

VP NEWSLETTER

September 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.
SEPT. 7, 14, 21, 28

 **HAPPY LABOR DAY** 
MONDAY, SEPTEMBER 1, 2025

AN INVITATION TO SERVE
*We're asking members to pray about how YOU can assist your family in ministry!
Volunteer to help us serve God's people
and spread the GOoD News!
Let a ministry know you are ready to serve!*

 **IT'S GENERATIONAL!**
NO BRAG, JUST FACTS!
Highlighting: Riley Livingston
"Serving God in the Key of A"
See Page 3

MOTHER CARR'S FARM SHARES

*Fresh fruits and vegetables
No pesticides or chemicals*

See Page 4



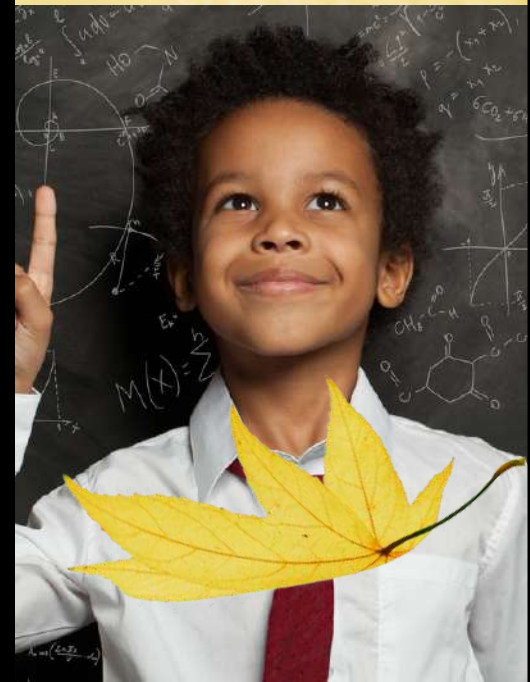
HEALTH & WELLNESS MINISTRY
National Cholesterol Education Month

See Page 5

CHILDREN'S CHURCH
*Make a Difference in a
Child's Life Every Sunday*

VOLUNTEER

See Page 6



September Anniversaries

Toussaint and Petrina Wilkins

2 years...September 2nd

Andre & Dana Miller

7 years...September 2nd

Sydney & Brianna McClay

7 years...September 2nd

Patrick & Denee' Dent

15 years...September 3rd

Harold Grevious & Brenda Taylor Grevious

38 years...September 12th

Lamarr & Laura Wimberly

29 years...September 14th

Phillip and Delilah Winters

34 years...September 15th

Ronnie & Thia DeVance

32 years...September 18th

Pray for our sick and shut-in

Sis. Mary Sawyer

Deacon Paul Alston

Sis. Faye Hardiman

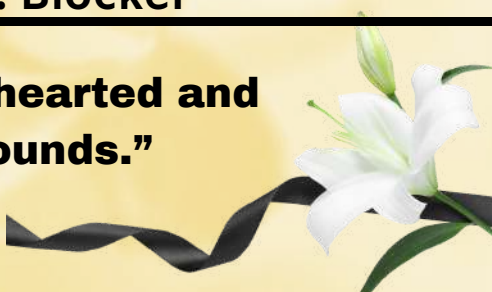
Pray for our bereaved

Sis. Annika Monigan and Loretha (Franklin) Gray
in the loss of their grandmother and great-aunt
Mother Clotee Love

Dr. Grace Beacham in the loss of her cousin
Bro. Eric D. Blocker

**"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

IT'S GENERATIONAL! NO BRAG, JUST FACTS!

Highlighting: Riley Livingston

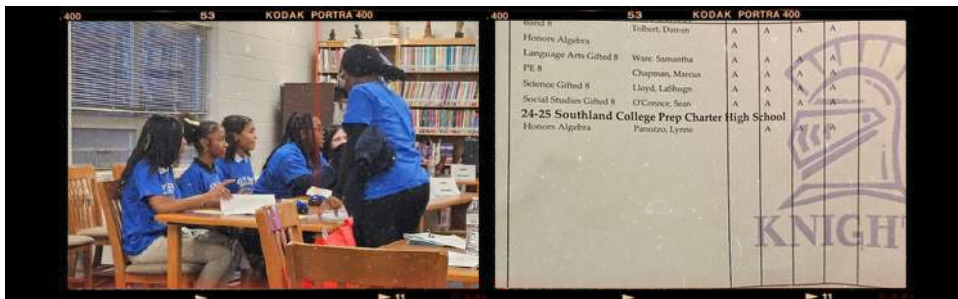
“Serving God in the Key of A”

My name is Riley Livingston and many of you know me as the trombone player here at Vernon Park Church of God. Here are a few facts I would like to share about myself.

I recently graduated from 8th grade at O. W. Huth Middle School. While there, I accomplished many things.

- I helped to pioneer Huth's first ever Scholastic Bowl Team, where we competed amongst local schools in knowledge contests.
- I also played my trombone in all three bands: Marching, Jazz and Symphonic, while being trombone section leader.
- Last, but most important, I graduated as one of 14 valedictorians with a GPA of 4.67 and achieved Academic Hall of Fame and became a Golden Apple Scholar.

