

# VP NEWSLETTER JULY 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.  
***July 5, 12, 19, 26***



IT'S GENERATIONAL!  
NO BRAG, JUST FACTS!  
**MEET: Sonja Greer MSN, RN**

See Page 3

## MOTHER CARR'S FARM

CSA Shares NOW AVAILABLE!

See Page 4

**MOTHER CARR'S FARM**  
*Volunteers Needed*

See Page 5

HEALTH & WELLNESS MINISTRY  
**Summer Safety Tips**

See Page 6

**Vernon Park Church**  
Family BBQ Gathering

See Page 7

**Vacation Bible School**  
*Volunteers Needed!*

See Page 8

## JULY ANNIVERSARIES

Emerson & Patricia White  
19 Years - July 7th

Kenneth & Pamela Jackson  
59 Years - July 7th

Fred & Brenda Williams  
29 Years - July 11th

James & Rugena Turner  
58 Years - July 20th

Dwayne & Kim Featherston  
14 Years - July 21st

John & Dawn Hatchett  
15 Years - July 23rd

Kenneth & Jackie Morris  
25 Years - July 27th

*"He gives strength to the weary and  
increases the power of the weak."*

*-Isaiah 40:29*

## PRAY FOR OUR SICK & SHUT-IN

Sis. Beverly Perkins

## PRAY FOR OUR BEREAVED

Bro. Caran Hope in the loss of  
his brother, Delmar Hope

Dr. Grace Beacham in the loss of  
her son, Quincy LaCore 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: Sonja Greer MSN, RN

### *Being an Example: A Journey of Nursing Excellence*



Receiving the 2026 Nursing Excellence Award for Excellence in Role Modeling and Mentoring was both humbling and deeply meaningful. As a healthcare professional, it has been one of the greatest honors of my life to care for those in need. For the past 15 years, I have remained committed to providing exceptional patient care while supporting and developing the nurses who will shape the future of our profession.

As a nurse educator, my mission became building minds, strengthening clinical practice, and ensuring nurses have the tools, resources, and confidence needed to provide exceptional patient care. Education is more than teaching—it is mentoring, encouraging, guiding, and leading by example. It means not simply talking about excellence but living it every day.

I never sought recognition for these efforts and honestly did not realize the impact I was making until I was notified that I had been selected as a recipient of a 2026 Nursing Excellence Award. On May 12, 2026, I attended the Nursing Excellence Awards Luncheon and was honored to receive the award for Excellence in Role Modeling and Mentoring. This recognition acknowledges professional influence among staff, positive support of nurses, guidance provided to new nurses and students, and consistent modeling of behaviors to improve patient interactions and satisfaction.

Throughout every role I have held, my goal has remained the same: to serve others, inspire excellence, and be the example. As I continue my nursing journey, I remain committed to uplifting those around me and helping shape the next generation of compassionate, knowledgeable, and dedicated nurses.



**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.**

# 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.**

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**FRESH AND 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**

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**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.**





# Safety Tips

## Stay Safe & Enjoy the Season

Summer is a wonderful time for outdoor activities, vacations, family gatherings, and community events. However, warmer temperatures and increased outdoor play can also bring safety risks. By taking these simple precautions, everyone can enjoy a fun, healthy, and safe summer season.

### ☐ BEAT THE HEAT

Drink water often, wear lightweight clothing, and never leave children or pets in vehicles.

### ☐ SUN PROTECTION

Apply SPF 30+ sunscreen, wear sunglasses, and hats, and seek shade during peak hours.

### ☐ WATER SAFETY

Supervise children near water, wear life jackets, and follow pool and beach rules.

### ☐ OUTDOOR SAFETY

Wear helmets and protective gear when biking, skating, or playing sports. Be aware of your surroundings and trust your instincts.

