



# VP NEWSLETTER



## OCTOBER 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.

**Oct. 6, 13, 20, 27**



### WOMEN OF PURPOSE & PRAYER MINISTRY

**Saturday, Oct. 5th @ 11am**

*"Focus Forward"*

Virtual Vision  
Board Event  
via ZOOM

With  
**Nevaina  
RHODES**



**See Page 3**

**NEW**

**IT'S GENERATIONAL!  
NO BRAG, JUST FACTS!**

**Highlighting: Joya Barnett**

A monthly feature in the newsletter,  
highlighting members ~ young and seasoned.  
If you've accomplished something great,  
please tell us about it in 150 words or less!

**See Page 4**

### HEALTH & WELLNESS MINISTRY

**OCTOBER IS...**

**Breast Cancer Awareness Month**

**See Page 5**

10

19

TEMBO CIRCLE

and

OCTOBER FEST

10

26

(Mens Ministry and Youth Ministry)

**See Page 6, 7 & 8**

**Link to Photos from Pastor J's  
25th Anniversary Celebration**

**See Page 9**

# October Anniversaries

Freddie & Tondelayo Nelson

31 years ~ October 4th

Nathaniel & Cozetta Bates

55 years ~ October 26th



Love is Kind

**Pray for our sick and shut-in**

Sis. Elise Henry

Bro. Wilbur Pierce

Sis. Arleen Pierce

Sis. Lorene Johnson

**Pray for our Bereaved**

**Psalm 147:3**

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



**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**

# WOMEN OF PURPOSE & PRAYER MINISTRY

Present...  
"FOCUS FORWARD"  
A 4th Quarter

## Virtual Vision Board Event



With **Nevaina Rhodes**

Part 2

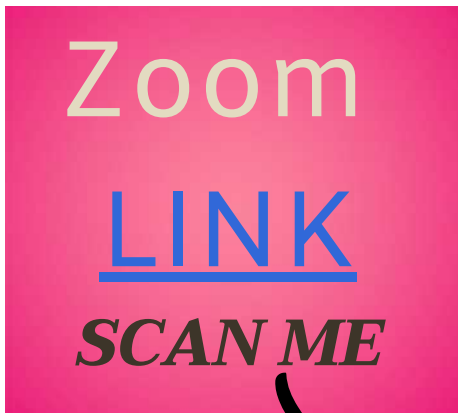
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*Health*



*Spiritual*



*Connections*



*Wealth*



*Passions*

# IT'S GENERATIONAL! NO BRAG, JUST FACTS!

## Joya Barnett

DR. V. ESSIA JEAN BARNETT-BATTIE'S GRANDDAUGHTER

### **"Living My Dreams"**

I've been an educator for 17 years in a small military town in North Carolina. I am honestly living my dream as my calling and career collide! I don't take lightly each moment to lovingly impact the lives of my students in ways many of them would not experience outside of my classroom. In a time where our country seems more divided than ever, I want each of my students to know that they ARE loved and to BE love in the world around them.

Music is the perfect "excuse" and it thrills my soul to help them musically discover lands and people that are different than from where they come. On a daily basis, I see children that have yet to learn to stand up for themselves or sadly, don't have necessary family to stand up for them. The craziness of 2020 seemed to magnify this. Covid. George Floyd. Virtual learning... It all took a toll on them just as much as it did us. This was the inspiration for my poem "Sing With Me." It's told through the heart of a child that really just wants someone to come along side them and truly see them for who they are, not just their race. Someone to do life with and sing their song with them, no matter how unfamiliar the words.

A LEGACY  
SHOUTOUT



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

# OCTOBER IS...



## BREAST CANCER AWARENESS MONTH

### What is Breast Cancer?

Cancer is a condition where normal cells fail to stop dividing and grow uncontrollably. Our DNA has a gene that “stops” cellular growth and a DNA repair gene, preventing cancer called “tumor suppressor genes.” When tumor suppressor genes are inhibited, defected, or mutated is when cancer is likely to occur. For each organ, there are tumor suppressor genes that correspond with it. In **Breast Cancer**, the tumor suppressor genes that are associated are called **BRCA1 + 2**.

There are many types of breast cancers, most of which are classified by location and spread. Although every woman with breast cancer has a unique experience, by identifying major types of breast cancers, physicians are now able to better understand the disease, which can lead to better prognosis and health outcomes.

As we embark on the month of **OCTOBER**, let us continue to focus on raising **AWARENESS**, **EDUCATING** and **EMPOWERING** one another in the fight against breast cancer.



For more information on Breast Cancer please visit:

[Breast Cancer](#) | [Breast Cancer Information & Overview](#) | [American Cancer Society](#)

# Vernon Park Church of God Men's Ministry & Youth Ministry

Introduce

## TEMBO CIRCLE

Calling all boys and  
men ages 10 & beyond.

Join us for a time of  
intergenerational  
connection and growth!

**Saturday, October 19, 2024**  
**12:30p - 2:30pm**

**Children's Church**

**Registration is encouraged**



## Tembo

The word TEMBO is Swahili for "Elephant." It is known in the animal kingdom that young male elephants emulate the behaviors of older male elephants in a herd.

Gus Van Dyk, an ecologist at Pilanesberg National Park in South Africa, discovered a series of attacks on rhinos in the park. He found that a group of adolescent male elephants in a state of heightened aggression, known as "musth," were responsible. These young elephants had killed over 50 rhinos. It was then Van Dyk realized that the absence of older bull elephants to regulate the musth behavior was a key factor.

To address this, he introduced six large bull elephants from Kruger National Park, causing the teenage elephants to immediately drop out of musth. They mentored the younger bulls so they could see what normal male behavior looked like. No more rhinos were killed once the mature bulls arrived.

The concept of the TEMBO Circle is to create a safe space for young men and older men to connect and learn from each other while providing strong mentors for the young men of VPCOG.

*"The absence of strong male role models deprives young men of essential boundaries necessary for a healthy and fulfilling life."*

*- Author Unknown*



VERNON PARK CHURCH OF GOD



# FAMILY HARVEST FEST

SATURDAY, OCTOBER 26TH

ENJOY ACTIVITIES FOR ALL AGES

**12PM - 3PM**

**ARTS & CRAFTS | GAMES | FOOD | BAKING CONTEST  
& MUCH MORE**

**Trunk or Treat**

**Sunday, October 27th - following 10am Service  
Car Decorating Contest**

## **Good News...**

**If you attended Pastor January's Anniversary Banquet at the Serbian Center on 9/15/24, you might have been "captured."**

**We have uploaded over 1600 images hoping there is a photo of you, your table or of Pastor you would like to have as a keepsake!**

**The images are downloadable.**

**Keep in mind the size of the images are larger than cell phone photo files.**

**[CLICK HERE FOR PHOTOS](#)**