

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

☎ 1-888-223-1992



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	905-686-5757
ABC Bookstore (Oshawa)	1-800-263-3791
Canadian Union of SDA	905-433-0011
ADRA Canada	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 Creatine: Fuel for the brain. Creatine isn't only about physical performance, your brain loves it too. The brain relies on the same quick-energy molecule (ATP) as your muscles, and creatine helps maintain that energy supply, especially under stress or fatigue. Studies have found that supplementing with creatine can improve short-term memory, reasoning, and mental sharpness, particularly in vegetarians or people who don't eat much meat. It shows promise in neurological recovery from traumatic brain injury. During times of mental strain, like exams, demanding work, or sleep deprivation, it can help you think more clearly and stay alert. In a world that constantly demands focus, creatine offers a natural, evidence-based way to support both mental energy and cognitive resilience.

Reference:

Rae, C., Digney, A. L., McEwan, S. R., & Bates, T. C. (2003). Oral creatine monohydrate supplementation improves brain performance: A double-blind, placebo-controlled, cross-over trial. Proceedings of the Royal Society of London. Series B: Biological Sciences, 270(1529), 2147-2150. <https://doi.org/10.1098/rspb.2003.2492>



Immanuel
Seventh-day Adventist® Church

God With Us
Together, A Gateway
To Christ for all

NOVEMBER 29, 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

November 29, 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 ————— Myrtle Edward

9:30 am - Lesson Study ————— Greg McKenzie
Jonathan Pitt
Denzil Currie

10:40 am - Mission Spotlight ————— Video
10:45 am- Closing Remarks ————— Myrtle Edward

SUNSET TODAY: 4:42 PM NEXT WEEK: 4:40 PM

UPCOMING EVENTS:

YOUNG ADULT RETREAT: December 05 - 07, 2025

BOARD MEETING: Monday, December 8 @ 7:00 pm

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: DECEMBER 3, 2025

Our Wednesday night Prayer Meetings will be on Zoom @ 7:00 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

November 29, 2025

WORSHIP SERVICE

10:50 am

Pastoral Time
Call to Worship
Invocation Song - Praise God From Whom All...
Invocation
Opening Hymn - Jesus Paid It All
Praise and Worship
Children's Story
Welcome
Offering Appeal - Canadian French Ministries
Intercessory Prayer
Scripture Reading - Isaiah 61:1 - 3
Music For Meditation
Sermon - A Poor Man's Religion
Closing Hymn - The Great Physician Now Is Near
Benediction

Elder Aurora Wilson
Elder Hans Sanchez
#694
Elder Jason Muloongo
#184
4PAK
Rhonda Bowen
Elder Aurora Wilson
Elder Ernest Rampersad
Elder Hans Sanchez
Susan Schroder
3PAK
Elder Jason Muloongo
#254
Elder Hans Sanchez

Elder on Duty: Hans Sanchez
Pianist: Lesley Cresswell
A/V Operators: Alex & Calvin Masikat

AFTERNOON
UKULELE PRACTICE - 2:00 PM CHOIR PRACTICE - 4:00 PM

ENSEMBLE PRACTICE - 2:30 - 3:45 PM GIC CLASS: 2:30 - 3:30 PM IN THE LOFT



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.

2026 EVENT PLANNING
2026 CALENDAR of Events. Ministry Leaders, please meet with your teams and submit dates for your 2026 Ministry Events to Aurora Wilson at communications.immanuel@gmail.com by December 12, 2025

ADRA GOAL: \$10,000. Please contribute as God enables you to.

GIC CLASS : GIC Discipleship classes will continue in the Loft @ 2:30 pm.

CHRISTMAS PROGRAM, 2025
Title: "Prince of Peace"
Date and Time: Dec. 6 @ 4pm
Location: Immanuel SDA Church
Refreshments will be provided after

CHRISTMAS BANQUET
Attention Everyone!! You are encouraged to REGISTER NOW for the Banquet and PAY by DECEMBER 1. We need the numbers for the Caterer. ASAP. Thank you. DATE: December 14. VENUE: Crowne Plaza Hotel, Airport Road. COST: \$75.00 pp. KIDS: \$40.00 via e-transfer to immanueltreasurer@adventistontario.org attn. Christmas Banquet. SEATING: 1:00 pm. MEAL: 2:00 pm. ENTERTAINMENT: 3:00 pm. END: 6:00 pm. Please contact Sister Marjorie or Brother Royston if you need more information!

MAKE A WILL MONTH
November is Make a Will Month. This November, the Ontario Conference Planned Giving and Trust Services Department is encouraging their church members to join together in a special campaign to help families prepare wisely for the future with an estate plan. This week's theme: A clear plan brings peace in times of uncertainty. Thoughtful preparation is a gift your family will thank you for in the years ahead.. Thoughtful planning ensures your legacy is passed on with love and clarity. contact Planned Giving and Trust Services at 905-571-1022, ext. 208.