VP NEWSLETTER

November 2026

OFFICE HOURS:
Tuesday - Thursday
9am - 4pm
708-753-1975

CALL IN SERVICES:
Sunday Service
at 10am
Thursday Prayer
at 6am
202-926-1080
Access Code
981434

Children's Church is held following Praise and Worship.

November 1, 8, 15, 22



HAPPY VETERANS DAY
THANK YOU FOR YOUR SERVICE!
NOVEMBER 11th

Happy Thanksgiving!
NOVEMBER 26th

MONTHLY MEETINGS ALERT!
See Page 2, Right Column

It's Generational!
No Brag, Just Facts
MEET: Maura Gale
See Page 3

GET OUT & VOTE!
Tuesday, November 3rd
See Page 4

WOMEN OF PURPOSE MINISTRY
With VP Arts & Crafts Social Group
Proverbs 31 ❋ 8-Month Series
"Tied Together & Topped with Purpose"
See Page 5

HEALTH & WELLNESS MINISTRY
November is Diabetes Awareness Month
See Page 6

NOVEMBER ANNIVERSARIES

Bennie & Alma Smith
37 years - November 18th

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. Sarah Barber

Bro. Maurice Snell

Deaconess Mardelle Vanderbilt

PRAY FOR OUR BEREAVED

Sis. Shirley Henderson in the loss of her sister, Rose Lee Robinson

Sis. Gwendolyn Johnson in the loss of her daughter, Sis. Loretta Ashby

Sis. Yvonne Carter-Gordon in the loss of her father, Bro. John L. Stanley

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

~ Psalm 147:3



CONNECT WITH US ON:

Facebook, YouTube, Instagram and VPCOG.ORG

MEN OF DESTINY

3RD SATURDAYS @12:30PM

WOMEN OF PURPOSE

3RD SATURDAYS
10:00AM - 12:00PM

VETERANS

3RD SUNDAYS AFTER SERVICE ROOM 103

MENTAL HEALTH

4TH SATURDAYS
10:00AM - 11:00AM
ZOOM CALL
Meeting ID:
827-8248-9329
Passcode:
246477

LIFE LESSONS

VP HIGH SCHOOLERS

4TH SUNDAYS AFTER SERVICE ROOM 103

IT'S GENERATIONAL! NO BRAG, JUST FACTS!

MEET: Maura Gale

From the Pulpit to Prime Time

Actress, Evangelist and servant~
Maura Gale, affectionately known as Lady Maura, is an actress, evangelist and SAG-AFTRA member of 36 years. With over 100 radio and TV commercials to her credit, she currently brings some dance moves to Chick-fil-A's "Chicken & Waffles" commercial now running.





Her latest film, *The Christmas Heartbeat*, is just in time for the holidays! Currently streaming on Fandango and VOD on Prime. Maura has played the wife of Laurence Fishburne, the best friend of Halle Berry, she's slapped Michael Beach and has worked for Tyler Perry Studios.

Some other projects currently streaming on Prime include: *An Abduction at an HBCU* as Dean Miles, and *A Nashville Legacy* as Professor Dolar.

Maura's heart shines through "She Speaks," her nationally touring series of one-woman shows that bring Women of the Word to life on stage. She also ministers at churches, women's events and annually to women in recovery through Third Step Ministry in Los Angeles.



She treasures life as a wife and partner to her best friend, Pastor J, bonus mom to Craig, and First Lady to the loving congregation of Vernon Park Church of God.

Explore more at IMDb.me/Mauragale

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

Get Out AND VOTE

IN THE MIDTERM ELECTION

ON NOVEMBER 3RD

Midterm elections give YOU the opportunity to decide which party controls both the House of Representatives and the Senate!







Women of Purpose

(with Arts & Crafts Social Group)

Presents

PV 31 Series

Tied Together & Topped with Purpose

BYOTie or BYOCap

We're adding Bling!

Saturday, November 21st

10AM–12PM

Facilitator: Min. Kitty White

Eager Hands. Creative Hearts.

PV 31:13

NOVEMBER IS...

American Diabetes Month



As we enter the month of November, a season of thanksgiving, family gatherings, and fellowship, let us also take time to focus on one of God's greatest blessings-our health.

November is American Diabetes Month, a time to raise awareness about diabetes, encourage prevention, and support those living with this condition.

Diabetes affects millions of Americans, but it has a particularly significant impact on African American families. According to the U.S. Department of Health and Human Services, in 2024, Black/African American adults were 24% more likely to have diabetes than U.S. adults overall.

Type 2 diabetes occurs when the body does not use insulin effectively, causing blood sugar levels to rise. Over time, uncontrolled diabetes can damage the heart, kidneys, eyes, and nerves. Our increased risk is influenced by several factors, including family history, access to affordable healthy foods, opportunities for physical activity, stress, and differences in access to healthcare. Diabetes can develop without noticeable symptoms. That is why regular checkups and screenings are so important.

Talk with your healthcare provider about:

- Your blood sugar and A1C level
- Your blood pressure and cholesterol
- Your family history of diabetes
- Whether you should be screened for prediabetes or diabetes

An A1C blood test provides information about your average blood sugar over approximately three months. Doctors use it to screen for prediabetes, diagnose diabetes, and monitor how well diabetes is being managed.

A1C levels range as follows:

Below 5.7%-Normal blood sugar range
5.7%-6.4%- Prediabetes
6.5% or higher – Diabetes range

The good news is that type 2 diabetes can often be prevented or delayed, and people living with diabetes can lead healthy, fulfilling lives. Remember, every small step toward better health is a step in the right direction.

VPCOG

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- *Sermons*
- *Connection*

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

Stay Connected!