

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: Aging strong. Staying strong and independent as we age is one of the most powerful forms of prevention, and creatine can help. Research shows that creatine, when combined with regular resistance exercise, can slow muscle loss (sarcopenia), improve balance, and enhance overall function in older adults. It supports lean muscle mass, which in turn boosts metabolism, bone density, and everyday strength. This makes simple tasks like climbing stairs, carrying groceries, or playing with grandchildren easier and more enjoyable. Aging doesn't have to mean losing vitality. With proper movement and nutritional support like creatine, it's possible to feel capable and strong at any age.

Candow, D. G., Forbes, S. C., Chilibeck, P. D., & Gualano, B. (2022). Creatine supplementation for older adults: Focus on sarcopenia, osteoporosis, frailty and cachexia. Bone, 162, 116467. <https://doi.org/10.1016/j.bone.2022.116467>



Immanuel
Seventh-day Adventist® Church

God With Us
Together, A Gateway
To Christ for all

DECEMBER 6, 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

December 6, 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
9:30 am - Lesson Study	Greg McKenzie Royston McKenzie Uton Robinson
10:40 am - Mission Spotlight 10:45 am- Closing Remarks	Video Hans Sanchez

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

UPCOMING EVENTS:

COMMUNION SERVICE: December 27 @ 11:00 am

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 10, 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

December 6, 2025

WORSHIP SERVICE

10:50 am

Pastoral Time
ADRA Appeal
Call to Worship
Invocation Song - Praise God From Whom All...
Invocation
Opening Hymn - Joy to the World
Praise and Worship
Children's Story
Welcome
Offering Appeal - Local Church Budget
Intercessory Prayer
Scripture Reading - #729 (SDAH)
Music For Meditation
Sermon - Christmas, a Time to Refresh Our Faith
Closing Hymn - My Faith Looks Up to Thee
Benediction

Elder on Duty: Diana Achim
Pianist: Beth Officer
A/V Operators: Matthew D., Kaitlin & Josh

AFTERNOON

UKULELE PRACTICE - 2:00 PM CHRISTMAS PROGRAM: 4:00 - 6:00 PM

GIC CLASS: 3:00 - 3:45 PM IN THE LOFT

Pastor Eustace Williams
Ernest Rampersad
Elder Diana Achim
#694
Pastor Eustace Williams
#125
J & M Carnevali & friends
Leslie Novoa
Elder Diana Achim
Marjorie Williamson
Elder Diana Achim
Ernest Rampersad
Music Ensemble
Pastor Eustace Williams
#517
Elder Diana Achim



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.

UKULELE PRACTICE: The ukulele band will meet as usual @ 2:00 pm.

GIC CLASS : GIC Discipleship class will take place in the Loft @ 3:00 pm.

BOARD MEETING

The next Board Meeting will be on Monday, December 8 @ 7:00 pm. All Board members are encouraged to attend.

CHRISTMAS PROGRAM, 2025

Title: "Prince of Peace"
TODAY: Dec. 6 @ 4pm
Location: Immanuel SDA Church
Refreshments will be provided after

CHRISTMAS BANQUET

PAYMENT DEADLINE: FINAL CUT-OFF FOR THE BANQUET PAYMENT WILL BE MONDAY, DECEMBER 8. WE STOP ACCEPTING REGISTRATION. Thank you for your generous support. (Brother Royston & Sister Marjorie, ISM Co-Leaders)
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.

FOOD BANK

The last pick-up date in December will be December 17, 2025. The Foodbank will be closed for two weeks reopening January 7, 2026.

COMMUNION SERVICE

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