

November 2023

Services

November 11

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Englise Baptiste Church

10002 Riggs Road

Adelphi MD, 20783



Newsletter

Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert. Isaiah 43:18-19 KJV



Gentry Israel



Prospective Church Building

In the month of November we celebrate the abundant of goodness, gladness of the heart, spirit of gratefulness, life's blessings from above, and Thanksgiving with family and friends. We also celebrate in giving to families in need. May God bless us as we open our hearts to one another and our community. Happy Thanksgiving! Our speaker for our Sabbath Service will be Mr. Gentry Israel (pg2). The following pages of this newsletter you'll find health information, a CDC update, fundraising information, groundbreaking photos and other engaging materials for you.

We hope you enjoy this Newsletter, we will continue to add more and 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

November 11

Sabbath Service

Nov. 18

General Body Meeting

Location : EBC – 6-8pm

Nov. 19 & 26

SFF 10:00 am pg4

December 9

Sabbath Service

Christmas Party – TBD

Dec. 3, 10, 17 & 24

SFF 10:00 am pg4

Speaker Bio. Gentry Israel

Our speaker for today was born in Nuzvid, AP and raised in Salisbury Park Pune, India. After graduating from Spicer, he taught English and served as high school registrar for a year. He came to the US in June 1966 and worked as assistant registrar and taught Freshman English at Oakwood College. He moved to Takoma Park, Md in April 1967 and worked for a year at the registrar's office at Columbia Union College.

In June 1968 he embarked on a new career in health care at BlueCross BlueShield of Washington D.C. (later known as CareFirst BCBS), where he met and married Penny Ann Wilders, on August 1, 1972. In late 1973 he became an elder at the Arlington SDA Church. A year later he became Lay Pastor and served in that capacity for over twenty five years, during which time had the many opportunities to preach at Arlington and other SDA churches in Northern Virginia. He organized "sunshine bands" to serve the elderly "shut-in" members and led worship services to bring hope to many in nearby nursing homes.

During this period, his professional career kept him extremely busy. He was given several senior leadership positions with critical responsibilities for (1) managing all internal and external audits of CareFirst. (2) ensuring integrity of financial and claims processing systems, and (3) certifying adherence to Federal/State laws and mandates. In addition, he was a frequent speaker at the annual FEP National Conferences, and was a chartered member of the National BCBS Audit Plan Advisory Board.

After forty-nine years of exciting and challenging service he retired on May 1, 2017. He loves spending time with his siblings and their eleven grandchildren, leisure travels/cruise, and being of service to the less fortunate, in deep gratitude for the countless blessings God has bestowed upon him and his wife.

Why do we actually celebrate Thanksgiving?



Colonists in New England and Canada regularly observed "thanksgivings," days of prayer for such blessings as safe journeys, military victories, or abundant harvests. Americans model their holiday on a 1621 harvest feast shared between the Wampanoag people and the English colonists known as Pilgrims.

Thanksgiving Food Baskets

Sarah Enjati will be spearheading the Thanksgiving project to families in our community. The families are in need of food items such as rice, dahl, oil, canned garbanzos and canned red kidney beans. You may also give monetary donations. If you have any questions or would like to get in touch with Sarah, please email her sarahenjati@gmail.com. The donations can be brought to our Sabbath services on November 11. Premila Pedapudi has organized a special worship service for food items to be brought to the front of the church.

Board Members

Chair

Ronald Ninala

Members

Kingston Benjamin 20-22

Devanand Jillapalli

Michael Osuri

Ernest Ponraj

Nathan Purushothaman

Starlet Vedamuthu

Rathan Raj Yealuri

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Premila Pedapudi

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Mrudula Rao

Assist. Secretary

Brittany Benjamin

November is a Good Nutrition Month!

Amanda Harkless

Good Nutrition Month serves as a reminder to continue to eat healthy as we enter the holiday season. Here are 4 tips to keep in mind as we start attending holiday festivities:



1. Take advantage of seasonal foods packed with antioxidants. Pomegranates, Sweet potatoes, winter squash, parsnips, Brussel sprouts, grapes...
2. Keep healthy snacks handy -- Prepare veggies in advance to snack on when things get busy.
3. Pay attention to your hunger -- Focusing on protein and fiber will keep you full for longer. Satisfy your sweet tooth with fruit first. If you're still craving a dessert in 20 minutes, enjoy every bite!
4. Stay hydrated -- Water helps satisfy hunger and helps your body function at its peak. Fruit infused water, unsweetened herbal tea, and fresh fruit juices are good choices, too.

Medicine in India:

“The Ayurveda --

If you've ever undergone Ayurvedic therapy, you've got India to thank India for it or, more precisely, the Father of Medicine, Charaka, who was one of the prime contributors to Ayurveda. 'Ayurveda' means 'science of life'; it is a traditional school of medicine, invented and practised in India for over 5,000 years, and helps people attain good health and living, without the use of prescription drugs. This ancient system of medicine has persisted even in the 21st century, and in recent years, it has gained popularity across the world as a complementary and alternative medicine.”

CDC Update

2023–2024 Updated COVID-19 Vaccines

“As of September 12, 2023, the 2023–2024 updated Pfizer-BioNTech and Moderna COVID-19 vaccines were recommended by CDC for use in the United States.



The 2023–2024 updated COVID-19 vaccines more closely targets the XBB lineage of the Omicron variant and could restore protection against severe COVID-19 that may have decreased over time. We anticipate the updated vaccines will be better at fighting currently circulating variants.”

Religious Committee

Members

Helen Charles

Don Injety

D. Masilamony

Grace Osuri

Hospitality Committee

Chair

Seetha Milton

Co-Chair

Clara Meesarapu

Social Committee

Members

Stanley Monickam

Ernest Ponraj

Merlin Ponraj

Project Committee

Members

Devanand Jillapalli

Neeraja Jillapalli

Grace Osuri

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

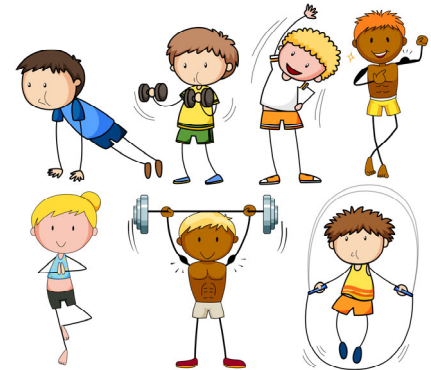
Passcode: 630486

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.



Please join our exercise class (SFF) to stay fit and be energized.

Welcome Baby Monet: Anusha, Reavens, and Milan Fenelon are happy to welcome their newest addition, another baby girl, Monet Sivana Fenelon, into their family. Monet was born on October 29 at Shady Grove Hospital. All are doing well!

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.

Asset Management Committee

Chair

Selvin Inparaj

Members

Don Injety

Devanand Jillapalli

Ponraj Maharajan

Krupavaram Meesarapu

Ronald Ninala

Grace Osuri

Michael Osuri

Rajan Thomas

Jeyasingh Vedamuthu

Go up to the mountain, and bring wood, and build the house; and I will take pleasure in it, and I will be glorified, saith the Lord. Haggai 1:8

Groundbreaking Celebration! October 15, 2023

