

April 2023

Services

April 8

Divine Service - 11:15am

Lesson Study - 10:00am

Location

Englise Baptiste Church

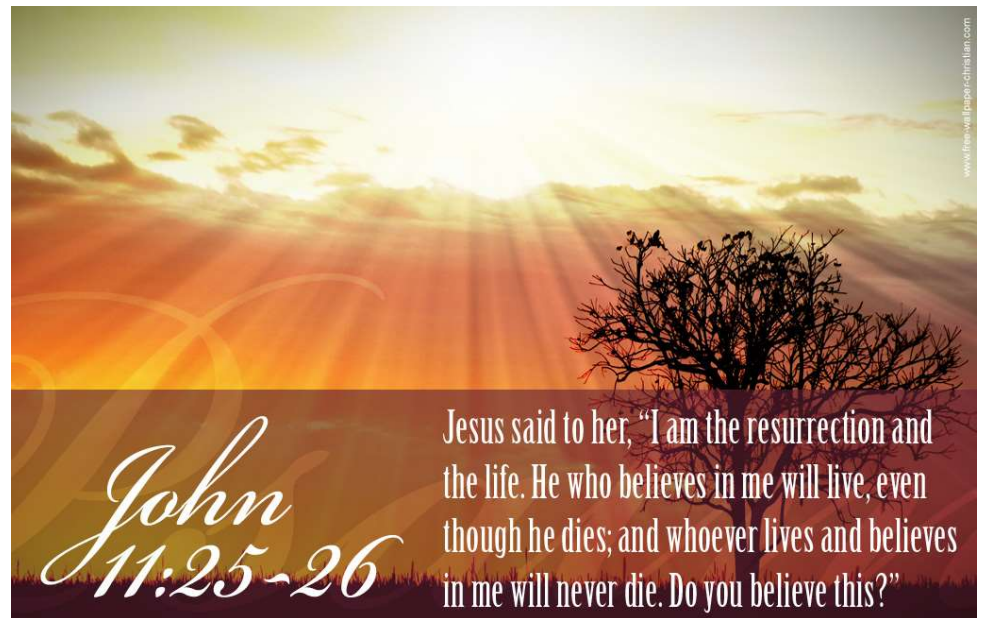
10002 Riggs Road

Adelphi MD, 20783



Newsletter

God proved His love on the Cross. When Christ hung, and bled, and died, it was God saying to the world, 'I love you.' -Billy Graham



Pastor J.S. Navarose



Prospective Church Building

Happy Easter! Pastor J.S. Navarose will be giving us our message (pg2). In the following pages of this newsletter you'll find information on staying healthy, CDC update, and other engaging materials for you.

We would like to include highpoints of your achievements. Please email them to Marjorie Inparaj at minparaj@omm.com.

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring MD 20914

Upcoming Events

April 8

Sabbath Service

[Clothing Donation pg4](#)

[Easter Fun Activity pg4](#)

April 9, 16, 23 & 30

[SFF 10:00 am pg4](#)

May 13

Sabbath Service

May 7, 14, 21 & 28

[SFF 10:00 am pg4](#)

June 10

Sabbath Service

June 4, 11, 18 & 25

[SFF 10:00 am pg4](#)

July 8

Sabbath Service

July 2, 9, 16 & 30

[SFF 10:00 am pg4](#)

July 20-23

[Camp – SVA pg4](#)

Speaker Bio. Pr. J.S. Navarose

Born in a CSI family, to John Samuel and Rajamoney in Tirunelveli District in Tamil Nadu. The parents were visited by Adventist Pioneers like Pr. Koilpillai Sr., Pr. Gurupatham, and were baptized by Pr. Yesudian, father of Dr. John Willmott, in the 50s. After elementary school, he went to ED Thomas High School at Tanjore with 4 of his siblings. He then went to Lowry Memorial High School for one year. Due to his parents' inability to support all children in boarding school, he was moved to a local Government School. After finishing college, he started to work as a teacher at Chennai Adventist High School in 1972. He got married to Hannah David from Sri Lanka in 1979. After 9 years, he moved to Madurai Central Adventist school with his newborn baby, Anita Bernice. He worked as a Chemistry Teacher and was promoted to Headmaster. Worked 6 years and met 4 Principals, that included Pr. P. Thomas, Pr. K. Varghese, Pr. S. Chandra, and Pr. S. Sundaram.

Then in 1986, he was promoted as Principal and moved to Madurai North School. There, he worked for 6 years, bought 6 Acres of land, put up buildings, started an annex school. During that time, he also worked towards obtaining Higher Secondary recognition from the Tamil Nadu Government. With the help of a few dedicated teachers, we started visiting homes of church and non-church members, and due to that ministry we were able to penetrate the nearby village, and started a church there.

In 1992, was transferred to Bangalore Spencer High School as the Principal and worked there for 9 years. He was also appointed as the Bangalore Central Tamil Church Pastor. This is where they put up a new 3 Story Building and Built the Kannada SDA Church.

