

MAY 2024

## Services

MAY 11

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

## Location

Englise Baptiste Church

10002 Riggs Road

Adelphi MD, 20783



## Newsletter

"For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.." Psalm139:13-14 KJV



*Alexander T. Singh*



*Prospective Church Building*

This weekend we celebrate all the wonderful Mothers in our lives. They taught us about love, compassion, and resilience. Mothers inspire us every day, with all that they do. Happy Mother's Day! Our speaker for Sabbath Service will be Mr. Alexander T. Singh (pg2).

We hope you enjoy this Newsletter, we 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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May 12, 19 & 26

SFF 19:30 am pg4

June 8

Sabbath Service

July 6

Daniel/Sight & Sound

July 13

Sabbath Service

## Speaker Bio, Alexander T. Singh

Mr. Alexander T. Singh is the elder brother of Pastor J. S. Navarose. He and his wife Vinitha have a son Merwyn Frances Singh who is married to Sharon (David) and they have a son, Matthew Ian Singh.

Both Alexander and Vinitha worked at the SDA High School, Roorkee which is now Roorkee Adventist College, for more than 20 years. Alexander was the Bible teacher and is currently a member of the Spencerville SDA Church. He is an active participant in Sabbath School and is a lifelong student of the Bible.

Mr. Alexander retired from the Patient Records Department at Laurel Regional Hospital a few years ago. He enjoys spending time with his grandson Matthew and his family.

He is grateful to God for all His blessings.



My Mother kept a garden,  
A garden of the heart.  
She planted all the good things  
That gave my life its start.  
She turned me to the sunshine  
And encouraged me to dream.  
Fostering and nurturing  
The seeds of self-esteem.  
And when the winds and rain came,  
She protected me enough.  
But not too much because she knew  
I'd need to stand up strong and tough.  
Her constant good example  
Always taught me right from wrong.  
Markers for my pathway  
That will last a lifetime long.  
I am my Mother's garden.  
I am her legacy.  
And I hope today she feels the love  
Reflected back from me.

—Unknown

## Board Members

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Chair

Ronald Ninala

Members

Kingston Benjamin 20-22

Brandon Injety

Devanand Jillapalli

Catherine Monickam

Michael Osuri

Ernest Ponraj

Cathy Purushothaman

## 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

Assist. Secretary

Brittany Benjamin



## The Importance of Water

By Amanda Harkless

Did you know 55-75% of the human body is made of water?

Water has many functions and benefits including body

temperature regulation, healthy

skin and joints, digestion, waste removal, improved mood, and brain function.

Electrolytes from food and beverages help to maintain fluid balance. They give power to nerves and muscles. To maintain adequate hydration, it's best to consume foods with high water content such as fruits, vegetables, rice, pasta, curries, soups, and yogurt. Sugar and salt can help enhance water absorption, which is why it is included in sports drinks.

As we approach the summer, it's important to note your body can lose excess fluid in hot weather, when exercising more than 60 minute or if you are ill with vomiting or diarrhea. This can cause dehydration. Common signs of dehydration are listed in the graphic below. They include thirst, dizziness, crankiness and tiredness.

A large electrolyte imbalance can cause fatigue, irregular heartbeat, confusion, numbness, muscle cramps, headaches and even death.

The recommendation is for healthy individuals to get a total of 11 cups per day for women and 14 cups of water each day for men. This might mean drinking 4-6 cups of plain water per day, if you are also consuming coffee, tea, juice or the aforementioned foods.

This week try to drink a glass of water when you wake up, before each meal, and before bed. See if you notice a difference.



**Peonies are No. 1 May Flower**

## Religious Committee

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Chair

Premila Pedapudi

Members

Gerald Arthur

Helen Charles

Don Injety

Shyamala Injety

Bina Palivela

## Hospitality Committee

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Chair

Seetha Milton

Co-Chair

Rajee Thomas

## Social Committee

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Members

Stanley Monickam

Jonathan Palivela

Goldie Palivela

Ernest Ponraj

Merlin Ponraj

### Bina Palivela

Bina is raising funds for the Building Project. Lime pickle, fish pickle and chicken pickle will be ready for sale by 2<sup>nd</sup> week of May. Gongura pickle will be ready by June/July. 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.

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Hebrews 13:16

*“Building up the church means building up the people of God. Our God loves and cares for his people and his plan for their good is linked to each member of the congregation.”*

### 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



**Keep Active**

**Benefits of being active:** “Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

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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.*

## Project Committee

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### Chair

Sarah Enjati

### Members

Devanand Jillapalli

Neeraja Jillapalli

Swinitha Osuri

## Asset Management Committee

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### Chair

Selvin Inparaj

### Members

Don Injety

Devanand Jillapalli

Ponraj Maharajan

Krupavaram Meesarapu

Ronald Ninala

Swinitha Osuri

Michael Osuri

Rajan Thomas

Jeyasingh Vedamuthu

## EASTER EGG HUNT – APRIL 13



**PLEASE ENJOY THESE CUTE PICTURES FROM OUR EASTER EGG HUNT PARTY!**

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."

— Jim Carrey