

April 2024

Services

April 13

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Englise Baptiste Church

10002 Riggs Road

Adelphi MD, 20783



Newsletter

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. Psalm 16:11 ESV



Bina Rao Palivela



Prospective Church Building

There was a lot of buzz on Monday, April 8th while getting ready to watch the amazing Eclipse. Loved that so many people went out of their way to get a glimpse of God's Creation. We also have a special program on Christ's Resurrection, narrated by Bina Palivela coming Saturday.

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring MD 20914

Upcoming Events

April 13

Easter Egg Hunt

5:30 – 8 pm

At the residence of Selvin

& Marjorie Inparaj

14509 Jaystone Drive

Silver Spring, MD 20905

May 11

Sabbath Service

May 5, 12, 19 & 26

SFF 10:00 am pg5

June 8

Sabbath Service

July 6

Daniel/Sight & Sound

Info to follow

Speaker Bio, Bina Rao Palivela

Bina Rao Palivela was born to the late Mrs. Bharathi and Pastor Nagabhushana Rao Inapanuri in Bangalore, India. She grew up in Bangalore, Kerala, Hyderabad, Mumbai, Chennai and Pune. She is an alumnus of the College of Nursing, CMC Vellore. She has been a nurse (BSN) for 29 years. She has served in various capacities in nursing. Currently, she works for Kaiser Permanente as a Lead Perioperative RN in the Ambulatory Surgery Center in Largo. She is married to Chitty Babu Palivela. They are blessed with three beautiful children: Nina, Nirup, and Nayana. Bina and Chitty, along with Nina (an infant at the time), relocated to the US in 2003. Bina's hobbies include reading, singing, cooking, writing, sewing, and hanging out with friends and family. Her passion is Jesus and His ministry. Bina's motto is "Nothing is impossible with God."

We have some exciting news to share with you. Praktan Kokila recently went to India to get engaged to Komal Paka on March 3, 2024.



SAAA would like to congratulate the future bride and groom. Please remember them in your prayers.

SOLAR ECLIPSE – APRIL 8, 2024



Washington Monument

Niagara Falls

Mazatlan, Mexico

Downtown Baltimore

Board Members

Chair

Ronald Ninala

Members

Kingston Benjamin 20-22

Brandon Injety

Devanand Jillapalli

Catherine Monickam

Michael Osuri

Ernest Ponraj

Cathy Purushothaman

Exec. Committee

President

Marjorie Inparaj

Vice President

Praktan Kokila

Treasurer

Chitty Palivela

Assist. Treasurer

Ponraj Maharajan

Public Relations

Premila Pedapudi

Secretary

Assist. Secretary

Brittany Benjamin

Benefits of Dates

by Amanda Harkless

Did you know a date is a type of berry? It comes from the date palm tree.

Dates are a rich source of dietary fiber, antioxidants, vitamin C, several B vitamins as well as potassium, magnesium, copper and selenium.

One study found that among dried fruits, dates have the highest concentration of polyphenols, a type of antioxidant. Polyphenols can help protect against certain cancers as well as diabetes, cardiovascular diseases and neurodegenerative diseases.

Dates promote gut health due to their fiber and prebiotic content. Fiber helps with digestion and prevents constipation. Prebiotics are used as a fuel for the good gut bacteria to help protect the integrity of the gut lining, which also promotes immunity.

The fiber in dates also reduces the amount of bad cholesterol (LDL). The magnesium and potassium help support healthy blood pressure by relaxing or dilating blood vessels, which is important for heart health

Dates can be used as a sugar substitute in baked goods, to replace or reduce added sugar.


It's important to note that dates although dates are high in sugar, they have a low glycemic index. This means they slowly raise blood sugars after consumption. For those watching carbohydrate intake, one serving is 2-3 dates. You can enjoy it with a tablespoon of your favorite nut butter. You know a date is a type of berry? It comes from the date palm tree.



"Flu Season – It's Not Over!!..."

The Maryland Department of Health extended flu season. The earliest projected end date is May 18, 2024.

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU 

Prevent the Spread of Flu:

Perform hand hygiene, clean surfaces, cover coughs and sneezes, and stay home when sick!

Religious Committee

Chair

Premila Pedapudi

Members

Gerald Arthur

Helen Charles

Don Injety

Shyamala Injety

Bina Palivela

Hospitality Committee

Chair

Seetha Milton

Social Committee

Members

Stanley Monickam

Jonathan Palivela

Goldie Palivela

Ernest Ponraj

Merlin Ponraj

Always Remembered, and Always Grateful An SAAA Tribute to the Life of Clara Meesarapu

To say that Clara Meesarapu will be missed would certainly be an understatement for her family and all those who knew her. Her traditional family, and her extended family including SAAA which she considered her next closest family was an integral part of her life.

