MAY 2024

Services

MAY 11

Divine Service - 11:30am Lesson Study - 10:15am Prayer Breakfast – 9:30am

Location

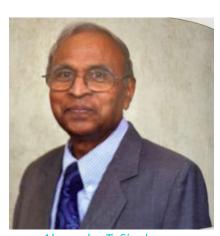
Englise Baptiste Church 10002 Riggs Road Adelphi MD, 20783



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

Email: Info@saaa.org

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

Upcoming Events

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

Chair

Board Members

Ronald Ninala
Members
Kingston Benjamin 20-22
Brandon Injety
Devanand Jillapalli
Catherine Monickam
Michael Osuri
Ernest Ponraj
Cathy Purushothaman

Exec. Committee

President
Marjorie Inparaj
Vice President
Praktan Kokila

Treasurer Chitty Palivela

Assist. Treasurer Ponraj Maharajan Public Relations Premila Pedapudi

Secretary

Assist. Secretary Brittany Benjamir



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

Chair Premila Pedapudi

Members

Gerald Arthur
Helen Charles
Don Injety
Shyamala Injety
Bina Palivela

Hospitality Committee

Chair Seetha Milton Co-Chair Rajee Thomas

Social Committee

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 2nd week of May. Gongura pickle will be ready by June/July. 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/81 858299367?pwd=YjU5U3V4 cnB6dGMzWUtHcjh3blBuU T09

Meeting ID: 818 5829 9367

Passcode: 630486

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."



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.

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

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

"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."

Jeyasingh Vedamuthu

— Jim Carrey

EASTER EGG HUNT - APRIL 13



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