VP NEWSLETTER
OCTOBER 2026

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

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.

October 4, 11, 18, 25



It's Generational!
No Brag, Just Facts
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In Person - By Mail - Online
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WOMEN OF PURPOSE MINISTRY
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MENTAL HEALTH MINISTRY
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HEALTH & WELLNESS MINISTRY
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OCTOBER ANNIVERSARIES

Freddie & Tondelayo Nelson
33 years - October 4th

Nathaniel & Cozetta Bates
57 years - October 26th

Heavenly Father, we lift up our sick and shut-in and all those who are grieving the loss of loved ones. Touch those who are sick with Your healing hand. Comfort our bereaved families and surround them with Your peace during the difficult days ahead. We place them all in Your loving hands, trusting in Your grace and faithfulness.
In Jesus' name, Amen.

PRAY FOR OUR SICK & SHUT-IN

Sis. Andrea Turner

Pastor Raymond Chin

Sis. Reshonda Anderson

PRAY FOR OUR BEREAVED

Sis. Sherri (Aubrey) Volious in the loss of her stepfather, Bro. Thomas Knighton, Jr.

Sis. Charlene Griffin in the loss of her husband, Bro. Jimmie Griffin

Rev. Darwin (Rev. Dr. Tosha) Jackson and Noelle Jackson in the loss of his father and her grandfather, Pastor Bobby Jackson

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

~ Psalm 147:3



CONNECT WITH US ON:

Facebook, YouTube, Instagram and VPCOG.ORG

MONDAYS

The church office is CLOSED.

PRAYER CALL

THURSDAYS
6:00AM
202-926-1080
Access Code
981434

MEN OF DESTINY

THIRD SATURDAYS
12:30PM



IT'S GENERATIONAL! NO BRAG, JUST FACTS!

MEET: Sheree Redd-Jones

Becoming a Better, Stronger, Healthier Me!

Habits are tough to break. Deciding to change in a day is even harder, but that is how I began my healthier me journey. Waiting for a particular day, season, or new year was not working for me. I knew that if I continued this pattern, life would start lifing, creating another string of delays and excuses for why I didn't start, again. The perfect day was that day!



My journey began over 3 years ago in January 2023, when I stopped eating meat. I started becoming more aware of what I did and didn't want to put into my body. After following a strict plant-based diet for 1 year, I decided that being vegetarian was the best fit for me. I had to get accustomed to cooking differently, but soon discovered there were so many alternatives that I don't miss meat. Now, I can pretty much make all of the meals I use to make with meat just as tasty or even tastier without it.

Changing the way I ate wasn't all I wanted to change. I began to want my outer appearance to match the way I was feeling inside. Every time I looked in the mirror, I wasn't happy with what I saw. On September 19, 2025, I decided to join CrossFit without hesitation. Thus began my fitness journey of doing hard things. The workouts are tough, but I love every bit of them. I am doing things in my workout that I have never done before like weightlifting and running for miles. I'm hitting personal records left and right. I continue to surprise myself!



2026 is when my confidence really started to build. I began taking on challenges I didn't believe I was capable of. I started lifting heavy weights, stayed consistent with working out, completed the MudGirl 5K obstacle course and finished the 13.1-mile Hidden Gem Half Marathon! In one year, I've lost about 25 pounds and about 8% body fat. I've maintained my muscle mass, my clothing size has gone down and my muscles are becoming visible. Slow and steady progress with BIG impact!



Never would I have imagined I would be doing all of this in my late-late 40's. My journey doesn't end here. It's no longer about the foods I eat or looking great in the mirror. It's about caring for the temple God gave me. It's a lifelong journey and challenge that I have taken on and have no plans of stopping. It feels good doing it. I am always going to be a work in progress.

If you have a WIN to share, email: Vparkcog@gmail.com
for instructions on what we need in order for you to be included.

HOW TO REGISTER TO VOTE FOR THE 2026 MIDTERM ELECTIONS

On Tuesday, November 3rd

IN PERSON –
28 DAYS BEFORE ELECTION DAY:
TUESDAY, OCTOBER 6, 2026

BY MAIL –
POSTMARKED 28 DAYS BEFORE ELECTION DAY:
TUESDAY, OCTOBER 6, 2026

ONLINE –
16 DAYS BEFORE ELECTION DAY:
SUNDAY, OCTOBER 18, 2026



There is a grace period. Visit the Illinois State Board of Elections

www.Elections.il.Gov

WOMEN OF PURPOSE
PRESENTS

The Proverbs 31 Series

8 MONTHS • 8 PASSAGES • 8 ACTIVITIES

Wisdom
Strength
Connection
Purpose

SATURDAY, OCTOBER 17TH
10 AM - 12 PM



THIS MONTH'S FEATURED CONVERSATION

Behind the Scenes: This Ain't the Movies!

