

March 2024

Services

March 9

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Englise Baptiste Church

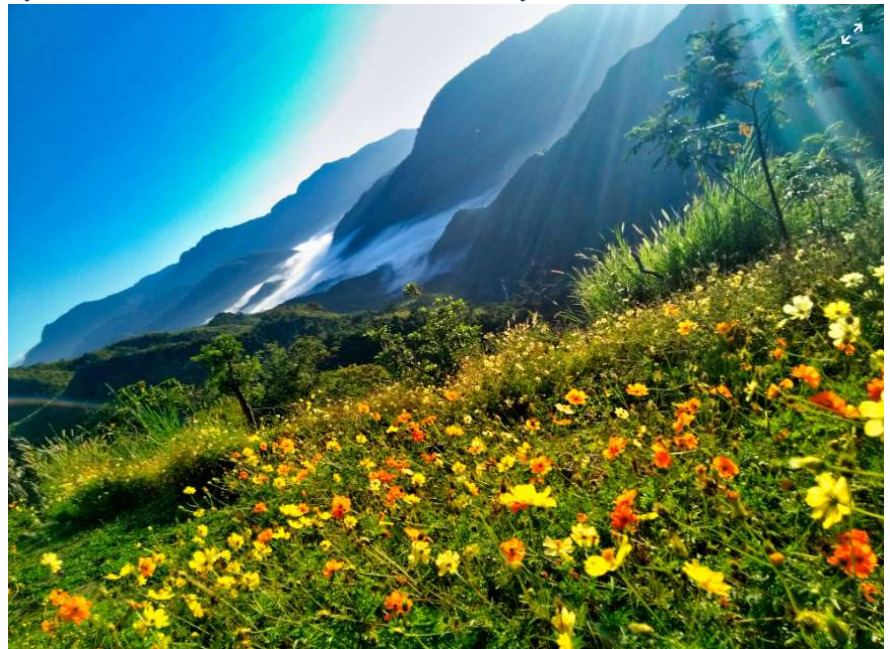
10002 Riggs Road

Adelphi MD, 20783



Newsletter

But as for me, I would seek God, And to God I would commit my cause— Who does great things, and unsearchable, Marvelous things without number. He gives rain on the earth, And sends waters on the fields. He sets on high those who are lowly, And those who mourn are lifted to safety. Job 5:8-11 NKJV



Clifton Bob Koilpillai



Prospective Church Building

There is so much to celebrate in March. To mention a few, we can celebrate the National Plant a Flower Day, World Wildlife Day, Int'l Women's Day and much more. Most of all, we will be celebrating our Savior. Clifton Bob Koilpillai will be giving us our message. (pg2).

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring MD 20914

Upcoming Events

March 9

[Sabbath Service](#)

March 10, 17, 24, & 31

[SFF 10:00 am pg4](#)

March 31

[Deadline to submit
Membership dues](#)

April 13

[Sabbath Service](#)

[Easter Egg Hunt](#)

[6:00 – 8:00 pm](#)

[At the residence of Selvin
& Marjorie Inparaj
14509 Jaystone Drive,
Silver Spring, MD 20905](#)

Speaker Bio, Clifton Bob Koilpillai

Clifton Koilpillai was born on May 1, 1999, at Washington Adventist Hospital into the arms of Durai and Vino Koilpillai. Living a comfortable life, attending SDA schools, and being surrounded by friends and family, Clifton was destined to grow to be a fine gentleman. However, there was a problem: Clifton did not keep God in His heart. As a result, during his teenage years, Clifton fell into the ways of the world. As a result in 2018, he struggled with depression. But in his weakest moment, God revealed Himself to him through a supernatural event similar to the one of Paul the Apostle. Clifton immediately accepted Christ into his heart in the summer of 2018 and has never looked back.

Growing his relationship with the Lord for the next two years, Clifton left his career in Cyber Security after completing an associate's degree and accepted the call to Pastoral Ministry. He is now a 3rd-Year Theology Student attending Washington Adventist University. Clifton is excited about what God has in store for him as he continues to serve the Lord in Spirit and in Truth. His purpose in life is to share the love of Jesus with others and prepare himself and others for the second coming of Christ.

Clifton is a member of the Remnant SDA Church, where he serves as the Collegiate leader and the Door-to-Door Evangelism Leader.



Go Nuts for National Nutrition Month!

