

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

Superfoods: Camu Camu berry: Camu camu is a small, tart berry native to the Amazon rainforest and is prized for its exceptionally high vitamin C content. Just a small amount of the powdered fruit can provide more vitamin C than an orange, helping to reduce inflammation along with supporting immune function and collagen production. Camu camu also contains anthocyanins and other polyphenols that contribute to its antioxidant activity, helping to protect cells from oxidative stress and free radicals. Its dense nutrient profile may help to lower blood sugar, and support a healthy immune system. Because of its intensely sour flavor, camu camu is most often enjoyed as a powder blended into tonics, smoothies, or plant-based yogurt. While no single food is a cure-all, incorporating nutrient-dense foods such as camu camu into a balanced, plant-rich diet is a delicious way to support overall health and vitality.

Chirinos, R., Galarza, J., Betalleluz-Pallardel, I., Pedreschi, R., & Campos, D. (2010). Antioxidant compounds and antioxidant capacity of Peruvian camu camu (*Myrciaria dubia* (H.B.K.) McVaugh) fruit at different maturity stages. *Food Chemistry*, 120(4), 1019-1024.

<https://doi.org/10.1016/j.foodchem.2009.11.041>



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

JULY 11, 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

July 11, 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 & Welcome	Ernest Rampersad
9:30 Sabbath School Lesson	Silvio Carnevali
	Hans Sanchez
	Rayon Thelwell
10:45 Closing Remarks	Ernest Rampersad

SUNSET TODAY: 8:59 PM NEXT WEEK: 8:54 PM

UPCOMING EVENTS:

CHURCH PICNIC: AUGUST 9

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: JULY 15, 2026

Our Wednesday night Prayer Meetings are held on Zoom @ 7:00 pm. Please join us as we study 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

July 11, 2026

WORSHIP SERVICE

10:50 am

Pastoral Time & Welcome
Exhortation & Ordinance of Humility
Children's Story (During O. of H.)
Call to Worship
Invocation Song - Praise God From Whom
Invocation
Opening Hymn - When I Survey
Praise & Worship
Offering Appeal - World Budget (GC)
Intercessory Prayer
Scripture Reading - Psalm 22:1 - 11
Music for Meditation
Sermon - Beneath the Cross
Prayer For the Bread - 1 Corinthians 11:23-24
Prayer For the Wine - 1 Corinthians 11:25-26
Closing Hymn- Wholly Thine
Benediction

AFTERNOON

Bible Study @ 2:00 pm
GIC Class @ 3:00 pm

Elder on duty: Greg McKenzie
Pianist: Maybelle Bradshaw
AV Operators: Jonathan & Matthew Carnevali

Pastor Eustace Williams
Pastor Eustace Williams
Monica Carnevali
Elder Greg McKenzie #694
Pastor Benjamin Rasool #154
Winston Bradshaw
Jason Muloongo
Elder Greg McKenzie
Leslie Novoa
Brenda Rasool
Pastor Benjamin Rasool
Elder Ysmael Miranda
Elder Ernest Rampersad #308
Elder Greg McKenzie



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 participate in the Lord's Supper.

MEETING OF THE LARGE COMMITTEE

The Large Committee (The Church Board plus the nine members from the floor) that was put in place last Sabbath, is kindly invited to meet with Pastor Williams and Pastor Rasool at 2:30 this afternoon in the Loft. The purpose of this meeting is to select the Nominating Committee whose role is to nominate officers for the Immanuel Church for the years 2027-2028.

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.

BEREAVEMENT

Our brother Horace Francis shares with sadness that his sister-in-law, Nellie, wife of his younger brother, Ronald Francis, died late afternoon on Sunday, July 5 at St. Michael's hospital surrounded by her immediate family. Details of the funeral service are still being arranged. Please remember the family in your prayers. Thank you.

CHURCH PICNIC

August 9 from 10:00 am to 6:00 pm @ G. Ross Lord Park.