

July 2023

## Services

July 22 Camp SVA

Divine Service - 11:15am

Lesson Study - 10:00am

## Location

Shenandoah Valley  
Academy

234 W Lee Hwy

New Market, VA 22844



## Newsletter

"May every sunrise hold more promise and every sunset hold more peace." – Umair Siddiqui

*Photo Getty Images*



*Anthony Kent*



*Prospective Church Building*

Happy July 4th! As we enjoy this summer, please join us at camp to enjoy more fellowship and blessings brought to us by Anthony Kent (pg2). In the following pages of this newsletter you'll find information on sleeping, a CDC update, fundraising information, graduation and other engaging materials for you.

We hope you enjoy this Newsletter, we will continue to add more and would like to include highlights in your life that you would like to share.

## 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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July 8

No Sabbath Service  
Potluck Picnic Lunch

July 16 & 30

SFF 10:00 am pg4

August 12

Sabbath Service  
Bring School Supplies  
pg4

September 9

Sabbath Service

## Speaker Bio. Anthony Kent

Anthony Kent is an associate ministerial secretary of the General Conference. Some of his responsibilities include continuing education for pastors as well as editor of Elder's Digest. His 35 years of ministerial experience includes local church pastoring, public evangelism, church planting as well as being a Ministerial Secretary for the South Pacific Division. His greatest love in ministry is leading people to Jesus Christ. Anthony's academic qualifications include: BA and MA (Theology) and PhD from University of Queensland, Australia in New Testament. His dissertation was on 'The Sabbath in Luke-Acts'. Anthony is very happily married to Debora and they are blessed with two young adult daughters and a son-in-law: Chelsea, Georgia & Lucas Marcondes.



## Sleeping in the Summer

Sleeping in the summer is typically more difficult because of the longer days and warmer temperatures. In addition, there are usually more get-togethers and less obligations for school and work. Getting good sleep improves your brain performance, mood, and health. On the

other hand, not getting enough quality sleep on a regular basis raises the risk of heart disease, stroke, obesity and dementia.

Follow these 3 steps to improve your sleep:

1. Try to get the same hours of sleep each night
2. Develop a sleep schedule
3. Limit interruptions

For more tips on getting the best sleep ever, visit

<https://newsinhealth.nih.gov/2021/04/good-sleep-good-health>

## CDC Update

What You Need to Know –

- The federal COVID-19 Public Health Emergency declaration ended on May 11, 2023.
- Most tools, like vaccines, treatments, and testing, will remain available.
- CDC's ability to collect and share certain data will change.
- CDC is updating its guidance to align with data changes.



## 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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### President

Marjorie Inparaj

### Vice President

Praktan Kokila

### Treasurer

Chitty Palivela

### Assist. Treasurer

Ponraj Maharajan

### Public Relations

Premila Pedapudi

### Secretary

Mrudula Rao

### Assist. Secretary

Brittany Benjamin

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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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### Fundraising

#### Amazon Smile

We were surprised to receive \$23.82 from AmazonSmile as a Bonus Donation Deposit.

#### 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)

### Building Project

Support the building project with monetary contribution and prayers.

***Giving is an expression of God's Love***



### Fun Facts of India

#### **India is part of Asia --**

India is located in the southern part of the continent of Asia.

#### **India has more than five bordering countries --**

The close neighboring countries of India are Pakistan, Bangladesh, Bhutan, Nepal, China, and Myanmar.

#### **India takes up 2.4% of Earth's surface area --**

India's land area is 3,287,469 square km. It is 2.2 times bigger than Alaska, USA. The distance between northern India to southern India is similar to the distance between Canada and Mexico.

## Religious Committee

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### Members

Helen Charles

Don Injety

D. Masilamony

Grace Osuri

Nina Palivela

### 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

### Project Committee

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#### 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=YjU5U3V4cnB6dGMzWUthHcjh3blBuUT09>

**Meeting ID: 818 5829 9367**

**Passcode: 630486**

## SAAA Camp

We invite you for camp at Shenandoah Valley Academy from Thursday, July 20 through Sunday, July 23. Our Camp Director Chitty Palivela is planning many items for us to enjoy. Our speaker will be Anthony Kent.

Please email [cpalivela7@gmail.com](mailto:cpalivela7@gmail.com) to let him know you are coming.

## Potluck Picnic Lunch Coming Saturday, July 8th at 1:30pm

**Location: Brighton Dam,  
8, Brighton Dam Rd  
Brookeville, MD 20833**

We are hoping for good weather. We will notify you if there is a change. Please contact Seetha Milton [seethamilton2@gmail.com](mailto:seethamilton2@gmail.com) with your favorite food item you would like to bring.

## Feeding the Homeless, Dr. Michael Osuri

It was an inspiring and humbling experience, volunteering at the Daily Bread in Baltimore on June 17, 2023. Under the leadership of Dr. Aruna Enjati along with her family (Mohan, Sarah and Caleb Enjati; Rachel, Dev and Neeraja Jillapalli; and Nirup Palivela) joined Selvin and Marjorie Inparaj; Alka Pandit; Michael and Swinitha Osuri to help with preparation/serve lunch from 9:00am -- 12:45pm. The volunteers said they were equally blessed to participate in this program. Aruna Enjati and her family serve every third Sabbath at Daily Bread. Please reach out to Aruna or Marjorie if you are interested in serving others.

## 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. The more we donate, the more help we can give as a group.



*Land of the free /  
Home of the brave!  
Happy 4<sup>th</sup> of July*

## 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.

