

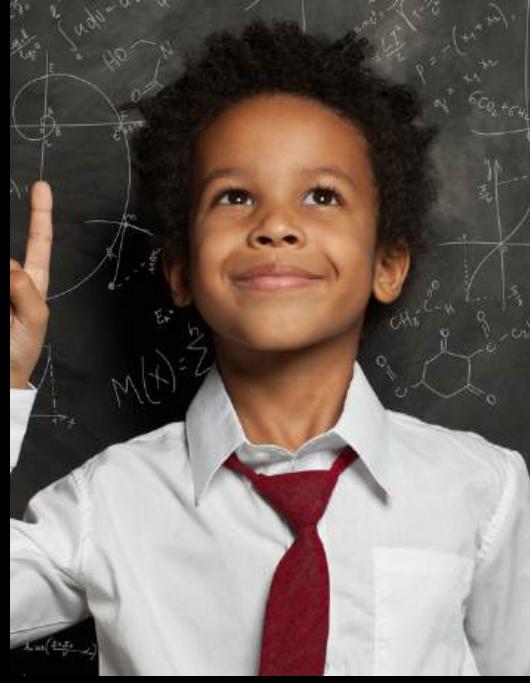
VP NEWSLETTER

JANUARY 2026

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

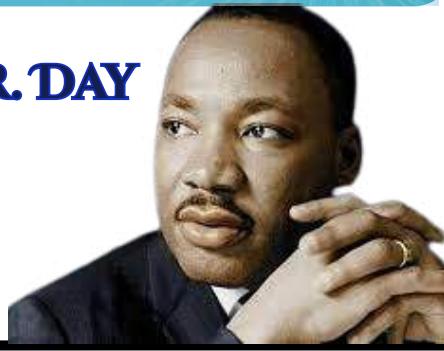
Children's Church
is held following
Praise and Worship.
Jan. 4, 11, 18, 25



2026 THEME
THE YEAR OF RESTORATION
Jeremiah 29:10-11

Happy New Year!
Thursday, January 1st

MARTIN LUTHER KING, JR. DAY
Monday,
January 19th



IT'S GENERATIONAL!
NO BRAG, JUST FACTS!
Highlighting: Titus Tucker
"Serving God, Serving Students"

See Page 3

"HEALTHIER YOU" INITIATIVE"
Join Lady Maura &
The Health & Wellness Ministry
Eat Better • Feel Better • Live Better
January 4th - March 1st

See Page 4

HEALTH & WELLNESS MINISTRY
What's New in Healthcare for 2026

See Page 5

No January Anniversaries

If you are a married member of VP, please send you and your spouse's name and wedding date, including the year, to:

vparkcog@gmail.com

We would LOVE to give you an annual shoutout in our monthly newsletter as well as News and Views!

"Because of the Lord's great love we are not consumed, for His compassions never fail.

They are new every morning; great is your faithfulness."

- Lamentations 3:22-23

Pray for our sick and shut-in

Sis. Sharon Spates

Bro. James Turner Sr.

Pray for our bereaved

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

"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.

THURSDAYS

6:00AM

Prayer Call

202-926-1080

Access Code

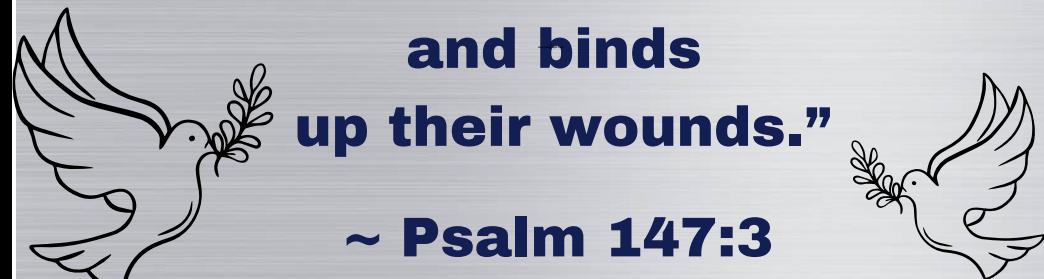
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THIRD

SATURDAYS

12:30PM

Men of Destiny



“Serving God, Serving Students”

I am thankful to share that I have started a new chapter in my career as a Support Teacher and After School Program Coordinator at Daystar Academy. I am incredibly grateful to God for opening this door and allowing me to put my time at Amazon behind me as I step into a role that is more aligned with my purpose and passions.

This new position gives me the opportunity to support students academically, mentor them beyond the classroom, and help create a safe, encouraging environment where they can grow and thrive. I am especially thankful to work with students from different backgrounds and ethnicities, learning from them while also making a positive impact in their lives.

This transition has reminded me that God's timing is always intentional. What felt like a season of endurance has become a season of opportunity, service, and renewal. I am excited to embrace this new experience with humility, patience, and a heart to serve.



Thank you, church family, for your prayers and continued support. I look forward to seeing how God uses this role to shape both my life and the lives of the students I serve.

**Join Lady Maura
in conjunction with
The Health & Wellness
Ministry for the...**

**“HEALTHIER YOU”
Initiative**



**STARTING
SUNDAY, JANUARY 4TH
ENDING
SUNDAY, MARCH 1ST**

**Register by
Sunday,
January 4th
“Sign up
in FOYER”**

**CLICK HERE or
SCAN to REGISTER**



**EAT BETTER
FEEL BETTER
LIVE BETTER**

***ACCOUNTABILITY
*WEIGH-INS
*MOVE MORE
*EAT HEALTHIER**

EATING SUGGESTIONS

**MORE:
WHOLE FOODS,
VEGETABLES & FRUITS
LESS:
SUGARY, FRIED &
PROCESSED FOODS
OR JUST EAT WISER**

**LEARN AND
IMPROVE YOUR
NUMBERS:**

**BLOOD PRESSURE
CHOLESTEROL
A1C
WEIGHT
BMI**

WHAT'S NEW IN HEALTHCARE FOR 2026

As we begin 2026, healthcare continues to evolve with a strong emphasis on prevention, innovation, and whole-person care. Key highlights shaping the year ahead include:

- **Mental Health as Preventive Care:** Routine mental health screening and workforce well-being are increasingly recognized as essential components of overall health.
- **Responsible Use of AI in Healthcare:** Health systems are focusing on ethical, transparent use of AI to support clinical decision-making, reduce documentation burden, and enhance early detection of patient deterioration.
- **Health Equity and Access:** Expanded telehealth, mobile clinics, and community-based programs aim to close care gaps and improve outcomes for underserved populations.
- **Personalized and Precision Medicine:** Greater use of genetic and biomarker testing is helping tailor treatments, particularly in cancer care and chronic disease management.
- **Aging and Chronic Care Innovations:** Hospital-at-home models, dementia support, fall prevention, and medication safety are growing priorities as the population ages.
- **Cardiovascular and Metabolic Health:** Early intervention and education around hypertension, diabetes, and obesity remain central to long-term health improvement.
- **Nursing Workforce Development:** Continued investment in nurse residency programs, transition-to-practice support, and leadership development strengthens patient care and staff retention.
- **Climate and Environmental Health:** Increasing awareness of heat-related illness, air quality, and disaster preparedness reflects the growing link between environment and health.

2026 health priorities reflect a shift from reactive care to proactive, equitable, and person-centered health. Prevention, technology with purpose, workforce well-being, and community engagement are central themes shaping the year ahead.

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OR

