

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

Church Secretary: Susan Schroder

immanuelclerk418@gmail.com

416-223-1992

Church Office Hours:

Wed. & Thurs. 10:30 am to 2:00 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

Taurine and brain health: Taurine is highly concentrated in the brain, where it supports neurological health in several ways. It helps regulate neurotransmitters, protect neurons from damage, reduce cell death, and maintain proper cellular hydration. Its calming effect on the nervous system may support mood balance and reduce mental fatigue as well as potentially aiding sleep regulation and reducing anxiety. At the same time, its antioxidant properties help protect brain cells from oxidative stress, which is linked to cognitive decline. By supporting both protection and function, taurine contributes to a healthier, more resilient brain over time and offers potential defenses against aging and neurodegenerative conditions.

Cao Q, Nie Z, Liu Y et al. (2025) [Effects of taurine supplementation on cognitive function: a systematic review and meta-analysis of randomised controlled trials](#). International journal of food sciences and nutrition 76, 370-380.



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

MAY 30, 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 30, 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

Myrtle Edward
Jason Muloongo
Greg McKenzie
Silvio Carnevali
Video
Myrtle Edward

10:40 am - Mission Spotlight
10:45 am - Closing Remarks

SUNSET TODAY: 8:50 PM NEXT WEEK: 8:55 PM

UPCOMING EVENTS:

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: JUNE 3, 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 30, 2026

WORSHIP SERVICE

10:50 am

Pastoral Time
Call to Worship
Invocation Song - Praise God From Whom All...
Invocation
Opening Hymn - Draw Me Nearer
Praise & Worship
Children's Story
Welcome
Offering Appeal - Local Church Budget
Special Music - Believe For It
Intercessory Prayer
Scripture Reading - Matthew 5:1 - 3
Music For Meditation - Holy Forever
Sermon - Power of Spiritual Emptiness
Closing Hymn - 'Great Is Thy Faithfulness
Benediction

Pastor Eustace Williams
Elder Greg McKenzie #694
Elder Ysmael Miranda #306
Vermont Cleghorne
Madeleine Henry
Pastor Eustace Williams
Royston McKenzie
Singing Hands
Elder Greg McKenzie
Ernest Rampersad
Singing Hands
Elder Ysmael Miranda #100
Elder Greg McKenzie

Elder on Duty: Greg McKenzie
Pianist: Jonathan Carnevali
AV Operators: Kaitlin Sohar & Alex Maskiat

AFTERNOON

Bible Study: 2:00 pm
Small Groups: 3:00 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.

SENIORS MEETING

Tomorrow, Sunday, May 31, we will begin at 1:00 pm in the Fellowship Hall. (Not in the sanctuary as previously announced). Please endeavor to be on time. We will also continue our Digital Training Classes at the end of the meeting. Please bring your tablets. We are looking forward to seeing all our Seniors, friends of Seniors and students.

REGIONAL CONVENTION

On June 6, 2026, Immanuel Church will be **closed** for the Regional Convention that will be taking place at Catch the Fire Church, 272 Attwell Dr., Etobicoke, Ont.

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.