

VP NEWSLETTER MARCH 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.
March 1, 8, 15, 22



**International
Women's Day**
Sunday, March 8th

CONSECRATION & PRAYER 2026
Sunday, March 1st - Monday, March 30th

PRAYER

See Page 3

FASTING

**IT'S GENERATIONAL!
NO BRAG, JUST FACTS!**
HIGHLIGHTING: Jada Miller

See Page 4

THE ZOE INSTITUTE
Every Sunday in March!
Contemporary Issues

See Page 5

MENTAL HEALTH MINISTRY

**Participate in a
church-wide
SURVEY today.**

See Page 6

HEALTH & WELLNESS MINISTRY
March is National Nutrition Month

See Page 7

SENIOR MINISTRY
BOWLING OUTING
Friday
March 27th

See Page 8

**BAPTISMS &
BLESSINGS**
5th Sunday
March 29th

See Page 9

Sunday, March 8th
**SPRING
FORWARD**
1 hour

SCHOLARSHIP & EDUCATION MINISTRY
Scholarship Application
Deadline: Saturday, May 16th

See Page 10

MARCH ANNIVERSARIES

Pastor Quincy and Min. Sharyn Dyer
18 Years - March 22nd

**We're
praying
for you.**



PRAY FOR OUR SICK AND SHUT-IN

Sis. Alberta Trotter-Stallworth

Sis. Erma Harrison

Bro. Carl Clarett

Sis. LaDia Hammond-Reed

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

~2 Corinthians 1:3-4

PRAY FOR OUR BEREAVED

Freddie (Tondelayo) Nelson in the loss of his brother, Robert McCormick.

Sis. Kim (William) Love Giddens in the loss of her daughter, LaTasha Love.

"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

*Empowered
Women
Empower
Women*





VP CONSECRATION & PRAYER GUIDE 2026



FULL SCHEDULE AND DETAILS ARE AVAILABLE IN
THE SPECIAL EDITION NEWSLETTER [CLICK HERE!](#)

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 at 6:00AM and 6:00PM

Click link below for prayer and fasting schedule
[Consecration Prayer & Fasting Document](#)

Available separately on the website newsletter page.

IT'S GENERATIONAL! NO BRAG, JUST FACTS!

MEET: Jada Miller

“Shining Her Light in Sports & Media”



At just five years old, Jada Livonne Miller caught the cheer bug and never looked back. Through cheer, Jada has performed in front of thousands, traveling with her team from Illinois to Michigan and appearing three times on the national stage in Florida. Her team earned numerous first-place trophies and was ranked number one in their region, competing against teams from Illinois, Michigan, Ohio, and Missouri.

While cheerleading might suggest a bold voice and booming chants, Jada is quite the opposite. Naturally reserved, she prefers to lead quietly. She has found joy in her role within the media ministry, where she keeps the microphones hot and the feedback low. Jada is grateful for her years in cheer and all that the experience has given her. As she looks ahead to high school, she is excited to explore new opportunities, with her sights set on flag football and girls' track and field.



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 ZOE INSTITUTE PART II

SUNDAYS 8:45AM - 9:45AM

THROUGH MARCH 29th

1 COLOSSIANS 1:10

A LOOK AT CONTEMPORARY ISSUES

TOPICS INCLUDE:

*MONEY MATTERS

*RELATIONSHIPS

*HEALTH

*MENTAL HEALTH

*SOCIAL MEDIA

*MAINTAINING PROGRESS

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



We are excited to launch the **Vernon Park Mental Health Ministry (VP-MHM)** this April. Under pastoral leadership, Minister Cassandra Ward, LCPC, and Dr. Grace Beacham will lead this mission to support emotional well-being through prayer and high-quality mental health education.

Note: VP-MHM is an educational and referral ministry; all counseling is referred to licensed clinicians and trusted community agencies. Our goal is to care for the whole person—spirit, mind, and body (1 Thessalonians 5:23).

We invite members (ages 3+) to complete a survey using the QR code (parents, please assist children). We also welcome those who are called to serve by assisting with resource forms, facilitating groups, and providing prayer support. Training is provided.

