

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 for Immune Balance. A well-functioning immune system requires both strength and balance and taurine helps support both. It contributes to the formation of taurine chloramine, a compound that helps regulate inflammation during immune responses and protects immune cells. Rather than overstimulating the immune system, taurine helps keep it in check, preventing excessive inflammation that can damage healthy tissue. This makes it especially valuable in today's environment, where chronic, low-grade inflammation is common. By supporting immune regulation, mitochondrial health and protecting cells from oxidative damage, taurine plays an important role in maintaining resilience and overall health.

Marcinkiewicz, J., & Kontny, E. (2014). Taurine and inflammatory diseases. *Amino Acids*, 46(1), 7-20. <https://doi.org/10.1007/s00726-012-1361-4>



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

MAY 9, 2026

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

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☎ 416-223-1992

✉ immanuelsda@gmail.com

🌐 immanuelsda.org

May 9, 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
- Skit: Part 1 (Devoted Worship)
(Rushed Wroship)

Rhonda & Victoria
Michelle, Evan
Rayon Thelwell
Hans Sanchez
Greg McKenzie

- Skit: Part 2
10:45 am - Closing Remarks

Ella Miranda

SUNSET TODAY: 8:29 PM NEXT WEEK: 8:37 PM

UPCOMING EVENTS:

SENIORS MEETING: MAY 31

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: MAY 13, 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 9, 2026
WORSHIP SERVICE

10:50 am

Pastoral Time
Call to Worship
Invocation Song
Invocation
Opening Hymn - A Shelter in the Time of Storm
Praise & Worship
Children's Story
Welcome
Receiving Into Membership - Danielle Hemmings
Offering - ADRA
Thanksgiving Music
Intercessory Prayer
Scirpture Reading - Psalm 32:6 - 7
Introduction of Speaker
Music For Meditation
Sermon - My Hiding Place
Closing Hymn - Hiding in Thee
Prayer Stations
Prayer Circle & Benediction

Elder on Duty: Aurora Wilson
Pianist: Beth Officer
AV Operators: Matthew, Jonathan & Andrei

AFTERNOON

Bible Study @ 2:00 pm
Testimonies @ 3:00 pm

Pastor Eustace Williams
Elder Aurora Wilson
Carnevali Family
Edith Missah-Habaradas
#528
Carnevali Family
Michelle Diaz
Pastor Eustace Williams
Pastor Eustace Williams
Ysmael Miranda
Matthew & Jonathan
Rhonda Pitt
Ernest Rampersad
Pastor Eustace Williams
Ailleen Miranda
Edith Missah-Habaradas
#525
Sandra McKenzie
Pastor Eustace Willaims



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. A very special welcome to our guest speaker, Edith Missah-Habaradas, as she ministers to us today.

THANK YOU

A very big Thank You to our dedicated Children's Ministry leaders, parents and children for their wonderful program last Sabbath. We were blessed! May God continue to bless you all.

AFTERNOON - TESTIMONIES

Please join us as our Prayer Ministry program continues @ 3:00 pm this afternoon.

BOARD MEETING

Our Board Meeting will take place on Monday, May 11 @ 7:00 pm. All Board members are encouraged to attend.

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.