

August 2023

Services

August 12

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Englise Baptiste Church

10002 Riggs Road

Adelphi MD, 20783



Newsletter

For thus saith the Lord that created the heavens; God himself that formed the earth and made it; he hath established it, he created it not in vain, he formed it to be inhabited: I am the Lord; and there is none else. Isaiah 45:18



Pastor Matthew Piersanti



Prospective Church Building

Hope you are enjoying your summer! Let's be thankful to God for his protection and leading in our lives. If we look back, we realize why he has given us another precious day of life and more. How grateful we must be. Our speaker for August will be Pastor Matthew Piersanti (pg2). Please join us to hear him speak of our God.

We hope you enjoy this Newsletter. We would like to include more highlights from our members and friends. Please contact Marjorie Inparaj at minparaj@omm.com.

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring, MD 2091

Upcoming Event

August 12

Sabbath Service

Donate School Supplies

August 6, 13 & 20

SFF 10:00 am pg4

September 9

Sabbath Service

October 14

Sabbath Service






Speaker Bio. Pastor Matthew Piersanti

Matthew is an ordained minister of the Seventh-Day Adventist Church and has served the church for over 12 years. Matthew felt God's call to ministry when he was a senior in high school at the young age of 16, and has devoted his life ever since to helping others fall in love with Jesus and find their identity in the mission of our Church. He is currently serving as the Associate Pastor for Youth and Young Adults at Spencerville Seventh-Day Adventist Church.

Matthew was born in Alberta, Canada but spent much of his life in the United States, attending Shenandoah Valley Academy for high school, and Southern Adventist University for his Bachelor's Degree in Theology. He also attended Andrews University where he completed his Masters in Divinity, and as a life-long learner, is currently completing his Doctorate in Ministry in Leadership from Fuller Theological Seminary.

Matthew has been married to his wife, Amy, for 10 years and they have 3 energetic boys, Evan (7), Aiden (6), and Lucas (4). Amy currently works as the HR Business Partner at Adventist HealthCare White Oak Medical Center, and their boys attend Spencerville Adventist Academy.

When Matthew has spare time, he likes to exercise, bike, paddle board, play basketball, and read.

Color	Nutrients	Health Benefits	Types
 Red	Vitamin A, C, manganese, antioxidants (quercetin, lycopene)	Reduce risk of cancer and heart disease, decrease inflammation, increase immunity, eye/skin/hair health	Tomatoes, red peppers, beets, radishes, red apples, red potatoes, grapefruit, cherries, raspberries, strawberries, watermelon
 Green	Vitamin K, B-Vitamins, folate, potassium, antioxidants (chlorophyll, carotenoids, lutein)	Promote eye health, lung health, liver function, healthy cell production, reduce risk of cancer, increase blood clotting, lower blood pressure	Broccoli, cabbage, brussel sprouts, cucumbers, green peppers, dark leafy greens, peas, asparagus, green beans, zucchini, avocados, kiwi, green apples, green grapes, pears
 Orange/Yellow	Vitamin C, A, B6, potassium, folate, antioxidants (beta-carotene, lutein, alpha-carotene)	Reduce risk of cancer and heart disease, promote eye/skin/hair health, increase immunity, decrease inflammation	Carrots, orange/yellow peppers, squash, sweet potatoes, pumpkin, oranges, bananas, apricots, cantaloupe, nectarines, peaches, pineapple
 Blue/Purple	B-vitamins, antioxidants (anthocyanins, resveratrol, flavonoids)	Reduce risk of cancer and heart disease, protect cells from damage, improve memory, prevent aging	Eggplant, red onions, purple cabbage, purple potatoes, blueberries, blackberries, plums
 White	Vitamins C, K, folate, potassium, antioxidants (allicin, quercetin, anthoxanthins)	Lower cholesterol, reduce risk of cancer and heart disease, protect cells from damage, increase immunity, promote eye/skin/bone health	Cauliflower, garlic, jicama, mushrooms, onions, parsnips, turnips, potatoes, rutabagas

Rainbow of Antioxidants Amanda Harkless

Antioxidants are substances that protect the body by neutralizing unstable molecules called free radicals. When too many free radicals build up in the body, it can contribute to conditions like cancer, heart disease, high blood pressure, and diabetes. Most of these diseases are common in many of our families. Our diet can play a part in delaying or preventing us from developing these diseases.

Ground spices have the highest antioxidant content (cloves, ginger, cinnamon, turmeric, chili powder, curry powder), along with nuts (walnuts, pecans, almonds)

The different colors of fruits and vegetables contain different antioxidants, each with different health benefits. This is why you may have heard health professionals encourage eating a rainbow of fruits and vegetables each day. See the chart for more information. Aim to include two items at each meal.

Board Members

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Members

Kingston Benjamin 20-22

Devanand Jillapalli

Michael Osuri

Ernest Ponraj

Nathan Purushothaman

Starlet Vedamuthu

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Brittany Benjamin

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

Bina Palivela

Bina is raising funds for the Building Project by selling pickles and Andhra masala. If you are interested, please email her bcpalivela@gmail.com



"Guess which one I made with a 3-D printer."

The Peacock was acknowledged as the National Bird of India in 1963



Building Project

Support the building project with monetary contribution and prayers.

Giving is an expression of God's Love

India Independence 8/15



“By the 19th century, Great Britain had become the dominant political power on the subcontinent and India was seen as the "Jewel in the Crown" of the British Empire. The British Indian Army played a vital role in both World Wars. Years of nonviolent resistance to British rule, led by Mohandas Gandhi and Jawaharlal Nehru, eventually resulted in Indian independence in 1947. Large-scale communal violence took place before and after the subcontinent partition into two separate states - India and Pakistan. The neighboring countries have fought three wars since independence, the last of which was in 1971 and resulted in East Pakistan becoming the separate nation of Bangladesh.”

Religious Committee

Members

Helen Charles

Don Injety

D. Masilamony

Grace Osuri

Hospitality Committee

Chair

Seetha Milton

Co-Chair

Clara Meesarapu

Social Committee

Members

Stanley Monickam

Ernest Ponraj

Merlin Ponraj

Project Committ

Members

Devanand Jillapalli

Neeraja Jillapalli

Grace Osuri

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

Donating School Supplies

SAAA would like to support students in need. Please remember to bring school supplies (pencils, pens, backpacks, etc.) to our Sabbath Service by August 12. It's an opportunity to help our community.

SAAA Camp

Camp was inspiring and memorable! More to share in our September Newsletter.

Picnic at Brighton Dam

The picnic lunch was arranged by Seetha Milton and was absolutely delicious; it was a perfect way to spend our Sabbath afternoon. Thank you to everyone who joined us, it was a great event. Looking forward to the next one!



Congratulations Graduates!

On to
your next
adventure!

Enjoy the
journey!

God Bless!



Gia James

Gia graduated from Eleanor Roosevelt High School from the STEM program. She will be attending Southern Adventist University with a Computer Science major in the fall.

Hannah Grace James

Hannah graduated from Paint Branch High School. She is attending University of Maryland College Park.



Selena Khandagle

Selina graduated with a Doctor of Physical Therapy degree from The George Washington University.

Nathan Thamby

Nathan graduated from the University of Maryland, School of Dentistry. He will continue his learning, for an add year, participating in a residency program in General Dentistry at the University of Loyola, Chicago IL.

