

## Shut-In Members

Please pray for, visit and/or call the following members:

- 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; Lerona 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

Request for accommodation. Please see the bulletin board.

# Our Pastoral Team

### Pastor Eustace Williams

1-888-223-1992  
ewilliams@adventistontario.org

1-888-223-1992  
ewilliams@adventistontario.org

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  
ABC Bookstore (Oshawa)  
Canadian Union of SDA  
ADRA Canada

905-686-5757  
1-800-263-3791  
905-433-0011  
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 immanuelsd@gmail.com (preferred) or by phone at 416-223-1992. Spell-Check before submission is appreciated.

## Health Nugget

Oil Pulling: Oral health practices. Oil pulling is an ancient oral hygiene practice that involves swishing oil usually coconut or sesame, in the mouth for 5-15 minutes before spitting it out. This simple routine helps to reduce harmful bacteria, improve gum health, and support fresher breath by loosening debris and plaque. Coconut oil is especially popular due to its natural antimicrobial properties. Oil pulling does not replace brushing or flossing, but it can be a helpful addition to a daily oral care routine. When done regularly, oil pulling offers a gentle, affordable way to support overall oral wellness alongside standard dental hygiene practices. Always spit the oil, especially coconut oil, into a trash bin, not the sink, to prevent clogging.

Woolley, J., Gibbons, T., & Patel, K. (2020). The effect of oil pulling with coconut oil to improve dental hygiene and oral health: A systematic review. *Helijon*, 6(8), e04789. <https://doi.org/10.1016/j.heliyon.2020.e04789>



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

**FEBRUARY 14, 2026**  
**"Not By Might, But By My Spirit" Zechariah 4:6**

418 Drewry Ave. North York, ON M2R 2K5

1-888-223-1992

immanuelsd@gmail.com

immanuelsd.org

February 14, 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 ————— Ernest Rampersad

9:30 am - Lesson Study ————— Benjamin Rasool  
Denzil Currie  
Raymond Stewart

10:40 am - Mission Spotlight ————— Video  
10:45 am - Closing Remarks ————— Ernest Rampersad

**SUNSET TODAY: 5:46PM** **NEXT WEEK: 5:55 PM**

## UPCOMING EVENTS:

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

**SENIORS' MINISTRY MEETING:** CANCELLED

## DAILY SABBATH SCHOOL STUDY

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

## WEDNESDAY: FEB. 18, 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)

February 14, 2026

# WORSHIP SERVICE

10:50 am

Pastoral Time  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn - Jesus Is All the World to Me  
Praise & Worship  
Children's Story  
Welcome  
Receiving of New Church Members  
Offering Appeal - Hope Channel Canada  
Intercessory Prayer  
Scripture Reading - #812 (SDAH)  
Music For Meditation  
Sermon - Church Work or the Work of the Church?  
Closing Hymn - More About Jesus  
Benediction

**Benjamin Rasool**  
Elder Maybelle Bradshaw  
#694  
Pastor Eustace Williams  
#185  
Vermont Cleghorne  
Rhonda Pitt  
Benjamin Rasool  
Pastor Eustace Williams  
Broston Wilson  
Elder Maybelle Bradshaw  
Rachel McKenzie  
Tristan & Emma Caracuda  
Pastor Eustace Williams  
#245  
Elder Maybelle Bradshaw

Elder on Duty: Maybelle Bradshaw  
Pianist: Lesley Cresswell  
A/V Operators: Matthew, Andrei & Jonathan  
**AFTERNOON**  
BIBLE CLASS 2:30 - 3:30 PM - GREG MCKENZIE  
SMALL GROUP TRAINING: 3:30 - 4:30 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.

### UKULELE BAND PRACTICE

Ukulele Band practice today from 2:00 - 3:00 pm, and also on February 21.

### TITHE RECEIPTS

The 2025 Tithe Receipts are available for pick-up today, February 14, and on February 21 following the Divine Service in the main foyer.

### FUNERAL

The Funeral Service for baby Zacharias Lion Hart, son of Jonathan Hart and Alisha Sonogram is scheduled for Friday, Feb. 20, at 11:00 am at the Immanuel Adventist Church. Viewing is from 10:00 am to 11:00 am.

### FUNERAL

The funeral Service for Bro. Calvin Butterfield is scheduled for Sunday, Feb. 22, at 11:00 am at the Immanuel Adventist Church. Viewing is from 10:00 am to 11:00 am. The internment is scheduled for Monday, Feb. 23.

**CONFERENCE-WIDE DIGITAL OUTREACH DAY** on Sabbath, February 14, 2026. Watch AOTV and share Christ-centred Adventist content across all social media platforms. Together, let's spread hope and faith online. For instructions and resources, please visit <https://tinyurl.com/Feby14DigitalOutreach>.

### VACATION BIBLE SCHOOL

Save the date! June 29th to July 3rd. In a world filled with worry and confusion, kids need to know there is a God for them. At Emerald Crossing VBS, they will journey through Ireland's lush landscapes, exploring the powerful words of Psalm 23. Volunteers needed. Please contact Diana or Monica if you are interested in helping.