

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
MEET: Sheree Redd-Jones

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HOW TO REGISTER TO VOTE
In Person - By Mail - Online

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WOMEN OF PURPOSE MINISTRY
Proverbs 31 • 8-Month Series

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MENTAL HEALTH MINISTRY
Monthly Mental Health Presentation
Managing Stress and Anxiety

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YOUTH AND CHILDREN'S MINISTRIES
Trunk or Treat!

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**MISSIONS, YOUTH AND SCHOLARSHIP
& EDUCATION MINISTRIES**
College Care Packages

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HEALTH & WELLNESS MINISTRY
October is Breast Cancer Awareness Month

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SEPTEMBER 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

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



**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



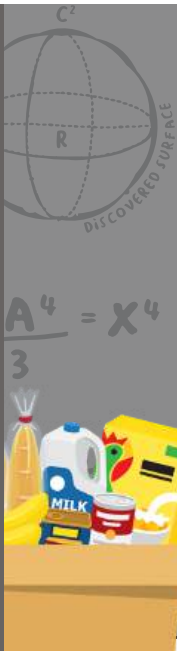
*Join the effort to
encourage our very own
Vernon Park scholars.*

**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

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VERNON PARK CHURCH OF GOD

Scan QR code
to download.



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*The Bible.
Sermons.
Connection.*

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

*Stay
Connected*