

March 2023

Services

March 11^h

Divine Service - 11:15am

Lesson Study - 10:00am

Location

Englise Baptiste Church

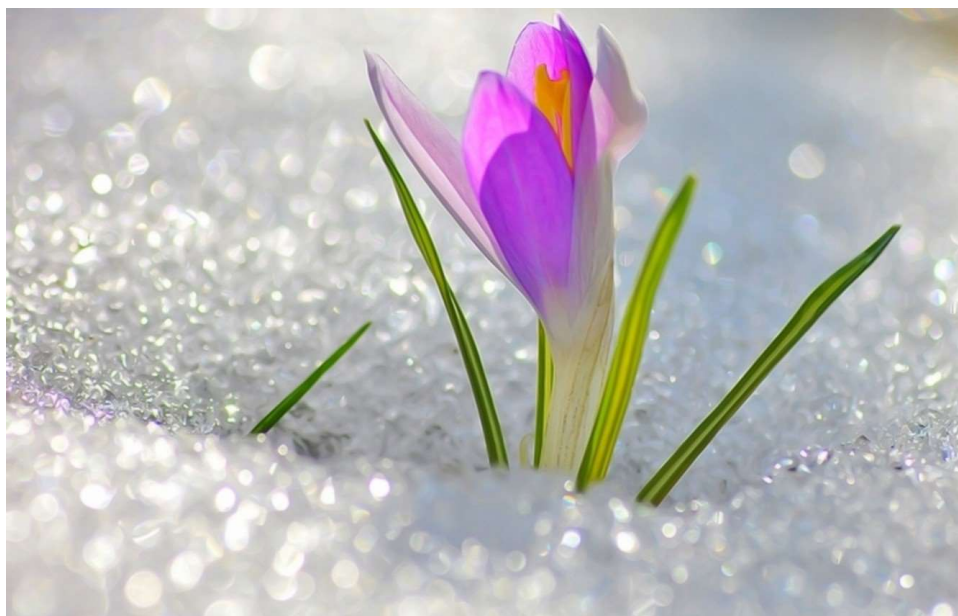
10002 Riggs Road

Adelphi MD, 20783



Newsletter

For I will pour water on the thirsty land, and streams on the dry ground; I will pour out my Spirit on your offspring, and my blessing on your descendants. They will spring up like grass in a meadow, like poplar trees by flowing streams. Isaiah 44:3-4



Pastor Chandradass Ephraim



Prospective Church Building

Pastor Chandradass Ephraim will be giving us our message (pg2). In the following pages of this newsletter you'll find information on staying healthy, CDC update, Pr. Ephraim's ministry (pg4), and other engaging materials for you.

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring MD
20914

Upcoming Events

March 5, 12, 19 & 26

SFF 10:00 am pg5

March 11

Sabbath Service

March 31

Deadline to Submit
Membership dues

April 2, 9, 16, 23 & 30

SFF 10:00 am

April 8

Sabbath Service

Clothing Donation pg5

Easter Egg Hunt

May 13

Sabbath Service

Speaker Bio. Chandradass Ephraim

Pr. Chandradass Ephraim, the selected speaker for the Divine Service, originates from Pragasapuram, Tamil Nadu, India, where he was inculcated with orthodox Adventism amidst the affluent influence of other major evangelical denominations, Catholicism and charismatic affiliates. Pulsated by the passion for pastoral characterization with the interior affiliation of the Spirit of God, he progressed to be a graduate of Andrews University. Without any pontification, he considers this to be a cumulatively culminated blessing from above for service to humanity in the name of Christ.

Being an ordained minister of the gospel by the Potomac Conference of the SDA Church and the recipient of the Ecclesiastical Endorsement from the Adventist Chaplaincy Ministry of GC, based on the professional preparations in the discipline of clinical chaplaincy, Pr. Ephraim has evangelized, baptized, dedicated, solemnized, funeralized, and touched people's lives between the Washington Adventist Hospital and the Medstar Washington Hospital Center here in the area.

