

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: How to take it. Creatine is a natural amino acid produced in the body with the largest amounts, 95% of creatine being stored in the skeletal muscles. The second largest stores are found in the brain. For your body to produce creatine it uses arginine, methionine, and glycine directly, as well as vitamins B12 and folate indirectly. If your diet is low in creatine, (eg. vegetarian), are involved in athletics, want support in their mental, hormonal or physical health, supplementation may be useful. It is not necessary to do a loading phase, nor is there any preferred time of day to take it. Taking 3-5 grams of creatine monohydrate daily is sufficient to gradually increase your creatine stores. Keep hydrated and enjoy its myriad benefits.

Kassel, G. (2025, March 14). How to take creatine: Our guide to when and how much to consume, per experts. Women's Health. <https://www.womenshealthmag.com/health/a64174301/how-much-creatine-should-i-take/>



Immanuel
Seventh-day Adventist® Church

God With Us
Together, A Gateway
To Christ for all

JANUARY 24, 2026

"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

January 24, 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 ————— Myrtle Edward

9:30 am - Lesson Study ————— Jonathan Pitt
Greg McKenzie
Silvio Carnevali

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

SUNSET TODAY: 5:18 PM NEXT WEEK: 5:27 PM

UPCOMING EVENTS:

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: JAN. 28, 2026

Our Wednesday night Prayer Meetings are held 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

January 24, 2026

WORSHIP SERVICE

10:50 am

Pastoral Time
Call to Worship
Invocation Song - Praise God From Whom All...
Invocation
Opening Hymn - Watchmen, on the Walls of Zion
Praise & Worship
Children's Story
Welcome
Offering Appeal - Ontario Advance
Intercessory Prayer
Scripture Reading - Ezekiel 33:7
Music For Meditation
Sermon - For Such a Time As This
Closing Hymn - Jesus Is Coming Again
Benediction

Pastor Eustace Williams
Elder Ysmael Miranda
#694
Elder Jason Muloongo
#601
Winston Bradshaw
Cameron Wilson
Pastor Eustace Williams
Silvio Carnevali
Elder Ysmael Miranda
Rachael Sohar
Vermont Cleghorne
Elder Jason Muloongo
#213
Elder Ysmael Miranda

Elder on Duty: Ysmael Miranda
Pianist: Maybelle Bradshaw
A/V Operators: Matthew, Jonathan & Andrei

AFTERNOON



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.

GATHER & GO SABBATH

Gather and Go Sabbath. today, January 24, 2026. There will be no fellowship lunch and other afternoon activities today. Please take the time to invite friends and family members to your homes for fellowship, enjoy nature, visiting, or do evangelism wherever you are.

SENIORS' ONLINE MEETING

Join our first Seniors meeting for 2026, tomorrow, January 25, @ 1:30 pm. The Zoom link: ID 416 223 1992. Passcode 4162231992.

2026 BUDGET SUBMISSIONS

Ministry Leaders, the deadline to submit your 2026 Budget to the Finance chair, Ella Miranda is January 24, 2026.

MEMORIAL SERVICE

The memorial service for our late Sister Ruth Queva will be held at the Grande Prairie, Alberta, SDA Church on Sunday, January 25th @ 3 pm (5 pm EST). Watch Live stream on YouTube [grandeprairiesdachurch](https://www.youtube.com/grandeprairiesdachurch)

ADVENTIST MINISTRIES CONVENTION

The Convention sponsored by the Ontario Conference will be held on the weekend of March 13-14, 2026, at the Sheraton Parkway, Toronto North, Hotel. The theme for this year is Disciples on Fire. The chosen emphasis will assist churches to focus on the Ontario Conference's overall emphasis of Discipleship. All ministry leaders are encouraged to attend. All who are interested in attending, please let us know so that we can have you registered. The cost is \$80 per person, which includes registration materials and meals for both days. For further information, please visit the Ontario Conference website.