

VP NEWSLETTER

FEBRUARY 2024

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

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

Access Code 981434

No internet?
No problem.

Call in for

Sunday Service at 10am

202-926-1080

Access Code 981434

Children's Church
is held following
Praise and Worship.

FEB. 4, 11, 18, 25

VPCOG to wear African Attire
for Black History Month

TO FIND OUT MORE INFORMATION...

See Page 3

HEALTH & WELLNESS MINISTRY
TRAUMA: A TIME TO HEAL

Emotional, Mental and Physical

See Page 4

Wednesday,
February
14th



Couples
See Page 5

Happy
Valentine's
Day

Happy Presidents Day
Monday, February 19th

SCAN QR CODE for CHURCH APP & FIND YOUR FIT

Please download the VP Church App for
important PUSH notifications, especially
during the winter months.

See Page 6



February Anniversaries

Franklin & Loretha Gray 16 years ~ February 2nd

Hobart "Rae" & Elise Henry 33 years ~ February 2nd

Pastor Frank & Monica Miller 12 years ~ February 25th

John & Shirley Hill 55 years ~ February 28th

Continue to pray for our sick and shut-in

Bro. Maurice Snell

Deacon Darryle Robinson

Pray for our Bereaved

**Deacon Paul (Denise) Alston
in the loss of his cousin
~ Sis. Brenda Neicy Brook**

**Mother Joyce, Sis. Priscilla Bennett and
Petrina (Toussanit) Wilkins
in the loss of her sister and their aunt
~ Sis. Clementina Baker**

**Sis. Annie Ruth (Robert) Walker
in the loss of her cousin
~ Sis. Charlene Grayer**

**Sis. Alma (Bennie) Smith and
Bro. Tony (Vanessa) Davis
in the loss of their daughter and niece
~ Sis. Kay Bracy Franks**

**Sis. Stacey Whittington, Sis. Margo
Watson, Sis. Kerri, Bro. Kristopher and
Sis. Kristian Malone in the loss of their
daughter, sister, mother and grandmother
~ Sis. Shelley Curtis**

**Content Available On:
Facebook, YouTube,
Instagram, Twitter,
and
VPCOG.ORG**

**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***

VERNON PARK CHURCH OF GOD

CELEBRATES BLACK HISTORY

MONTH

FEBRUARY 2024

**Wear African Attire on
every Sunday in February
-AND-
on the 4th Sunday,
wear your
VPCOG Black History
t-shirt or African Attire.**

