

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

Benefits of Exercise: When it comes to weight loss, *what, how, and when* you eat matter most. While exercise helps support weight maintenance, its real power lies in enhancing longevity, healthspan, and overall physical, mental, and cognitive health. Two health markers most strongly linked to a longer life and better health are muscular strength and VO₂ max—a key measure of cardiovascular fitness. To put their importance in perspective: conditions like diabetes, hypertension, and even smoking can individually increase mortality risk by up to 50%. But when compared to the fittest people, low strength and poor cardiovascular fitness can raise mortality risk by as much as 250-400%.

Peter Attia MD [@PeterAttiaMD]. (2024, October [approx.]). *The two metrics that are most significantly associated with longevity* [Short video]. YouTube. <https://www.youtube.com/shorts/8PDKtaigIOW>



Immanuel
Seventh-day Adventist® Church

God With Us
Together, A Gateway
To Christ for all

JULY 5, 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

July 5, 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	Clarisa Tatu
9:30 am - Lesson Study	Royston McKenzie Greg McKenzie Uton Robinson
10:40 am - Mission Spotlight	Video
10:45 am - Closing Remarks	Clarisa Tatu

SUNSET TODAY: 9:01 PM NEXT WEEK: 8:58 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/CrossREachPrisonMinistriesConvention2025>

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: JULY 9, 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

July 5, 2025

WORSHIP SERVICE

10:50 am

Pastoral Time
ADRA
Call to Worship
Invocation Song - Praise God From Whom All...
Invocation
Opening Hymn - Wake the Song
Praise and Worship
Children's Story
Welcome
Call for Offering - Local Church Budget
Intercessory Prayer
Scripture Reading - #699 SDAH
Music for Meditation
Sermon - The Danger of Irreverent Worship
Closing Hymn - Take My Life and Let It Be
Benediction

Pastor Ha Rim Ji
Elder Ernest Rampersad
Elder Jason Muloongo
#694
Pastor Eustace Williams
#34
Gary Adamson
Madeleine Henry
Pastor Ha Rim Ji
Silvio Carnevali
Elder Jason Muloongo
Susan Schroder

Pastor Eustace Williams
#330
Elder Jason Muloongo

Elder on Duty: Jason Muloongo
Pianist: Beth Officer,
A/V Operators: Alex & Calvin Masikat

AFTERNOON

GROWING IN CHRIST - DISCIPLESHIP PROGRAM - 3:00 - 4:00 PM 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.

GRADUATES 2025

Recognition of graduates will take place on July 26. URGENTLY! Please send the names of ALL graduates from kindergarten to graduate school along with the grade level or program from which they are graduating to the church secretary or to Bro. Horace Francis or Elder Diana Achim. Thank you.

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

JULY 21 BOAT CRUISE UPDATE

The Bus leaves Immanuel at 10:00 AM sharp. Please note that everyone is required to assemble by the boat Odyssey by 11:30 am for boarding at noon. Sailing starts at 12:30. Brunch and cruise for 2 1/2 hours. The bus leaves for Immanuel at approximately 4:00 pm. Please feel free to contact Brother Royston or Sister Marjorie with any questions or for clarification.

ACCOMODATION TO SHARE

Please see the bulletin board. (Immanuel Church member)
Call 647-901-1532