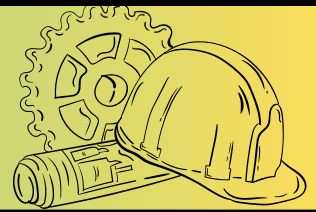




VP NEWSLETTER SEPTEMBER 2026



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.

September 6, 13, 20, 27



**HAPPY
LABOR
DAY**

**SEPTEMBER
7th!**

IT'S GENERATIONAL!
NO BRAG, JUST FACTS!
MEET: Coach Keith Hawkins

See Page 3



MOTHER CARR'S FARM

CSA Shares NOW AVAILABLE!

See Page 4

WOMEN OF PURPOSE PRESENTS...

The "PAUSE" is Real
Let's talk PRE, POST & MENOpause

See Page 5



MENTAL HEALTH MINISTRY
Monthly Mental Health Presentation
Faith & Domestic Violence



See Page 6

HEALTH & WELLNESS MINISTRY
September is Suicide Prevention Month



See Page 7



VPCOG CHURCH APP
Stay Connected

See Page 8



SEPTEMBER ANNIVERSARIES

Toussaint and Petrina Wilkins
3 years - September 2nd

Andre & Dana Miller
8 years - September 2nd

Sydney & Brianna McClay
8 years - September 2nd

Lamarr & Laura Wimberly
30 years - September 14th

Phillip and Delilah Winters
35 years - September 15th

Ronnie & Thia DeVance
33 years - September 18th

Reginald & Christal Robinson
15 years - September 30th

PRAY FOR OUR BEREAVED

**Bro. James (Elder Rugena), Sis. Andrea,
Sis. Rashawne and Bro. James E. Turner**
in the loss of their nephew and cousin,
Bro. Gerald Collins

**Bro. Rick Allison, Sis. Wanda Parker, Sis.
Jackie (Ken) Morris, Sis. Amanda
Patterson and Sis. DeShonda Sisco**
in the loss of their aunt and great-aunt,
Sis. Lou Venia Brewster

**Bro. Ronald Garner, Sis. Danielle
(Chitunda) Garner-Tillman and Gavin and
Kennedi Tillman** in the loss of their mother,
grandmother and great-grandmother,
Sis. Erma Roberts

**"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

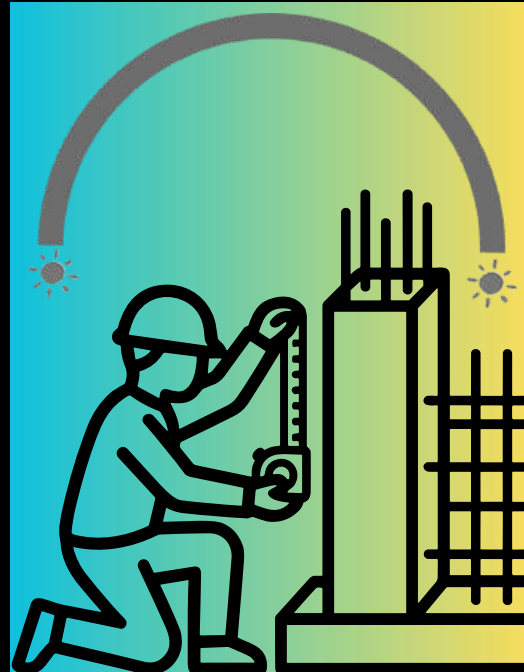
202-926-1080

Access Code

981434

MEN OF DESTINY

**THIRD
SATURDAYS
12:30PM**



IT'S GENERATIONAL! NO BRAG, JUST FACTS!

MEET: Coach Keith Hawkins

From Player to Purpose: Giving Back Through Basketball



Throughout my life, I have always viewed basketball as an outlet - a way to spend time with friends, build relationships, and simply enjoy the game. As I grew older, however, I realized basketball was much more than that.

My experiences at each level of competition shaped my understanding of the game. In grammar school, basketball was primarily about having fun and learning to love the sport. In high school, the focus shifted toward developing strong fundamentals and understanding the importance of discipline and teamwork. At the collegiate level, the game became

about refining those fundamentals, competing at a higher standard, and learning what it takes to be successful and win.

