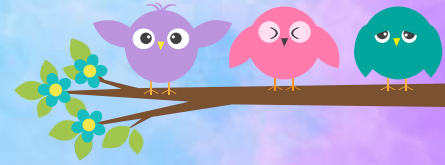


# VP NEWSLETTER MAY 2026



**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 Page 4

**Children's Church**  
is held following  
Praise and  
Worship.

**MAY 3, 10, 17, 24**

**SCHOLARSHIP & EDUCATION MINISTRY**  
**Benchmark Application Deadline**  
**Sunday, May 17th**

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 Pages 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](http://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**

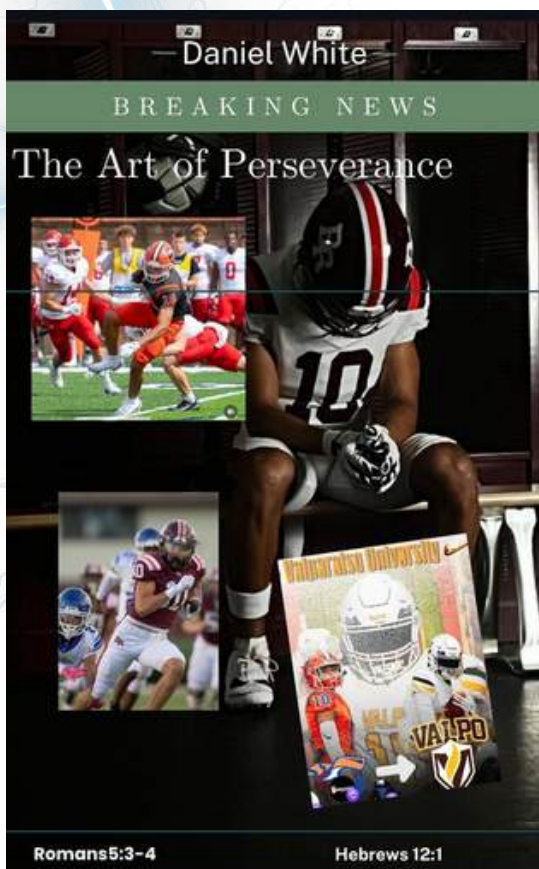


# IT'S GENERATIONAL! NO BRAG, JUST FACTS!

## 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](mailto: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](#)



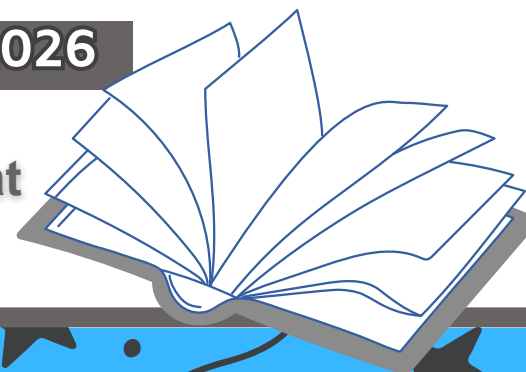
**Civic  
Scholarship**

[Click Here or  
Scan QR Code](#)



**Application Deadline: Saturday, May 16, 2026**

For questions, email Sis. Constance El-Amin at [vpcog.scholarshipandedministry@gmail.com](mailto:vpcog.scholarshipandedministry@gmail.com)

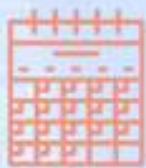


# Vernon Park Graduate & Scholar Notification Form

**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

(reading, discussing and sharing books)

## Karaoke Group

(hosting and visiting places to Karaoke)

## 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](mailto: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



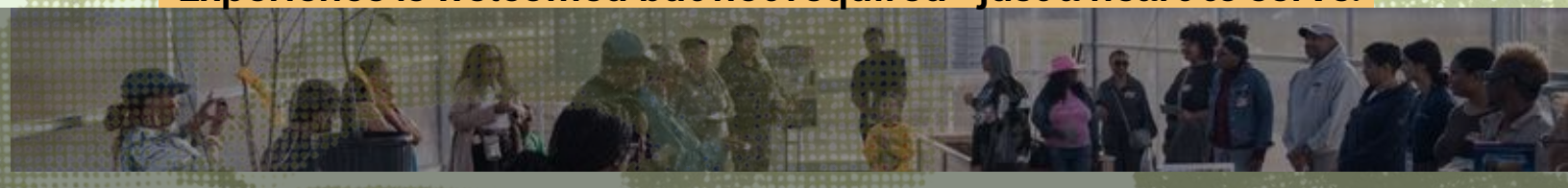
### Opportunities for all ages:

- 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*