



# VP NEWSLETTER

APRIL 2023



## Office Hours

Tuesday - Thursday  
9am - 4pm  
708-753-1975 (o)



# HAPPY RESURRECTION DAY APRIL 9

## Resuming April 13

6am - Thursdays  
Prayer Call In  
202-926-1080

Access Code 981434

**VP Fast and Prayer ends Friday, April 7 at 6pm**

Join us in **PRAYER** our final week!

Monday - Friday

6:00am-6:15am and/or 6:00pm-6:15pm

**202-926-1080 Access Code 981434**

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No internet?

No problem.

Call in for

Sunday Service at 10am

202-926-1080

Access Code 981434

**NEW**

## Women of Purpose Bible Study

### 3rd Saturdays - Monthly

12:30-2:30pm ~ Room 103

Min. Cassandra Ward (Instructor)

**Beginning Saturday, April 15**

*WOP Facilitators: Lady Maura & Sis. Monica Miller*

**NEW**

## Children's Church

is held following

Praise and Worship.

**April 2, 9, 16, 23**

## Scholarship & Education Ministry

Scholarship Applications are

NOW available.

See page 4

## VPCOG Missions Ministry

**Help Us ~ Help Them**

Ongoing Campaign

See page 5

Scan QR Code to download VP App



Please enable **PUSH** notifications

Deadline for submission of material for the monthly newsletter is the **15th.**





# April Anniversaries



Content Available On:  
Facebook, YouTube,  
Instagram, Twitter,  
and  
[VPCOG.ORG](http://VPCOG.ORG)

Deacons Darryle & Mildred Robinson  
10 Years...April 6th

Charles & Annette Cain  
25 Years...April 19th

Jordell & Karen Prather  
11 Years...April 28th

## Pray for our sick and shut-in

Rev. Alice Elzy

Bro. Ronnie Devance

Sis. Shirley Brown

Bro. Harold Grevious

Trustee Charles Sawyer

Sis. Mary Sawyer

Bro. Walter Mitchell

## Pray for our Bereaved

Deacons Mildred (Darryle) Robinson  
in the loss of her cousin  
~ **Bro. Adrian Alonzo Flournoy**

Sis. Jackie (Ken) Morris, Sis. Wanda Parker,  
Bro. Rick Allison, Sis. DeShonda Sisco  
in the loss of their cousin  
~ **Sis. Edna Knox-Virgil**

Sis. Kim Love Giddens  
in the loss of her cousin  
~ **Bro. Marckarthur Johnson**

Sis. Rugena (James), Rashawne, Andrea,  
James Turner, Jr. and Kathryn Golden  
in the loss of their cousin  
~ **Sis. Cherry Allen Curley**

Bro. Wilbur (Arleen) Pierce  
in the loss of his sister  
~ **Sis. Carole Ann Pierce**

**TUESDAYS**  
6pm Tellin' it like it TiS  
(Tosha is Speaking)

**WEDNESDAYS**  
12pm "Lunch & Learn"  
Bible Study  
with Pastor Bruce

6pm Min. Kitty White  
"A Kiss from God"

**THURSDAYS**  
6am Prayer Call  
202-926-1080

Access Code 981434  
**THIRD THURSDAYS**  
8pm "Fall in Line"  
"V-Formation  
with Coach V"

**FRIDAYS**  
6pm Pastor Frank  
"Frankly Speaking"

**THIRD SATURDAYS**  
12:30pm ~ Monthly  
Men of Destiny

**SATURDAYS**  
6pm S.A.L.T.  
Bible Study

**SUNDAYS**  
Children's Church  
following  
Praise and Worship  
*EXCLUDING 5TH SUNDAYS*

**WEEK # 4 MARCH 30 – APRIL 5**

**·Eliminate breads from all meals**

·Fruit only for breakfast plus (juice, water or hot decaffeinated drinks)

**·DINNER IS LIMITED TO SOUPS AND VEGETABLES**

\*Please drink at least 5 glasses of water per day (room temperature to cool/easy on the ice)

**\*\*SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

PRAYER FOCUS: MEDITATING ON WHAT GOD HAS REVEALED TO YOU ABOUT YOUR PURPOSE, PSALM 49:3

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**APRIL 6 AND APRIL 7**

**·Eliminate solid foods**

·Water only (drink broth and/or fruit juice if needed)

·Increase your time in prayer, meditation and scripture and a dedicated time of thanksgiving.

· CONSECRATION ENDS AT 6pm APRIL 7

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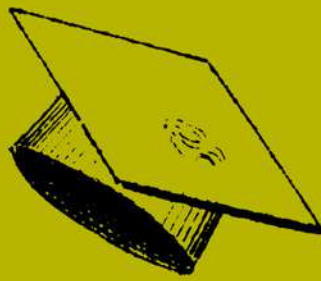
**BREAKING YOUR FAST**

End your fast gradually, do not eat solid foods immediately after your fast. Suddenly reintroducing solid foods to your body and digestive system can have negative consequences. Try several smaller meals or snacks each day.

If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health. Here are some suggestions to help you end your fast properly.

Apply the progressive fast backwards and incorporate one meal with meat, poultry or fish, and gradually reintroduce caffeinated or carbonated beverages into your system, until you are able to eat regular meals again prayerfully with healthier choices.

**God wants you to prosper and be in good health (3 John 2).**



# Vernon Park Scholarships



The Scholarship and Education Ministry is happy to announce the release of this year's scholarship applications. Scan the QR Codes below with your mobile phone's camera to view scholarship applications and requirements for each.

## **Civic Scholarship**



## **Academic Scholarship**



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**Application Deadline - May 28, 2023**

Feel free to contact Sis. Constance El-Amin with questions at [vpcog.scholarshipandedministry@gmail.com](mailto:vpcog.scholarshipandedministry@gmail.com).



VPCOG MISSIONS Ministry

Help Us  
**HELP THEM**



**ASYLUM  
SEEKERS**

**IN CHICAGO**



**TO HAVE A QUICK AND  
IMMEDIATE IMPACT,  
YOU CAN SUPPORT  
ASYLUM SEEKERS BY  
PURCHASING ITEMS  
DIRECTLY FROM AN  
AMAZON WISH LIST**

**DONATE ONLINE VIA:**

**RAPID RESPONSE**

**WISHLIST ON**

**AMAZON**

*THANK YOU!!!!*

JERALD JANUARY, SR., SENIOR PASTOR  
QUINCY DYER, OUTREACH PASTOR