

February 2024

## Services

February 10

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

## Location

Englise Baptiste Church

10002 Riggs Road

Adelphi MD, 20783



## Newsletter

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen. Ephesians 3:20-21



*Praveen Meesarapu*



*Prospective Church Building*

Happy February Everyone !! This month we celebrate love. As we fellowship together, let us rejoice that the Son of God has shown us this abundant love that overflows into our lives. Mr. Praveen Meesarapu will be our guest speaker this week, please join us for our worship service on Saturday, February 10th.:

## 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 10

Sabbath Service

Valentine's Party @  
6:30pm

Remnant SDA Church  
15121 McKnew Rd  
Burtonsville MD 20866

Feb. 11, 18, & 25

SFF 10:00 am pg4

March 9

Sabbath Service

March 3, 10, & 17

SFF 10:00 am pg4

April 13

Sabbath Service

## Speaker Bio, Praveen Meesarapu

Praveen was born in Nuzvid, India on the 4th of June 1969, Son of Mr. Krupavaram Meesarapu (Former President and Board Chairman) and Mrs. Clara Meesarapu. He overcame the harsh winters of Toronto and Michigan before settling in at John Nevins Andrews and Takoma Academy.

Praveen received his B.S.E.E. at the University of Maryland and then worked internationally at several corporations, including Mannesmann Mobilfunk, British Telecom and Omnitel Pronto Italia.

In 1999, he married a Bollywood Princess, where the Magic and Illusion lasted nearly 17 glorious years. Despite being an artist, musician, athlete and scholar, his Legacy is his Children, Gabriella and Joshua – they are his Strength and his Salvation and his greatest source of Joy.

He currently lives in Manchester, New Hampshire where he is heavily involved with the local Churches, home renovations, physical fitness and classic car restoration.

Overcoming the severe winters of his childhood has prepared him for the realities of life and to focus on his ministry: freeing men from the bondage of self-reliance and being too content inside the Courtyard of the Tabernacle.

"Love is shown more in deeds than in words." —Saint Ignatius

"Love is something eternal, the aspect may change, but not the essence." — Vincent Van Gogh

"When I look at you, I can feel it. I look at you and I'm home."  
— Finding Nemo



"Love never claims, it ever gives. Love never suffers, never resents, never revenges itself." — Gandhi

Happy Valentine's Day

And now abide faith, hope, love, these three; but the greatest of these is love. 1<sup>st</sup> Corinthians 13:13

## Board Members

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Chair

Ronald Ninala

Members

Kingston Benjamin 20-22

Brandon Injety

Devanand Jillapalli

Catherine Monickam

Michael Osuri

Ernest Ponraj

Cathy Purushothaman

## Exec. Committee

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President

Marjorie Inparaj

Vice President

Praktan Kokila

Treasurer

Chitty Palivela

Assist. Treasurer

Ponraj Maharajan

Public Relations

Premila Pedapudi

Secretary

Assist. Secretary

Brittany Benjamin



## Heart Health and Inflammation,

Amanda Harkless

Did you know 45% of women over the age of 20 are living with some form of cardiovascular disease?

Higher levels of

inflammation are associated with a higher risk of heart disease. Lifestyle factors can reduce inflammation. It's recommended to maintain a healthy weight, exercise 20 minutes per day, and choose whole foods instead of processed or fast foods.

Eating more fruits, vegetables, whole grains, beans, nuts and fatty fish can help reduce inflammation.

### 6 Anti-Inflammatory Vegetables to Add to Your Grocery List

1. Cabbage- full of fiber, purple cabbage has extra dose of antioxidants
2. Carrots - rich in the antioxidant beta carotene
3. Leafy greens - packed with fiber, vitamins, folate, calcium, potassium and magnesium
4. Brussel sprouts - more antioxidants in its raw form
5. Beets - can last up to two weeks in the fridge if stored properly
6. Cauliflower - high in vitamin C and vitamin K

## CDC Update

GETTING VACCINES IF YOU RECENTLY HAD COVID-19 -- If you recently had COVID-19, you still need to stay up to date with your vaccines, but you may consider delaying your vaccine by 3 months.




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*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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## Religious Committee

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Chair

Premila Pedapudi

Members

Helen Charles

Don Injety

Shyamala Injety

## Hospitality Committee

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Chair

Seetha Milton

Co-Chair

Clara Meesarapu

## Social Committee

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Members

Stanley Monickam

Ernest Ponraj

Merlin Ponraj

### 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](mailto:bcpalivela@gmail.com)



### 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>

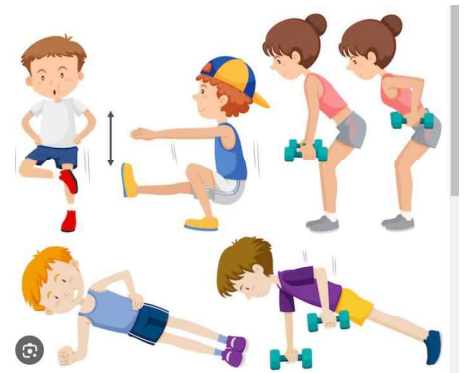
Meeting ID: 818 5829 9367

Passcode: 630486

### Building Project

Support the building project with monetary contribution and prayers.

*2 Corinthians 9:6-7  
But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.  
Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.*



Our bodies require exercise

**Why exercise:** “Regular physical activity can improve your muscle strength and boost your endurance. Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.”



## Project Committee

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Chair

Sarah Enjati

Members

Devanand Jillapalli

Neeraja Jillapalli

Swinitha Osuri

## Asset Management Committee

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Chair

Selvin Inparaj

Members

Don Injety

Devanand Jillapalli

Ponraj Maharajan

Krupavaram Meesarapu

Ronald Ninala

Swinitha Osuri

Michael Osuri

Rajan Thomas

Jeyasingh Vedamuthu

### Congratulation to Premila Pedapudi and Sarah Enjati

Premila Pedapudi will serve as Chair for our Religious Committee.

Sarah Ejati will serve as Chair for our Project Committee.

Volunteers are still needed. So please consider joining a Committee!

### A BIG THANK TO YOU FOR YOUR SUPPORT IN DONATING AND ASSISTING WITH OUR PROJECTS IN 2023

We were able to donate food, clothing and school items for our community. Sarah Enjati spearheaded the Thanksgiving baskets for the refugees. Stanley Monickam delivered bags full of clothes, school items, office supplies, etc. to Central Union Mission.

### *SAAA Valentine's Party --*



**“We love, because he first loved us”**

**-1 John 4:19**