

SEPTEMBER 2025

Services

September 13

Divine Service - 11:30am

Lesson Study - 10:15am

Prayer Breakfast – 9:30am

Location

Eglise Baptiste du Calvaire
(EBC), 10002 Riggs Road,
Adelphi, MD 20783



Newsletter

He is your praise, and He is your God, who has done for you these great and awesome things which your eyes have seen. Deuteronomy 10:21 NKJV



Ronald Ninala



Prospective Church Building

Happy September! “So many wonderful things to love about September – cooler weather, harvest, leaves turning colors, long walks and bike rides, apples and pumpkins, acorns, getting the house organized for fall, searching for things to make for the holidays, fall decorating!”

Contact Us

Email:

Info@saaa.org

Mailing Address

P.O. Box 4818,
Silver Spring MD 20914

Upcoming Events

September 13

[Sabbath Service @ EBC](#)

September 14, 21, 28

[SFF 9:30 am pg4](#)

October 11

[Sabbath Service @ EBC](#)

Speaker Bio, Ronald Ninala:

Ronald Ninala is a devoted follower of Christ, a seasoned professional, and a passionate evangelist whose life reflects a deep love for God and a steadfast commitment to serving others.

Ron holds a BBA from Spicer College (1959) and an MBA from Andrews University (1971) where he was inducted into the Alpha Gamma Chapter of Delta Mu Delta, a national honor society in Business Administration. Although his formal training and career were rooted in finance and administration, his heart has always been in teaching and preaching the Gospel of Jesus Christ.

Professionally, he worked as an accountant throughout his career, holding key positions in both non-profit and for-profit organizations. In any role he held, he not only brought excellence and integrity but also actively sought to uplift his community—often providing job opportunities to fellow community members. Today, he continues to work part-time from home as a financial consultant for Wenteleo Energy Inc.

In addition to his professional career, Ron has remained deeply committed to gospel ministry. He is the President of the Truth for This Time Inc. a non-profit organization he founded with a mission to share the distinctive truth of the Adventist message with non-Adventist Christians, pastors, and evangelists. He also serves as Chairman of the Southern Asian Adventist Association, providing leadership and vision to support the church and its outreach efforts.

His evangelistic work spans decades and continents. In 1991, he led his first major evangelistic crusade in his father's hometown of Arthreyarpuram, India, which resulted in 72 baptisms and the construction of a church with the help of his family. He later organized a lay-led four-week evangelistic crusade at Takoma Park church in 1996, a collaborative effort involving four local churches and lay preachers. In 2009, he conducted two large initiatives in India—a four-day seminar for approximately 70 Pentecostal pastors, and a 10-day crusade in Vadapalli that reached people from 10 surrounding villages, culminating in nearly 180 baptisms. These efforts are a testament to his passion for truth and his calling to each the unreached.

Family is central to his life. He is a loving husband, devoted father, and proud grandfather who cherishes every moment with his children and granddaughters. His greatest joy comes from investing in their lives, passing on his faith, and creating a legacy of love and spiritual strength for future generations.

Through every season, Ron remains a faithful servant of God—passionate about the Gospel, committed to God's people, and dedicated to living a life that honors Christ. He believes firmly that God created each of us for a special purpose and that each day offers an opportunity to choose eternal life. His goal in life is to walk faithfully with God, serve others selflessly, and proclaim the Gospel boldly—whenever and wherever the opportunity arises.

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Ronald Ninala

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Brittany Benjamin

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.

Vegetables													
Nutrition Facts													
Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.													
Vegetables	Calories	Calories from Fat	Total Fat	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Serving Size (gram weight/ounce weight)	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	%DV	%DV	%DV
Asparagus 5 spears (93 g/3.3 oz)	20	0	0	0	230	4	2	8	2g	2g	10%	15%	2%
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	40	220	6	2	8	4g	1g	4%	190%	2%
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	80	460	8	3	12	2g	4g	6%	220%	6%
Carrot 1 carrot, 2" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	60	250	7	2	8	5g	1g	110%	10%	2%
Cauliflower 1/5 medium head (59 g/2.1 oz)	25	0	0	30	270	5	2	8	2g	2g	0%	100%	2%
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	115	260	4	2	8	2g	0g	10%	15%	4%
Cucumber 1/2 medium (99 g/3.5 oz)	10	0	0	0	140	2	1	4	1g	1g	4%	10%	2%
Green (Snap) Beans 3/4 cup cut (83 g/2.9 oz)	20	0	0	0	200	5	3	12	2g	1g	4%	10%	4%
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0	20	190	5	2	8	3g	1g	0%	70%	4%
Green Onion 1/4 cup (chopped) (25 g/0.9 oz)	10	0	0	10	70	2	1	4	1g	0g	2%	8%	2%
Iceberg Lettuce 1/5 medium head (89 g/3.2 oz)	10	0	0	10	125	2	1	4	2g	1g	6%	6%	2%
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	35	170	2	1	4	1g	1g	130%	6%	2%
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0	15	300	3	1	4	0g	3g	0%	2%	0%
Onion 1 medium (148 g/5.3 oz)	45	0	0	5	190	11	3	12	9g	1g	0%	20%	4%
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	620	26	2	8	1g	3g	0%	45%	2%
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	55	190	3	1	4	2g	0g	0%	30%	2%
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	260	4	2	8	2g	1g	6%	30%	2%
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	0	250	18	2	8	5g	4g	2%	10%	0%
Sweet Potato 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0	70	440	23	4	16	7g	2g	120%	30%	4%
Tomato 1 medium (148 g/5.3 oz)	25	0	0	20	340	5	1	4	3g	1g	20%	40%	2%

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.

U.S. Food and Drug Administration
(January 1, 2008)

“According to CDC data ranking “powerhouse” fruits and vegetables, Watercress is the healthiest vegetable, receiving a perfect score for its high nutrient density and comprehensive nutritional profile. It provides essential vitamins, minerals, and antioxidants, with benefits for immune health, heart health, and more. Spinach, Chinese cabbage, and beet greens are other top contenders that are also packed with nutrients and health benefits.”

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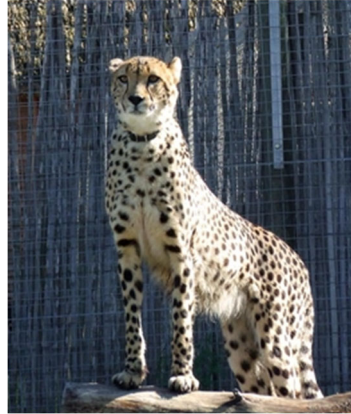
Goldie Palivela

Ernest Ponraj

Merlin Ponraj

Peter 4:10-11 (NKJV)

10 As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. 11 If anyone speaks, let him speak as the [a]oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the [b]dominion forever and ever. Amen.



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



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

Angie Weiland Crosby

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Nina Palivelai

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Neeraja Jillapalli

Swinitha Osuri

Asset Management Committee

Chair

Selvin Inparaj

Members

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Ponraj Maharajan

Krupavaram Meesarapu

Ronald Ninala

Swinitha Osuri

Michael Osuri

Rajan Thomas

Jeyasingh Vedamuthu

“No other season speaks the language of poetry like Autumn. Her wind and leaves harmonize in an ode to life, love, and goodbyes. We imprint it on our souls to be able to read at will, during any time of the year.”

CAMP BLUE RIDGE 2025!