He and his wife Lilly are blessed with two lovely daughters: Sheba and Virginia. Also, three of his sisters: Jenila, Theja, and Ajantha are countable blessings to him. Above all, it is his prayer that each one of us must become the recipient of Christ's grace and glory for eternal future.



March is National Nutrition Month, Amanda Harkless

This year's theme is Fuel for the Future. The simplest way to eat sustainably for our bodies and planet is to eat plant-based foods. Recent studies have shown a vegan diet can be more powerful long-term than a surgical knife in terms of heart health. Beans and legumes are an easy way to replace meats and are an integral part of every culture.

Meal ideas include kichadee with tomato chutney, chickpeas with chapati, chili, haystacks, burritos. Beans can also be added to soups and salads.

CDC Update, Mahiela Inparaj

The New Omicron Subvariant (XBB.1.5), also known as the "Kraken" has been spreading this year, although long-term data on this variant is not available at this time, it is contagious & it is still recommended to get vaccinated, and the bivalent booster.

Ways to stay safe :

- Get the vaccine & booster
- Wear a mask
- Avoid close contact with others
- Wash your hands often
- Get tested and stay home if you have any symptoms



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

Board Members

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Members

Kingston Benjamin 20-22

Devanand Jillapalli

Michael Osuri

Ernest Ponraj

Nathan Purushothaman

Starlet Vedamuthu

Rathan Raj Yealuri

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Brittany Benjamin

Amazon Smile

We no longer receive donation for purchases. Amazon is focusing on other meaningful way in supporting the community.



"Got anything else? I gave up carbs."

Fun Facts of India

You can drive on the world's highest motorable road. At over 19,300 feet, the Ladakh road is the highest motorable road in the world.

The popular game "Snakes and Ladders" originated in India.

India was the first country to mine diamonds. From the 4th century BC for around 1,000 years, India was the only source of diamonds in the world. The original diamonds were found in the Krishna River Delta.

India also has the world's second-largest population of English speakers (first is the United States).

Building Project

Support the building project with monetary contribution and prayers.

This Year 2023:

1-1-2023 Friday

2-2-2023 Friday

3-3-2023 Friday

4-4-2023 Friday

5-5-2023 Friday

6-6-2023 Friday

7-7-2023 Friday

8-8-2023 Friday

9-9-2023 Friday

10-10-2023 Friday

11-11-2023 Friday

12-12-2023 Friday

A BIG CHALLENGE IN TODAY'S LIFE

Today, One of the Biggest Problems in Life is: DHOL
You might be wondering why?

This is how...

D - Diabetes

H - Hypertension

O - Obesity

L - Lipids imbalance



So, what should we do when there is DHOL playing?

Well...

The answer is simple - we should start doing:

BHANGRA

B - Behavior change

H - Happiness

A - Active lifestyle

N - Nutrition

G - Glucose control

R - Risk reduction

A - Abstinence from substance abuse



Religious Committee

Chair

Chandradass Ephraim

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Helen Charles

Don Injety

D. Masilamony

Grace Osuri

Nina Palivela

Hospitality Committee

Chair

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Social Committee

Chair

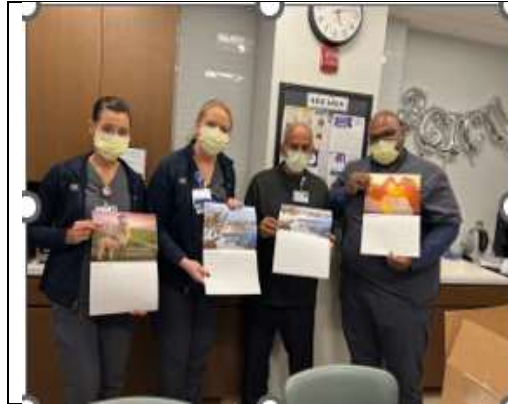
Members

Stanley Monickam

Ernest Ponraj

Merlin Ponraj

Chaplain/Pr. Chandradass Ephraim, with the denominational credentials of ordination, ecclesiastical endorsement and nationwide board certifications, is pro evangelistic; yet, he adheres to the Clinical Pastoral Educational foundational concept of non-proselytization professionally, without conscientious violation of the gospel commission. Based on the past experiential knowledge of leading precious souls from the Catholic faith to the Adventist faith that culminated in the sacred events of baptism at the Spencerville SDA church and the Takoma Park SDA Church, Pr. Ephraim believes that a professionally trained chaplain, without being accelerated, may be able to prayerfully, with the proper applications of the spiritual assessment skills and the impacting influence of the Holy Spirit, win souls for the kingdom of God.



