

JUNE 2026

Services

June 13

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Southern Asia Adventist
Association (SAAA)
16060 Amina Drive
Burtonsville, MD 20866



Newsletter

As a father has compassion on his children, so the Lord has compassion on those who fear him." Psalm 103:13 NIV



SAAA Church Building

Happy Father's Day! We are grateful for our fathers, whose strength, guidance, and quiet sacrifices continually bless our families.

We are honored to welcome Sean John, Jemma Pillai, and Nina Palivela as our speakers this Sabbath (pg. 2), and we are blessed to have Ronald Ninala teaching our Sabbath School lesson.

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring, MD 20914

Upcoming Events

June 13

[Sabbath Service @ SAAA](#)

June 14, 21, & 28

[SFF 9:30 am pg4](#)

June/July

Email graduation pics to
minparaj1@gmail.com

August 6-9

SAAA Camp
CAMP BLUE RIDGE
529 Old Mill Road
Montebello, VA 24464

Speaker



Nina Palivela is the first daughter of Bina and Chitty Palivela, followed by their son, Nirup, and daughter, Nayana. Nina is a graduate of the University of Maryland, Baltimore County where she received a B.S. in Psychology and minor in Biological Sciences. Dedicated to serving others, she teaches the Beginners' Sabbath School class and sings on the praise team at SASDAC church while also serving patients as a Medical Assistant at a neurology clinic. Additionally, she serves at Our Daily Bread in Baltimore, MD as a soup kitchen volunteer and the Project Committee

Chair here at SAAA church. In her free time, she enjoys watching movies, exercising, reading, cooking, baking, and spending time with loved ones. One of her favorite Bible verses is Psalms 91:13, 14 (NKJV)- "You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample underfoot. Because he has set his love upon Me, therefore I still deliver him; I will set him on high, because he has known My name."

Prayer Requests: Keep the following items in your prayers. Healing for those with health challenges, comfort for those who have lost loved ones, mission projects, current events and prosperity for SAAA.

What to Eat in Summer to Stay Cool: Simple, Healthy, and Refreshing Options

Summer brings long, hot days that can leave us feeling drained and overheated. Staying cool and hydrated is crucial for maintaining health and energy levels throughout the season. What we eat plays a significant role in this; choosing the right foods can help regulate our body temperature, prevent dehydration, and support overall health.

“Why Nutrition Matters More in the Summer

When it's hot, your body works harder to maintain a safe internal temperature. Sweating is the primary way your body cools itself, but it also causes the loss of water and electrolytes, which can lead to dehydration if not replenished.

Dehydration doesn't just make you thirsty; it can cause headaches, fatigue, dizziness, and even affect your concentration. That's why staying hydrated is vital. And while drinking water is key, the foods you eat play an equally important role.

Certain foods have a high water content to help replenish fluids, while others are rich in electrolytes like potassium and magnesium. Both water and electrolytes help regulate your body temperature and keep you feeling energized.

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Brittany Benjamin

Top Summer Cooling Foods to Include in Your Diet

- **Cucumbers:** With over 95% water, cucumbers are one of the best foods to help cool your body. Their refreshing crunch is perfect for salads or simply as a snack.
- **Watermelon:** This juicy fruit is a summer favorite for a good reason. Watermelon contains about 92% water and is rich in antioxidants that support your skin and overall health.
- **Mint:** Adding fresh mint to drinks, salads, or desserts adds a cooling effect that refreshes instantly.
- **Coconut Water:** Nature's sports drink, coconut water hydrates and replenishes electrolytes without added sugars.
- **Leafy Greens:** Spinach, kale, and lettuce are rich in water and nutrients that support hydration and provide essential vitamins.

Hydrating Fruits and Vegetables for Hot Weather

Many fruits are a refreshing and natural way to stay hydrated, all while supplying the essential nutrients your body needs to thrive during the summer:

- **Melons:** Cantaloupe and honeydew are excellent choices to add variety and sweetness to your diet.
- **Berries:** Strawberries, blueberries, and raspberries are hydrating and loaded with antioxidants.
- **Citrus Fruits:** Oranges, lemons, and limes are not only refreshing but provide vitamin C to boost immunity.
- **Tomatoes and Bell Peppers:** These vegetables add color, hydration, and flavor to your meals.
- **Zucchini and Celery:** Perfect for light snacks or added to salads for extra water content.

Foods to Prevent Dehydration

Dehydration happens when the body loses more fluids and electrolytes than it takes in. Electrolytes are minerals that keep your body's water balance steady and are crucial during hot weather or physical activity. Here are some foods rich in electrolytes to help you stay hydrated:

- Bananas: High in potassium, bananas help maintain fluid balance and prevent cramps.
- Yogurt: Besides being cooling, yogurt contains electrolytes like calcium and magnesium.
- Nuts and Seeds: These provide magnesium, which supports hydration and muscle function.
- Avocados: Packed with potassium and healthy fats, avocados help keep your body balanced and nourished.
- Coconut Water: Rich in potassium and natural sugars, it's ideal for rehydration.

Pair these foods with plenty of water throughout the day to keep dehydration at bay." -- Family Care Centers

Religious Committee

Chair

Bina Palivela

Members

Gerald Arthur

Helen Charles

Don Injety

Shannon Injety

Swinitha Osuri

Hospitality Committee

Chair

Seetha Milton

Co-Chair

Rajee Thomas

Social Committee

Chair

Merlin Ponraj

Members

Stanley Monickam

Jonathan Palivela

Goldie Palivela

Ernest Ponraj



SAAA Building

Support God's house through your generous giving and prayers.



JOIN OUR WORKOUT! Sunday Funday Fitness (SFF), let's do it, Stanley Monickam

Please join us via zoom on
Sundays from 9:30am-10:30am.

(Schedule on pg2)

<https://us02web.zoom.us/j/81858299367?pwd=YjU5U3V4cnB6dGMzWUtHcjh3blBuUT09>

Meeting ID: 818 5829 9367

Passcode: 630486

My son, hear the instruction
of thy father, and forsake not
the law of thy mother.

Proverbs 1:8

hope my dad knows
that even when he stayed quiet,
i still felt his love
in a thousand different ways.

in the early mornings.
the long drives.
the things he fixed without
being asked.
the stress he carried without
talking about it.

because dads don't always say
"i love you" out loud every
day.
sometimes they say it
by showing up.
by providing.
by making sure everyone else
is okay first.

and the older i get,
the more i realise
how much of his life
was spent trying to make
mine easier.i



Project Committee

Chair

Nina Palivela

Members

Devanand Jillapalli

Neeraja Jillapalli

Swinitha Osuri

Asset Management Committee

Chair

Selvin Inparaj

Members

Mohan Injati

Don Injety

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Swinitha Osuri

Michael Osuri

Cathy Purushothaman

Paulson Tharapatla

Rajan Thomas

Jeyasingh Vedamuthu

Southern Asia Adventist Association

Grand Opening Celebration - May 3, 2026



For we are the temple of the living God; as God said, “I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people.” 2 Corinthians 6:16 ESV

Thank you all for making our Grand Opening Celebration such a blessing. Your presence brought joy and excitement to this special day.

May His name be honored in this house, and may His glory continue to rest upon His people.

For this is the Lord’s doing, and it is marvelous in our eyes. This is the day which the Lord hath made; we will rejoice and be glad in it. Psalm 118:23-24 KJV