

VP NEWSLETTER

FEBRUARY 2026

Office Hours
Tuesday - Thursday
9am - 4pm
708-753-1975

**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.
Feb. 1, 8, 15, 22



FEBRUARY IS...
BLACK HISTORY
~~MONTH~~ 24/7/365

VALENTINE'S
DAY!
Saturday,
February 14th



PRESIDENTS
DAY!
MONDAY,
FEBRUARY 16th

IT'S GENERATIONAL!
NO BRAG, JUST FACTS!
HIGHLIGHTING: Ken Davis
"Potluck and Pretzels = Bonafide Blessings"
See Page 3

THE JUSTICE MINISTRY & VPCOG PRESENT
A JUDICIAL MEET & GREET
Sunday, February 8th
See Page 4

"HEALTHIER YOU" INITIATIVE
Eat healthy. Move more. Stress less.
You can do it! 30 days to go!
See Page 5

THE ZOE INSTITUTE
Sundays, February 22nd - March 29th
REGISTRATION IS REQUIRED

See Page 6

HEALTH & WELLNESS MINISTRY
American Heart Month
See Page 7

CONSECRATION 2026 ~ COMING SOON
Starting March 1st ~ Ending March 30th
PRAYER
FASTING
See Page 8

February Anniversaries

Tony & Grace Beacham
6 years - February 2nd

Franklin & Loretha Gray
18 years - February 2nd

Hobart "Rae" & Elise Henry
35 years - February 2nd

Pastor Frank & Monica Miller
14 years - February 25th

John & Shirley Hill
57 years - February 28th

Pray for our sick and shut-in

Mother Joyce Bennett

Sis. Sharron Irving

Bro. James Turner, Sr.

Pray for our bereaved

Sis. Theodora "Dora" Bolden in the loss of her aunt, Sis. Ila Dorthey Barnett-Williams

Min. Freddie Randle in the loss of his daughter, Sis. Myrline Brantley

Sis. Willie Randle, Sis. Carolyn Williams and Sis. Tiffany Frank in the loss of her brother, their uncle, Bro. QC Randle

Keep the family of Sis. Sharon Brown Spates in your prayers

Keep the family of Min. Elizabeth Brewer-Willis in your prayers

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

~ Psalm 147:3



CONNECT WITH US ON:

Facebook, YouTube,
Instagram
and VPCOG.ORG

MONDAYS

The church office
is CLOSED.

Prayer Call

THURSDAYS

6:00AM

202-926-1080

Access Code

981434

Men of Destiny

THIRD

SATURDAYS

12:30PM

**BLACK
HISTORY**

IS EVERY DAY!



IT'S GENERATIONAL! NO BRAG, JUST FACTS!

HIGHLIGHTING: Ken Davis

"Potluck Pretzels = Bonafide Blessing!"

The GameTime Pretzels journey started like many others in the culinary world – with a family recipe and a desire to share good food and fun with friends. Ok, it's potluck night at the bowling alley; my friend Arthur baked some pretzels for the occasion. No one touched them for an hour. Then, he began to hear, "Man, these are delicious!"

The next thing he knew, people were coming from 32 lanes away asking for some. Before the night was over, someone asked "Do you sell these?" "Coming soon!" was Arthur's response. At this point, I came on-board to scale the business.

On October 5, 2025, we set our sites on marketing the pretzels as a direct result of the level of interest. We began prospecting for new businesses to carry our product. While getting gas one evening at a Shell station, I offered the owner a sample of GameTime Pretzels. He was filled with delight and scheduled a meeting to allow someone from corporate the same opportunity, to taste-test and potentially make a proposal.

Corporate thoroughly enjoyed them and agreed to carry our product in their store. Sometimes one taste (and obedience) is all it takes to create a partnership. **GameTime Pretzels**, available at a Shell gas station...is possible because faith is the perfect fuel needed for a dream!