Having established this background in ministry, Pr. Ephraim, being an associate at the Medstar Washington Hospital Center, currently, with an orientation of multifaceted tasks in this top-notch facility, he enjoys spiritually the benefits of the available foreground to touch the lives of the patients, families, and the staff, in conjunction with the arising circumstantial needs with a pastoral heart of productive compassion.



And, at the core of his being, he is an Adventist minister who has embraced the challenge of sharing the gospel in the context of Adventism to a defined population of medical professionals: RNs, RTs, NPs, PAs, MDs, PCTs, ITs, USs, and multiple categories of associates. These healthcare professionals are excellent in their callings and providing the services to the community, with varied religious persuasions and cultural assimilations. Most of them haven't heard about the SDA church. Bearing this trend in his mind in 2021, Pr. Ephraim solemnly approached and requested the leadership team and the department of Communications at the Columbia Union Conference of the SDA Church for the shipment of one hundred of the beautiful pictorial annual calendars with biblical messages (usual yearly gift to the church members) to be given personally to the medical professionals with a few remarks about

Project Committee

Chair

Members

Devanand Jillapalli

Neeraja Jillapalli

Grace Osuri

Adventism and the hope in Christ. The leadership of the Columbia Union Conference was so delightfully supportive of this prospective ministry of witnessing to actualize the passion of Pr. Ephraim. Upon receiving the shipment of the calendars in a timely fashion, Pr. Ephraim so responsibly, not randomly, distributed them for the glory of Christ the Lord. Many have been blessed by this ministry. Correspondingly, the posted pictures in our news column demonstrate the preciousness of this gospel witness among those who are not Adventists. Certainly, this is a heavenly endeavor.

Mrs. E.G. white said, "The Lord is acquainted with all our circumstances. When that Ethiopian traveler was reading the Scriptures, as he rode in his chariot, angels of God were looking upon the scene." Blessings!

Sunday Funday Fitness (SFF), let's do it! , Ernest Ponraj

During the pandemic many of us became even more sedentary than we may have been before. But as the days passed, we learned how to do many things from home - work, eat, and play in a socially distant environment.

One of the things many of us lost, was exercising consistently. I remember just 2 months before the pandemic, signing up to be a part of a gym membership in hopes of staying fit before turning 40. This didn't last long as things were shut down

While it was difficult to be able to do many of our normal activities. There were a few things that we adapted to and were able to take advantage of with the help of zoom/video chats.

This past month, one of our members, Stanley Monickam, whom I consider to be one of my most in shape family members, has been leading out in virtual exercise sessions. Initially I thought it was going to be a rough first time session for us. But he gave us a wide range of steps that ranged from easy, medium, and challenging. One of the benefits of exercising virtually is that of being right in your living room or other own space. And it doesn't have to consume your whole morning or afternoon.

One of the hardest things about exercising consistently is having that motivation to keep you going. Stan does an excellent job of making things fun, instructional, and challenging all at the same time, it's like having your own virtual personal trainer. While it was something he was initially planning to do once a month, there has been a great response to do things weekly. I invite you to join us on Sunday mornings at 10:00 am to continue to stay fit and in shape even while staying at home.

Clothing Donation

Hope you are Spring cleaning. We have started to collect men's and women's clothing, hats, scarves, sweaters and unused socks. You can start bringing to our Sabbath meetings each month. If you have an organization of interest that we can donate, please reach out to Marjorie Inparaj (301) 873-3461. Thank you.