

JANUARY 2026

Services

January 10

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Eglise Baptiste du Calvaire
(EBC), 10002 Riggs Road,
Adelphi, MD 20783



Newsletter

O sing unto the Lord a new song; for he hath done marvelous things: His right hand, and His holy arm, hath gotten Him the victory. Psalm 98:1 KJV



Marjorie Inparaj



SAAA Church Building

Happy New Year! We are so excited to worship in our new building soon. May God continue to lead us as we move forward in 2026. May each morning bring renewed energy and excitement in our lives. May His grace strengthen us daily as we seek Him with joyful hearts.

Please join us for the Sabbath Services at EBC on Saturday to worship together. The speaker will be Marjorie Inparaj (pg2).

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring MD 20914

Upcoming Events

January 10

Sabbath Service @ EBC

January 11, 18, & 25

SFF 9:15 am pg4

February 14

Sabbath Service @ EBC

SAAA Valentines Party @

6:30 pm -- Location TBD

Bio of Marjorie Inparaj:

Marjorie is the daughter of Mr. William Muller Isaac (President 1984 & 1985) and Mrs. Annammal P. Isaac. She attended Sligo Elementary School and completed her higher education at George Washington University. While working at the University, she met colleagues who worked at the United States Senate who recruited her.

She was immediately hired to work as a Communications Assistant for the California Senator, Alan Cranston. She then moved on to work at Law Firms as a Litigation Assistant. During her time in the law firm, God was instrumental in using her, along with attorneys to free Christians imprisoned in the Middle East.

She likes to get involved with activities that support the community. She has assisted local high school students to help develop skills necessary for success in college and the workplace. She's assisted with the Mission Backpack, to distribute backpacks filled with school items to the Afghan kids in Bagram and Kabul. She enjoys being involved with the Southern Asia Adventist Association and all its activities to enhance its culture and the community.

She is married to Selvin Inparaj who is the Chair for the Building Project. God has blessed them with daughter Mahiela and son Rajesh who have been full of joy for their families and friends. She is very grateful to God for His continued guidance in her life.

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.

*At the sound of the tolling midnight bell
a brand new year will begin.*

*Let's raise our hopes in a confident toast,
to the promise it ushers in.*

*May your battles be few, your pleasures many,
your wishes and dreams fulfilled.*

*May your confidence stand in the face of loss
and give you the strength to rebuild.*

*May peace of heart fill all your days
may serenity grace your soul.*

*May tranquil moments bless your life
and keep your spirit whole.*

unknown

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Members

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Old Fourth Ward Pediatrics – What makes a snack “nourishing”

“Nourishing” can seem like a vague term, but it simply means a snack provides a balance of protein, fiber, and healthy fats. In the proper amounts, these nutrients help your child feel full and energized in between meals.

Let’s take a closer look at why these three ingredients are so important:

Protein -- Protein supports muscle strength and development and helps your child feel fuller, longer.

Fiber -- Fiber supports digestion, promotes healthy bowel habits, and helps keep blood sugar stable, reducing the risk of childhood diabetes.

Healthy fats -- Healthy fats, like the oils in avocados and nuts, support brain, cell, and hormone health. Because children grow rapidly, these fats are vital for healthy development.

The key to nutritious snacking is selecting foods that are both fun and tasty, while also being healthy. Although every child has different taste buds, some of our favorites include:

- Apple slices with peanut butter or almond butter
- Yogurt with berries
- Cheese sticks
- Whole-grain crackers
- Hummus with baby carrots, celery, or pita chips
- Homemade trail mix, featuring nuts, seeds, raisins, and dark chocolate chips

All of these snacks provide a balanced mix of fiber, protein, and healthy fats. They’re also easy to pack and satisfying, making them a great option for field trips, after-school snacks, or mid-day treats.

It may take some trial and error at first to find several snacks that your child enjoys. We recommend involving your child in the shopping for and preparation of snacks. This helps them feel invested and makes them more likely to eat what you’ve prepared.”



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Ephesians 4:3-6 (KJV)

3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit, just as you were called to one hope when you were called; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all.



JOIN OUR WORKOUT!



Sunday Funday Fitness (SFF)

let's do it, Stanley Monickam
Please join us via zoom on
Sundays from 9:30am-
10:15am (Schedule on pg2)
<https://us02web.zoom.us/j/81858299367?pwd=YjU5U3V4cnB6dGMzWUtHcjh3blBuUT09>

Meeting ID: 818 5829 9367
Passcode: 630486

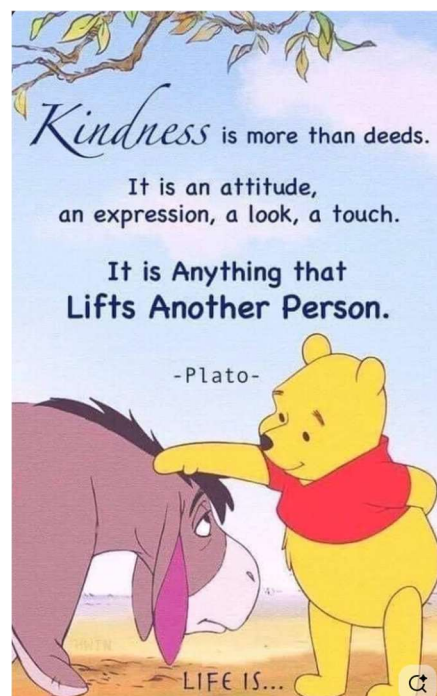
Building Project

Support the building project with monetary contribution and prayers.

Fundraising: Bina Palivela has homemade Andhra Masala. If you are interested, please reach out to her by email bcpalivela@hotmail.com

**Learn from
yesterday,
live for today,
hope for tomorrow.**

Albert Einstein



Project Committee

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Members

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“Gratitude lifts our eyes off the things we lack so we might see the blessing we possess.” – Max Lucado

SAAA CHRISTMAS PARTY – DECEMBER 13!

