

OCTOBER 2025

## Services

October 11

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

The wicked flee when no man pursueth: but the righteous are bold as a lion. For the transgression of a land many are the princes thereof: but by a man of understanding and knowledge the state thereof shall be prolonged. Proverbs 28:1-2 KJV



*Pastor Michael Pedrin*



*Prospective Church Building*

Happy Fall! Autumn, is often called fall because leaves fall from the trees. Enjoy the nature's beauty of colors this season.

Our speaker for our Sabbath Service will be Pastor Michael Pedrin (pg2). We will be worshipping at SASDAC fellowship hall.

We hope you enjoy this Newsletter, and 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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October 11

Sabbath Service @ SASDAC

SAAA Game Night &  
Costume Party @ 6:30 pm

Location: Inparaj Residence  
14509 Jaystone Drive  
Silver Spring, MD 20905

October 12, 18, & 25

SFF 9:30 am pg4

November 8

Sabbath Service @ SASDAC

## Speaker Bio, Pr. Michael Pedrin:

Michael Pedrin serves as the Associate Pastor of the Remnant Seventh-day Adventist Church in Burtonsville, Maryland, a role he has held for more than three years.

Before moving to the United States, he ministered faithfully for many years as a pastor in Karnataka, India. With a passion for proclaiming God's Word, Michael has traveled to numerous countries sharing the message of hope.

He is the author of over ten books and holds a Ph.D. in Biblical Studies. Through his website, [MichaelPedrin.com](http://MichaelPedrin.com), he continues to reach people worldwide with God's truth and encouragement.

Coming from a Roman Catholic background, Michael, along with his mother and seven siblings, embraced the Seventh-day Adventist faith in the early 1990s.

He is blessed with a supportive family—his wife, Sushma, and their 18-year-old son, Marc.

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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.*

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## The Benefits of Butternut Squash

By Amanda Harkless

Butternut squash is a nutrient-dense vegetable that offers numerous health benefits including improved eye health, chronic disease prevention, and heart support. It is packed with fiber, vitamins A, C, and E, potassium, magnesium, and antioxidants like beta-carotene.

The normal portion size is 1 cup. Its fiber content and low glycemic index make it suitable for people with diabetes, and can also aid in digestion, weight management, and cholesterol.

Butternut squash is one of the best foods for eye health thanks to its Vitamin C and A content, as well as a few natural plant pigments called carotenoids (beta carotene, lutein and zeaxanthin).

It is rich in potassium & magnesium, which can improve sleep, blood pressure, heart rhythm and inflammation.

Butternut squash can be roasted, sautéed, or cooked in soups. Roasting enhances the sweet taste. Try it on a salad, as a side dish or a soup this fall season!."

## Board Members

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### Members

Kingston Benjamin 20-22

Brandon Injety

Devanand Jillapalli

Catherine Monickam

Michael Osuri

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Brittany Benjamin

"October is the month of painted leaves.  
Their rich glow now flashes round the  
world.

As fruits and leaves and the day itself  
acquire a bright tint just before they fall,  
so the year near its setting.

October is its sunset sky;  
November the later twilight."

-Henry David Thoreau



*A view from the Blue Ridge Parkway.*

## My granddaughter's dress

"I saw a dress in a consignment shop that I knew my granddaughter would love. But money was tight, so I asked the store owner if she could hold it for me. "May I buy the dress for you?" asked another customer. "Thank you, but I can't accept such a gracious gift," I said. Then she told me why it was so important for her to help me. She'd been homeless for three years, she said, and had it not been for the kindness of strangers, she would not have been able to survive. "I'm no longer homeless, and my situation has improved," she said. "I promised myself that I would repay the kindness so many had shown me." She paid for the dress, and the only payment she would accept in return was a heartfelt hug." —Stacy Lee, Columbia, Maryland

## Butterflies of support

"I was four months pregnant with our first child when our baby's heart stopped beating. I was devastated. As the days went on, I was nervous about returning to work. I'm a middle school teacher and I didn't know how I could face kids. This past May, after four weeks of recovering, I walked into my empty classroom and turned on the lights. Glued to the wall were a hundred colored paper butterflies, each with a handwritten message on it from current and past students. All of them had encouraging messages: "Keep moving forward," "Don't give up on God," and "Know that we love you." It was exactly what I needed." —Jennifer Garcia-Esquivel, San Benito, Texas

## Something to give

"As I walked through the parking lot, all I could think about was the dire diagnosis I had handed my patient Jimmy: pancreatic cancer. Just then, I noticed an elderly gentleman handing tools to someone working under his stalled car. That someone was Jimmy. "Jimmy, what are you doing?" I yelled out. Jimmy dusted off his pants. "My cancer didn't tell me not to help others, Doc," he said, before waving at the old man to start the car. The engine roared to life. The old man thanked Jimmy and drove off. Then Jimmy got into his car and took off as well. Take-home message: Kindness has no limits and no restrictions." —Mohammed Basha, Gainesville, Florida



## Religious Committee

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Bina Palivela

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Amanda Harkless

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Don Injety

Shannon Injety

Swinitha Osuri

## Hospitality Committee

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Jonathan Palivela

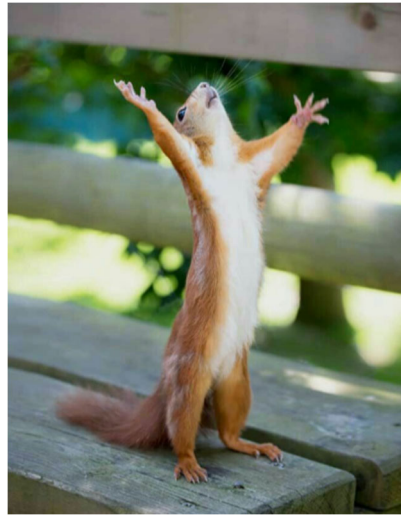
Goldie Palivela

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..*



### 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](mailto:bcpalivela@hotmail.com)

**Visited my doctor today.  
He told me my sugar was too high. So I came home & moved it to a lower shelf.**

### 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



When Autumn sets  
the woods aglow,  
she paints with sunlight  
from her soul.

*Angie Weiland-Crosby*

## Project Committee

Chair

Nina Palivela

Members

Devanand Jillapalli

Neeraja Jillapalli

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## Asset Management Committee

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Rajan Thomas

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“We must not allow other people’s limited perceptions to define us.” — Virginia Satir

## Sabbath Lunch at Fairland Recreational Park! 9/20/25

