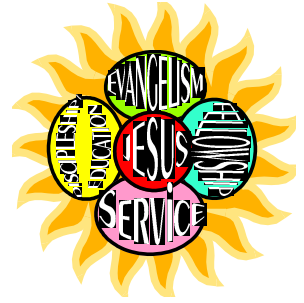


God's Senior Ministry of VPCOG
1975 E. Joe Orr Road - Lynwood, IL 60411

Website: www.vpcog.org

Rev. Jerald January, Sr., Pastor Sis. Josephine Robinson, President



"Oh, the joys of those who trust the Lord..." Psalm 40:4

Next meeting: Saturday, April 15, 2017 - 11:00 A.M. – 1:00 P.M.

♥ April 1, 2017

My dear brothers-and-sisters-in-Christ (and you are very dear to me),

God is so good!

- ☀ **I'm still so excited!:** The committees are working to build the kingdom of God with events that will benefit and enrich lives. Two events are included in this newsletter. I still have to say: "Wow wee! Gee golly! Thank you, Lord!"
- ☀ **Senior Retreat at Camp Warren:** Attached is the information on Senior Retreat. It is a wonderful experience. After only two days, you leave refreshed and invigorated to work even more diligently for the building of the Kingdom. The accommodations are like a modern motel: linens and bedding are provided in a nice sized room with private bathroom. **Men: It is not just a woman's event-** 1/4 to 1/3 of the attendees are married couples! **Also, please let me know if you plan to attend and if you can drive. I need to coordinate transportation for the trip.** (773) 737-1036
- ☀ **Property Taxes:** *Property taxes are out. Remember: **Every time you receive a property tax bill**, you should contest it. **The bill you get is an average of different properties** which means that your bill may not be accurate for your property which could lead to a rebate. I am going to call Cook County Treasurer Maria Pappas' office to find out how to contest my bill. **Needless to say, I forgot.** Well, I looked up what I needed to know online, and here is what I found.*

Property Tax Appeal Board (PTAB) Refunds

The Property Tax Appeal Board (PTAB) is a state governmental body that rules upon petitions by taxpayers for a change in the assessed valuation of their property. Taxpayers can appeal for themselves or seek legal representation during the appeal process. Decisions from PTAB may result in a refund due on paid property taxes. **In some cases, the PTAB decision may result in an increase of the assessed value.**

PTAB Refund Process (2016 and prior)

- Attorneys/Taxpayers file appeal at PTAB
- Decisions are transmitted to the Cook County Treasurer's Office
- PTAB applications are sent to Attorneys/Taxpayers
- Completed PTAB applications are returned to the Cook County Treasurer's Office
- Applications are reviewed, refund checks or rejection letters are sent to applicant

- ☀ **The Shrine of Christ's Passion:** See attached flyer for our next outing.

How can I reduce my property taxes?

Call one of these offices and ask for the date for filing an appeal in your township: The County Assessor's Taxpayer Assistance Department (312) 443-7550. The Board of Review (312) 443-5542.

☀ **Alden-Wentworth – Thursday, April 27th – 10:30 A.M. – 11:30 A.M.** Our own (We do claim him as our own.) Min. Ardie Davis preached from Luke 22:47-53 - "He Touched Me!" It was truly a wonderful service. **An anecdote:** While Min. Ardie was preaching, a visitor came and one of the residents was called out. It was so evident, by the look on her face, that she did not want to leave. In a minute or so, she returned--with her visitor! You should have seen the contented look on her face as she sat down to be ministered to! **Truly**, we who attend the services at Alden-Wentworth **always leave there blessed!** I know that the residents are also blessed. **Remember: You are always welcome to join us at Alden-Wentworth! (The corner of 69th & Wentworth)**

☀ **Senior Transportation Committee:** The Hillsmans are wonderful! **Let's try to make it as easy on them as we can.** Why don't you call them in plenty of time to let them know if you plan to attend senior meeting. Why should they have to make so many phone calls when for you to call them would only be one phone call for you? ((773) 430-6935, Sis. Hillsman, (773) 430-3569, Bro. Hillsman

☀ **Dues:** Dues are still just \$2.00 per month - \$24.00 per year.



Healthier white rice: Steamed white rice is full of starch that the body quickly converts to sugar causing blood sugar levels to spike, but **if you tweak the way you cook it, white rice can be much healthier.** Adding just **two teaspoons of oil** (They used coconut oil.) to the water in which you cook a **cup of rice**, and then **immediately chilling the cooked rice for 12 hours** before reheating, **converts the quick-digesting starch to a slow-digesting type called resistant starch which the body doesn't turn into sugar.** **Bonus:** The oil and chilling also lower the rice's calories.



"A merry heart doeth good like a medicine..." Prov. 17:22a

I woke up this morning, and I lifted my arms, moved my knees, turned my neck. Everything made the same noise: "Crrrrrraaaaaacccck! Right then and there--quick thinker that I am--I came to a conclusion: I am not old; I am crispy!"

Two elderly ladies had been friends for many decades. Over the years they had shared all kind of activities and adventures. Through the years they had helped each other raise children, run a business and bury their husbands. They had shared all the joys and sorrows of a full life. Lately, their activities had been limited to meeting a few times a week to play cards and helping each other remember appointments. One day they were playing cards when one looked at the other and said, "Now, don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend looked at her. For at least three minutes, she just stared and glared. Finally, she said, "How soon do you need to know?"

I love you all; I really do, **Josie**

