

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

## Health Nugget

Benefits of Creatine: Misconceptions about creatine. Common concerns surrounding creatine supplementation are unfounded. Widespread misconceptions include the beliefs that creatine is an anabolic steroid, causes kidney dysfunction, is harmful to children and adolescents, increases fat, or is only beneficial for men. The answer to these claims is no. Creatine may cause slight water retention in some individuals, as a few studies report minor increases in water weight, while others show no such effect. Additionally, a loading phase is not necessary to experience benefits. As discussed in earlier posts, creatine is also beneficial for older adults, further demonstrating its broad applicability across different populations.

Antonio, J., Candow, D. G., Forbes, S. C., Gualano, B., Jagim, A. R., Kreider, R. B., Rawson, E. S., Smith-Ryan, A. E., VanDusseldorp, T. A., Willoughby, D. S., & Ziegenfuss, T. N. (2021). Common questions and misconceptions about creatine supplementation: What does the scientific evidence really show? *Journal of the International Society of Sports Nutrition*, 18(13). <https://doi.org/10.1186/s12970-021-00412-w>



# Immanuel

Seventh-day Adventist Church

# God With Us

Together, A Gateway  
To Christ for all

## JANUARY 10, 2026

### "Not By Might, But By My Spirit" Zechariah 4:6

418 Drewry Ave. North York, ON M2R 2K5

☎ 416-223-1992

✉ [immanuelsga@gmail.com](mailto:immanuelsga@gmail.com)

🌐 [immanuelsga.org](http://immanuelsga.org)

January 10, 2026

# 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  
Benjamin Rasool  
Denzil Currie

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

**SUNSET TODAY: 5:00 PM NEXT WEEK: 5:08 PM**

### UPCOMING EVENTS:

**BOARD MEETING:** January 19, 2026 @ 7:00 pm

**SENIORS' MEETING:** January 25 @ 1:30 pm

### DAILY SABBATH SCHOOL STUDY

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

### WEDNESDAY: JAN. 14, 2026

10 Days of Prayer. See announcement section.

### 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)

January 10, 2026

# WORSHIP SERVICE

10:50 am

Pastoral Time  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn -  
Praise and Worship  
Children's Story  
Special Music  
Welcome  
Offering Appeal - Religious Liberty  
Thanksgiving Music  
Intercessory Prayer  
Scripture Reading -  
Music For Meditation  
Sermon -  
Closing Hymn -  
Benediction

Pastor Eustace Williams  
Elder Ysmael Miranda  
#694  
Benjamin Rasool

J. & M. Carnevali  
Angie Edwards  
Crawford Band  
Pastor Eustace Williams  
Aurora Wilson  
Crawford Band  
Elder Ysmael Miranda  
Rachel McKenzie  
Crawford Band  
Benjamin Rasool

Elder Ysmael Miranda

Elder on Duty: Ysmael Miranda  
Pianist: Maybelle Bradshaw  
A/V Operators: Kaitlin Sohar & Alex Masikat

### AFTERNOON

**CONSECRATION OF CHURCH OFFICERS: 2:30 PM GIC CLASS: 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. A very special welcome to the Crawford Academy Band for blessing us today.

### 10 DAYS OF PRAYER

January 7 - 17, 2026: 2 Days via Zoom with the Ontario Conference on the 7th and 17th of January @ 7:00 pm. Meeting ID 954-6988-8368; Passcode: pray10days.  
8 Days via zoom with our Immanuel church 8th-16th of January @ 7:00 pm.  
For more information Please see the flyer on the bulletin board.

### CONSECRATION SERVICE

All church Officers are kindly asked to join the Officers' Consecration Service this afternoon at 2:30 pm. This is important as we seek to set a high spiritual tone for 2026.

### COMMUNION SERVICE

Our fourth quarter, 2025, rescheduled communion service is set for Sabbath, Jan. 17, at 11 am. All are invited to prepare for this spiritual service. In preparation for this, Pastor Williams is inviting all deacons (male and female) as well as church elders to meet with him immediately after divine service today for a short meeting on the organ side.