

February 2023

Issue 33

## Services

February 11<sup>th</sup>

Divine Service - 11:15am

Lesson Study - 10:00am

## Location

Englise Baptiste Church

10002 Riggs Road

Adelphi MD, 20783



## Newsletter

"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope." Maya Angelou



***HAPPY VALENTINES DAY***



*Pastor Griselda R. Jobe*



*Prospective Church Building*

Happy February! Pastor Grisleda R. Jobe will be giving us our message (pg2). In the following pages of this newsletter you'll find a 'Heart Health' information on staying healthy, a CDC update, fundraising information, and other engaging materials for you.

We hope you enjoy this Newsletter, we will continue to add more as the year progresses. Blessings!

## Contact Us

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Email:

[Info@saaa.org](mailto:Info@saaa.org)

Mailing Address

P.O. Box 4818,  
Silver Spring MD 20914

## Upcoming Events

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February 5

Sunday Funday Fitness  
(SFF) 10:00 am – pg4

February 11

Sabbath Service  
Valentine's Party – pg4

February 12

SFF 10:00 am

February 19

SFF 10:00 am  
Hair Loss Prevention 11 am

March 11

Sabbath Service

March 31

Deadline to Submit  
Membership dues

April 8

Sabbath Service

Clothing Donation – pg4

May 13

Sabbath Service

## Speaker Bio. Griselda R. Jobe

Pastor Griselda Jobe was born in Tabasco, Mexico, in the late 1970s. She migrated to the United States in the early 2000s, where she committed to the Christian life through the Pentecostal faith. Serving in the Women's Ministry in her home church, Griselda knew that God had a purpose in her life. During this time, she obtained a Cosmetology license.

Pastor Griselda met her husband, Wesley Jobe, in 2010 and subsequently got married in May 2011. It is through his family that she became acquainted with the Seventh-day Adventist Church and made a profession of faith. Through God's wondrous miracles, they welcomed a baby girl in June 2015. They served happily in their home church in Victoria, Texas, when Griselda, again, felt the calling towards God's Ministry. Taking a leap of faith, Griselda and her family moved to Keene, Texas, so that she could study at Southwestern Adventist University. Griselda earned her second bachelor's degree in Theology from Southwestern Adventist University in December 2019, her first being a bachelor's in business and marketing in Mexico. Simultaneously, she interned at Joshua Crossroad Fellowship Church as a student pastor and as part of the Spiritual Life and Development team at SWAU.

She now happily serves as a Pastor for the Children and Family Ministry at Takoma Park Seventh-day Adventist Church as she continues her education in MAPM (Master in Arts an Pastoral Ministry) program in Andrews Adventist Seminar.

### Healthy Heart



### What to Eat for Heart Health, Amanda Harkless

Most of us have heard about good and bad fats. The best sources of fat comes from a polyunsaturated fatty acid called Omega 3.

### Healthy You

Omega 3 fatty acids not only help with heart health. The benefits go on to the brain and eyes. It can also reduce inflammation and enhance muscle recovery. Some studies also report decreased cancer risk.

Try to have at least one serving of omega 3 per day.

Here are some simple things you can try.

Breakfast: Add chia or flax seeds to oatmeal, a smoothie, or yogurt parfait

Snacks: walnuts with dark chocolate

Lunch: tuna sandwich or tuna with chapati.

Dinner: salmon (grilled or in biriyani) or mackerel

### 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

## Board Members

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### Chair

Ronald Ninala

### Members

Kingston Benjamin 20-22

Devanand Jillapalli

Michael Osuri

Ernest Ponraj

Nathan Purushothaman

Starlet Vedamuthu

Rathan Raj Yealuri

## Exec. Committee

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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*

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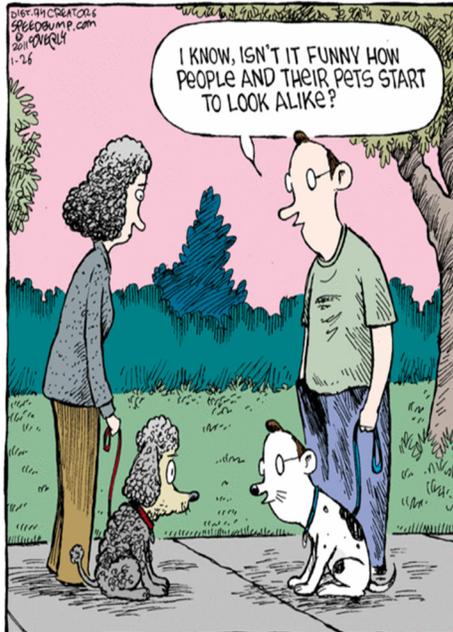
### Amazon Smile

Continue using Smile Amazon.com for your Amazon purchases. A portion of the sales will be given to SAAA. So far we've received \$56.09.



### Building Project

Support the building project with monetary contribution and prayers.



### Fun Facts of India

Cows are considered sacred.

India is the wettest inhabited place on Earth. Meghalaya village has won the Guinness world record title for the wettest place on Earth, with about 11,873 milliliters of rain annually.

India has over 300,000 mosques and over 2 million Hindu temples.

Chenab Bridge is the highest rail bridge in the world. The jaw-dropping bridge spanning the Chenab river in Jammu is 1,178 feet above the water.

## Sunday Funday Fitness (SFF), let's do it! 🙌, Ernest Ponraj

During the pandemic many of us became even more sedentary than we may have been before. But as the days passed, we learned how to do many things from home - work, eat, and play in a socially distant environment.

One of the things many of us lost, was exercising consistently. I remember just 2 months before the pandemic, signing up to be a part of a gym membership in hopes of staying fit before turning 40. This didn't last long as things were shut down

While it was difficult to be able to do many of our normal activities. There were a few things that we adapted to and were able to take advantage of with the help of zoom/video chats.

This past month, one of our members, Stanley Monickam, whom I consider to be one of my most in shape family members, has been leading out in virtual exercise sessions. Initially I thought it was going to be a rough first time session for us. But he gave us a wide range of steps that ranged from easy, medium, and challenging. One of the benefits of exercising virtually is that of being right in your living room or other own space. And it doesn't have to consume your whole morning or afternoon.

One of the hardest things about exercising consistently is having that motivation to keep you going. Stan does an excellent job of making things fun, instructional, and challenging all at the same time, it's like having your own virtual personal trainer. While it was something he was initially planning to do once a month, there has been a great response to do things weekly. I invite you to join us on Sunday mornings at 10:00 am to continue to stay fit and in shape even while staying at home.

### Valentines Party

Please join us for our valentines party organized by Ernest Ponraj and Merlin Ponraj at Spencerville SDA church on February 11, from 6-9 pm, 16325 New Hampshire Ave, Silver Spring, MD 20905

### Clothing Donation

We are starting to collect men's and women's clothing, hats, scarves, sweaters and unused socks. You can start bringing to our Sabbath meetings each month. If you have an organization of interest that we can donate, please reach out to Marjorie Inparaj (301) 873-3461. Thank you.