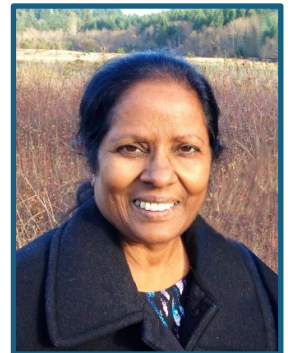


As could be seen from Clara's Life Sketch at her Celebration of Life, her life was one with her dear husband, Krupavaram from the early years in high school. And that oneness continued through their marriage for over 50 years, as they served in the SDA Mission, and as they came and settled in North America – first Canada, then in the U.S. This tribute, however, will be for Clara, who was suddenly called to rest from her earthly labors.

One could say that Clara's, and her dear husband Krupavaram's, association with SAAA had begun even before they came to Maryland in 1980. They knew much about SAAA from her brother Ronald Ninala who sponsored them to the USA and from friends who were already in the US. They were very much family and community oriented. So it was no surprise that Clara and Krupavaram became SAAA members as soon as they could. And not just members, but active in participation and leadership of the association. Clara was the backbone to her husband during his many roles in SAAA including Treasurer, President and Board Chairman. Clara's support for all who were given responsibilities was unconditional and always went the extra mile to lend her hand. She herself took on responsibilities and greatly enhanced the experience and mission of SAAA. She was a pillar to make sure that hospitality was rendered with quality and abundance including at all SAAA events including the monthly Sabbath meetings, SAAA sponsored Camps, Social Events. Clara's own experience and leadership qualities were also demonstrated as she served on the SAAA Pearl Anniversary Committee in 1991.

Many initiatives by SAAA for helping those in times of need were supported by Clara. Her contributions, participation and company at the many SAAA events, including camps, day trips to the Lancaster Sight and Sound will forever be remembered. Clara's untiring contributions in fundraising and encouragement for the SAAA building program was another highlight of her commitment to SAAA. Of note was her involvement for several months with a core group of dedicated SAAA officers and members on the Picture Roll Project at the Review & Herald Publishing facility in Hagerstown which raised a substantial amount of funds for the SAAA building project.

It was Clara's dream to not only complete building Phase I, the worship hall, but also to complete Phase II, the fellowship hall. She was so excited about the progress of the building project, that she told Krupavaram and Selvin Inparaj that she was going to bring breakfast for all Association members and the construction crew who would be present at the start of the concrete foundation planned for Monday, March 18, 2024. However, so unexpectedly, on that Sunday she fell asleep from the cares of this world. May we never forget Clara Meesarapu's dream for building a better tomorrow for SAAA. That is one way we can remember her legacy to her SAAA family. More importantly, may we emulate her character of selfless love, her smiling disposition, and always forgiving spirit.



Clara's love and demeanor endeared her to all who came in touch with her, especially at SAAA. So she was considered Acca to many, Aunty to some younger, Grandma to the very young, and just "Clara" to others.

May we all, in SAAA and our extended community, keep Krupavaram Meesarapu, their children, Praveen, Preethie, Malini, their spouses and children, siblings and extended family members in our prayers.

Project Committee

Chair

Sarah Enjati

Members

Devanand Jillapalli

Neeraja Jillapalli

Swinitha Osuri

Asset Management Committee

Chair

Selvin Inparaj

Members

Don Injety

Devanand Jillapalli

Ponraj Maharajan

Krupavaram Meesarapu

Ronald Ninala

Swinitha Osuri

Michael Osuri

Rajan Thomas

Jeyasingh Vedamuthu

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."

— Jim Carrey

Bina Palivela

Bina is raising funds for the Building Project. Lime pickle, fish pickle and chicken pickle will be ready for sale by 2nd week of May. Gongura pickle will be ready by June/July. If you are interested, please email her bcpalivela@gmail.com

don't mean to brag but...

finished my 14-day diet in 3 hours and 20 minutes.



Sunday Funday

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

Please join us via zoom on Sundays from 10am–11am. (Schedule on pg2)

<https://us02web.zoom.us/j/81858299367?pwd=YjU5U3V4cnB6dGMzWUtHcjh3blBuUT09>

Meeting ID: 818 5829 9367

Passcode: 630486

Building Project

Support the building project with monetary contribution and prayers.

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Hebrews 13:16

“Building up the church means building up the people of God. Our God loves and cares for his people and his plan for their good is linked to each member of the congregation.”



Keep Active

Benefits of being active: “Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.”

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.