

### 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.

THANK YOU:

Marjorie Williamson and family send thanks to the Immanuel Church Family for their prayers, words of comfort, and support during this difficult time. Your continued prayers are appreciated. Blessings.

## 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](mailto:immanuelsda@gmail.com) (preferred) or by phone at 416-223-1992. Spell-Check before submission is appreciated.

### Health Nugget

Lower your Blood Sugar.

Start with monitoring: Whether you use a continuous glucose monitor (CGM) or a standard glucose meter, tracking your blood sugar is key. If your device doesn't store data, use a journal to track how food, activity, and time of day affect your levels. Keep in mind CGMs and meters can be inaccurate by as much as 20% due to factors like stress, supplements, sample quality, or the machine itself. Some strategies—especially if you use medication—can have a big impact, so monitor closely and check in with your healthcare provider. Everyone's body responds differently. Which tip has the biggest impact on your blood glucose?

Petersen, J. (2024, June 27). Evaluating CGM accuracy and benefits in non-diabetic populations. [News-Medical.net. https://www.news-medical.net/news/20240627/Evaluating-CGM-accuracy-and-benefits-in-non-diabetic-populations.aspx](https://www.news-medical.net/news/20240627/Evaluating-CGM-accuracy-and-benefits-in-non-diabetic-populations.aspx)



# Immanuel

Seventh-day Adventist® Church

## God With Us

Together, A Gateway  
To Christ for all

### JUNE 21, 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](mailto:immanuelsda@gmail.com)

🌐 [immanuelsda.org](http://immanuelsda.org)

June 21, 2025

# SABBATH SCHOOL

**Bible Study & Share Time Theme:**  
**"Not By Might, But By My Spirit"**

09:20 - 10:30 am

**John 8:32 NKJV**

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

9:20 am - Welcome ————— Myrtle Edward

9:25 am - Lesson Study ————— Broston Wilson  
Greg Mckenzie  
Hans Sanchez

10:35 am- Closing Remarks ————— Myrtle Edward

**SUNSET TODAY: 9:02 PM NEXT WEEK: 9:03 PM**

**UPCOMING EVENTS:**

**NAD Cross Reach Prison Ministry Convention**

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

**DAILY SABBATH SCHOOL STUDY**

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

**WEDNESDAY: JUNE 25, 2025**

Our Wednesday night Prayer Meetings will be on Zoom, NOT in person. Please join us. The passage for study will be Acts 21:15-25

**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.org](mailto:immanueltreasurer@adventistontario.org)

June 21, 2025

# WORSHIP SERVICE

10:40 am  
**SHELTERED IN HIS LOVE**

Baptism  
Pastoral Time  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn - God Will Take Care of You  
Praise and Worship  
Children's Story  
Welcome  
Call for Offering – Local Church Budget  
Thanksgiving Music  
Intercessory Prayer  
Scripture Reading. - Deuteronomy 32:9-12  
Introduction of Speaker  
Music for Meditation  
Sermon - God's Sheltering Love Is...  
Closing Hymn - Under His Wings  
Benediction

Elder on Duty: Ysmael Miranda  
Pianist: Kevin Sinclair, Organist: Lesley Cresswell  
A/V Operators: Kaitlin Sohar & Josh Fraser

**AFTERNOON**

**GROWING IN CHRIST - DISCIPLESHIP PROGRAM** - Classes resume today from 3:00 - 4:00 pm.

Pastor David Rogers  
Pastor Eustace Williams  
Elder Ysmael Miranda  
#694  
Pastor Ha Rim Ji  
#99  
5PAK  
Crystal & Uton Robinson  
Pastor Eustace Williams  
Susan Schroder  
Seniors' Ukulele Band  
**Mervis Adamson**  
**Desiree Chin**  
Marjorie Williamson  
Seniors' Ukulele Band  
Pastor Ha Rim Ji  
#529  
Josephine Robinson



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 in the sanctuary or online. May God bless us in the study of His Word. A very special welcome to our seniors on this special Seniors' Day.

**GROWING IN CHRIST**

This afternoon from 3:00 to 4:00 pm. All are welcome.

**VACATION BIBLE SCHOOL**

July 21 - 25, 2025. The Great Jungle Rescue: An epic cruise from Genesis to Revelation. Volunteers needed. Contact Monica Carnevali for more info.

**GET READY TO MOVE, STRETCH AND STRENGTHEN!**

Join us for an All-Level Fitness Class on Thursdays @ 7:30 PM, in the Immanuel Church basement! You can also participate via Zoom at <https://us02web.zoom.us/j/4162231992> Passcode: 416 223 1992

**SENIORS MINISTRY SUNDAY BRUNCH AND BOAT CRUISE**

**On** July 20, 2025. there will be a Sunday Brunch Cruise on-board the Odyssey from Toronto Harborfront. The price of \$115.00 per person includes the Brunch and bus. We still have room for more, so don't hesitate to contact Ella, Marjorie, or Royston. The deadline for payment is June 21. Payment by e-transfer to [immanueltreasurer@adventistontario.org](mailto:immanueltreasurer@adventistontario.org) with a note, Brunch Cruise.

**SENIORS MEETING**

The next in-person meeting will be on June 29, 2025 @ 1:30 pm.

**LUNCH CANCELLED NEXT SABBATH, JUNE 28**

Fellowship lunch and all afternoon programs will be canceled for next Sabbath, June 28. We encourage all members, however, to continue the time of fellowship in small group settings. This is the perfect chance to invite a visitor to your home for lunch, or to enjoy the rest of the Sabbath hours out in nature! The church will be closed.

**COMMUNION:** Next Sabbath, June 28.