

## 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

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

### Pastor Benjamin Rasool

☎ 416-856-3461  
✉ brasool@adventistontario.org

1st Elder: Jason Muloongo  
Church Clerk: Brenda Rasool immanuelclerk418@gmail.com  
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. Choosing nutrient-dense, plant-based foods help strengthen enamel, support saliva production, and maintain a healthy oral microbiome. Calcium-rich foods like kale, bok choy, and fortified plant milks help keep enamel strong. Vitamin D (from sunlight or fortified foods) and vitamin K2 (from natto) support proper mineral use in the body. Magnesium, found in pumpkin seeds, almonds, and spinach, contributes to tooth structure. Vitamin A from carrots and sweet potatoes supports gum health, while vitamin C from bell peppers and citrus helps maintain strong connective tissue. Zinc, found in legumes and seeds, supports healing and immune function. To promote a healthy oral microbiome, include fermented foods like sauerkraut, kimchi, and dairy-free yogurt. A balanced, whole-food diet helps your body naturally support strong teeth and gums.

Chandan, S. N., et al. (2022). Dietary interventions and nutritional impact on oral health. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10169943/>



IMMANUEL

# God With Us

Together, A Gateway  
To Christ for all

**APRIL 18, 2026**

**“Not By Might, But By My Spirit” Zechariah 4:6**

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☎ 416-223-1992

✉ immanuelsda@gmail.com

🌐 immanuelsda.org

April 18, 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 ————— Hans Sanchez

9:30 am - Lesson Study ————— Jason Muloongo  
Silvio Carnevali  
Raymond Stewart

10:40 am - Mission Spotlight ————— Video  
10:45 am - Closing Remarks ————— Hans Sanchez

**SUNSET TODAY: 8:04 PM NEXT WEEK: 8:13 PM**

## UPCOMING EVENTS:

**ADVENTIST EDUCATION DAY: April 25**  
**CHILDREN'S MINISTRY DAY: MAY 2**  
**MUSIC PROGRAM: May 2 @ 4:00 pm**

## DAILY SABBATH SCHOOL STUDY

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

## WEDNESDAY: APRIL 22, 2026

Our Wednesday night Prayer Meetings are held on Zoom @ 7:00 pm.  
Please join us as we pray together through End Time Events.

## 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)

April 18, 2026

# WORSHIP SERVICE

10:50 am

Pastoral Time & Announcements  
ADRA  
Call to Worship  
Invocation Song - Praise God From Whom All...  
Opening Song - Instrumental  
Part 1 - The Weight  
Opening Hymn - A Shelter in the Time of Storm  
Praise & Worship  
Spoken Word  
Special Music  
Part 2 - The Struggle  
Children's Story  
Offering Appeal - Local Church Budget  
Thanksgiving Music  
Intercessory Prayer  
Scripture Reading - Matthew 14:25-33  
Testimony  
Part 3 - The Encounter  
Praise  
Part 4 - Where Does Your Faith Lie?  
Closing Hymn - Faith Is the Victory  
Benediction

Elder on Duty: Maybelle Bradshaw  
Pianist: Lesley Cresswell  
A/V Operators: Mariana, Sofia & Andrew

**AFTERNOON**  
Bible Study @ 2:00 pm  
Small Groups role-modelling @ 2:45 pm  
Ensemble Practice @ 2:30 pm  
Choir Practice @ 4:00 pm

Pastor Eustace Williams  
  
Elder Maybelle Bradshaw #694  
Lesley Cresswell  
Angie Edwards #528  
Immanuel Young People  
Kayce Edwards  
Reuel  
Angie Edwards  
Jennifer Sohar  
Jason Muloongo  
Carnevali & Ysmael M.  
Leslie N. & Maybelle B.  
Evan Robinson  
Diana Sotero  
Angie Edwards  
  
Pastor Shomari Blair #608  
Pastor Shomari Blair



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. A very special welcome to our guest speaker, Pastor Shomari Blair.

## UKULELE PRACTICE

Ukulele Band practice will take place today @2:00 pm. All members are encouraged to attend.

## ENSEMBLE PRACTICE

Practice at 2:30 pm in the sanctuary. Please be on time.

## CHOIR PRACTICE

Choir practice today at 4:00 pm. Please be on time.

## AFTERNOON YOUTH PROGRAM

Compassion Outreach @ 2:30 pm  
Growing in Resilience @ 4:00 pm in the basement

## SENIORS MEETING

Our first IN-PERSON Seniors Meeting will convene on Sunday, April 26, at 1:00 p.m. Please note our new start time: 1:00 pm. See you there.

## AFTERNOON CLASSES

Small Groups role modelling sessions will resume today. April 18, at 2:45 p.m.

## 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.