thanks to everyone who assisted him during the medical emergency at the Senior's meeting last Sunday. He is feeling better and deeply appreciates all the care, support and concern shown to him during that time. He is also especially grateful for the calls and messages of encouragement from his Immanuel Church Family. Your kindness and prayers have meant a great deal to him.