Shell Gas Station
750 East Glenwood Dyer Road
Glenwood, IL



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

THE JUSTICE MINISTRY
&
VERNON PARK CHURCH OF GOD
PRESENT
JUDICIAL CANDIDATE
MEET AND GREET



**MEET JUDICIAL CANDIDATES RUNNING
IN THE MARCH 17TH ELECTION!**

FEBRUARY 8TH

DIRECTLY FOLLOWING SERVICE

 **CHILDREN'S
CHURCH**

**LIGHT
REFRESHMENTS!**

“HEALTHIER YOU” Initiative

**ONE MORE MONTH!
YOU’VE GOT THIS!**

**ENDING
SUNDAY, MARCH 1ST**



**Join us for in-person
blood pressure checks and
weigh-ins**

SUNDAY, FEB. 1ST & 15TH

**Before service at 9:10-9:45am
and directly following service**

**Prizes for the:
Biggest Loser
Better Numbers
(Must have receipts)**

□—————□
**Have you noticed
any changes?
More energy?
Mental clarity?
Looser clothes?**

□—————□
EATING SUGGESTIONS:

**MORE
WHOLE FOODS
(natural way they grow)
VEGETABLES & FRUITS**

**LESS
SUGARY, FRIED &
PROCESSED FOODS
OR JUST EAT WISER**



THE ZOE INSTITUTE PART II
SUNDAYS 8:45AM - 9:45AM
FEBRUARY 22nd - MARCH 29th

1 COLOSSIANS 1:10

A LOOK AT CONTEMPORARY ISSUES

SOME OF THE TOPICS INCLUDE:

RELATIONSHIPS

HEALTH

FINANCES

MENTAL HEALTH

AND MORE!



**SCAN QR CODE
TO REGISTER**

Adults & 16+ in Children's Church

**SAME LESSONS FOR THE ADULTS
AND YOUTH, *2* DIFFERENT STYLES**

GROWTH AND IMPACT

Youth 12 -15 ~ in Room 103

FEBRUARY IS... American **Heart** Month

Taking Care of Our Hearts Together: Building Heart-Healthy Communities

Even though heart disease is largely preventable, it's still the leading cause of death in the United States. Heart disease affects millions of people, and its impact is not shared equally among all communities.

African American, Hispanic/Latino, Asian American/Native Hawaiian/ Pacific Islander, and American Indian/Alaska Native communities have higher rates of both heart disease and risk factors such as high blood pressure, high cholesterol, obesity, diabetes, and smoking. Research supported by the National Heart, Lung, and Blood Institute (NHLBI) has shown that you can lower your individual risk for heart disease by taking preventive steps: being physically active, eating a healthy diet, managing stress, not smoking, getting enough sleep, and controlling your blood pressure, cholesterol, and diabetes. All this can improve your heart health, but the impact can be even greater when you join forces with friends and family members to live healthier lives – together.

Studies have shown that having positive, close relationships and feeling connected to others benefits your overall health, blood pressure, weight, among other things. NHLBI's The Heart Truth® program suggests a few ways you can connect with friends, neighbors and colleagues to promote heart health in your own community:

- **Set up an online support group to motivate each other as you work to meet your health goals.**
- **Create a virtual bulletin board where your community can post encouraging comments and share heart-healthy recipes and other tips.**
- **Schedule community walks to stay active together.**
- **Ask a local healthcare provider, community health worker, or health educator to host heart health education sessions or blood pressure screenings.**

Sharing with others where you live, work, and enjoy your free time can help foster heart-healthy lifestyles and build healthier communities.

Learn more about heart health and find resources to share in your community at:
www.hearttruth.gov



VP CONSECRATION & PRAYER GUIDE 2026



FULL SCHEDULE AND DETAILS WILL BE AVAILABLE
IN A **MID-FEBRUARY** SPECIAL EDITION NEWSLETTER

OUR TIME OF CONSECRATION (FASTING & PRAYER)

FAST START DATE
SUNDAY, MARCH 1, 2026

FAST END DATE
MONDAY, MARCH 30, 2026

Prayer CALL-IN Schedule Starts
Monday, March 2nd - Monday, March 30th
M-F 6:00AM and M-F 6:00PM

**The prayer and fasting schedule will be released on
our website VPCOG.ORG soon.
Look for it **SEPARATELY** on the newsletter page.**

Scan QR Code or visit App Store

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VERNON PARK CHURCH OF GOD



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