

VP NEWSLETTER

August 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.

AUG. 3, 10, 17, 24



AN INVITATION TO SERVE

Ministry is a commitment to help share the gospel. We're asking members to pray about how YOU can assist your family in ministry! Partner with us as we walk out our purpose. Volunteer to help us serve God's people and spread the GOoD News! Let a ministry leader know you would like to serve on their team!

IT'S GENERATIONAL!

NO BRAG, JUST FACTS!

Highlighting: Catlin Watts

"Impassioned to Fill The Gap"

See Page 3

MOTHER CARR'S FARM SHARES

Fresh fruits and Vegetables

No pesticides or chemicals

Distribution started July 26th

FARM SHARES AVAILABLE

See Page 4

HEALTH & WELLNESS MINISTRY

Summer Sun Safety Month

See Page 5

HEALTH & WELLNESS NEWS

Blood Pressure Screening

Sunday, August 31st

See Page 6

August Anniversaries

Keith & Sonja Hawkins

7 years...August 1st

Peter & Rene Mullings

18 years...August 11th

Robert & Carmen Banks

30 years...August 12th

Travis & Venita Poindexter

31 years...August 13th

Roy & Katrice Burns

31 years...August 14th

Bernard & Connie Farmer

27 years...August 20th

William & Relda Jackson

23 years...August 24th

Paul & Veronica Dark

40 years...August 24th

Jack & Annette Washington

52 years...August 25th

Freddie & Georgia Randle

3 years...August 27th

William & Sharron Fowler

27 years...August 29th

Pray for our sick and shut-in

Bro. Robert Hillsman

Bro. Freddy Randle

Pray for our bereaved

Pastor J and Craig January in the loss of their
brother-in-law and uncle,
Bro. Jerome Dandridge, Jr.

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

~ Psalm 147:3



NEW CONTENT ON:
[Facebook](#), [YouTube](#),
[Instagram](#)
and [VPCOG.ORG](#)

MONDAYS **SABBATH**

**A day of rest and
spiritual reflection.**

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

“Impassioned to Fill The Gap”

I started taking Spanish in the 3rd grade—if things had gone my way, I would have taken French, and I’m thankful they didn’t! Learning Spanish throughout my childhood seamlessly transitioned into a Spanish Major in college, which led to the opportunity to study abroad in Buenos Aires, Argentina. After college, I was unsure what path God had ahead of me, but I knew I had a heart to serve others. This led me to serve with City Year—an organization that serves in schools, preparing students with the academic, workforce, and interpersonal skills they need to succeed in school and life. Working as a sixth-grade math and reading tutor revealed my passion for education. After completing my service year, I was a College and Career Coach for five years. I enjoyed serving high school students, but I knew something was missing. My responsibility was to help close the gap between these students and their postsecondary options, but I noticed the most significant gap was in their reading and writing skills. I realized that my passion lay in filling those education gaps earlier on. I entered a teacher training program and graduated with my Master of Arts in Teaching in 2023. It has been a blessing to teach second grade for the past two years on Chicago’s South Side, and an even bigger blessing that I am transitioning into the role of English Language Program Teacher later this August. In this role, I will be responsible for the instruction, specialized services, and support to Spanish-speaking students and their families. On the verge of this new horizon, I can see clearly how God planned to use my love of learning and speaking Spanish, and my heart for service, to reveal another facet of my purpose.





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**

This month's distribution ~ Saturday, August 9th & 23rd 10:30am-1:00pm

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

AUGUST is...

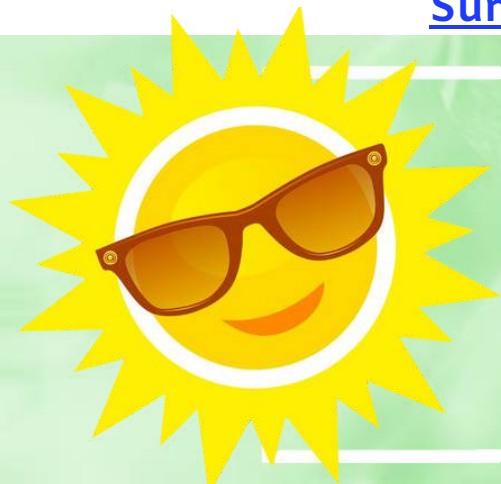
Summer Sun Safety Month

As we continue to soak up some fun in the sun, this month-long observance is dedicated to raising awareness about the importance of protecting our skin and eyes from harmful rays of the sun. Whether you're spending time at the park, beach or just hanging out in your backyard, it is essential to take steps to protect yourself. It's no secret that too much sun exposure can harm your health. In addition to causing skin problems like wrinkles, discoloration, and even skin cancer, excessive sun exposure can also lead to eye damage. The sun's Ultraviolet (UV) rays can damage the cornea, lens, and retina resulting in cataracts, macular degeneration, and other vision problems. Protection from Ultraviolet (UV) rays is important all year, not just during summer. UV rays can reach you on cloudy and cool days, and they reflect off surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10am to 4pm. The UV index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

