

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 water exhibits some of the same beneficial properties as coconut oil. Young coconut water is almost identical to human blood plasma. Along with excellent hydration capabilities after prolonged or intense exercise, it has essential electrolytes like potassium and magnesium to help normalize high blood pressure and blood sugar. Water from young coconuts is more health enhancing than the water from older coconuts and the young water's antioxidant action can be comparable to vitamin C. Coconut water may help prevent crystal and stone formation in the kidneys. It may also help heart health due to its antioxidant capabilities. When buying coconut water make sure it is unsweetened and when in the tropics endeavor to drink the water and eat the soft meat/flesh of a couple of young coconuts daily.

Alleyne, T., Roache, S., Thomas, C., & Shirley, A. (2005). The control of hypertension by use of coconut water and mauby. West Indian Medical Journal, 54(1), 3-8. <https://pubmed.ncbi.nlm.nih.gov/15892382/>



Seventh-day
Adventist® Church

IMMANUEL

God With Us

Together, A Gateway
To Christ for all

SEPTEMBER 19, 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

September 19, 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	Isabella Bibulovic
	Silvio Carnevali
	J. Prendergast
10:40 Mission Spotlight	Video
10:45 Closing Remarks	Iris Brown

SUNSET TODAY: 7:20 PM NEXT WEEK: 7:07 PM

UPCOMING EVENTS:

GATHER & GO SABBATH: SEPTEMBER 26
SENIORS IN-PERSON MEETING: SEPTEMBER 27
CHRISTMAS BANQUET: DECEMBER 13

DAILY SABBATH SCHOOL STUDY

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

WEDNESDAY: SEPTEMBER 23, 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

September 19, 2026

WORSHIP SERVICE

10:50 am

Pastoral Time
Exhortation & Ordinance of Humility
Children's Story (During O. Of H.)
Call to Worship
Invocation Song - Praise God From Whom
Invocation
Opening Hymn - And Can It Be?
Praise & Worship
Welcome
Offering Appeal - Local Church Budget
Intercessory Prayer
Scripture Reading - #841 (SDAH)
Music for Meditation
Sermon - Writing a Note of Praise to God
Prayer For the Bread - 1 Corinthians 11:23-24
Prayer For the Wine - 1 Corinthians 11:25-26
Closing Hymn - Rejoice, Ye Pure In Heart!
Benediction

AFTERNOON

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

Elder on duty: Maybelle Bradshaw
Pianist: Beth Officer
A/V Operators: Sofia & Mariana

Pastor Benjamin Rasool
Pastor Benjamin Rasool
Uton Robinson
Elder Maybelle Bradshaw
#694
Pastor Eustace Williams
#198
Gary Adamson
Pastor Benjamin Rasool
Jason Muloongo
Elder Maybelle Bradshaw
Mariana Villarraga
Instrumental
Pastor Eustace Williams
Elder Silvio Carnevali
Elder Ernest Rampersad
#27
Elder Maybelle Bradshaw



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 celebrate the Communion Service.

CHOIR PRACTICE RESUMES

Choir practice will resume on Sabbath, September 26, 2026, at 4:00 p.m. New members are warmly welcome! Come and join us as we lift our voices in praise and worship. We look forward to seeing you there!

NEW BELIEVERS' CLASS

A New Believers' Sabbath School class will begin on Sabbath, Oct. 3. It will be held on the piano side, in the first two pews, and will run simultaneously with the other SS classes. This is designed only for the more recently baptized members and those considering becoming members of the Church family at Immanuel Church.

THANKSGIVING VOLUNTEERS 2026

This year, Thanksgiving will be held on Monday, October 12, 2026, from 1:00 p.m. to 5:00 p.m. We are asking for your support once again as volunteers. All volunteers must sign up in order to be recognized as volunteers for the day. A volunteer sign-up sheet will be available on the notice board at the entrance from the parking lot.

Volunteer Meetings: To ensure that everyone is prepared, there will be **two mandatory volunteer meetings**. Volunteers are required to attend one of the first two meetings, as well as the final preparation meeting.

Meeting Dates:

- Sabbath, September 19, 2026 - Volunteer Orientation and Instructions
- Sabbath, October 3, 2026 - Volunteer Orientation and Instructions
- Sabbath, October 10, 2026 - Final Instructions and Event Preparation

Thank you for your willingness to serve and support this special Thanksgiving event. We sincerely appreciate your time, dedication, and commitment to making this celebration meaningful for everyone. We look forward to serving alongside you!

PASTORS AWAY

Please note that both Pastor Williams and his wife and Pastor Rasool will be away from Immanuel Church on the weekend of Sept. 25-27, 2026. They will be attending a conference-planned retreat at the Deerhurst Resort. All urgent matters can be referred to the elders of the church.

CELEBRATION OF LIFE - KATALIN HORVATH

We are saddened to announce the passing of Katalin Horvath, mother of Brother Martin Horvath, who passed away on August 4, 2026, at the age of 90. A Celebration of Life Service will be held on Sabbath, September 19, at 4:00 PM at Immanuel Seventh-day Adventist Church. Please keep Brother Martin and the entire Horvath family in prayer through their time of bereavement.

GATHER & GO

Please note that next Sabbath, September 26, there will be NO lunch provided downstairs in the Fellowship Hall after the service. Thank you.