Special Events Committee
Sis. Sarah F. Barber and Sis. Jackie Morris
Co-Chairmen

Rev. Jerald January, Sr.
Senior Pastor

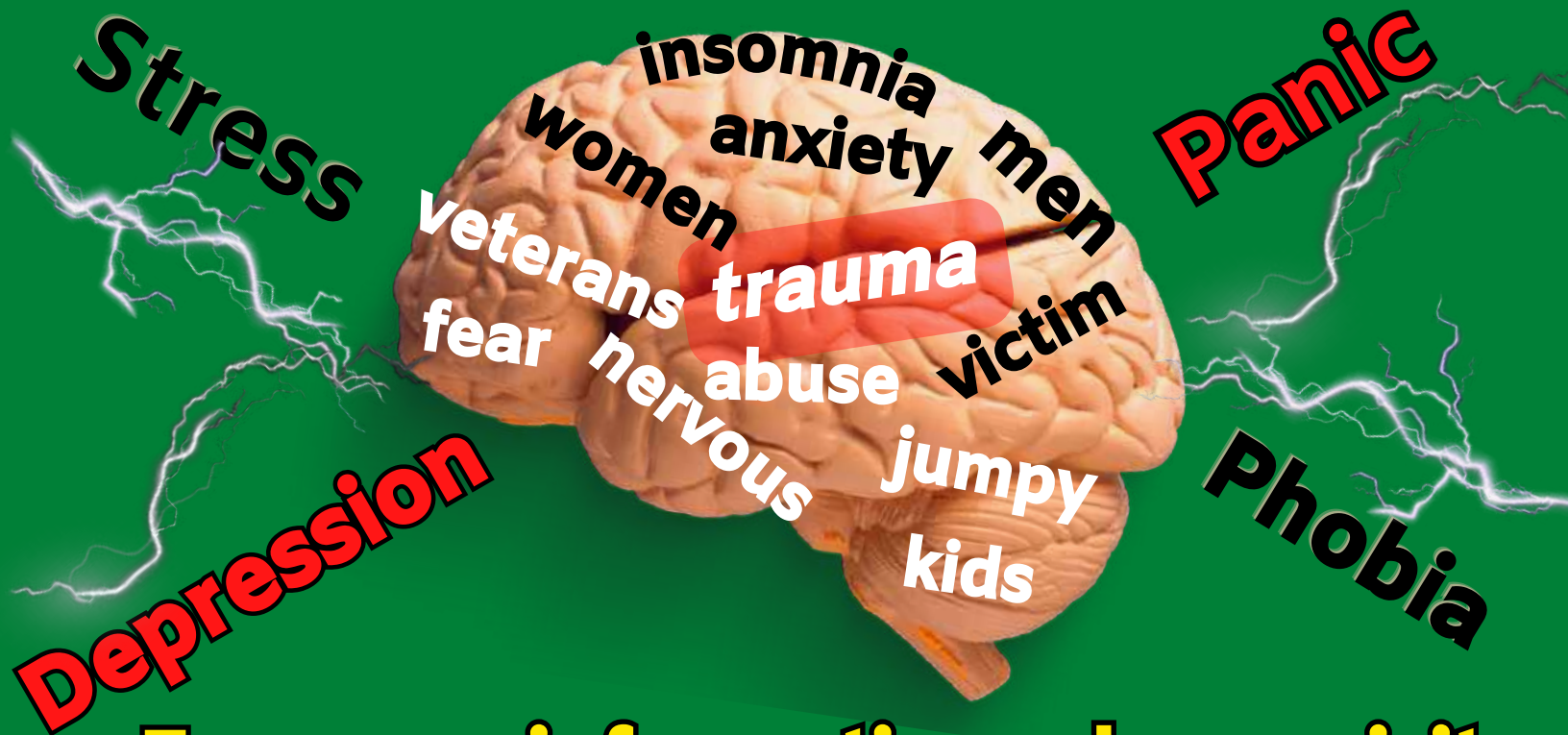
**365
Days
Strong**



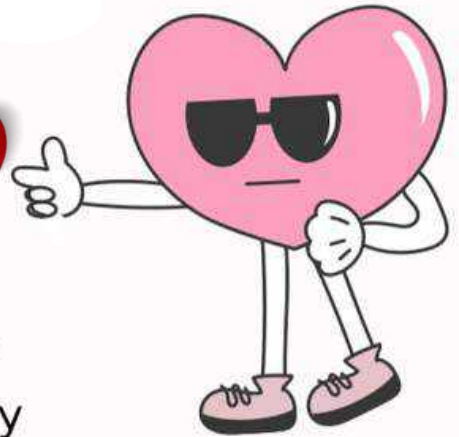
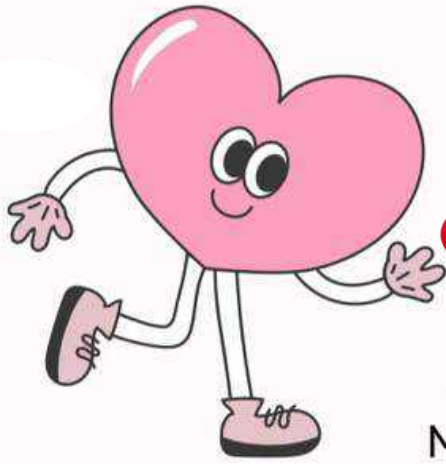
February Health & Wellness Tips

TRAUMA: A TIME TO HEAL

Trauma is when we experience very stressful and/or frightening events that may make coping very difficult. Most people who go through traumatic events may have temporary difficulty adjusting and coping. While we know biases and opinions are slowly shifting in this area for the Black community, it is great to know many Black people are opening up to the idea of receiving help from the many resources that are available.



For more information, please visit
[How We Can Transform and Heal Trauma in Black Communities](#)



Join the VPCOG
Marriage Ministry
to celebrate with food & games!

Valentine's Day Potluck

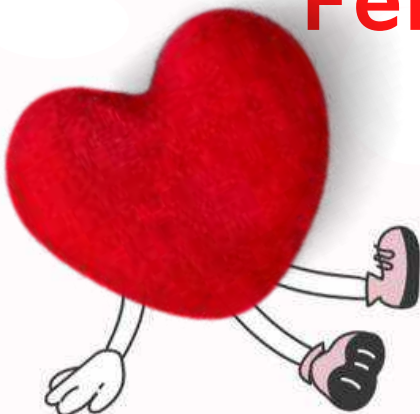
BRING A DISH THAT
RELATES TO,
SOUNDS LIKE,
REMINDS YOU OF
YOUR LAST NAME!

SCAN HERE TO RSVP:



Saturday
February 10, 2024
5pm - 8pm

Location details
with RSVP



Interested in a Ministry?

Spiritual Gifts Survey



Find Your Fit

Know Your Gifts

QR Code for VP Church App

THE TITHE.LY CHURCH APP
Vernon Park Church of God

Scan to download the app

OR

Download on App Store | Download on Google play

Please enable PUSH Notifications