

# VP NEWSLETTER

APRIL 2024

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

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.

**April 7, 14, 21, 28**

**THE MARRIAGE MINISTRY PRESENTS...**  
A MEET & GREET BRUNCH  
FOR ALL VPCOG MARRIED COUPLES

**SATURDAY, APRIL 20TH**

**See Page 3**

**HEALTH & WELLNESS MINISTRY**

**APRIL IS...**

NATIONAL MINORITY HEALTH MONTH  
STRESS AWARENESS MONTH  
AND MOVE MORE MONTH

**Join us for YOGA - Saturday, April 27th**

**See Page 4 & 5**

**Scholarship & Education Ministry**

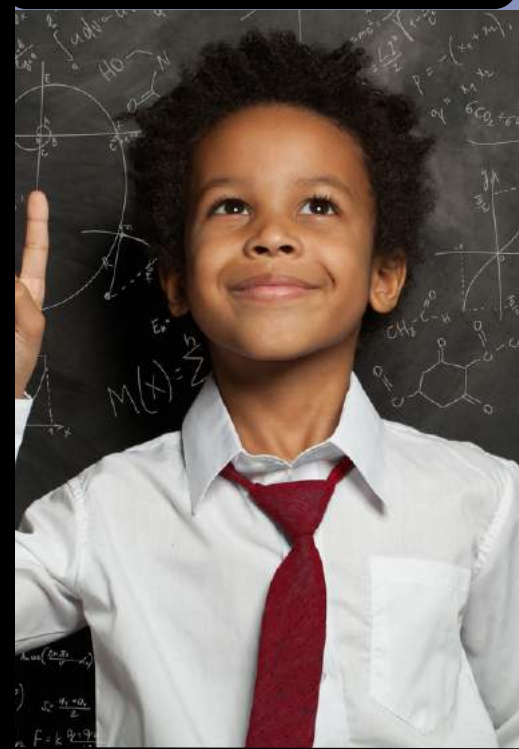
DOLLARS FOR SCHOLARS

**Donation and  
Graduate Registration  
information**

**See Page 6 & 7**

**Scan QR Code to  
Download VP Church APP**

**See Page 8**



# April Anniversaries

Darryle & Mildred Robinson  
11 years ~ April 6th

Charles & Annette Cain  
26 years ~ April 19th

Jordell & Karen Prather  
12 years ~ April 28th

## Continue to pray for our sick and shut-in

Bro. Harold Grevious

Sis. Shirley Hill

Sis. Relda Pious Jackson

Rev. Alice Elzy

Sis. Latoya Newman

Sis. Martha Veals

Bro. Maurice Snell

Bro. Walter Mitchell

## Pray for our Bereaved

Sis. Alberta Stallworth in the loss of her aunt  
~ Dr. Gwendolyn Robinson

**Psalm 147:3**  
**He heals the**  
**brokenhearted**  
**and binds up**  
**their wounds.**



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

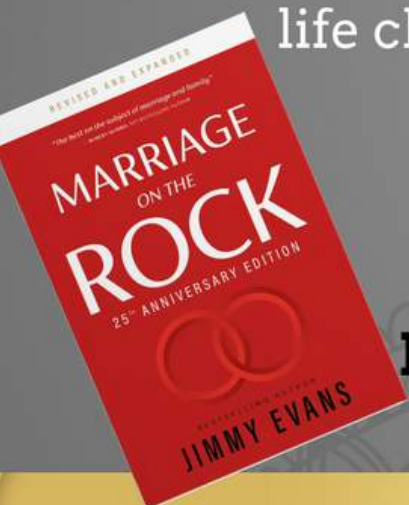
**DIRECTLY FOLLOWING  
EXCLUDING 5TH SUNDAYS**

# Vernon Park Church of God Marriage Ministry Presents...

## A Meet & Greet Brunch

### Inviting ALL VPCOG Married Couples

Join us as we introduce the book "Marriage on the Rock" by Jimmy Evans, a guide to build your marriage on the foundation of Christ, using practical real life challenges and offering easy solutions.



**Books sold separately**  
**Seating is limited**  
**Registration is required**



**Brunch Cost \$40 Per Couple**

**Saturday, April 20th ● 10a -12p**

Vernon Park Church Of God  
1975 E. Joe Orr Rd. Lynwood, IL 60411

[Click to register](#)

Revs. Darwin & Tosha Jackson

Matthew 7:24

# April is National Minority Health Month, Stress Awareness Month and Move More Month

## Make Every Move Count

When you move more every day, you can reach some big goals over time.

Small steps can add up to huge strides in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



- 10 minutes of stretching is like walking the length of a football field
- 2.5 hours of walking every week for a year is like walking across the state of Wyoming
- 30 minutes of singles tennis is like walking a 5K
- 1 hour of dancing every week for a year is like walking from Chicago to Indianapolis
- 20 minutes of vacuuming is like walking one mile
- 30 minutes of grocery shopping every other week for a year is like walking a marathon

For more ways to add activity to your life, visit

[April is National Minority Health Month, Stress Awareness Month and Move More Month featuring National Walking Day | American Heart Association](#)

# VPCOG

**HEALTH & WELLNESS MINISTRY  
INVITES YOU TO JOIN US FOR**

# YOGA

**Relax, Refresh & Restore**

**SPACE  
IS  
LIMITED**

**Serendipity Yoga & Wellness  
18300 Dixie Hwy - Homewood, IL**

**Saturday, April 27, 2024**

**3:00 - 4:00 PM**

**COST IS \$5.00**

**SEE A MEMBER OF H & W FOR DETAILS.**

Forms are due by  
May 5, 2024

# VERNON PARK GRADUATE & SCHOLAR NOTIFICATION FORM

Scan the QR  
Code to  
access form:



The Scholarship and Education Ministry is excited to celebrate our scholars of all ages! Scan the QR code above to complete the graduate and scholar notification form. Please submit your form by the deadline to ensure that you are recognized in this year's cohort of scholars.

Questions? Email: [vpcog.scholarshipandedministry@gmail.com](mailto:vpcog.scholarshipandedministry@gmail.com).

# VERNON PARK CHURCH OF GOD

Scholarship

& Education

Ministry

If you have questions, please contact:  
[vpcog.scholarshipandedministry@gmail.com](mailto:vpcog.scholarshipandedministry@gmail.com)

DOLLARS FOR SCHOLARS

3 WAYS TO SUPPORT - PAYPAL/TITHE.LY/CHECK

ACKNOWLEDGEMENT

CELEBRATION

ACADEMIC

CIVIC

FOR CHECK DONATIONS  
INDICATE AMOUNT  
AND SCHOLARSHIP IN THE  
MEMO SECTION

PAYPAL & TITHE.LY HAVE  
A DROP-DOWN MENU,  
JUST DESIGNATE  
"SCHOLARSHIP" AND  
ENTER THE AMOUNT.

**Scan QR Code or visit App Store**

**SEARCH: Tithe.ly Church App**

**Search: NEARBY CHURCHES OR type:  
VERNON PARK CHURCH OF GOD**



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**