Real Talk About Marriage

FEATURING PASTOR TOSHA

LIVING PV31 OUT LOUD!

Ladies, we're going to have a submersive, interactive experience with God's Word.

ALL WOP WOMEN IN ALL SEASONS ARE WELCOME!

Regardless of marital status, your voices are needed for these conversations. So, join us for 8 months of adventure!

Mental Health Ministry Presents...

Monthly Mental Health Presentations

SATURDAY, OCTOBER 24TH
10:00-11:00 AM

PRESENTER:

Min. Cassandra Ward

Managing Stress and Anxiety

JOIN US ON ZOOM

MEETING ID
827-8248-9329

PASSCODE
246477

MONTHLY EVERY 4TH SATURDAY

CLICK OR SCAN THE QR CODE TO JOIN

This presentation is intended for informational and educational purposes only and does not constitute clinical advice, diagnosis or treatment.

Vernon Park Church of God

presents

Trunk or Treat

October 25, 2026

Hosted by the Youth and Children's Ministries

Following 10am service

- Decorate your cars
- Get to know our youth and children

Sign up to participate!

THE MISSIONS MINISTRY IN PARTNERSHIP WITH
YOUTH AND SCHOLARSHIP & EDUCATION MINISTRIES

COLLEGE CARE PACKAGES



Join the effort to encourage our very own Vernon Park scholars.

BECOME A SPONSOR



PLEASE VISIT THE MISSIONS TABLE FOR MORE INFO.

OCTOBER THROUGH NOVEMBER



MIN. QUINCY DYER
OUTREACH PASTOR
VERNON PARK CHURCH OF GOD

BREAST CANCER
Awareness Month

OCTOBER

FAITH • HOPE • AWARENESS • SUPPORT

Loving GOD ♥ Loving Others ♥ Serving Others

"With God all things are possible."

MATTHEW 19:26

Stronger Together in His Love

During Breast Cancer Awareness Month, we join together in prayer, encouragement, and support for everyone whose life has been touched by breast cancer.

We honor survivors, encourage those currently undergoing testing or treatment, support caregivers and families, and lovingly remember those who have passed on.

TAKE CARE OF YOUR HEALTH

Early detection can make a difference. We encourage everyone to be attentive to their breast health and talk with their healthcare provider about personal risk factors and appropriate screening.

If you notice a new lump or another unusual change, don't wait for your next routine screening—contact a healthcare professional.

A WORD OF ENCOURAGEMENT

"God is our refuge and strength, an ever-present help in trouble."

PSALM 46:1

Whatever the journey may bring, we place our faith and hope in God. Let us continue to surround those facing breast cancer with prayer, compassion, encouragement, and love.

HOW WE CAN SHOW SUPPORT

- Wear pink during October as a visible sign of support.
- Check on someone going through treatment.
- Prepare a meal or offer transportation to an appointment.
- Send an encouraging card or make a phone call.
- Let someone know you are praying for them.
- Encourage the women in your life to make their health a priority.

Our Prayer

Heavenly Father,
We offer our thanks to GOD for who He is and all He has done. We pray for everyone affected by breast cancer. Strengthen those undergoing treatment, comfort those awaiting answers, and bless survivors with continued health and hope. Give peace to families who have lost loved ones and strength to caregivers. Guide doctors, nurses, and researchers as they provide care and seek better treatments and cures. Help us to be a loving and supportive community, always ready to pray, encourage, and serve.

In Jesus' name, Amen.

Hope Lives Here

WEAR PINK • SPREAD AWARENESS • ENCOURAGE SCREENING • PRAY FOR A CURE

VPCOG

Church APP

Search: NEARBY CHURCHES or type: VERNON PARK CHURCH OF GOD

Scan QR code to download.

SCAN ME SCAN ME

or *Click HERE*

Visit the App Store: Apple or Google Play

Google Play

App Store

The Bible. Sermons. Connection.

If there is an emergency, urgent need or traffic delay, it ensures we reach members quickly.

Stay Connected