

## 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

# Our Pastoral Team

## Pastor Eustace Williams

☎ 1-888-223-1992

✉ ewilliams@adventistontario.org

☎ 1-888-223-1992

✉

**1st Elder:** Jason Muloongo

1-888-223-1992

**Church Clerk:** Brenda Rasool

1-888-223-1992

**Church Secretary:** Susan Schroder

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

Oral Health Practices. There are common practices that are purported to be helpful, but instead can damage your teeth and oral health. Your mouth has a natural microbiome. Trying to sterilize it is impossible and not helpful, instead, you want to support the growth of health promoting species and reduce the more harmful ones. Mouthwashes that have alcohol or antiseptic ingredients and toothpastes that have very high levels of bactericidal ingredients or essential oil damage the oral microbiome instead of supporting healthy species. Alcohol also dries out the mucous membranes and the teeth reducing the amount of protective saliva. Teeth need to be bathed in saliva for remineralization. Instead, keep hydrated; use gentle tooth brushing; flossing; oil pulling; and a tongue scraper to ensure fresh breath.

Clarance, D. (2024, June 6). Alcohol-based mouthwash may not be good for your oral health. India Today. <https://www.indiatoday.in/health/story/alcohol-based-mouthwash-may-not-be-good-for-your-oral-health-2549862-2024-06-06>



Seventh-day  
Adventist® Church

IMMANUEL

# God With Us

Together, A Gateway  
To Christ for all

**MARCH 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

March 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 ————— Victoria Serry

9:30 am - Lesson Study ————— Pastor Williams  
Silvio Carnevali  
Raymond Stewart

10:40 am - Mission Spotlight ————— Video  
10:45 am - Closing Remarks ————— Victoria Serry

**SUNSET TODAY: 7:22 PM NEXT WEEK: 7:31 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: MARCH 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)

March 14, 2026  
**WORSHIP SERVICE**

10:50 am

Pastoral Time  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn - We Know Not the Hour  
Praise & Worship  
Children's Story  
Welcome  
Offering Appeal - Adventist World Radio  
Thanksgiving Music  
Intercessory Prayer  
Scripture Reading - #746 (SDAH)  
Music For Meditation  
Sermon - Don't Freak Out  
Closing Hymn - Watch, Ye Saints  
Benediction

Pastor Eustace Williams  
Elder Marjorie Williamson  
#694  
Pastor Eustace Williams  
#604  
Ukulele Band  
Angie Edwards  
Pastor Eustace Williams  
Marcia Williams  
Ukulele Band  
Elder Marjorie Williamson  
Susan Schroder  
Barriga Family  
Pastor Eustace Williams  
#598  
Elder Marjorie Williamson

Elder on Duty: Marjorie Williamson  
Pianist: Beth Officer  
A/V Operators: Kaitlin Sohar, Alex Masikat

**AFTERNOON**

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

**ALL MEMBERS MEETING**

Inviting ALL members to attend an urgent ALL MEMBERS MEETING (Business Meeting) **tomorrow**, Sunday, March 15, 2026 @ 5:00 pm via Zoom. Zoom ID 706 444 2735. Pass code 123 456 789.

**FUNERAL**

For those who remember her, a former member, Sister Juanita Squires, has passed away and her funeral will be held at Immanuel Church tomorrow, details as follows: Sunday, March 15, 2026. Viewing, 10:30 -11:00 am; Service, 11:00 am, followed by a repast in the Fellowship Hall. The internment will be on Monday, March 16, 2026 @ 11:00 am.

**INSTALLATION**

The Installation Service for Pastor Benjamin Rasool and his wife Brenda will be next Sabbath, March 21. We invite all to attend.

**COMMUNION**

Our quarterly communion service will be on Sabbath, March 28, 2026. The church family is invited to prepare both physically and spiritually for this important service.

**SENIORS MEETING**

Sunday, March 22 at 100 pm (Note new time change). Meeting will be online - Zoom ID & Passcode 416-223 - 1992. All Seniors are encouraged to log on. ISM

**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.