

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; 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

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: Coconuts: Coconut Oil: Coconut palms are salt-tolerant plants related to grasses that absorb large quantities of beneficial minerals. Coconut oil, extracted from the coconut flesh, is rich in medium-chain fatty acids, particularly lauric acid which is antiviral and antifungal. Research has explored benefits related to antioxidant activity, inflammation, metabolism, digestion, hormone production, oral health and immune function. Coconut oil can also be used on the skin and hair for moisturization and protection. Coconut oil is also useful in cooking because it is relatively stable at higher temperatures.

Yu, Z. H., & colleagues. (2025). The effect of virgin coconut oil on cardiovascular disease risk factors: A systematic review and meta-analysis. *Diabetology & Metabolic Syndrome*.
<https://doi.org/10.1186/s13098-025-02019-6>



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

AUGUST 29, 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 29, 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	Jason Muloongo
	Greg McKenzie
	Denzil Currie
10:40 Mission Spotlight	Video
10:45 Closing Remarks	Myrtle Edward

SUNSET TODAY: 7:58 PM NEXT WEEK: 7:45 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: SEPTEMBER 2, 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 29, 2026

WORSHIP SERVICE

10:50 am

Pastoral Time
Call to Worship
Invocation Song - Praise God From Whom
Invocation
Opening Hymn - Hark! the Voice of Jesus ...
Praise & Worship
Children's Story
Welcome
Offering Appeal - Local Church Budget
Intercessory Prayer
Scripture Reading - Judges 5:2, 15-18, 23 NKJV
Music for Meditation
Sermon - Show Up!
Closing Hymn - Have Thine Own Way, Lord
Benediction

AFTERNOON

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

Pastor Benjamin Rasool
Elder Marjorie Williamson #694
Pastor Benjamin Rasool #359
Vermont Clegorne
Sandra McKenzie
Pastor Benjamin Rasool
Royston McKenzie
Elder Marjorie Williamson
Ernest Rampersad
Immanuel Ukulele Band
Pastor Benjamin Rasool #567
Elder Marjorie Williamson

Elder on duty: Marjorie Williamson
Pianist: Maybelle Bradshaw
A/V Operators: Kaitlin & Alex



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 Hm in spirit and in truth.

NOMINATING COMMITTEE

The next meeting of the Nominating Committee will be Sabbath, **September 5, 2026**. This will convene in the Loft at 3:00 pm.

THANKSVIING DONATIONS

Donations are needed for the take-away Thanksgiving dinner on October 12, 2026. Our goal is \$7,000 to feed 500 individuals. Send your donations to immanueltreasurer@adventistontario.org with a message "Thanksgiving dinner." Donations are accepted up to October 8, 2026. Thank you!

SENIORS DIGITAL TRAINING

The next digital training class for Seniors will be held Sunday, September 6 @ 1:00 pm.