

January 2023

Issue 32

Services

January 14th

Divine Service - 11:15am

Lesson Study - 10:00am

Location

Eglise Baptiste Church

10002 Riggs Road

Adelphi MD, 20783



Newsletter

“Alone we can do so little, together we can do so much” - Helen Keller



President: Marjorie Inparaj



Prospective Church Building

Happy New Year! As we begin the new year our President, Marjorie Inparaj, will be giving us our message (pg2). In the following pages of this newsletter you'll find a 'Nutrition Bite' information on healthy eating habits, a CDC update, fundraising information, and other engaging materials for you.

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

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring MD 20914

Upcoming Events

January 14

[Sabbath Service](#)

January 31

[EC & Board Membership
Registration Deadline](#)

February 11

[Sabbath Service](#)

March 11

[Sabbath Service](#)

March 31

[Deadline to Submit
Membership dues](#)

April 8

[Sabbath Service](#)

[Clothing Donation, more
info to follow](#)

Speaker Bio. Marjorie Inparaj

Marjorie is the daughter of Mr. William Muller Isaac (President 1984 & 1985) and Mrs. Annammal P. Isaac. She has been a member of Southern Asia since arriving in the United States since 1967. She started with Sligo Elementary school and eventually completed her education at George Washington University. Then she worked at the US Senate for California Senator Alan Cranston. Then moved on to work at Law Firms as litigation assistant. She enjoys being involved in Southern Asia Association. She is married to Selvin Inparaj who is the Chair for the Building Project. They have two adult children Mahiela and Rajesh who are a great blessing to their families and friends.



Nutrition Bite, Amanda Harkless

What are you ADDING to your plate in 2023?

When choosing New Year's resolutions, most people focus on what they WON'T do, which doesn't usually last very long. You can't go wrong with adding more veggies. The recommendation is to aim for half a plate of vegetables but they usually

are the smallest portion, especially at the holidays! Here are some simple things you can try.

Breakfast: whisk spinach with 1-2 eggs and black pepper and microwave for 60-90 seconds.

Snacks: cut carrots, cucumbers, bell peppers and/or celery to snack with hummus.

Lunch/dinner: add roasted broccoli, sautéed green beans or a salad.

CDC Update, Mahiela Inparaj

As the spread of COVID-19 is still at large, here are some tips to stay safe during the holiday/winter season. The CDC recommends getting the covid-19 vaccine for everyone 6 months and

older and getting the boosters for everyone 5 years and older, if eligible. This includes anyone not up to date with their covid vaccines and individuals with underlying health issues.



Covid-19 spreads through droplets, these droplets usually come from an infected person. For example, if an infected person were to cough near you, breathing in those droplets could get you sick, this can also be transmitted from unclean surfaces. If you are having symptoms such as coughing, fever or chills, shortness of breath, fatigue, body aches, headache, loss of taste or smell, sore throat /congestion, runny nose, nausea, or Diarrhea, you should contact your doctor, and take a covid-19 test. If you test positive for COVID-19, stay home for at least 5 days and

Board Members

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Brittany Benjamin

isolate yourself from others in your home. If your symptoms continue after 5 days, continue to isolate until day 10. Isolation ends after 5-10 days and being fever free for up to 24 hours, but continue to wear a mask when going out doors, or when around others in public, just to be safe.

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

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

The name 'India' derives from the river Indus

Capital city is New Delhi

The largest city is Mumbai; total population is 1,405,242,280 people (as of 2022)

The national symbol of India is the endangered Bengal Tiger

Chess was invented in India; the popular game was invented around the 6th Century AD