Since graduation, I have continued to play the trombone for the youth and adult choir. In the Fall, I plan to go to Southland College Prep High School, where I will continue to follow my love for music by playing in Southland's award-winning Marching Band and studying engineering.



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



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**

September's Saturday distribution dates ~ 6th & 20th 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 us @ Mothercarrsfarm.com or 708-753-1975

SEPTEMBER is...

National Cholesterol Education Month

Cholesterol is a waxy substance found throughout the body. Cholesterol comes from two sources; blood cholesterol and dietary cholesterol. Blood cholesterol comes from your liver and helps your body build cells and make vitamins and certain hormones. Your body makes ALL the cholesterol it needs through this process. Dietary cholesterol can be found primarily in animal products like red meat, poultry, eggs, cheese and milk. These foods are generally high in saturated fats and contributes to a rise in your cholesterol levels.

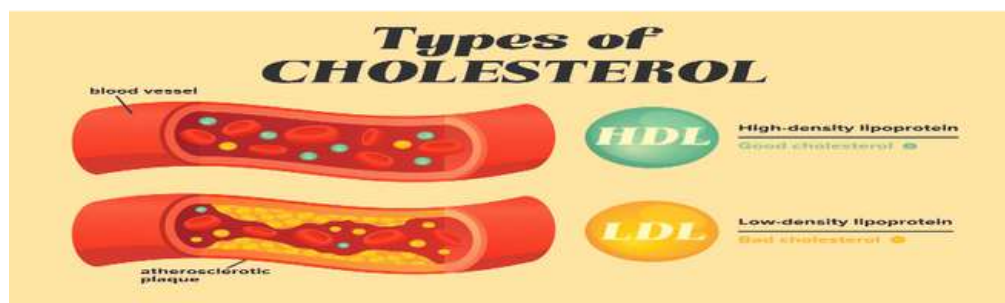
There are two types of cholesterol, Low-density lipoprotein (LDL) and High-density lipoprotein (HDL). Low-density lipoprotein (LDL) cholesterol is known as the “bad” kind of cholesterol. High levels of LDL cholesterol can lead to heart disease, heart attack, and stroke. The American Heart Association recommends “lower is better” for LDL. Studies suggest an ideal LDL level at or below 100mg/dL. Adults who maintain this level have lower rates of heart disease, heart attack, and stroke. High-density lipoprotein (HDL) are considered the “good” kind of cholesterol because it helps remove other forms of cholesterol from the bloodstream. A higher level of HDL cholesterol is linked to a lower risk of heart disease, heart attack, and stroke.

If too much “bad” cholesterol is circulating in your blood, it can build up inside the arteries that feed your heart and brain. If the cholesterol gets too thick, it can trap blood clots in your arteries and lead to a heart attack or stroke.

It is important to check your cholesterol to make sure you are at a healthy level. Healthy lifestyle habits like eating a healthy and balanced diet, moving your body, and eliminating tobacco use can all help you better manage your cholesterol.

For more information, visit

[Cholesterol: Top foods to improve your numbers - Mayo Clinic](#)





**Make a Difference in a
Child's Life Every Sunday!**

**Do you love working with kids?
Are you passionate about sharing God?**

**Join Our Children's Church
Volunteer Team!**

**To assist with kids once a month on Sundays,
contact Minister Kitty @ 773-606-6718**

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**

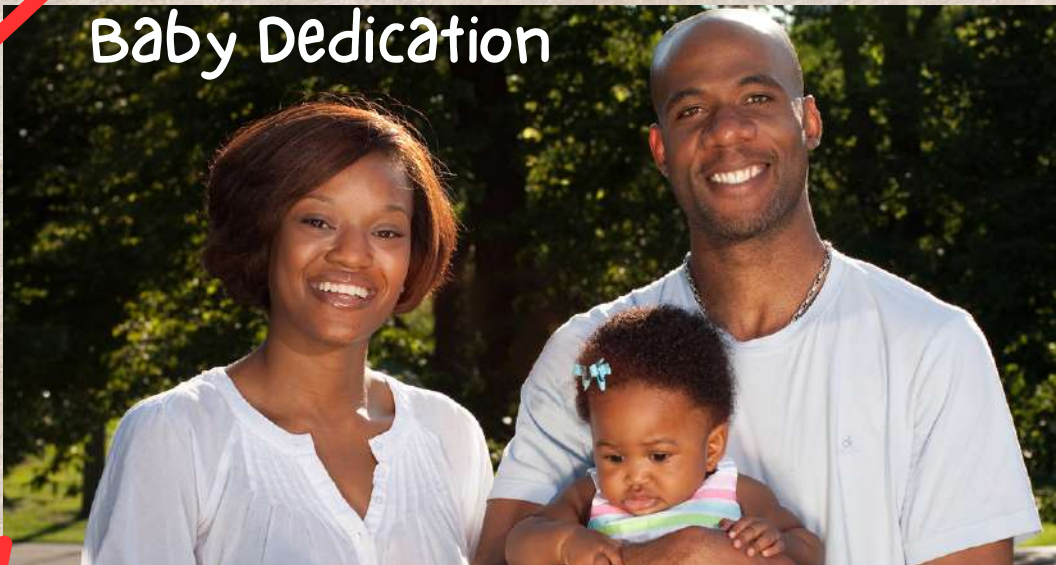


**We acknowledge anniversaries
Email: Vparkcog@gmail.com**

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



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