

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. 10:30 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: Bee Products: Bee pollen is a mixture of flower pollen, nectar, enzymes, and bee secretions collected by honeybees. It provides a dense source of easily digested protein, healthy fats, vitamins, minerals, and plant antioxidants, making it a nutrient-dense food. Research suggests that bee pollen possesses antioxidant and anti-inflammatory properties that may help protect cells from oxidative stress. Some studies have explored its potential to support immune function, recovery from exercise, strength and endurance. It has also been noted to aid in digestion, anemia, and even asthma and bronchitis. Bee pollen can be sprinkled over oatmeal, smoothies, or yogurt for a nutritional boost. However, individuals with pollen or bee allergies should be cautious as bee pollen may trigger severe allergic reactions. If you do not have a pollen allergy and wish to start a daily regimen, experts typically advise starting extremely small to test your response.

Komosinska-Vassev, K., Olczyk, P., Kaźmierczak, J., Mencner, Ł., & Olczyk, K. (2015). Bee pollen: Chemical composition and therapeutic application. Evidence-Based Complementary and Alternative Medicine, 2015, Article 297425. <https://doi.org/10.1155/2015/297425>



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

JULY 18, 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 18, 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	Myrtle Edward
9:30 Sabbath School Lesson	Clarisa Tatu
	Jonathan Pitt
	Rayon Thelwell
10:40 Mission Spotlight	Video
10:45 Closing Remarks	Myrtle Edward

SUNSET TODAY: 8:54 PM NEXT WEEK: 8:48 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 22, 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 18, 2026

WORSHIP SERVICE

10:50 am

Pastoral Time
Baby Dedication - Joshua Anthony Hall
Call to Worship
Invocation Song - Praise God From Whom
Invocation
Opening Hymn - Rejoice, Ye Pure in Heart!
Praise & Worship
Children's Story
Welcome
Offering Appeal - Local Church Budget
Intercessory Prayer
Scripture Reading - #796 (SDAH)
Music for Meditation
Sermon - Ruth for the Ruined
Closing Hymn- Burdens Are Lifted at Calvary
Benediction

AFTERNOON

Ukulele Practice - 2:00 pm
Bible Study @ 2:00 pm
GIC Class @ 3:00 pm

Elder on duty: Hans Sanchez
Pianist: Beth Officer
A/V Operators: Sofia & Mariana Villarraga

Pastor Benjamin Rasool
Pastor Eustace Williams
Elder Hans Sanchez
#694
Pastor Eustace Williams
#27
Gary Adamson
Rhonda Pitt
Pastor Benjamin Rasool
Aurora Wilson
Elder Hans Sanchez
Sofia Villarraga

Pastor Eustace Williams
#476
Elder Hans Sanchez



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.

NOMINATING COMMITTEE

The first meeting of the Nominating Committee will be held on Sabbath, July 25, 2026, at 2:30 pm in the Church Loft. Please make every effort to attend.

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.

GATHER AND GO SABBATH

Gather & Go Sabbath has been rescheduled to Sabbath, August 1. This means the church will provide no lunch on that day, but please take the opportunity to invite others to the hospitality of your home or enjoy lunch in the outdoors.

FUNERAL FOR COURTNEY FLORENT

The Funeral Service for Curtney Florent, son of Sis. Lorna Florent will be held on Sunday, August 2, 2026, at the Immanuel Seventh-day Adventist Church. Viewing will take place from 10 am to 11 am, and the service will begin at 11 am.

CHURCH PICNIC

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