

VP NEWSLETTER

MAY 2025

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.
May 4, 11, 18, 25

Sunday, May 11th
Happy
Mother's
Day



BUSINESS DIRECTORY

We are gathering information about VP business owners. This will help us foster a supportive network, promote local businesses, and identify opportunities to collaborate. Please complete a short survey if you are interested in information about our Directory.

[Link for Business Directory Interest](#)

IT'S GENERATIONAL!

NO BRAG, JUST FACTS!
Highlighting: Andre Miller

See Page 3



See Page 4

MOTHER CARR'S FARM SHARES
Now Available

See Page 5

SMALL SOCIAL GROUPS
Sunday ~ May 4th Orientation

See Page 6

SCHOLARSHIP & EDUCATION MINISTRY
Notification Deadline ~ Sunday, May 18th

See Page 7

HEALTH & WELLNESS MINISTRY
National Mental Health Awareness Month

See Page 8



May Anniversaries

Wilbur & Arleen Pierce

62 years...May 5th

Darwin & Tosha Jackson

14 years...May 7th

Aubrey & Sherri Volious

23 years...May 11th

Victor & Stacy Watts

31 years...May 14th

Randy & Dietta Smith

45 years...May 24th

Larry & Gladys Brand

8 years...May 27th

Pray for our sick and shut-in

Sis. Stacey Whittington

Sis. Cheryl Frazier

Bro. Franklin Gray

Bro. Ken Jackson

Pray for our bereaved

Sis. Jacque Harris and family

in the loss of her husband, Bro. Kevin Harris

Sis. Denise Turner Alston (Paul)

in the loss of her uncle, Bro. Harold Paige

**He heals the
brokenhearted
and binds up
their wounds.**

Psalm 147:3



NEW CONTENT ON:
[Facebook](#), [YouTube](#),
[Instagram](#)
and [VPCOG.ORG](#)

MONDAYS - 5PM
Moments in Marriage
Real Life Stuff

COMING SOON

TUESDAYS - 6PM
Poetic Perspectives
Catlin & Lady Maura

THURSDAYS - 6AM
Prayer Call
202-926-1080
Access Code 981434

THURSDAYS - 6PM
Power of Prayer
Min. Cassandra Ward &
The Prayer Team

SATURDAYS - 12PM
See What I'm Sayin'
The Bible & ASL
Talayah Stovall &
Carmen Banks

3RD SATURDAY-12:30PM
Monthly
Men of Destiny

4TH SATURDAY-10AM
Monthly
Women Of Purpose
& Prayer Ministry

SUNDAYS - 12PM
This Week in...
Black History

The Humble Road to Leadership

We are thrilled and proud to announce that Andre Miller has been promoted to Supervising Fire Communications Operator with the Office of Emergency Management and Communications for the Chicago Fire Department.

Andre attended the Paramedic Program at Ingalls Memorial Hospital with South Suburban and completed his EMT training at Olive-Harvey College. He began his career as a Paramedic with ATI Ambulance before joining the City of Chicago's OEMC in September 2009.

Over the past 15 years, Andre has worked every shift—days, evenings, nights, rotating schedules—and has made countless sacrifices, including missing holidays, family events, and Sunday services. His unwavering dedication and commitment to excellence have propelled him from an entry-level position as a Call Taker (FCO I), to Call Dispatcher (FCO II), and now to his well-earned promotion as a Supervisor. Notably, Andre becomes only the third Black male to achieve the Supervising FCO position within the CFD.

Andre also received a 15-year certificate in recognition for his service during the DNC. We are so proud of you and know you'll continue to do great things!



SAVE THE DATE

VPCOG

Strategic Overview
Members Retreat

ENGAGE • INVOLVE • CHALLENGE

9:30AM DOORS OPEN

SATURDAY
JUNE 7

10:00AM - 11:00AM

ON
CAMPUS

If you feed it, it will grow!

VISION

MISSION

VALUES

"PLANS FAIL FOR LACK OF COUNSEL, BUT WITH MANY
ADVISERS THEY SUCCEED." ~PROVERBS 15:22



Mother Carr's Farm

A Community Supported Agriculture Project of Vernon Park Church of God

Join our CSA!
\$300

[Click Here to Sign-up](#)

Our Mission

To create a sustainable farm that connects our community with the environment through fresh local produce, education, and economic empowerment.



Our Produce

BEETS

BELL PEPPERS

CABBAGE

CORN

COLLARD GREENS

MUSTARD GREENS

TURNIP GREENS

KALE

TOMATOES

EGG PLANT

Benefits of our CSA:

- Reasonably priced
- Locally grown without pesticides
- Harvested for optimal flavor and nutritional value
- Contributions to local food pantries
- Fair compensation for workers
- **African American - owned farm**



Contact is @ Mothercarrsfarm.com or 708-753-1975

VPCOG

Small Social Groups

Complete short
4-question form.

Scan this QR code to
select your preference(s).



Click [HERE](#)

Or Visit **VPCOG.ORG**

Currently groups are for:
AGE 21+

Friendship.
Connection.
Accountability.

VP Connects

SAVE THE DATE

SUNDAY MAY 4, 2025

POST-SERVICE ORIENTATION

Venue

1975 E. JOE ORR ROAD

ORIENTATION ONLY

FOLLOWING SERVICE

Need help? See Sis. Rene or Lady Maura
or email Vparkcog@gmail.com

**KEEP MEETING NEW
MEMBERS WEEKLY!**

Vernon Park Graduate & Scholar Notification Form

**Celebrating an educational
benchmark? Let us know!**

**The Scholarship and Education Ministry is
excited to celebrate our scholars of all ages!**

Scan the QR code below to complete the
Graduate and Scholar Notification Form. You must
complete the form by the deadline to be
recognized at this year's Moving-On Celebration.



**Click
[here](#) for
form link.**



Scan for form link:



Forms are due by Sunday, May 18th

MAY IS

MENTAL HEALTH AWARENESS MONTH...

Mental health is vital for our overall well-being, influencing our thoughts, feelings, and behaviors. As we transition through life stages, mental health is a crucial factor in determining how we cope with stress, our productivity and the role we play within our family and community. Mental health is not just an arbitrary concept. Mental health is influenced by several factors including family history, life experiences, and a combination of biological factors.

Although mental health does not discriminate, some mental health disorders are more prevalent in women than men. Approximately one in five women have a common mental health issue, such as depression and anxiety. Many factors can impact women's mental health, such as hormonal fluctuations, societal expectations and pressures, past experiences, and reproductive health. In spite of the fact that some mental health disorders are more prevalent in women, suicide is now the 8th leading cause of death among men under 50 and continues to rise.

Mental health is important because it can help you cope with the stresses of life, be physically healthy, have good relationships, make meaningful contributions to your community, and be productive in all aspects of your life. Just remember...mental health can't wait. Taking action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.

For more information on Mental Health please visit:

<https://amendtreatment.com/why-is-womens-mental-health-important/>

[About Mental Health](#) | [Mental Health](#) | [CDC](#)



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



Please enable PUSH Notifications