

Shut-In Members

Please pray for, visit and/or call the following members:

- **VALLEYVIEW NURSING HOME:** Calvin Butterfield
- **GIBSON LONG-TERM CARE (Steeles & Leslie):** Flora Martin

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.

Worthy 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

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: Joint-friendly Exercise: Staying active protects your joints by strengthening the muscles around them, improving flexibility, and reducing inflammation. Even if you have arthritis or stiffness, the right kind of exercise is important to reduce pain and improve mobility. Low-impact exercises such as walking, swimming, cycling, water aerobics, and yoga are easy on the joints while still improving cardiovascular fitness and strength. Add gentle resistance training to stabilize joints and prevent injury. Warm up before activity and stretch after. Avoid long periods of sitting or standing still. Include strength, balance, and flexibility work each week. Regular, joint-friendly movement supports longevity, independence, and overall quality of life, no matter your age or starting point.

Zhang, Y., Jordan, J. M., & Robinson, M. E. (2024). The effects of resistance training on pain, strength, and function in knee and hip osteoarthritis: A systematic review and meta-analysis. *Journal of Musculoskeletal & Neuronal Interactions*, 24(2), 79–90.
<https://doi.org/10.1515/jmni-2024-0005>



Immanuel
Seventh-day Adventist® Church

God With Us
Together, A Gateway
To Christ for all

OCTOBER 11, 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

October 11, 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	Iris Brown
9:30am - Lesson Study	Joseph Prendergast Greg McKenzie Pastor Williams
10:40 am - Mission Spotlight	Video
10:45 am- Closing Remarks	Iris Brown

SUNSET TODAY: 6:42 PM NEXT WEEK: 6:30 PM

UPCOMING EVENTS:

- HERITAGE WEEKEND October 24 & 25
- MULTICULTURAL EVENING October 25 @ 6:30 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: OCTOBER 15, 2025

Our Wednesday night Prayer Meetings will be on Zoom at 7 pm. 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

October 11, 2025

WORSHIP SERVICE

10:50 am

Pastoral Time & Welcome - Pastor Ji Appreciation
ADRA Presentation
Call to Worship
Invocation Song - Praise God From Whom All...
Invocation
Opening Hymn - Joyful, Joyful, We Adore Thee
Praise and Worship
Children;s Story
Offering Appeal - Ontario Advance
Intercessory Prayer
Scripture Reading - 2 John:1-3
Music For Meditation
Sermon - Truthful Love
Closing Hymn - 'Tis Love That Makes Us Happy
Benediction

Pastor Eustace Williams
Rachel, Susan & Evan
Elder Silvio Carnevali
#694
Pastor Ha Rim Ji
#12
Ysmael Miranda
Sandra McKenzie
Ysmael Miranda
Elder Silvio Carnevali
Harlyn Aguilar
Shurnelle Spenser
Pastor Ha Rim Ji
#579
Elder Silvio Carnevali

Elder on Duty: Silvio Carnevali
Pianist: Lesley Cresswell
A/V Operators: Matthew D, Kaitlin S., Josh F.

AFTERNOON

UKULELE PRACTICE - 1:45 - 3:-00 PM CHOIR PRACTICE - 4:30 PM

GROWING IN CHRIST CLASS - 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 as we worship Him together.

CUBA MISSION TRIP

Pastor Williams, along with a few other pastors from the US, will be conducting a one-week series of evangelistic meetings in Cuba from Oct. 18-25. Please pray for him and the other evangelists as they present the Word of God in Communist Cuba.

CHOIR PRACTICE

Choir Practice resumes this sabbath, October 11, 2025 @ 4:30 pm. See you all there and on time.

BOARD MEETING

There will be a Board Meeting this Tuesday, October 14 @ 7:00 pm. All Board Members are encouraged to attend.

MULTICULTURAL EVENING SOCIAL

When: Saturday October 25
Where: Crawford Adventist gym
Starting at 6:30 all are welcome
More information will follow

THANKSGIVING DONATIONS

Please donate to Immanuel's 2025 Thanksgiving Dinner fundraiser.
Date: Monday, October 13, 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

THANKSGIVING VOLUNTEERS

Thanksgiving 2025. Monday, October 13, 2025, from 2 pm to 5 pm. We will be having a volunteers' meeting on Sabbath October 11 for final instructions.

MENTAL HEALTH - LET'S TALK ABOUT IT

Join us for an insightful talk with Jean Lawrence-Scotland on Nov. 1 at 11 AM, with a Q & A at 2:30 PM. Sponsored by the Immanuel Health Ministry.

CHRISTMAS BANQUET

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