

## Shut-In Members

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

- GIBSON LONG-TERM CARE (Steeles & Leslie): Flora Martin
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## 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

☎ 1-905-431-2435  
✉ ewilliams@adventistontario.org

### Pastor Benjamin Rasool

☎ 416-856-3461  
✉ benjaminrasool@gmail.com

1st Elder: Jason Muloongo

Church Clerk: Brenda Rasool

Church Secretary: Susan Schroder

immanuelclerk418@gmail.co

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 immanuelsda@gmail.com (preferred) or by phone at 416-223-1992. Spell-Check before submission is appreciated.

## Health Nugget

Oral Health Practices. To support your oral microbiome, tooth enamel and saliva production, good daily nutrition is important. Even with a balanced diet, it may still be difficult to get all the nutrients your mouth needs to stay healthy. Key vitamins and minerals play an important role in promoting oral health. Magnesium is essential for saliva production and helps activate vitamin D, which supports enamel health. It also plays a role in regulating stress, an overlooked factor that can negatively impact oral health. Vitamin D3 + K2 together improve calcium absorption, strengthen teeth, and support the immune system in fighting cavity-causing bacteria. Vitamin C is crucial for collagen production, gum healing, and reducing inflammation, especially for those experiencing bleeding gums or gum recession. Supporting your body with these nutrients can help maintain a healthier smile from the inside out.

Padmanabhan, V., Islam, M. S., Goud, M., Rahman, M. M., Matar, R., Aleskafi, F., Alekri, N., Alkhalidi, Y., Rajab, H. M., Aljbour, M. H., & Altahan, K. (2024). Association of salivary vitamin D and vitamin C levels with dental caries in children: A cross-sectional study. *International Journal of Clinical Pediatric Dentistry*, 17(7), 773–776. <https://doi.org/10.5005/jp-journals-10005-2902>



Seventh-day  
Adventist® Church

IMMANUEL

# God With Us

Together, A Gateway  
To Christ for all

**MARCH 28, 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 28, 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 ————— Broston Wilson  
Silvio Carnevali  
Greg McKenzie

10:30 am - Lesson Review ————— Greg McKenzie  
10:40 am - 13th Sabbath Program ————— Children

**SUNSET TODAY: 7:39PM NEXT WEEK: 7:47 PM**

**UPCOMING EVENTS:**

**BOARD MEETING: 13 April**

**SENIORS IN-PERSON MEETING: 26 April**

**DAILY SABBATH SCHOOL STUDY**

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

**WEDNESDAY: APRIL 1, 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 28, 2026  
**WORSHIP SERVICE**

10:50 am

**MEMBERSHIP TRANSFERS - 2nd READING**

**TO** Immanuel: Norman Belen from Willowdale Church  
**FROM** Immanuel: Kevin Sinclair, Jada Sinclair, Michelle Miranda to New Life Adventist Church, Oshawa

Pastoral Time & Welcome  
Exhortation and Ordinance of Humility  
Children's Story (During O. of H.)  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn - And Can It Be?  
Praise & Worship  
Offering Appeal - Ontario Advance  
Intercessory Prayer  
Scripture Reading - #711 (SDAH)  
Music For Meditation  
Sermon - When I See the Blood  
Prayer for the Bread - 1 Corinthians 11:23-24  
Prayer for the Wine - 1 Corinthians 11:25-26  
Closing Hymn - Blessed Assurance, Jesus Is Mine!  
Benediction

Elder on Duty: Silvio Carnevali  
Pianist: Beth Officer  
A/V Operators: Sofia & Josh

**AFTERNOON**

Pastor Benjamin Rasool  
Pastor Benjamin Rasool

Elder Silvio Carnevali #694  
Pastor Eustace Williams #198  
Vermont Cleghorne  
Jason Muloongo  
Elder Silvio Carnevali  
Ernest Rampersad  
Children's Ensemble  
Pastor Eustace Williams  
Elder Silvio Carnevali  
Elder Diana Achim #462  
Elder Silvio Carnevali



FOR MORE UPDATES SCAN ME

**WELCOME**

**Excellence, Community, Hope, Oneness (E.C.H.O)**

**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 as we celebrate The Lord's Supper.

**GATHER AND GO**

Please note that this Sabbath, Mar 28, is Gather and Go Sabbath. This means, there will be no fellowship lunch at church. Please take the time to invite friends and family members to your home for fellowship, go for a nature walk, or simply rest. Be open for opportunities to witness for the Lord and remember to keep the Sabbath holy.

**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.