

September 2023

Services

September 9

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Englise Baptiste Church

10002 Riggs Road

Adelphi MD, 20783



Newsletter

“It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much and what is done in love is well done.” -- Vincent Van Gogh



Pastor Anthony Kent



Prospective Church Building

Hope you all had a good summer! Time just went too fast and now we are here in September enjoying the nature’s beauty of colors. Our speaker will be Pr. Anthony Kent (pg2). At camp, he has lifted our spirits and made us think deeper. Hope you can join us for Sabbath services on Sept. 9. The following pages of this newsletter you’ll find health information, a CDC update, fundraising information, graduation 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

September 9

Sabbath Service

Sept. 3, 10, 17 & 24

SFF 10:00 am pg4

October 14

Sabbath Service

Costume Party/Game
night (TBD)

Speaker Bio. Pastor Anthony Kent

Anthony Kent is an associate ministerial secretary of the General Conference. Some of his responsibilities include continuing education for pastors as well as editor of Elder's Digest. His 35 years of ministerial experience includes local church pastoring, public evangelism, church planting as well as being a Ministerial Secretary for the South Pacific Division. His greatest love in ministry is leading people to Jesus Christ. Anthony's academic qualifications include: BA and MA (Theology) and PhD from University of Queensland, Australia in New Testament. His dissertation was on 'The Sabbath in Luke-Acts'. Anthony is very happily married to Debora and they are blessed with two young adult daughters and a son-in-law: Chelsea, Georgia & Lucas Marcondes.

TAKE CARE



OF YOURSELF

September is National Self-Care Awareness Month, Amanda Harkless

It tends to be a busy month with many people helping children prepare for school and other transitions. Here are 10 things you can do to help you feel better in the midst of everything else.

1. **Clean and reorganize your space.** Once it's done, you'll feel fresh and clear-headed.
2. **Rearrange your furniture.** Something small like changing your desk layout can give a fresh perspective.
3. **Try a new craft.** The internet is filled with many ideas. You can search "art therapy."
4. **Spend time outside.** Sit on your porch, deck, or backyard. Nature is good for both physical health and cognitive function.
5. **Volunteer in your community.** You can apply your unique skills anywhere, including SAAA :)
6. **Give yourself time to do nothing at least once a week.** "Nothing" can mean taking a nap or watching a mindless TV show to help you get into a relaxed state, you deserve it!
7. **Take an epsom salt bath.** Epsom salts break down into magnesium and sulfate in water and help with stress relief, inflammation, and sore muscles.
8. **Wear something you really love.** It can be an outfit, shoes, jewelry, or a nail color.
9. **Take a deep breath.** Daily deep breathing exercises can lower resting blood pressure and reduce stress and anxiety.
10. **Get your body moving.** Walking and even crawling have mental and physical health benefits.

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Members

Kingston Benjamin 20-22

Devanand Jillapalli

Michael Osuri

Ernest Ponraj

Nathan Purushothaman

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CDC Update

What Are the 3 New Covid Symptoms

“On June 30, the CDC added three symptoms to its COVID-19 list: Congestion/stuffy nose, nausea and diarrhea. Those three new conditions now join other symptoms identified by the CDC: Fever.



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

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

Building Project

Support the building project with monetary contribution and prayers.

Giving is an expression of God's Love

What is the History of Sports in India?

“The history of Indian sports can be traced back to the Vedic age. During the era of Ramayana & Mahabharata, around 1900 BC – 7000 BC, men of status & honor were expected to be competitive in sports like Archery, horsemanship, wrestling, weight-lifting, swimming & hunting.”



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Neeraja Jillapalli

Grace Osuri



On Saturday, August 26, we gathered at SAAA building site at Amina Drive to thank God before the contractors start their work. We kindly request you to keep this project in your prayers and give your continued support for its successful completion and for God's glory.

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

Feeding the Homeless

We would like to join Aruna's team again in serving the homeless at Daily Bread in Baltimore; so please let us know if you are interested.



Congratulations To Our Youngest Graduate!

Nayana Christine Palivela

Nayana graduated from Preshcool and is attending Faith Early Learning Center

We wish you all the best!
God bless you and Congratulations!

Enjoying the Outdoors --

Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.
Psalm 96: 11-12

SAAA Camp SVA 2023 Gerald Arthur

This year's SAAA Camp was held at Shenandoah Valley Academy from July 20 – 23. Everyone who attended were blessed with abundant physical food and abundant spiritual food. Pastor Anthony Kent and his wife Debora attended from day one and Pr. Anthony lead out in morning and evening worships. Debora helped out in meal preparations.

Camp Director Chitty Palivela and Assistant Director Neeraja Jillapalli lead out with making all the arrangements, kitchen duties and also keeping us on schedule. The highlight of the first two days was the two different fish curries made by Ronald Ninala. Marjorie and Neeraja were the curry chefs and provided us with 5-star meals. We made trips to a few local orchards, a flea market and on Sabbath afternoon we visited a few lookout points on the Shenandoah mountains.

Crafts were led by Helen Charles. Many of us made tie-dye t-shirts. We played Make-a-Million on Saturday night and enjoyed the peanuts prepared by Neeraja. Thank you to all who planned, helped and participated in this year's camp.

