

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; 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

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



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

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. *Heliyon*, 6(8), e04789. <https://doi.org/10.1016/j.heliyon.2020.e04789>



Immanuel
Seventh-day Adventist® Church

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

☎ 416-223-1992

✉ immanuelsda@gmail.com

🌐 immanuelsda.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

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/Feb14DigitalOutreach>.

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.