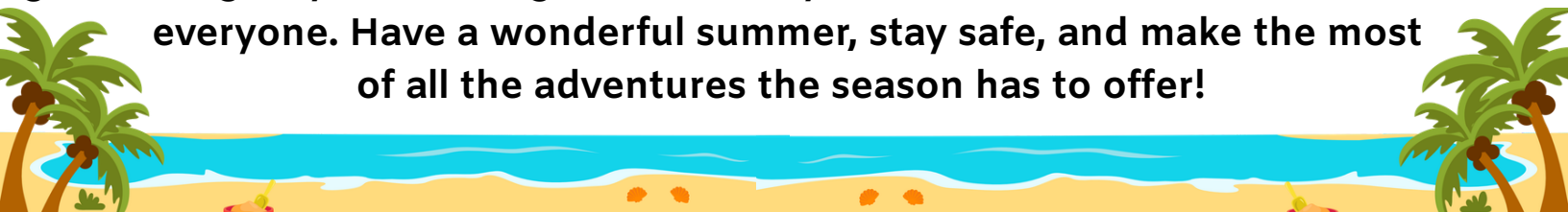
### ☐ WEATHER AWARENESS

Monitor forecasts and seek shelter immediately during thunderstorms.

### ☐ HEALTHY HABITS

Stay hydrated, eat nutritious foods, get plenty of rest, and wash hands frequently.

As we enjoy the sunshine, outdoor activities, and time with family and friends, let's make safety a top priority this summer. By staying hydrated, protecting ourselves from the sun, practicing water safety, and being aware of our surroundings, we can help prevent accidents and injuries. A little preparation goes a long way in ensuring a fun, healthy, and memorable season for everyone. Have a wonderful summer, stay safe, and make the most of all the adventures the season has to offer!





# Vernon Park Church **FAMILY** BBQ **GATHERING**



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 supply 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.

# IT'S VBS GROW TIME!

LET'S LAUGH, LEARN  
AND LOVE LIKE JESUS!

MAXIMUM  
**40**  
PARTICIPANTS  
SIGN UP EARLY!

VERNON PARK  
CHURCH OF GOD

BE PART OF SOMETHING  
**ETERNAL!** ♥



Registration opens  
**JULY 5TH**  
in the Foyer



**JULY 27<sup>TH</sup> – JULY 31<sup>ST</sup> | 10AM – 2PM**

AN AWESOME WEEK OF FAITH, FUN, FRIENDS & GROWTH!

## HELP MAKE VBS GROW! VOLUNTEERS NEEDED!

It takes many hands—and one week of serving  
can make an **eternal** difference in a child's life!



Teachers &  
Bible Lesson Leaders



Hall Monitors &  
Safety Team



Crafts  
Coordinators



Small Group Leaders &  
Classroom Assistants



Worship &  
Music Leaders



Photography &  
Media Team



Games &  
Recreation Leaders



Setup, Cleanup &  
Hospitality Team

**THANK YOU**  
FOR BEING THE HANDS & HEART  
BEHIND OUR VBS! ♥

## COME TO VBS & GROW! KIDS & YOUTH AGES 5-17

You'll laugh, learn, and grow closer to God  
while making new friends and unforgettable memories!



### GROW CLOSER TO GOD

Through Bible stories, prayer,  
and real-life lessons.



### BUILD STRONG FRIENDSHIPS

Make new friends and  
have fun together!



### DISCOVER YOUR PURPOSE

Learn how God made you  
special and has a plan for you.



### FUN GAMES, MUSIC & ACTIVITIES

Because faith is more fun  
when we do it together!



**LIMITED SPOTS!**  
ONLY 40 CAN JOIN—  
DON'T MISS OUT!



**READY TO SERVE?**  
**SIGN UP TODAY!**

Visit the Welcome Center  
or see a VBS Team Member  
after service.



**READY TO GROW?**  
**SIGN UP TODAY!**

Open to kids & youth  
ages 5-17 years old.



"Let the little children come to me..." – MATTHEW 19:14



# 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



Google Play



App Store

*The Bible.  
Sermons.  
Connection.*

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

## Stay Connected