

### 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

Grounding: Connecting with the earth for everyday well-being. Grounding, or “earthing,” is a wellness practice that restores the natural connection with the Earth by direct skin contact with the ground or a natural water source. Many people report that grounding helps improve sleep, pain management, increase relaxation, improve mood, decrease inflammation, improve blood flow and accelerate healing. The Earth carries a negative electrical charge and is able to donate electrons when your skin touches it. 10 minutes outside with bare feet, walking in grass, sand or dirt; wading in an ocean, lake or river can be enough to yield benefits. In warm weather this is achievable daily, in colder weather other options are available.

Menigoz, W., Latz, T. T., Ely, R. A., Kamei, C., Melvin, G., & Sinatra, D. (2020). Integrative and lifestyle medicine strategies should include Earthing (grounding): Review of research evidence and clinical observations. Explore: The Journal of Science and Healing, 16(3), 152–160. <https://doi.org/10.1016/j.explore.2019.10.005>



**Immanuel**  
Seventh-day Adventist® Church

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

**JANUARY 31, 2026**

**“Not By Might, But By My Spirit” Zechariah 4:6**

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☎ 416-223-1992

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

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

January 31, 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	Victoria Serry
9:30 am - Lesson Study	Rayon Thelwell Greg McKenzie Benjamin Rasool
10:40 am - Mission Spotlight 10:45 am - Closing Remarks	Video Victoria Serry

**SUNSET TODAY: 5:27 PM NEXT WEEK: 5:36 PM**

**UPCOMING EVENTS:**

**ADVENTIST MINISTRIES CONVENTION: March 13 - 14, 2026**

**DAILY SABBATH SCHOOL STUDY**

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

**WEDNESDAY: FEB. 4, 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](mailto:immanueltreasurer@adventistontario.org)

January 31, 2026

# WORSHIP SERVICE

10:50 am

**MEMBERSHIP TRANSFERS FROM IMMANUEL 2<sup>nd</sup> READING**

Ishmael & Sarah-Lee Griffiths to Mount Olive  
Titus Bailey to Toronto Central  
Lael Teranski to First Filipino

**TRANSFER TO IMMANUEL - 1<sup>st</sup> READING**

Shurnelle Spencer - University of the Southern Caribbean  
SDA Church

Pastoral Time  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn - My Lord and I  
Praise & Worship  
Children's Storym  
Welcome  
Offering Appeal - Local Church Budget  
Intercessory Prayer  
Scripture Reading - #812 (SDAH)  
Music For Meditation  
Sermon - God's Relay Team  
Closing Hymn - Under His Wings  
Benediction

Elder on Duty: Diana Achim  
Pianist: Lesley Cresswell  
A/V Operators: Andrew Tatu & Josh Fraser

**AFTERNOON**

BIBLE CLASS 2:30 - 3:30 PM  
GIC CLASS: 3:30 - 4:30 PM

Benjamin Rasool  
Elder Diana Achim  
#694  
Pastor Eustace Williams  
#456  
Ysmael Miranda  
Jennifer Sohar  
Benjamin Rasool  
Ysmael Miranda  
Elder Diana Achim  
Kayla Purchas  
Aeryn Lee Shymchuk  
Pastor Eustace Williams  
#529  
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.

**BAPTISMAL SERVICE**

There will be a Baptismal Service next Sabbath, Feb. 7, 2026. This service will take place as part of the Divine Worship service and immediately following the sermon.

**UKULELE BAND PRACTICE**

The Ukulele Band resumes practice today from 2:00 - 3:00 pm.

**BIBLE CLASS WITH ELDER GREG MCKENZIE**

Please join Elder Greg McKenzie for Bible Class this afternoon from 2:30-3:30 pm. These prophetic studies are very interesting and informative.

**GIC CLASSES**

The Growing in Christ (GIC) classes will resume this afternoon at 3:30 pm. All are invited to attend these Discipleship classes. .

**SMALL GROUP TRAINING CLASSES**

As we focus on expanding and strengthening our discipleship program, we will venture into one of the most effective areas of discipleship - Small Groups. Training for this special area will begin on Sabbath, Feb. 7, from 3:30 to 4:30 pm. This training will continue each Sabbath afternoon for the entire month of February. All ministry leaders and all church members are required to attend.