

VP NEWSLETTER

JUNE 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.

JUNE 1, 8, 15, 22

Sunday, June 15th

Happy
Father'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: Maurissa Frye

See Page 3

MEMBERSHIP RETREAT

SAVE THE DATE

Saturday, June 7th

See Page 4

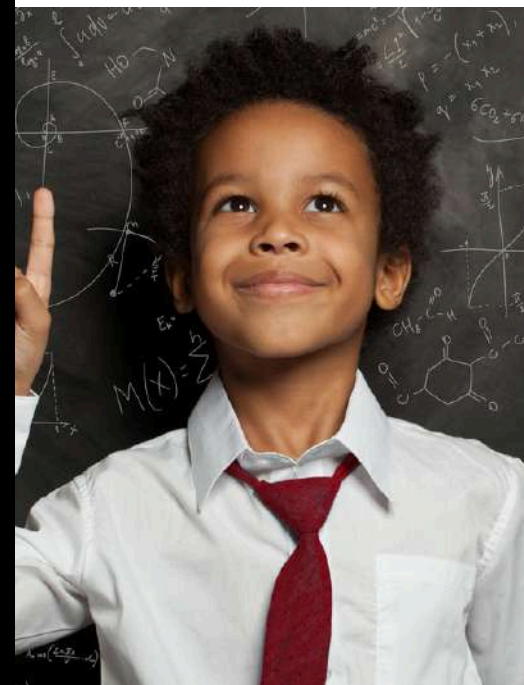
MOTHER CARR'S FARM SHARES
Now Available

See Page 5

HEALTH & WELLNESS MINISTRY

Men's Health Month

See Page 6



June Anniversaries

Rodney & Tarsa Tucker 24 years...June 9th

Charles & Mary Sawyer 52 years...June 9th

Brian & Shaunda Bonds 32 years...June 12th

Jimmie & Charlene Griffin 43 years...June 12th

Bruce & Barbara McKinney 42 years...June 18th

Eric & Andrea January 26 years...June 19th

Robert & Annie Ruth Walker 55 years...June 20th

James & Ladeyiha Reed 22 years...June 21st

Chitunda & Danielle Tillman 18 years...June 23rd

Jerald & Maura Gale January 8 years...June 24th

Tony & Carolyn Williamson 17 years...June 27th

Maurice & Christian Brown 11 years...June 28th

Tony & Vanessa Davis 24 years...June 28th

Pray for our sick and shut-in

Sis. Tondeleyo Nelson

Pray for our bereaved

Min. Cassandra Ward and family
in the loss of her brother, Bro. Alvin Cook

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
(coming soon)

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
Encouraging Cards
Women Of Purpose

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

THE MIRACLE NAMED MAURISSA

- At birth I weighed 2 lbs. 5 ozs. June 2, 1988.
- I weighed as little as 1 lb. 11 ozs. during the first month of life.
- I was born at Cook County Hospital.
- I was in the Neonatal ICU for two and a half months.
- My mom and dad were at my side every day.
- The doctor said I wouldn't survive past my first day of life.
- God had a different plan for me!
- On June 2, 2025, I will be celebrating my 37th birthday!
- My mom is sharing my story; she is my guardian, personal care assistant, and live-in aide at our home.

Thank you for reading my story!

HAPPY BIRTHDAY MAURISSA... LOVE, VPCOG!



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
CUCUMBERS
YELLOW SQUASH
WATERMELON**

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



[Top Five Health Threats to Men - \(Click for more information\)](#)

Even if you already feel healthy, a little planning can help you stay healthy. The top threats to men's health aren't secrets: they're known, common, and often preventable. The good news is that making a few lifestyle changes can lower your risk for these common problems.

It's important to be aware of possible dangers to your health and make changes in your life. Remind yourself of these top threats to men and how to avoid them.

Cardiovascular disease: One in four men has some form of heart disease. It's the leading cause of death in the United States. Risk factors depend on your age, gender, race, and sometimes family history.

Lung cancer: still a health threat, Lung cancer is the leading cause of cancer death. It's good to know what symptoms to look for so you know when to see your health care provider. If you're concerned about lung cancer, be on the lookout for these signs:

- A cough that doesn't go away or gets worse over time or has blood in it
- Constant chest pain or shortness of breath, wheezing, or hoarseness
- Repeated problems with pneumonia or bronchitis
- Swelling of the neck and face
- Loss of appetite or weight loss
- Fatigue

Prostate cancer: one in nine men will be diagnosed during their lifetime. Prostate cancer is the most common non-skin cancer among American men. It usually grows slowly and occurs in men over 65 years old.

Depression and suicide: easy to overlook, Depression is not a personal weakness or character flaw. Most experts agree depression can result from family history, early life experiences, stressful events, or a combination of these factors.

Diabetes: the silent health threat. Anyone can get diabetes. But it's more common if you're over 40, overweight, or don't get much physical activity.



SATURDAY, JUNE 28TH

10AM-12PM

“A WALK IN THE PARK”

PRESENTED

BY

HEALTH & WELLNESS

MINISTRY

Join us for a fun fitness day as we walk the grounds of VPCOG

Text Sis. Sonja 773-656-7807 to Register

WALK AT YOUR
OWN PACE



**LET'S
GET
MOVING**

WATER AND
REFRESHMENTS
WILL BE
PROVIDED

**VERNON PARK
CHURCH OF GOD**

1975 Joe Orr Rd
Lynwood, IL 60411

<https://www.vpcog.org>

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of God**

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