Although my playing career eventually came to an end, I always knew I still had more to give to the game. That passion led me into coaching, where I began working with AAU programs, such as "Mean Streets" and "Mac Irvin Fire." Those opportunities led me to become a grammar school coach at Mt. Vernon Elementary School in 2019. During that season, our team achieved a significant milestone by winning the city championship.

As I continue to give back to the game, I am proud to have been newly appointed as the Head Varsity Boys Basketball Coach at my alma mater, Fenger High School, for the upcoming 2026-2027 school year. This opportunity represents the next step in my coaching journey and allows me to continue impacting young athletes both on and off the court. In this role, I strive not only to develop skilled basketball players but also to mentor young men, helping them build character, leadership skills, discipline, and confidence.



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 SHARES
AVAILABLE!**

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 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

**CLICK HERE OR
SCAN TO JOIN**



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

**Vernon Park Church of God and
Women of Purpose Present ...**

“The PAUSE is REAL”

Saturday, September 19th ~ 10a-12n

Let's talk about it and get answers!

**MenoPause, PerimenoPause, PostmenoPause
& YOU!**

Primary Speaker



**Dr. Crystal Hines-Mays
MD, FAAFP**

Founder of Freedom to INSPIRE, LLC
Specializing in women's healthcare
www.drinspire.org

- Mood Swings
- Night Sweats
- Lack of Sleep
- Weight Gain
- Itching
- Hair Loss

**Frustrations
Fluctuations
Fatigue
Flashes
Fog**

Featured Speaker



Jacqueline Tarrant

Certified Trichologist & Menopause Coach
Founder of Hair Trauma Center &
The Natural Hair Bar

Moderator



**Lady Maura Gale
Actor/Speaker**

BRING A FRIEND!

**Vernon Park Church of God
1975 E. Joe Orr Road ~ Lynwood, IL 60411**



Mental Health Ministry Presents...

Monthly Mental Health Presentations

**SATURDAY
SEPTEMBER 26
10:00 - 11:00 AM**

PRESENTER:

Dr. Grace Beacham

Faith & Domestic Violence

JOIN US ON ZOOM

MEETING ID

827-8248-9329

PASSCODE

246477

**MONTHLY
EVERY 4TH
SATURDAY**



**SCAN THE
QR CODE
TO JOIN**

This presentation is intended for informational and educational purposes only and does not constitute clinical advice, diagnosis or treatment.



SEPTEMBER IS... SUICIDE PREVENTION MONTH

According to the Centers for Disease Control and Prevention (CDC), **48,789 people died by suicide in the United States in 2025**. While detailed 2025 demographic breakdowns have yet been fully published, the following trends remain consistent based on CDC surveillance:

- Men account for approximately 80% of suicide deaths
- Firearms remain the most common method of suicide
- Suicide rates are generally highest among
 - Middle-aged and older adults
 - American Indian and Alaska Native populations
- Mental health conditions, substance use disorders, social isolation, financial stress, and relationship problems are among the factors associated with increased risks



When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning. Like any other health emergency, it is important to address a mental health crisis like suicide quickly and effectively. Unlike other health emergencies, mental health crises don't have instructions or resources on how to help or what to expect. **The National Alliance on Mental Illness (NAMI) created a resource guide, "Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency,"** so people experiencing mental emergencies and their loved ones can have the answers and information they need when they need it. This resource helps people learn the warning signs of a crisis, strategies to de-escalate a crisis, and which resources might be available for those affected. ([LINK BELOW](#)).

As we bring awareness to suicide prevention, let us also remember that hope is stronger than despair. **Every life has value, and no one should face life's challenges alone.** By checking in on one another, listening with compassion, and encouraging those who are struggling to seek support, we can help save lives. Together, we can foster a culture of understanding, and remind everyone that there is always hope, help, and a path toward healing.

In Crisis? Call or Text 988 - Suicide and Crisis Lifeline
NAMI Resource Guide: [Navigating-a-Mental-Health-Crisis-2025.pdf](#)

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*