

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.

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.
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 28, 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

June 28, 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	Ernest Rampersad
9:30 am - Lesson Study	Pastor Williams Greg McKenzie Pastor Ji
10:35 am - Lesson Quiz	Greg McKenzie
10:45 am- Closing Remarks	Ernest Rampersad

SUNSET TODAY: 9:03 PM NEXT WEEK: 9:01 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: JULY 2, 2025

Our Wednesday night Prayer Meetings will be on Zoom, NOT in person. Please join us.

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

June 28, 2025

WORSHIP SERVICE

10:50 am

Pastoral Time	Pastor Eustace Williams
Call to Worship	Elder Aurora Wilson
Invocation Song - Praise God From Whom All...	#694
Invocation	Aimi Ogawa
Exhortation for the Ordinance of Humility	Pastor Eustace Williams
Ordinance of Humility	
Children's Story (During O. of H.)	Michael Emanuel
Opening Hymn - We Gather Together	#8
Praise and Worship	Vermont Cleghorne
Welcome	Pastor Ha Rim Ji
Call for Offering - Ontario Advance	Broston Wilson
Thanksgiving Music	Cradle Roll Children
Intercessory Prayer	Elder Aurora Wilson
Scripture Reading - 1 John 4:7-11	Rachel McKenzie
Music for Meditation	Kiona Nichol
Sermon - God Is Love	Aimi Ogawa
Prayer For the Bread. - 1 Corinthians 11:23-24	Elder Marj. Williamson
Prayer For the Wine - 1 Corinthians 11:25-26	Elder Ernest Rampersad
Closing Hymn - Near the Cross	#312
Benediction	Elder Aurora Wilson

Elder on Duty: Aurora Wilson
Pianist: Beth Officer,
A/V Operators: Kaitlin, Marius & Ezra

AFTERNOON

GROWING IN CHRIST - DISCIPLESHIP PROGRAM - CLASSES CANCELLED TODAY.



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 and as we participate in the Communion Service.

THANK YOU

The Immanuel Seniors Ministry would like to thank EVERYONE who participated, attended, and supported our Seniors Day last Sabbath. Thank you to Pastor Ji for that spiritually uplifting sermon, "God's Sheltering Love Is...". We all collaborated in making the day special. Blessings everyone.

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

Sunday, July 20, 2025. Price, \$115 per person. Now is the time to confirm and pay for the boat brunch cruise. The Final deadline for payment is Monday, June 30. E-transfer to immanueltreasurer@adventistontario.org Thank you for your support and response. Please contact Ella, Marjorie or Royston for information.

SENIORS MEETING

In-person meeting TOMORROW, June 29, 2025 @ 1:30 pm.

REMINDER: CHURCH CLOSED

There will be NO lunch served today and NO afternoon programs. The church will be closed after the Divine Service.