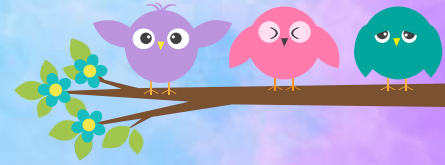


VP NEWSLETTER MAY 2026



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

Sunday, May 10th
Happy
Mother's Day

MEMORIAL DAY
MONDAY, MAY 25TH

**No internet?
No problem.**
Call in for
Sunday Service
at 10am
202-926-1080
Access Code
981434

**IT'S GENERATIONAL!
NO BRAG, JUST FACTS!**
HIGHLIGHTING: Daniel White

See Page 3

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

See Pages 4

Children's Church
is held following
Praise and
Worship.
MAY 3, 10, 17, 24

SCHOLARSHIP & EDUCATION MINISTRY
Benchmark Application Deadline
Sunday, May 24th

See Page 5

VP Small Social Groups
RELAUNCH and Sign-Up
Sunday, May 24th

See Page 6

HEALTH & WELLNESS MINISTRY
May ~ Stroke Awareness Month

See Page 7

Mother Carr's Farm
CSA Shares NOW AVAILABLE
Volunteers Needed ~ Grow with us!

See Page 8 & 9



MAY ANNIVERSARIES

Wilbur & Arleen Pierce
63 Years - May 5th

Rev. Darwin & Rev. Tosha Jackson
15 Years - May 7th

Aubrey & Sherri Volious
24 Years - May 11th

Victor & Stacy Watts
32 Years - May 14th

Larry & Gladys Brand
9 Years - May 27th

PRAY FOR OUR SICK AND SHUT-IN

Sis. Ernestine Beck Fulgham

Sis. Noreen Chin

But I will restore you to health and heal your wounds,' declares the LORD.
~ Jeremiah 30:17

PRAY FOR OUR BEREAVED

Sis. Maxine Walker in the loss of her sister
Ruth Jackson

Bro. Steve Collins in the loss of his
mother, Sis. BeAria Collins

Trustee Harold Battie in the loss of his
brother Freddie Dority

Lady Maura (Pastor J) and Erma Harrison
in the loss of their cousin,
Elder Gerome Davis

"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

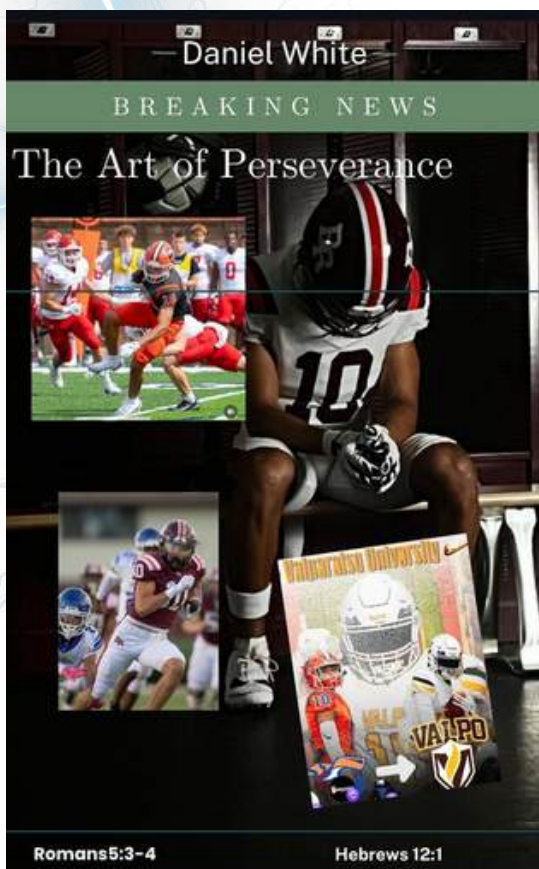


IT'S GENERATIONAL! NO BRAG, JUST FACTS!

MEET: Daniel White

“Pressure, Perseverance, Production”

Daniel entered the college transfer portal that included 3,500 student athletes after an outstanding freshman season, recording nearly 1,000 all-purpose yards, including 400 receiving yards and 3 touchdowns. What began as a projected special teams role quickly turned into a full season contribution. Within 24 hours of entering the portal, he received approximately 10 offers: 4 Division I, 3 Division II, and 3 Division III... ultimately earning his place on Valpo's Team.



From as early as age 3, Daniel demonstrated the word “persevere,” and has lived it out ever since. By age 5, he embraced the discipline of a student-athlete, maintaining a 3.2 GPA while earning multiple football championships, track and field records, additional accolades in basketball and volleyball, all as a committed team player.

Daniel understands excellence extends beyond the field: “There are no days off as a student-athlete.”

He's the fourth of five children, and the middle son of Emerson

and Patricia White. He enjoys cooking, serving others, traveling, and time with family.

Romans 5:3-4 (NIV): “...suffering produces perseverance; perseverance, character; and character, hope.”



