

### 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](mailto:immanuelsda@gmail.com) (preferred) or by phone at 416-223-1992. Spell-Check before submission is appreciated.

### Health Nugget

Benefits of Creatine: More than muscle pt 2. Creatine's benefits extend far beyond physical performance. Research shows creatine helps reduce oxidative stress by limiting free radical formation, offering cellular protection that supports long-term health. Creatine appears to regulate immune activity by reducing inflammation and supplying energy to gut cells, thus improving gut barrier integrity, making it a promising adjunct therapy for conditions such as leaky gut and inflammatory bowel disease (IBD). Creatine has demonstrated benefits in chronic conditions including fibromyalgia, chronic fatigue, and persistent pain most likely through its role in supporting cellular energy availability.

Healthpath. (n.d.). (2025, July 2). Creatine for gut health. <https://healthpath.com/gut-health/creatine-for-gut-health/>

Craig, C. (2024, October 27). Creatine—An alternative mitochondrial energy source for ME/CFS, fibromyalgia, and long COVID? Health Rising. <https://www.healthrising.org/blog/2024/10/27/mitochondrial-energy-source-chronic-fatigue-syndrome-fibromyalgia-long-covid/>



**Immanuel**  
Seventh-day Adventist® Church

**God With Us**  
Together, A Gateway  
To Christ for all

**DECEMBER 20, 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)

December 20, 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

9:30 am - Lesson Study — Greg McKenzie  
Pastor Williams  
Denzil Currie

10:40 am - Mission Spotlight — Video  
10:45 am - Closing Remarks — Iris Brown

**SUNSET TODAY: 4:42 PM NEXT WEEK: 4:46 PM**

**UPCOMING EVENTS:**

**COMMUNION SERVICE:** December 27 @ 11:00 am

**END OF YEAR SOCIAL:** December 27 @ 5:00 pm

**NEW YEAR'S EVE THANKSGIVING SERVICE:** December 31 @ 5:00 pm

**DAILY SABBATH SCHOOL STUDY**

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

**WEDNESDAY: DECEMBER 17, 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](mailto:immanueltreasurer@adventistontario.org)

December 20, 2025

# WORSHIP SERVICE

10:50 am

Pastoral Time  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn - Angels From the Realms of Glory  
Praise and Worship  
Children's Story  
Welcome  
Offering Appeal - Local Church Budget  
Intercessory Prayer  
Special Music  
Scripture Reading - Isaiah 7:10 - 14  
Music For Meditation  
Sermon - Beyond the Season  
Closing Hymn - Crown Him With Many Crowns  
Benediction

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

**AFTERNOON**

**GIC CLASS:** 3:00 - 4:00 PM

Pastor Eustace Williams  
Elder Ysmael Miranda  
#694  
Pastor Eustace Williams  
#119  
Hans Sanchez  
Uton Robinson  
Benjamin Rasool  
Greg McKenzie  
Elder Ysmael Miranda  
Vermont Cleghorne  
Aileen Miranda  
Uton Robinson  
E. Williams/B.Rasool  
#223  
Elder 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 as we worship Him together.

**CHRISTMAS BANQUET 2025**

Last Sunday's Christmas Banquet, sponsored by the Immanuel Seniors Ministry, was a huge success. We give God thanks and praise for good weather, protection and His abiding presence. The ISM thanks to all for your support and involvement in the program. We are excited to see you next year. Blessings Immanuel.

**RECEIPTS**

All offerings submitted via tithe envelopes must be submitted by December 27, in order to be receipted for 2025. Adventist giving and e-transfers have until December 31, 2025 to be submitted. Ministry leaders - please submit your receipts or invoices by December 27th.

**COMMUNION SERVICE**

The last Communion service for the year will take place on Sabbath, December 27 @ 11:00 am.

**END OF YEAR SOCIAL:** December 27 @ 5:00 pm. Bible trivia and so much more!

**NEW YEAR'S EVE THANKSGIVING SERVICE**

Immanuel church will be hosting a special New Year's Eve Thanksgiving Service on Wednesday, December 31, 2025, commencing at 5 p.m. The service will consist of songs, testimonies, prayers, and a message from Pastor Ariel Ganob, Assistant Pastor of the Mount Zion Filipino Church. Immediately following the service, games and refreshments will be available in the fellowship hall. All are welcome to join.

**10 DAYS OF PRAYER**

January 7 - 17, 2026. Please see the flyer on the bulletin board. More details to follow.