

NOVEMBER 2025

Services

November 8

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Southern Asian Seventh-day
Adventist Church (SASDAC),
2001 E Randolph Rd
Silver Spring, MD 20904



Newsletter

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world. John 16:33 KJV



Ramesh Thamby



Prospective Church Building

Month of November is a joyful month full of festivities and celebrations to give thanks! We praise God for His blessings and guidance on our lives.

Also, let us be grateful for the veterans and their families for the sacrifices they have made to preserve our freedom.

Our speaker for our Sabbath Service will be Ramesh Thamby (pg2). Please worship with us at SASDAC fellowship hall.

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring MD 20914

Upcoming Events

November 8

Sabbath Service @ SASDAC

November 9, 16, 23 & 30

SFF 9:15 am pg4

December 13

Sabbath Service @ EBC

SAAA Christmas Party TBD

Speaker Bio, Ramesh Thamby:

Ramesh Thamby was born into a Hindu family in Jabalpur, Madhya Pradesh, India. While he was still an infant, his father learned of an evangelistic crusade being held in the city. At the close of the meetings, Mr. D. R. Thamby was invited by Pastor Len Tolhurst, then principal of Roorkee Adventist High School, to relocate there with his family. That invitation would shape the course of their lives.

It was in Roorkee that Ramesh's parents joyfully accepted the Advent message and embraced a new chapter of faith. After spending several years in Roorkee and Mussoorie, the family moved to Raymond Memorial Training School (then known by that name) in Falakata, West Bengal.

Ramesh began his education at RMTS, where he excelled academically and discovered a natural love for mathematics. He later graduated from Spicer Memorial College with a degree in Mathematics and returned to Roorkee to teach math at the SDA High School, pouring into the next generation just as others had poured into him.

In June 1985, Ramesh immigrated to the United States. He is married to Joann, and together they have two children, Nicole and Nathan. Nicole is married to Moin Syed, and they are blessed with two beautiful children, Lincoln and London, who bring immense joy to the family.

Ramesh has a heart for helping others and sharing the good news of the gospel whenever the opportunity arises. He remains grateful to God for the many blessings in his life — for family, faith, and the people who have shaped his journey. Above all, he hopes to be remembered as “someone who went about doing good.”

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.



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Members

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Devanand Jillapalli

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Brittany Benjamin

“Popular healthy drinks in November --

Warm and spiced drinks

- **Golden milk:** A warm, anti-inflammatory drink made with turmeric, ginger, and black pepper, often using low-fat milk.
- **Spiced apple cider:** A classic fall drink that can be made healthier by simmering apples with cinnamon and other spices.
- **Masala chai:** A spiced black tea often made with milk and warm spices like cinnamon and cardamom.
- **Turmeric ginger latte:** Similar to golden milk, this drink is known for its immune-boosting and anti-inflammatory properties.

Teas

- **Green tea:** Rich in antioxidants, it can be enjoyed hot or iced.
- **Herbal teas:** Options like chamomile, peppermint, or tulsi are caffeine-free and can be enjoyed hot.
- **Ginger lemon honey tea:** A comforting drink that provides immune-boosting Vitamin C from the lemon and anti-inflammatory benefits from the ginger.

Other healthy options

- **Hot lemon water:** A simple and cleansing drink, often enjoyed warm with a squeeze of fresh lemon juice.
- **Warm smoothies:** Blend seasonal ingredients like pumpkin, berries, or apple for a nutritious and comforting drink.
- **Healthy hot chocolate:** Make a healthier version of hot chocolate using cocoa powder, milk (or a non-dairy alternative), and natural sweeteners like honey.
- **Fruit-infused water:** A refreshing option that can be made with seasonal fruits and herbs.
- **Kombucha:** A fermented tea that can be enjoyed year-round and is known for its probiotic content.”

Thank You, Lord, for Everything

Dear Lord,

Thank you for the breath to say

Thank you for another day

Thank you for the eyes to see the world of beauty surrounding me

Thank you for the ears to hear your message of hope loud and clear

Thank you for the hands to serve and far more blessings than I deserve

Thank you for the legs to run the race of life until it's won

Thank you for the voice to sing

Thank you, Lord, for everything

Amen

—Submitted by Keith/LR

Religious Committee

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Bina Palivela

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Amanda Harkless

Helen Charles

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Hospitality Committee

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Co-Chair
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Members

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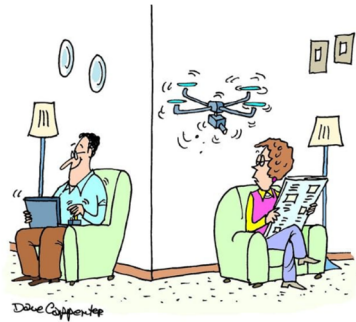
Goldie Palivela

Ernest Ponraj

Merlin Ponraj

1 Chronicles 28:20 (KJV)

And David said to Solomon his son, Be strong and of good courage, and do it: fear not, nor be dismayed: for the Lord God, even my God, will be with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the Lord..



"WOULD YOU PLEASE STOP READING OVER MY SHOULDER?"
DAVE CARPENTER

JOIN OUR WORKOUT!



Sunday Funday Fitness (SFF)

let's do it, Stanley Monickam
Please join us via zoom on
Sundays from 9:30am-
10:15am (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.

Fundraising: Bina Palivela has homemade Andhra Masala. If you are interested, please reach out to her by email bcpalivela@hotmail.com



Puns & One-Liners

Q: What do you call a bear with no teeth? A: A gummy bear!

Q: Why did the banana go to the doctor? A: Because it wasn't peeling well!

Q: Why couldn't the bicycle stand up by itself? A: Because it was two-tired!

Q: What do you call an alligator in a vest? A: An investigator!

May all the good things of
life be yours, not only on
this day but throughout the
coming year.



Project Committee

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Nina Palivela

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

“No person was ever honored for what he received. Honor has been the reward for what he gave.”

--Calvin Coolidge

SAAA Game Night and Costume Party 10/11/25

