

## 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. Oral health is about more than having white teeth. Your mouth is closely connected to your overall health. Infections in the gums can contribute to inflammation elsewhere in the body, and research links poor oral health with heart disease, diabetes complications, dementia, respiratory infections and even cancer. Plaque, a sticky film of bacteria forms on teeth daily. Without proper brushing and flossing, it hardens into tartar, which can lead to cavities and gum disease. Early gum disease (gingivitis) causes bleeding and swelling, while advanced disease can result in bone loss and tooth loss. Most oral health problems are preventable. Good nutrition, hydration and nasal breathing are essential. Brushing twice daily, flossing once a day, and oil pulling several times a week are simple habits that protect both your smile and your overall well-being.

Diehl, D. (2026). Periodontitis and systemic health: An interconnected relationship. *Advances in Experimental Medicine and Biology*, 1492, 83–100. <https://pubmed.ncbi.nlm.nih.gov/41225094/>



Seventh-day  
Adventist® Church

IMMANUEL

# God With Us

Together, A Gateway  
To Christ for all

**MARCH 7, 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 7, 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 — Iris Brown

9:30 am - Lesson Study — Royston McKenzie  
Greg McKenzie  
Uton Robinson

10:40 am - Mission Spotlight — Video  
10:45 am - Closing Remarks — Iris Brown

**SUNSET TODAY: 6:13 PM NEXT WEEK: 7:22 PM**

### UPCOMING EVENTS:

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

**SENIORS' ONLINE MEETING: March 22 @ 1:30 pm**

### DAILY SABBATH SCHOOL STUDY

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

### WEDNESDAY: MARCH 11, 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 7, 2026

# WORSHIP SERVICE

10:50 am

Pastoral Time  
ADRA  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Invocation  
Opening Hymn - O Thou in Whose Presence  
Praise & Worship  
Children's Story  
Welcome  
Offering Appeal - Local Church Budget  
Intercessory Prayer  
Scripture Reading - Isaiah 53:7-9 (NKJV)  
Introduction of Speaker  
Music For Meditation  
Sermon - The Prisoner Mankind Can Never Forget  
Closing Hymn - Rescue the Perishing  
Benediction

Benjamin Rasool  
Elder Ernest Rampersad  
Elder Hans Sanchez  
#694  
Pastor Carlton Roulston  
#36  
Carnevali & Guests

Pastor Eustace Williams  
Elder Ernest Rampersad  
Elder Hans Sanchez  
Ashley Hong  
Pastor Eustace Williams  
Nina Sudarevic et al  
Pastor Carlton Roulston  
#367  
Elder Hans Sanchez

Elder on Duty: Hans Sanchez  
Pianist: Maybelle Bradshaw  
A/V Operators: Sofia & Mariana

### AFTERNOON

PRISON MINISTRY TRAINING: 2:30 - 4:30 PM  
UKULELE PRACTICE : 2:00 - 3:00 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. A very special welcome to our Guest Speaker, Pastor Carlton Roulston as he minister to us on this special Prison Ministries Day.

### BOARD MEETING

March 9 @ 7:00 pm. All Board Members are encouraged to attend.

### ALL MEMBERS MEETING

Inviting ALL members to attend an urgent ALL MEMBERS MEETING (Business Meeting) on 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, 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 interment will be on Monday, March 16, 2026 @ 11:00 am.

### SABBATH SCHOOL TEACHER CERTIFICATION COURSE

Begins Tuesday, March 3, 7:30 PM | Zoom  
Duration: Eight-week course/ every other Tuesday  
This certification course is ideal for both new and experienced teachers seeking to strengthen their effectiveness and confidence in Sabbath School teaching.  
Register for Teacher Certification: Registration Link:  
[https://zoom.us/meeting/register/7in9s1RxRiKg\\_IWKb5wBXA](https://zoom.us/meeting/register/7in9s1RxRiKg_IWKb5wBXA)

### 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.

### TIME CHANGE

PLEASE NOTE: Clocks spring forward by one hour this weekend.