Spending time outside is a great way to be physically active and reduce stress. Long summer walks, water activities, festivals, outdoor concerts all add to the WOW factor of a great summer day. Making a few simple changes to our habits can dramatically reduce our risk of sun-related skin and eye problems, from seeking shade during peak hours to wearing sunscreen, hats and sunglasses. All of these tips can assist us with having a happy and healthy summer!!!

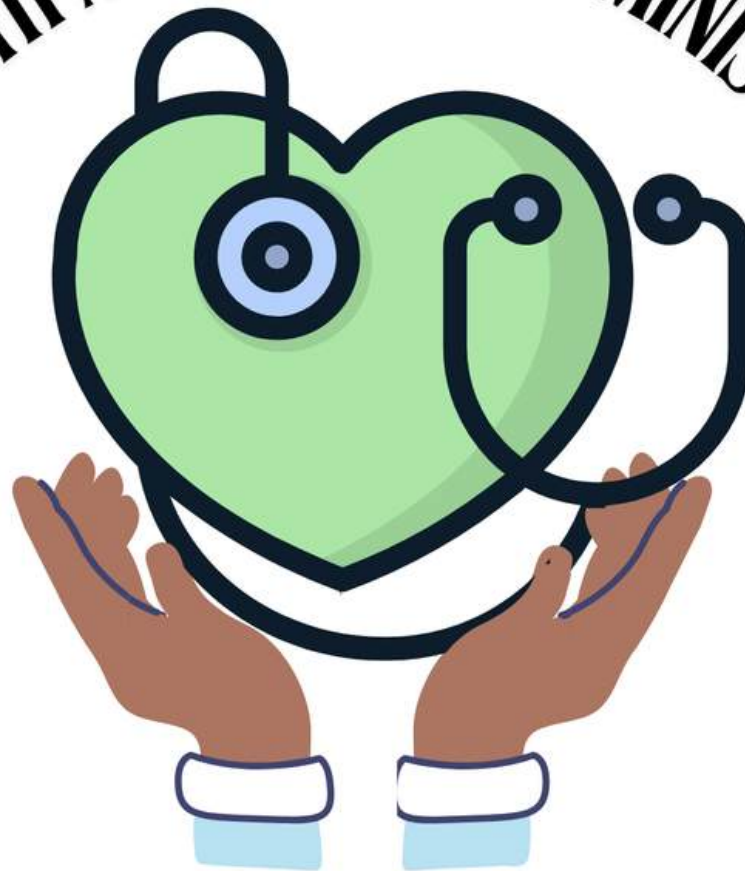
For more information on Summer Sun Safety please visit:

[Sun Safety Facts | Skin Cancer | CDC](#)



SUMMER SUN SAFETY

Vernon Park Church of God
HEALTH AND WELLNESS MINISTRY



**FREE BLOOD PRESSURE
SCREENING**

SUNDAY, AUGUST 31ST

ROOM: 103

9:15AM &

IMMEDIATELY AFTER SERVICE

YOUR **BLOOD PRESSURE** IS IMPORTANT NO MATTER
YOUR AGE. TAKING THE TIME TO KNOW YOUR NUMBERS
CAN PREVENT STROKE, HEART DISEASE, AND...

SAVE YOUR LIFE!

W E L C O M E
N E W
M E M B E R

**New to VP?
Married?
New Parent?
Start Here**

4 Things to do:

- **Get Connected**
- **Sign up for the VP Newsletter**
- **Download the VP Church App**
- **Enable PUSH notifications**



**We acknowledge anniversaries
Email: Vparkcog@gmail.com**

Questions?

**We
are
here
to
help!**

Baby Dedication



Call church office 708-753-1975

Scan QR Code or visit App Store

SEARCH: Tithe.ly Church App

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



THE TITHE.LY CHURCH APP

**Vernon Park Church
of God**

[CLICK HERE](#)

[OR](#)

Scan to download the app



OR



Download on
App Store



Download on
Google play

Please enable PUSH notifications