

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

Taurine's benefits. Taurine is an amino acid-like compound found naturally in the body, especially in the brain, heart, and muscles. It plays a vital role in protecting your cells from daily stress. One of its key functions is supporting detoxification, particularly through its role in bile acid formation, which helps the body process and eliminate waste. At the cellular level, taurine stabilizes membranes and helps regulate fluid balance, keeping cells functioning properly under stress. It also acts as an antioxidant, helping neutralize harmful free radicals that can damage tissues over time. In a world filled with environmental toxins and oxidative stress, taurine serves as a quiet but powerful protector by supporting your body's ability to cleanse, defend, and maintain balance from the inside out.

Schaffer, S. W., Jong, C. J., & Ramila, K. C. (2010). Physiological roles of taurine in heart and muscle. *Journal of Biomedical Science*, 17(Suppl 1), S2.



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

MAY 2, 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 2, 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 ————— Uton Robinson
Royston McKenzie
Greg McKenzie

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

SUNSET TODAY: 8:21 PM NEXT WEEK: 8:29 PM

UPCOMING EVENTS:

PRAYER MINISTRY DAY: MAY 9
BOARD MEETING: MAY 11

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: MAY 6, 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 2, 2026
WORSHIP SERVICE

10:50 am
Children's Day

Pastoral Time
Invocatiion
Opening Hymn - He Lives
Praise & Worship
Adult Story
Welcome
Offering Appeal - Local Church Budget
Thanksgiving Music
Intercessory Prayer
Scripture Reading
Special Music
Introduction of Speaker 1
Sermonette 1
Introduction of Speaker 2
Sermonette 2
Introduction of Speaker 3
Sermonette 3
Baptism - Danielle Hemmings
Closing Hymn - Jesus Loves Me
Benediction

Elder on Duty: Jason Muloongo
Pianist: Maybelle Bradshaw
AV Operators: Mariana, Sofia & Andrew

AFTERNOON
Bible Study @ 2:00 pm
Ensemble Practice @ 1:45 pm
Ukulele Band Practice @ 2:00 pm

Pastor Benjamin Rasool
Elder Jason Muloongo #251
Praise Team
Ashley & Emanuel
Eva Dumitrescu
Eric Robinson
Aeryn Lee Shymchuk
Elder Jason Muloongo
Emanuel Robinson
Emily & Zariella
Alina Hong
Aeryn Lee Shymchuk
David Carnevali
Shailene & Radvin Asadi
Jenecis Britto
Seanelle Britto
Pastor Eustace Williams #190
Elder Jason Muloongo



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. May God bless the children who will be leading out in the Divine Worship.

MUSIC PROGRAM

Please join us for our sacred music program @ 4:00 pm this afternoon.

IMMANUEL ENSEMBLE

Please attend this very important practice at 1:45 pm in the sanctuary. Please be on time.

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!

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.

SENIORS MEETING

The next in-person Seniors' meeting will take place on Sunday, May 31, NOT May 24 as scheduled.