

VP NEWSLETTER JUNE 2026



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

JUNE TEENTH
FRIDAY, JUNE 19TH



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

SUNDAY
JUNE
21ST



HAPPY
Father's
DAY

IT'S GENERATIONAL!
NO BRAG, JUST FACTS!
Dedication to DADS

See Page 3

Children's Church
is held following
Praise and
Worship.

JUNE 7, 14, 21, 28

MOTHER CARR'S FARM
CSA Shares NOW AVAILABLE!

See Page 4

MOTHER CARR'S FARM
Volunteers Needed!

See Page 5

HEALTH & WELLNESS MINISTRY
JUNE IS...
Men's Health Month

See Page 6

Vernon Park Church
Family Reunion - BBQ Picnic

See Page 7



JUNE ANNIVERSARIES

Min. Rodney & Tarsa Tucker
25 Years - June 9th

Trustee Charles & Mary Sawyer
53 Years - June 9th

Brian & Elder Shaunda Bonds
33 Years - June 12th

Jimmie & Charlene Griffin
44 Years - June 12th

Sharron & Deon Irvin
4 Years - June 18th

Pastor Bruce & Barbara McKinney
43 Years - June 18th

Eric & Andrea January
27 Years - June 19th

Deacon Robert & Annie Ruth Walker
56 Years - June 20th

Chitunda & Danielle Garner-Tillman
19 Years - June 23rd

Pastor Jerald & Lady Maura Gale-January
9 Years - June 24th

Tony & Carolyn Williamson
18 Years - June 27th

Trustee Maurice & Christian Brown
12 Years - June 28th

Tony & Vanessa Davis
25 Years - June 28th

PRAY FOR OUR BEREAVED

Deaconess Sallie Harmon, Sis. Carmen Sanders-Banks & Sis. Sytera Sanders in the loss of her daughter & their cousin, Sis. Valencia Sanders

Bro. Toussaint (Petrina) Wilkins in the loss of his father, Bro. Mark Toussaint Wilkins

Sis. Brenda Taylor-Grevious in the loss of her husband, Bro. Harold Grevious

Sis. Denise Turner-Alston in the loss of her great-great nephew, Bro. Khapri Alston

**“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!

Dedication to DADS

"My Dad, My Blessing"

To my dad, Andre Miller,
I love you dad. You drive me to school. We have a good time when we go bowling. I especially liked when you painted my room. I'm very happy you bought me Pokémon cards and the Sonic Lego set for my birthday.

Love, Ethan



To my dad, Chitunda Tillman Sr.,
Happy Father's Day!

I love you so much because you work so hard. You always pick me up, give me piggy back rides and tell me bedtime stories. You are the greatest!

Love, Kennedi



I love my dad, Robert Jones.
You are smart, caring and funny. You always take care of me and make sure I am ok. You support me and encourage me to do my best.

Love, Ethan



Dear dad (Reggie Robinson),
Thank you for all you do for me and how you sacrifice for us. Thank you.

Love, Lane



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

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



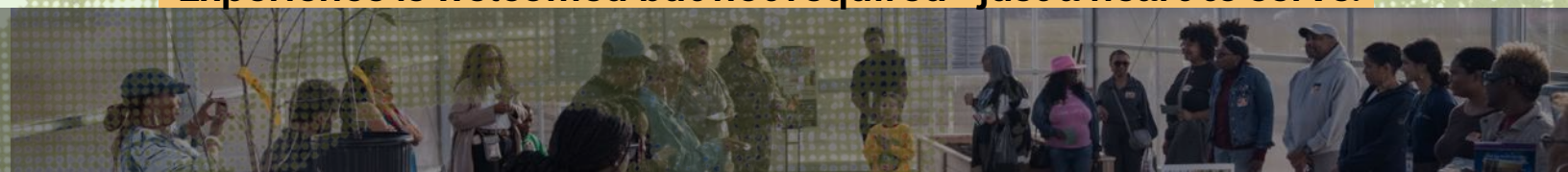
Opportunities for all ages:

- 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.



JUNE IS... MEN'S HEALTH MONTH



Caring for the Body, Mind, and Spirit

June is Men's Health Month — a special opportunity to encourage men and families in our church and community to focus on physical, emotional, and spiritual wellness. God calls us to care for the bodies HE has given us and to support one another through prayer, encouragement, and healthy living.

Why Men's Health Matters

Many men delay doctor visits or ignore early warning signs of health concerns. Men's Health Month reminds us that Preventive Care and Healthy Habits can improve quality of life and help us continue serving our families, church, and community.

Common Health Concerns for Men Include:

Heart Disease; High Blood Pressure; Diabetes; Stress and Anxiety; Obesity; Cancer

Wellness Tips for June

1. Schedule Annual Checkups

Regular health screenings help detect concerns early.

2. Stay Active

Physical activity improves energy, strength, and heart health.

3. Nourish Your Body

Healthy eating supports both physical and mental well-being.

4. Care for Mental and Spiritual Health

Mental wellness is important at every stage of life. There is strength in faith, fellowship, and asking for support.

Wellness Tips for June

This June, Encourage One Another To:

- Pray daily for strength and wellness
- Drink more water
- Take a walk each day
- Schedule a health appointment
- Spend time reading Scripture
- Encourage another member of the church family
- Get adequate rest each night





Vernon Park Church **FAMILY REUNION** Picnic



JULY 19TH



12PM - 4PM

IT'S A BBQ & *Denim* KINDA SUNDAY.



FOOD PROVIDED BY THE CHURCH FOR MEMBERS:

- Pork Ribs
- Turkey Tips (limited)
- Hotdogs for kids
- Grilled Chicken
- Potato Salad
- Coleslaw
- Baked Beans
- Green Beans
- Water & Lemonade



IMPORTANT INFO:



We will have picnic tables and seating for seniors while dining. **Members please bring your own chairs, tables and tents.**



Please bring additional sides and special dishes you prefer.



Food supplied for VP members. (Please feel free to invite and bring food for non-members)



DESSERT TABLE

Sign-up Required

Come for the food.
STAY FOR THE FELLOWSHIP.

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*