

Shut-In Members

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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 and 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; Lerona 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

jason@funda.ac
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 @ 1:00 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: Hemp Seeds: Hemp seeds are small but remarkably nutritious, offering an excellent combination of plant-based protein, healthy fats, fiber, vitamins, and minerals. They contain all nine essential amino acids and are particularly rich in easily digestible protein, making them a valuable addition to plant-based diets. Hemp seeds also provide essential omega-6, omega-3 fatty acids and lecithin which play important roles in maintaining healthy cell membranes, supporting cardiovascular health, gut health, skin health and reducing inflammation. They are also good sources of magnesium, phosphorus, potassium, iron, zinc and contain chlorophyll. Their mild, nutty flavor makes them easy to add to smoothies, oatmeal, salads, soups, or plant-based yogurt. With their impressive nutritional profile, hemp seeds are a simple way to add protein and beneficial nutrients to everyday meals.

Kaçar, Ö. F., Kose, T., & Kaya Kaçar, H. (2025). Dietary hempseed and cardiovascular health: Nutritional composition, mechanisms and comparison with other seeds. *Frontiers in Nutrition*, 12, 1669375. <https://doi.org/10.3389/fnut.2025.1669375>



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

AUGUST 22, 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

August 22, 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	Iris Brown
9:30 Sabbath School Lesson	Jonathan Carnevali
	Hans Sanchez
	Silvio Carnevali
10:40 Mission Spotlight	Video
10:45 Closing Remarks	Iris Brown

SUNSET TODAY: 8:09 PM NEXT WEEK: 7:58 PM

UPCOMING EVENTS:

YOUTH DAY: SEPTEMBER 5
BOARD MEETING: SEPTEMBER 14

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: AUGUST 26, 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

August 22, 2026

WORSHIP SERVICE

10:50 am

Pastoral Time
ADRA Presentation
Call to Worship
Invocation Song - Praise God From Whom
Invocation
Opening Hymn - Live Out Thy Life Within Me
Praise & Worship
Children's Story
Welcome
Offering Appeal - Ontario Advance
Intercessory Prayer
Scripture Reading - Exodus 4:2 - 5
Music for Meditation
Sermon - We Are No Little People
Closing Hymn - Take My Life and Let It Be
Benediction

AFTERNOON

Ukulele Practice - 2:00 pm
Bible Study - 2:00 pm
Small Groups: 3:00 pm

Elder on duty: Hans Sanchez
Pianist: Lesley Cresswell
A/V Operators: Sofia & Mariana

Pastor Eustace Williams
Ernest Rampersad
Elder Hans Sanchez
#694
Pastor Eustace Williams
#316
Carnevali & Friends

Pastor Eustace Williams
Maybelle Bradshaw
Elder Hans Sanchez
Santana Purchas

Pastor Eustace Williams
#330
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 in spirit and in truth.

NOMINATING COMMITTEE

The next meeting of the Nominating Committee is this Sabbath, Aug. 22, 2026. This will convene in the Loft at 3:00 pm.

SENIORS DIGITAL TRAINING

The next digital training class for Seniors will be held tomorrow, August 23 @ 1:00 pm.