He was ordained as a Pastor by the South India Union and the Karnataka Section and he started the PUC Program.

In the Tamil Church he and the others started a revival meeting on every Gandhi Jayanthi weekend, for all the Adventist church members in and around Bangalore and is still going on today. We also made provision to have the Building project.

In December 2000, we moved to the US with a heavy heart. Still the memories of Chennai, Madurai and Bangalore lingers in our heart and mind. After coming here my Daughter Anita got married to Raj Mohan from Bangalore.

God was good with us on our journey, gave many friends and well wishers on the way. All praise and honor go to God the Almighty.



Don't be a Statistic, Amanda Harkless

By June 1, only 46% of people who made a resolution are still keeping it. Here are three tips to help you keep to your goals.

1. Make a plan. Start each week envisioning when/how you'll eat or move your body. It should be something achievable if you want to remain consistent. (Ex. I'll eat salad 3x/week)

2. Have backups. If you can't fit in a run, do a 10 minute workout on YouTube. There are tons of options available for all capabilities and interests, whether it's yoga or a high intensity workout.

3. Create rewards/consequences. If you stuck to your goal of only eating sweets 3x/week, reward yourself with \$5 towards a new outfit. By the end of the month, you could have earned \$25. If you didn't meet your goal, spend time combatting one of your biggest distractions. For example, restricting TV until you exercise each day. This will help shift your priorities.

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CDC Update, Mahiela Inparaj

The New Omicron Subvariant (XBB.1.5), also known as the "Kraken" has been spreading this year, although long-term data on this variant is not available at this time, it is contagious & it is still recommended to get vaccinated, and the bivalent booster.

Ways to stay safe :

- Get the vaccine & booster
- Wear a mask
- Avoid close contact with others
- Wash your hands often
- Get tested and stay home if you have any symptoms



Prayer Requests: Keep the following items in your prayers. Healing for those with health challenges, comfort for those who have lost loved ones and prosperity for SAAA

Fundraising

Have any ideas?



Building Project

Support the building project with monetary contributions and prayers.

This Year 2023:

1-1-2023 Friday
 2-2-2023 Friday
 3-3-2023 Friday
 4-4-2023 Friday
 5-5-2023 Friday
 6-6-2023 Friday
 7-7-2023 Friday
 8-8-2023 Friday
 9-9-2023 Friday
 10-10-2023 Friday
 11-11-2023 Friday
 12-12-2023 Friday

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Fun Facts of India

The Hindu calendar has six seasons

Instead of the typical four-season cycle most countries recognize, India follows a six-season calendar, recognizing spring, summer, monsoon, autumn, prewinter, and winter.

India is divided into 29 states

Not many foreigners realize that India is subdivided into states. Some of these states – like Assam, Kashmir, and Goa – are more easily recognized thanks to products like Assam tea, Kashmir silk, or the popular tourist destinations in Goa.

Tea is the national beverage of India

Indians love tea; the beverage is served throughout the day and with meals in every household. India is the second-largest producer of tea in the world, following closely behind China.

renew . restore . refresh
Strengthen the Mind, Body & Spirit Connection

MAY 6TH
Mount Aetna Retreat Center
Hagerstown, MD
TIME: 9:30 am - 6:30 pm
FOR MORE INFORMATION:
sligowomensministry.org/
Sponsored by Sligo Women's Ministries

ANN RODA, MD, DVM

WOMENS RETREAT

A BIG CHALLENGE IN TODAY'S LIFE

Today, One of the Biggest Problems in Life is: **DHOL**
You might be wondering why?
This is how...
D - Diabetes
H - Hypertension
O - Obesity
L - Lipids imbalance

So, what should we do when there is **DHOL** playing?

Well...
The answer is simple - we should start doing:
BHANGRA

B - Behavior change
H - Happiness
A - Active lifestyle
N - Nutrition
G - Glucose control
R - Risk reduction
A - Abstinence from substance abuse

Clothing Donation

Hope you are Spring cleaning. We are closing our collection by April 8. If you are still interested in donating, please reach out to Marjorie Inparaj (301) 873-3461.

Sunday Funday Fitness (SFF), let's do it 🙌, Stanley Monickam

Need some energy, please join us via zoom every Sunday from 10 am – 11 am.
<https://us02web.zoom.us/j/81858299367?pwd=YjU5U3V4cnB6dGMzWUtHcjh3b1BuUT09>

Meeting ID: 818 5829 9367 Passcode: 630486

Easter Fun Activity

Fun activities lead by Ernest Ponraj. Please join us on Saturday, April 8 from 5:30 pm - 8 pm at the residence of Marjorie & Selvin Inparaj, 14509 Jaystone Drive, Silver Spring, MD 20905.

SAAA Camp

Please save the date from July 20-23. The camp will be at Shenandoah Valley Academy. We are excited about camp and plan on having a blast!