

MAY 2026

## Services

May 9

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

Now God's home is with men, He will live with them, and they will be His people. God himself will be with them and will be their God. Revelation 21:3



*Pastor Sujjan John*



*SAAA Church Building*

Happy Mother's Day! We honor our mothers for their affectionate caring. They bless our families in countless ways.

We look forward to worshipping and fellowshiping with you at our own building that God has blessed our Association with. The speaker for Devine Service is Pastor Sujjan John (pg2). Sabbath School lesson will be led by Nathan Prushothaman.

## 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 9

[Sabbath Service @ SAAA](#)

May 10, 24, & 31

[SFF 9:30 am pg4](#)

### Speaker Bio, Pastor Sujjan John

Pastor Sujjan John has served as Teacher, Boy's Dean, and Headmaster at Lowry Memorial School; Principal of the Christian School in Takoma Park; Associate Pastor at SADAC; and, since 2009, Senior Pastor of the Remnant Church. His lifelong commitment to ministry is anchored in his personal motto: *"Imitate Christ at all times."*

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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, mission projects, current events and prosperity for SAAA.*

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🌸 **“Woman, behold your son... Behold your mother.” — John 19:26–27**

**Even while suffering on the cross, Jesus cared for His mother. *His example honors every mother's sacrifice and shows the depth of His love for them.***

## 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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Marjorie Inparaj

Vice President

Praktan Kokila

Treasurer

Chitty Palivela

Assist. Treasurer

Ponraj Maharajan

Public Relations

Secretary

Jeevan Palivela

Assist. Secretary

Brittany Benjamin

Today, we encourage every mother to embrace these simple, life-giving principles:

- **Nourish your body** with wholesome foods that sustain your energy and strengthen your immune system.
- **Rest your mind** by taking moments of quiet, prayer, and reflection—allowing God to renew your spirit.
- **Move your body** with gentle activity that keeps you strong for the work God has placed in your hands.
- **Stay connected with** family, friends, and your church; emotional support is part of God’s design for health.
- **Seek help when needed**, remembering that even the strongest mothers are not meant to carry every burden alone. Your well-being matters.



### Why Wholesome Foods Matters

- They restore energy drained by daily responsibilities.
- They strengthen the immune system.
- They support emotional balance and mental clarity.
- They help mothers care for their families with renewed strength.

#### 1. Fresh Fruits and Vegetables

Foods rich in vitamins, minerals, fiber, and antioxidants. They strengthen immunity, support digestion, and provide natural energy. Examples: berries, apples, oranges, leafy greens, carrots, sweet potatoes.

#### 2. Whole Grains

Unprocessed grains that keep their natural fiber and nutrients. They help stabilize energy and support heart health. Examples: brown rice, oats, quinoa, whole-wheat bread, barley.

#### 3. Legumes and Plant Proteins

High in protein, fiber, and minerals—excellent for sustained strength. Examples: beans, lentils, chickpeas, tofu, nuts, seeds.

#### 4. Healthy Fats

Natural fats that support brain health, hormones, and energy. Examples: avocados, olive oil, nuts, seeds, coconut.

#### 5. Clean, Simple, Minimally Processed Foods

Foods with short ingredient lists and no artificial additives. Examples: homemade soups, steamed vegetables, fresh salads, whole fruits.

#### 6. Pure Water

The most essential “wholesome” nourishment. Hydration supports every system of the body and boosts mental clarity.

## Religious Committee

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Chair

Bina Palivela

Members

Gerald Arthur

Helen Charles

Don Injety

Shannon Injety

Swinitha Osuri

## Hospitality Committee

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Chair

Seetha Milton

Co-Chair

Rajee Thomas

## Social Committee

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Chair

Merlin Ponraj

Members

Stanley Monickam

Jonathan Palivela

Goldie Palivela

Ernest Ponraj



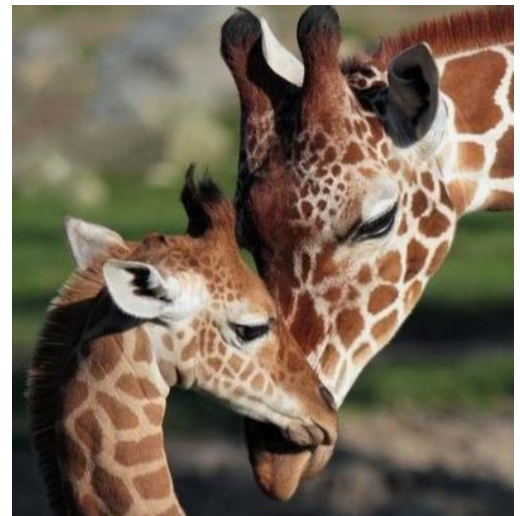
Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. Proverbs 31:25-26 KJV



**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

## SAAA Building

Support God's house with your monetary contribution and prayers.



## Project Committee

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### Chair

Nina Palivela

### Members

Devanand Jillapalli

Neeraja Jillapalli

Swinitha Osuri

## Asset Management Committee

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### Chair

Selvin Inparaj

### Members

Mohan Injati

Don Injety

Devanand Jillapalli

Ponraj Maharajan

Krupavaram Meesarapu

Cathy Purushothaman

Ronald Ninala

Swinitha Osuri

Michael Osuri

Cathy Purushothaman

Paulson Tharapatla

Rajan Thomas

Jeyasingh Vedamuthu

*“My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute my success in life to the moral, intellectual, and physical education I received from her.”*  
— George Washington

# 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