

Shut-In Members

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.

Worth Student Assistance Fund

As the academic school year has now resumed, a kind request to please provide donations to the Worthy Student Assistance Fund so that we can support our young, bright and talented children currently at school or university. These are the precious jewels of God.

Members Corner

1 bedroom apt. for rent
Learie Holas (Willowdale Church member)
416-302-4004

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: Move more to sleep better. Exercise improves sleep quality by helping you fall asleep faster, increasing deep sleep, increasing melatonin production and lowering stress and anxiety. Aerobic activities like brisk walking, cycling, or swimming are particularly effective, but resistance training has also been shown to improve sleep duration and quality. Aim for a minimum of 30 minutes of exercise most days to make a noticeable difference. Try to avoid vigorous workouts right before bed, as they can be too stimulating. Better sleep supports better health, and moving more creates a positive cycle: exercise improves rest, and quality rest improves energy and motivation to move.

Zhou, Y., Qiu, J., Ye, Z., Wang, X., Xu, J., Liang, Y., Chen, S., Yu, H., Wang, Y., & Tang, Y. (2024). Effects of exercise on sleep: A systematic review and meta-analysis. *npj Mental Health Research*, 3(18).
<https://doi.org/10.1038/s44323-024-00018-w>



Immanuel
Seventh-day Adventist® Church

God With Us
Together, A Gateway
To Christ for all

SEPTEMBER 13, 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

September 13, 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 & Praise ————— Hans Sanchez

9:30am - Lesson Study ————— Greg Mckenzie
Silvio Carnevali
Broston Wilson

10:40 am - Mission Spotlight ————— Video
10:45 am- Closing Remarks ————— Hans Sanchez

SUNSET TODAY: 7:32 PM NEXT WEEK: 7:19 PM

UPCOMING EVENTS:

MINISTRY LEADERS' MEETING September 27, 2:30 pm

SENIORS MEETING September 28, 1:30 pm

CHRISTMAS BANQUET December 14, 2025, Crown Plaza Hotel

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: SEPTEMBER 17, 2025

Our Wednesday night Prayer Meetings will be on Zoom at 7 pm, NOT in person. Please join us.

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

September 13, 2025

WORSHIP SERVICE

10:50 am
Music Day

Pastoral Time
Call to Worship
Invocation Song - Praise God From Whom All... #694
Invocation
Pastor Ha Rim Ji #506
Opening Hymn - A Mighty Fortress
Praise and Worship
Psalter Voices
Children's Story
Rhonda Bowen
Welcome
Pastor Ha Rim Ji
Offering Appeal & Music
Children'a Choir
Intercessory Prayer
Elder Ysmael Miranda
Scripture Reading - Psalm 136:1
Maybelle Bradshaw
Music For Meditation
Uton Robinson
Musical Sermon - Praise With Psalms
Pastor Ha Rim Ji
Closing Hymn - All People That on Earth #16
Benediction
Male Quintet

Elder on Duty: Ysmael Miranda
Pianist: Beth Officer; Organist Lesley Cresswell
A/V Operators: Jonathan, Andrew & Matthew

AFTERNOON

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



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.

THANK YOU

The Health Ministry extends our heartfelt thanks to all who volunteered in the recent successful Health Expo event. We appreciate your time, talent, effort and donations that made it possible for us to share the health message with many people and raise funds to bless our community in meaningful ways.

THANKSGIVING DONATIONS

Please donate to Immanuel's 2025 Thanksgiving Dinner fundraiser.
Date: Monday, October 14, 2025.
Needed: \$6,500.
We will be serving 450 individuals.
Cash or e-transfer to: immanueltreasurer@adventistontario.org.
Donations are accepted up to October 5, 2025

SENIORS MINISTRY

The next IN-PERSON Seniors Meeting will be Sunday, September 28, 2025, @ 1:30 pm at Immanuel Church. All Seniors and Friends of Seniors are encouraged to attend. Thank you. (ISM)

CHRISTMAS BANQUET

DATE: Sunday, December 14, 2025
VENU: Crowne Plaza Hotel, Airport Road.
More detailed information to follow. Save the Date.
ISM