

## 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

**Nature is God's physician:** The immersive experience in green spaces is known to produce beneficial effects for human health. Exposure to greenery in the form of forests, parks and gardens for 30 minutes per day is great for well-being. For more serious health issues, 2-3 hours or weekend retreats are recommended. Trees, especially evergreen trees: Improve air quality. Lower blood pressure, reduce stress, uplift mood, increase energy through an increase in serotonin. Help children with ADHD increase focus. Enhance our immune system via an increase of NK cells which kill tumour and virus infected cells. This is triggered by airborne chemicals released from trees. Hospitalised patients with a green view and sunlight recover from surgery faster. Sometimes the best medicine is as simple as stepping outside and spending time among the trees.

Li, Q. (2022). Effects of forest environment (Shinrin-yoku/Forest bathing) on health promotion and disease prevention—The establishment of "Forest Medicine." *Environmental Health and Preventive Medicine*, 27(1), Article 43. <https://doi.org/10.1265/ehpm.22-00137>



Seventh-day  
Adventist® Church

IMMANUEL

# God With Us

Together, A Gateway  
To Christ for all

**JUNE 20, 2026**

**"Follow Me, and I will  
make you..." Matthew 4:19**

418 Drewry Ave. North York, ON M2R 2K5

☎ 416-223-1992

✉ immanuelsda@gmail.com

🌐 immanuelsda.org

June 20, 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 Praise Time

Clarisa Tatu

9:30 Sabbath School Lesson

Royston McKenzie

Jonathan Pitt

Raymond Stewart

10:45 closing Remarks

Clarisa Tatu

**SUNSET TODAY: 9:02 PM NEXT WEEK: 9:03 PM**

### UPCOMING EVENTS:

**FAMILY LIFE WEEKEND: JUNE 27**  
**COMMUNION: JULY 11**

### DAILY SABBATH SCHOOL STUDY

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

### WEDNESDAY: JUNE 24, 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](mailto:immanueltreasurer@adventistontario.org)

June 20, 2026

# WORSHIP SERVICE

10:50 am

Pastoral Time  
Recognition of Graduates  
Call to Worship  
Invocation Song - Praise God From Whom  
Invocation  
Opening Hymn - Higher Ground  
Praise & Worship  
Children's Story  
Deacons Tribute  
Welcome  
Offering Appeal - Local Church Budget  
Intercessory Prayer  
Scripture Reading - Mark 10:46 - 52  
Music for Meditation  
Sermon - Now What?  
Closing Hymn- Take My Life and Let it Be  
Benediction

Pastor Benjamin Rasool  
Education Leaders  
Elder Jason Muloongo  
#694  
Pastor Benjamin Rasool  
#625  
Gary Adamson  
Sandra McKenzie

Pastor Benjamin Rasool  
Raymond Stewart  
Elder Jason Muloongo  
Victoria Serry  
Beth Officer  
Pastor Benjamin Rasool  
#330  
Elder Jason Muloongo

### AFTERNOON

Bible Study: 2:00 pm; GIC: 3:00 pm

Elder on duty: Jason Muloongo

Pianist: Beth Officer

AV Operators: Kaitlin Sohar & Josh Fraser



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 as we worship Him .

### AFTERNOON PROGRAM

The GIC class this afternoon will focus on the 8 laws of health. Please join us.

### THANK YOU DEACONS

To our deacons who have served us faithfully and well, and who have retired from this office, I offer, on behalf of my wife and myself, profound gratitude for who you are, for who you have been, and the years of committed service that you have rendered to Immanuel Church. You have blessed the people of God through these years, and we applaud you for standing at your post of duty. You are appreciated! God bless you!

### CONGRATULATIONS GRADUATES

To all of our students who have graduated from various institutions this past school year, I offer my deepest commendation to you. You have worked diligently; you have persevered through many mental, academic, and emotional challenges, but God has seen you through. Thank you for the endurance and determination that you have exemplified. In my absence, I celebrate with you and offer my best wishes as you move forward to make the world a better place.

### YOUNG WOMEN'S BIBLE STUDY

Every Tuesday @ 6:30 pm in the Fellowship Hall of Immanuel Church. June 9 to July 28. Please join us for this time of prayer and fellowship. Light refreshments will be served.

### BOARD

Pastor Williams would like to meet with the Church Board for an urgent but important meeting on Wednesday evening, June 24, immediately following prayer. It's a one-item meeting to discuss the SDACC evangelism grant.

### 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.

### IN-PERSON SENIORS MEETING

Sunday, June 28, 2026, at 1:00 pm. All Seniors are encouraged to attend..