For information or to volunteer, email MentalHealthMinistry@vpcog.org. **Leadership reminds us, healing occurs in community.**

Adult Care & Wellness Survey (18+)

Click link or Scan QR Code

<https://forms.gle/5hP7prCmnB8zLw928>



Teen Care & Wellness Survey (13-17)

Click link or Scan QR Code

<https://forms.gle/cg6bEc9ufM4SWwNd8>



Youth Care & Wellness Survey (8-12)

Click link or Scan QR Code

<https://forms.gle/VFVucltdDyvYmWbqp6>



Children's Care & Wellness Survey (3-7)

Click link or Scan QR Code

<https://forms.gle/cDAyHhPKZprKqDbj7>





MARCH IS...

National Nutrition Month

Nourish Your Body. Strengthen Your Health.

National Nutrition Month, a time to focus on making informed food choices and building healthy habits that last a lifetime. Good nutrition supports energy, growth, healing, and overall well-being at every age.

Why Nutrition Matters?

Healthy eating can help:



- Boost your immune system
- Maintain a healthy weight
- Lower your risk of heart disease, diabetes, and high blood pressure
- Support children's growth and development
- Improve energy and mental focus
- Enhance digestive health
- Improve bone health

Small changes can make a big difference over time.

Simple tips for healthier eating:



Fill half your plate with fruits and/or vegetables



Choose lean proteins like chicken, fish, beans, and nuts



Switch to whole grains when possible



Drink more water and limit sugary beverages

Remember - balance, variety, and moderation are KEY!

For more guidance on healthy diets, please click the link below:

[Healthy diet](#)



VERNON PARK CHURCH OF GOD

SENIOR MINISTRY BOWLING OUTING

Get ready for an afternoon of strikes and spares!



FRIDAY

MARCH 27, 2026

2:00PM TO 4:00PM



Arena Lanes

4700 W. 103rd

Oaklawn, IL 60453

Website: arenalanes.com

**Cost is \$15.00 per person
(includes bowling & shoe rental)**

Payable via check or cash ~ after service only

Deadline for payment: Sunday, March 22nd

Payments are non refundable

COME GET WASHED AT THE PARK

BAPTISMS & BABY DEDICATIONS

5th Sunday, March 29th

Directly following service

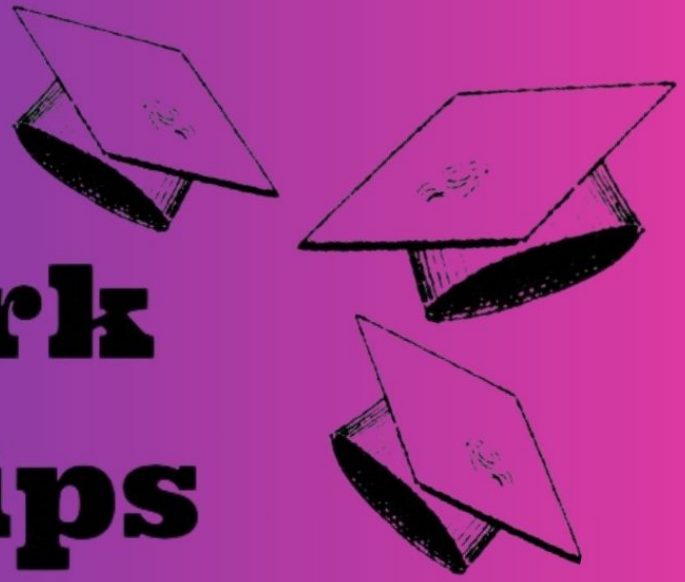
**Baby Blessings
up to 3 years old**



**Baptisms
Ages 4+**

**Call the
church office
for requirements
and additional information
708-753-1975**

Vernon Park Scholarships



The Scholarship and Education Ministry is happy to announce the release of this year's scholarship applications. Scan the QR codes with your mobile phone's camera to view scholarship applications and requirements for each.

**Academic
Scholarship**

[Click Here or
Scan QR Code](#)



**Civic
Scholarship**

[Click Here or
Scan QR Code](#)



Application Deadline: Saturday, May 16, 2026

For questions, email Sis. Constance El-Amin at vpcog.scholarshipandedministry@gmail.com

