

### 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.

Volunteer needed to provide companionship to a senior citizen 3 days/week.

For more info contact Marjorie at 647-500-4988

## 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.

Herbs and supplements: While a whole food, plant-based diet supports healthy blood sugar levels overall, one standout ingredient is buckwheat—especially the more nutrient-dense Himalayan Tartary buckwheat. Rich in rutin, quercetin, inositol, and fiber, buckwheat not only helps regulate blood sugar but also supports cardiovascular health. Buckwheat is versatile and despite its name naturally gluten-free: it can be enjoyed as a grain, a warm porridge, or even steeped in water to make a nourishing tea.

Perlmutter, D. (July 2, 2024). Health benefits of Himalayan Tartary buckwheat: A polyphenol powerhouse. Dr. Perlmutter.  
<https://drperlmutter.com/health-benefits-himalayan-tartary-buckwheat-polyphenol-powerhouse/>



**Immanuel**  
Seventh-day Adventist® Church

# God With Us

Together, A Gateway  
To Christ for all

## JUNE 14, 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 14, 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 ————— Ysmael Miranda

9:25 am - Lesson Study ————— Raymond Stewart  
Greg Mckenzie

10:15 am- Attention Fragmentation ——— M. & R. Lemon

SUNSET TODAY: 9:00 PM NEXT WEEK: 9:02 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 18, 2025

Our Wednesday night Prayer Meetings will be on Zoom, NOT in person. Please join us. The passage for study will be Acts 21:1 - 14

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 14, 2025

# WORSHIP SERVICE

10:40 am

Tackling the Temptation of Technology

Pastoral Time  
Tribute to Fathers  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn - Jesus Is All the World to Me  
Praise and Worship -  
Children's Story  
Welcome  
Call for Offering – NAD Women's Ministry  
Thanksgiving Music  
Intercessory Prayer  
Scripture Reading - Colossians 3:1 - 3  
Introduction of Speaker  
Music for Meditation  
Sermon - Sleep Deprivation  
Closing Hymn - Be Thou My Vision  
Benediction

Elder on Duty: Ysmael Miranda  
Pianist: Beth Officer, Organist: Lesley Cresswell  
A/V Operators: Mariana, Sofia & Ezra

AFTERNOON

UKULELE PRACTICE - Today from 1:45 - 3:15 pm

GROWING IN CHRIST - DISCIPLESHIP PROGRAM - classes cancelled today

SEMINAR - The Family Life program continues @ 3:30 pm.

Pastor Ha Rim Ji  
Uton Robinson  
Elder Ysmael Miranda  
#694  
Pastor Mike Lemon  
#185  
Jewel Fraser  
Nancy Oliveira  
Pastor Ha Rim Ji  
Gary Adamson  
Beth Officer  
Elder Ysmael Miranda  
Chilobe Mwinga  
Pastor Eustace Williams  
Elita Carrasco  
Pastor & Sister Lemon  
#547  
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 in the sanctuary or online. May God bless us in the study of His Word. A very special welcome to our guest speakers for today, Pastor Mike and Sister Rene Lemon.

AFTERNOON SEMINAR

Today, 3:30 - 5:30 pm where our guest speakers will continue this weekend's theme with a discussion of Technology Addiction.

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

July 20, 2025. Sunday Brunch Cruise on-board the Odyssey from Toronto Harborfront. The price of \$115 per person includes the brunch and bus. If interested, please attend a meeting on the organ side after the service for more details. Everyone is welcome!

SENIORS DAY

June 21, 2025, 9:30 am. Everyone is cordially invited to join us to celebrate with our Immanuel Seniors. Fellowship Lunch will be served after the service. There will be no afternoon program.