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

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](#)



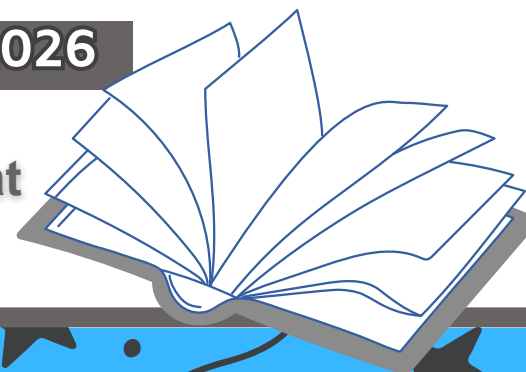
Civic Scholarship

[Click Here or
Scan QR Code](#)



Application Deadline: Saturday, May 16, 2026

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

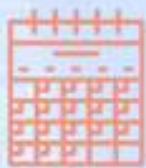


Vernon Park Graduate & Scholar Notification Form

**Celebrating an educational
benchmark? Let us know!**

The Scholarship and Education Ministry is
excited to celebrate our scholars of all ages!

Scan the QR code below to complete the
Graduate and Scholar Notification Form. You must
complete the form by the deadline to be
recognized at this year's Moving-On Celebration.



**Forms are
due by:
Sunday
May 17th**



[CLICK HERE](#)



Or SCAN for link

VP SOCIAL GROUPS SIGN-UP RELAUNCH

Making connections, building community

After service **SUNDAY, MAY 24th** in the foyer

Entertainment Group

(live music, concerts, stage plays, spoken word, movies, etc.)

Travel Group

(local, national and international)

Foodie Group

(dining out and trying new spots)

Sporting Group

(watching, attending and playing)

Fitness Group

(walk, jog, bike, exercise, hike, run, marathons)

Arts & Crafts Group

(jewelry, knitting, sewing, scrapbooking, etc.)

Board Games Group

(checkers, chess, bingo, etc.)

Book Club Group

Karaoke Group

Golden Singles Group

The Gardening Group

(help with and/or view members gardens, visit botanical gardens, etc.)



Most Social Group communication is done via GroupMe, please add Sis. Rene & Lady Maura to your group chats and also email Vparkcog@gmail.com



MAY IS...

STROKE AWARENESS MONTH

Stroke is a disease that affects the arteries leading to and within the brain. It is the No. 4 cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood it needs, so it and brain cells die. According to the American Heart Association, approximately 80% of strokes are preventable.

Yes! Preventable. Anyone can have a stroke at any age. But certain things can increase your chances of having a stroke. The best way to protect yourself and your loved ones from a stroke is to understand your risk and how to control it.

While you can't control your age, family history, ethnicity, or gender. You can, however, take steps to lower your chances of having a stroke by making healthy lifestyle choices. Choosing healthy meals and snack options, maintaining a healthy weight, engaging in physical activity regularly, quit smoking or don't start, limiting alcohol consumption, and controlling your previous medical conditions, i.e. high blood pressure, diabetes can drastically reduce your chances of having a stroke.

As we continue to stress the importance of stroke awareness, it is equally important to know the warning signs of a stroke. Every minute could make a difference in how well someone recovers and perhaps saves a life.

KNOW THE SIGNS OF STROKE

B **E** **F** **A** **S** **T**

Balance
Loss

Eyesight
Changes

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
call 911



Acting FAST is key to stroke survival. Don't drive!
Call 911 IMMEDIATELY if you see any of these signs.

Mother Carr's Farm

Planted With Purpose • Growing Food & Community

**2026
CSA SHARE**

Past harvests have included...

Beets

Bell Peppers

Banana

Butternut Squash

Peppers

Cabbage

Collards

Corn

Cucumbers

Eggplant

Kale

Mustard Greens

Tomatoes

Turnips

Watermelon

Yellow Squash

Produce selection may vary due to seasonal availability and harvest conditions.

FRESH & PESTICIDE FREE

Picked at peak ripeness, healthier, taste better and retains more nutrients

SEASONAL PRODUCE:

A higher quality product and more flavorful

SUPPORTING LOCAL FARMERS:

Keeps money circulating in your area

**CLICK HERE OR
SCAN TO JOIN**



mothercarrsfarm.com • mothercarrfarm@gmail.com • 708-753-1975

VOLUNTEER

WITH

Mother Carr's Farm



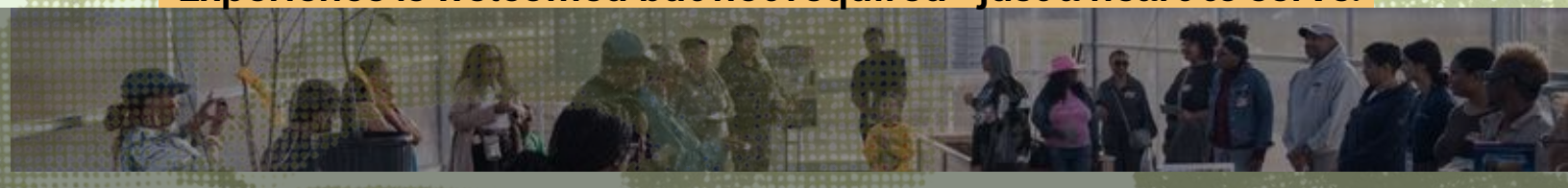
Opportunities for all ages:

- Gardening and planting
- Harvesting and food distribution
- Youth and education support
- Administrative and outreach support
- Beekeeping (coming soon!)
- Events and special projects
- Training and guidance will be provided

To sign up [Click HERE](#)
or Scan the QR code



Experience is welcomed but not required—just a heart to serve.



VPCOG

Church APP

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

Scan QR code
to download.



or Click [HERE](#)

Visit the App Store:
Apple or Google Play



*The Bible.
Sermons.
Connection.*

If there is an emergency, urgent
need or traffic delay, it ensures we
reach members quickly.

*Stay
Connected*