Many of us love to snack on nuts. It is definitely one of the most accessible and health-boosting snacks available. They can improve digestion, heart health, blood sugar, and skin health. Below is a list of six commonly eaten nuts and their specific health benefits.

| | <i>Serving Size</i> | <i>Protein per ounce</i> | <i>Fiber</i> | <i>Unsaturated Fat</i> | <i>Health Facts</i> |
|------------------|---------------------|--------------------------|--------------|------------------------|--|
| Almonds | 23 nuts | 6 grams | 4 grams | 13 grams | Support bone and teeth health; anti-inflammatory |
| Walnuts | 14 nuts | 4.3 grams | 2 grams | 16 grams | Improve blood pressure, cholesterol, triglyceride levels & gut bacteria; anti-inflammatory |
| Pistachio | 49 nuts | 6 grams | 3 grams | 11 grams | Improves eye health, brain health and inflammation |
| Pecans | 19 halves | 2.6 grams | 3 grams | 18 grams | Reduces cholesterol, anti-inflammatory |
| Cashews | 18 nuts | 5.2 grams | 1 gram | 10 grams | Can help lower blood pressure |
| Peanuts | 29 nuts | 7 g | 2.4 | 11 grams | Improves heart health, reduces diabetes risk; anti-inflammatory |

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CDC Update

Stay Up to Date with COVID-19 Vaccines



- **CDC recommends the 2023–2024 updated COVID-19 vaccines:** Pfizer-BioNTech, Moderna, or Novavax, to protect against serious illness from COVID-19.
- **Everyone aged 5 years and older ‡** should get 1 dose of an updated COVID-19 vaccine to protect against serious illness from COVID-19.
- **Children aged 6 months–4 years** need multiple doses of COVID-19 vaccines to be up to date, including at least 1 dose of updated COVID-19 vaccine.
- **People who are moderately or severely immunocompromised** may get additional doses of updated COVID-19 vaccine.

“What is the month of March dedicated to?”

The month of March is dedicated to St. Joseph. We don't know much about him except what is mentioned in the Gospels. Joseph was the husband of the Blessed Virgin Mary and the foster-father of Jesus.

What religious holiday is celebrated in March?

March 31 – Easter: No other day is traditionally as sacred for the Christian community as Easter. This is the day Christians commemorate the resurrection of Christ.

What is the annual March for Jesus?

The March For Jesus is a procession of praise through the streets of the city, celebrating the Lordship of Jesus Christ and culminating in a grand worship event in which Christians publicly proclaim the Glory, the Majesty and the Supremacy of the Savior. It's all about Jesus ... and nothing else.

Who started March for Jesus?

The March for Jesus began as a City March in London, United Kingdom, in 1987. It emerged from the friendship of three church groups: Pioneer, led by Gerald Coates; Ichthus led by Roger Forster; and Youth with a Mission led by Lynn Green.”

Religious Committee

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Don Injety

Shyamala Injety

Bina Palivela

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Co-Chair

Clara Meesarapu

Social Committee

Members

Stanley Monickam

Jonathan Palivela

Goldie Palivela

Ernest Ponraj

Merlin Ponraj

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



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=YjU5U3V4cnB6dGMzWUtHcjh3blBuUT09>

Meeting ID: 818 5829 9367

Passcode: 630486

Building Project

Support the building project with monetary contribution and prayers.

Proverbs 3:9-10 admonishes us to be generous with our finances, and in return, God promises to bless us. Honor the Lord with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.



Time to Energize

Benefits of lifting weights: “Fires up your metabolism -- Helps your skin -- Builds bone density -- Strengthen joints -- Boost brain power -- Good for your heart -- Get a great night's sleep.”

Project Committee

Chair

Sarah Enjati

Members

Devanand Jillapalli

Neeraja Jillapalli

Swinitha Osuri

Asset Management Committee

Chair

Selvin Inparaj

Members

Don Injety

Devanand Jillapalli

Ponraj Maharajan

Krupavaram Meesarapu

Ronald Ninala

Swinitha Osuri

Michael Osuri

Rajan Thomas

Jeyasingh Vedamuthu

“Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.” — Albert Einstein

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.

Valentine's Party – February 10



The Valentine's Day program was a night to remember, with captivating performances. Thank you all for a lovely program.

A Special thanks to the organizers, Merlin Ponraj and Ernest Ponraj. Thank you to all the helpers who decorated and set up and to Ron Ninala who got Remnant Church for our program. Lastly, thank you to those who prepared and served our delicious dinner.

All of your contributions made it special & enjoyable night.