

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. 10:30 am to 2:00 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

Taurine's benefits for the Nervous System: Taurine has a unique effect on the nervous system as it helps promote calm without sedation. It interacts with neurotransmitters as a neuromodulator that regulates brain activity, supporting a more balanced and stable nervous system. This can be especially helpful for those dealing with stress or anxiety. Taurine supports the body's ability to adapt to stress by helping regulate overactive signaling in the brain. In addition, it plays a role in electrolyte balance, which is essential for proper nerve signaling. Taurine also offers significant neuroprotective benefits. Research suggests it helps protect neurons from oxidative stress, overstimulation, and cellular damage that can occur during chronic stress and aging. The result is a nutrient that supports both mental calm and physical stability which is an important combination for long-term neurological health.

Wu, J.-Y., & Prentice, H. (2010). Role of taurine in the central nervous system. *Journal of Biomedical Science*, 17(Suppl. 1), S1.
<https://doi.org/10.1186/1423-0127-17-S1-S1>



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

MAY 16, 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

May 16, 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 - Praise Time
9:30 am - Lesson Study

Iris Brown
Pastor Rasool
Clarisa Tatu
Raymond Stewart
Iris Brown

10:45 am - Closing Remarks
Tribute to Mothers

SUNSET TODAY: 8:37 PM NEXT WEEK: 8:44 PM

UPCOMING EVENTS:

SENIORS MEETING: MAY 31
CAMP MEETING: JUNE 6
HEALTH EMPHASIS DAY: JUNE 13

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: MAY 20, 2026

Our Wednesday night Prayer Meetings are held on Zoom @ 7:00 pm. Please join us as we study the seven churches of Revelation and pray.

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

May 16, 2026

WORSHIP SERVICE

10:50 am

Pastoral Time
Call to Worship
Invocation Song - Praise God From Whom All...
Invocation
Opening Hymn - He Hideth My Soul
Praise & Worship
Children's Story
Welcome
Offering Appeal - Local Church Budget
Intercessory Prayer
Scripture Reading - Hebrews 11:25 - 26
Music For Meditation
Sermon - Afflicted, But Not Affected
Closing Hymn - It Is Well With My Soul
Benediction

Pastor Benjamin Rasool
Elder Diana Achim
#694
Pastor Benjamin Rasool
#520
Winston Bradshaw
Rhonda Pitt
Pastor Benjamin Rasool
Aurora Wilson
Elder Diana Achim
Susan Schroder
Tkay & Tanya Pasipamire
Pastor Benjamin Rasool
#530
Elder Diana Achim

Elder on Duty: Diana Achim
Pianist: Maybelle Bradshaw
AV Operators: Mariana, Sofia & Andrew

AFTERNOON

Bible Study @ 2:00 pm



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 today, in-person or online. May God bless us all as we learn more of Him.

THANK YOU

A very big Thank You to the Prayer Ministry leaders and team for the inspiring and beautiful program we were blessed with last Sabbath. May we grow in grace as we continue to seek the Lord daily in our prayers and worship.

FUNERAL

It is with sadness we announce that Bro. Toni Risi passed away earlier this week. The funeral service will take place at the Kane-Jarrett Funeral Home Chapel on Monday, May 25, at 2 pm. Pastors Williams and Benjamin will be in charge.

GATHER AND GO

Next Sabbath, May 23, there will be no lunch provided at the church. Please share lunch with others in your homes or, weather permitting, outdoors in nature.

GRADUATES

All graduates, from kindergarten to graduate and post-graduate level, are invited to submit your names and the grade or program from which you are graduating to the church secretary by MAY 30 at the latest. We would love to acknowledge and celebrate your accomplishments through the blessing of Jesus!

HEALTH EMPHASIS DAY

Join us on June 13 for Immanuel's Health Emphasis Day. From Regret to Peace: A path to Healing the Mind and Heart. Stay for lunch and attend the afternoon session where we will explore practical solutions to managing your mental health.

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.

ARE YOU MISSING OUT?

If you are reading this in print but are not on the church's email list for electronic communications, then please let me know by emailing me @ immanuelsda@gmail.com and I will gladly add you to our distribution list.