

OCTOBER 2026

Services

October 10

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast - 9:30am

Location

Southern Asia Adventist
Association, Inc. (SAAA)

16060 Amina Drive
Burtonsville, MD 20866



Newsletter

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. John 14:27 KJV



Ellen Joseph



*Honoring Our September Birthdays
Jeevan, Goldie, & Nayana Palivela*

“May the start of October remind you: you are worthy of new beginnings. You are worthy of finding joy in this season, no matter what is still unknown.”

— Morgan Harper Nichols

We are honored to welcome Ellen Joseph as our speaker on Saturday (pg2). We are also grateful to have Chitty Palivela leading our lesson study.

Contact Us

Email:

Info@saaa.org

Mailing Address

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

Upcoming Events

October 10

Sabbath Service @
SAAA

Game Night - 6:30 PM
@ SAAA

November 14

Sabbath Service @
SAAA

Celebrating SAAA 65th
Year

Bio of Ellen Joseph:

Ellen Joseph is the daughter of Rajan and Kavitha Joseph and the granddaughter of Pastor and Mrs. V. Joseph and Pastor and Mrs. Albert Zechariah.

She earned her Juris Doctor degree from the University of Maryland School of Law. She also proudly serves her country as a Staff Sergeant in the United States Air Force.

Outside of her professional and military career, Ellen enjoys traveling, and spending time with her family and friends.

She is grateful and happy to be here with us today.

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.

As I walked a labyrinth, I couldn't shake the image of playing hide and seek with God. Shrubs around the path made me alternately feel hidden and then exposed. I know God is always there waiting for me, but I often "hide." I fear I haven't done enough, or I'm not good enough to earn God's love. But those doubts come from me, not God. Although I may think I'm hiding, God sees and loves me. When I embrace God's unconditional love, I will grow into the person he created me to be.

Cathy Cunningham
Framingham, Mass.

C.S. Lewis: From Atheism to Christian Apologist

C.S. Lewis, renowned author of "The Chronicles of Narnia" series, was once a staunch atheist. After years of intellectual struggle and influence from Christian friends like J.R.R. Tolkien, Lewis surrendered his heart to Christ. He went on to become one of the most influential Christian thinkers and apologists of the 20th century.

His works, including "Mere Christianity" and "The Problem of Pain," continue to inspire Christians around the world. Lewis's story is a reminder that God can reach anyone, no matter how far they may seem from faith.

Nicky Cruz: From Gang Leader to Evangelist

Nicky Cruz was a feared gang leader in New York City, leading a life of violence, crime, and addiction. However, his life took a radical turn when he encountered a street preacher named David Wilkerson, who told him that Jesus loved him. Despite initial resistance, Cruz eventually accepted Christ, and his transformation was nothing short of miraculous.

Cruz became a Christian evangelist, traveling the world to share his story and reach out to those who feel lost or trapped in destructive lifestyles. His story highlights the incredible power of God's love to break the chains of addiction and violence.

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11 Surprising habits that regulate blood sugar!



Drink Water First Thing in the Morning

Rehydrates cells and supports glucose transport.



Add a Pinch of Salt to Water

Supports adrenal function and insulin balance.



Eat Dinner Early

Improves insulin sensitivity by syncing with circadian rhythm



Walk for 10 Minutes After Meals

Reduces glucose spikes and aids glucose uptake



Apple Cider Vinegar Before Meals

Lowers post-meal blood sugar levels



Eat Veggies Before Carbs

Slows glucose absorption and controls spikes



Don't Sit Immediately After Eating

Standing or light movement helps lower blood sugar



Practice Deep or Box Breathing

Lowers cortisol → improves insulin response



Pair Carbs with Protein or Fat

Slows digestion and glucose release



Use Cinnamon in Meals or Tea

Boosts insulin sensitivity naturally



Prioritize Quality Sleep

Rest supports stable blood sugar levels

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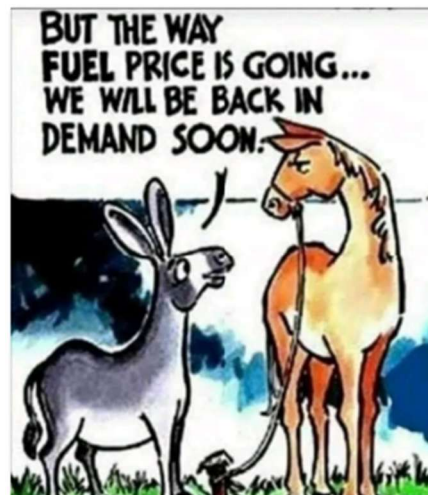
Chair
Merlin Ponraj

Members

Stanley Monickam
Jonathan Palivela
Goldie Palivela
Ernest Ponraj



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 through your generous giving and prayers.



When you wish good
for others, good
things come back to you.
This is the law
of nature.❤️

I am a **food** but
when you spell
me backwards
I become a
month
what am I?



Riddles You Know

What can't be put in a saucepan? It's lid	What has one eye, but can't see? A needle	What has many needles, but doesn't sew? Christmas tree	What has hands, but can't clap? A clock
What can you catch, but not throw? A cold	What kind of band never plays music? Rubber band	What has a thumb and four fingers, but is not a hand? A glove	What has a head and a tail but no body? A coin
What is cut on a table, but is never eaten? A deck of cards	What has words, but never speaks? A book	Where does one wall meet the other wall? On the corner	What building has the most stories? The library

Project Committee

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Members

Devanand Jillapalli

Neeraja Jillapalli

Swinitha Osuri

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Swinitha Osuri

Michael Osuri

Cathy Purushothaman

Rajan Thomas

Jeyasingh Vedamuthu

“With the new day comes new strength
and new thoughts.”

– Eleanor Roosevelt

SABBATH PICNIC HELD AT SAAA DUE TO RAIN 9/26/26

Time spent together was enjoyable, and the food was delicious. We are so grateful that you were able to join us. Special thanks to all who worked to make this picnic possible.

