



# Vernon Park Church of God

March 2019

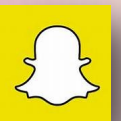
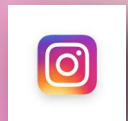
*Committed to loving God, loving others and serving others!*

Women's History Month Edition

## Ida B. Wells



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**Vernon Park Church of God**

# The Corner of Hope & Possibilities

*A monthly reminder of what's possible!*

Greetings Family,

The great track star Wilma Rudolph said, "It doesn't matter what you are trying to accomplish. It's all a matter of discipline." She was a woman who displayed tremendous discipline during her lifetime. Born premature weighing only 4.5 pounds, the 20<sup>th</sup> of 22 children suffered from several childhood illnesses including pneumonia and scarlet fever. She also contracted infantile paralysis caused by polio at the age of five. She recovered from polio, but lost strength in her left leg and foot. Physically disabled for much of her early life, Rudolph wore a leg brace until she was twelve years old. But it was discipline that made her the fastest woman in the world at 20-years old, capturing the gold medal in the 100 and 200 meter sprints, as well as the 4 X 100 meter relay at the 1960 Olympics in Rome, Italy.

The Bible also speaks of the need for discipline as a necessary part of the Christian life. 1 Corinthians 9:24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. <sup>25</sup> Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. <sup>26</sup> So I do not run aimlessly; I do not box as one beating the air. <sup>27</sup> But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. (ESV)

Paul reminds us that the same discipline it takes to win physical races like Ms. Rudolph did is necessary to win the races we run daily.



During the month of March our nation will recognize the great accomplishments of women like Wilma Rudolph. We too will celebrate in like manner women past and present. We will also commence into a season of self-discipline as we consecrate our minds, bodies and spirits.

During our 40-days of consecration I trust each of us will look to overcome issues and circumstances in order to maximize our effectiveness during these changing times. It's not enough to want a strong life within our purpose, we must work for it. I believe it's possible for each of us to set goals and accomplish them during our lifetime. Let's not just mark time but strive like Sister Rudolph to be champions. Let's do all we can by disciplining our minds and bodies during this season.

*My Pen is Positioned,  
Pastor J*

PASTOR OF POSSIBILITIES

®



# Vernon Park *Church of God*

## *Ida B. Wells*

**Ida B. Wells-Barnett**, an African American journalist, was an active crusader against lynching and a champion of social and political justice for African Americans. Ida B. Wells was born a slave in Holly Springs, Mississippi, on July 16, 1862, six months before the Emancipation Proclamation freed all of the slaves in the Confederate states. Her father, James, was a carpenter and her mother, Elizabeth, a cook. James Wells was a hardworking, opinionated man who was actively interested in politics and in helping to provide educational opportunities for the liberated slaves and for his own eight children. He was on the board of trustees of Rust College, a freedmen's school, where his daughter Ida received a basic education. Elizabeth Wells supervised her children's religious training by escorting them to church services and by insisting that the only book that they could read on Sunday was the Bible. Young Wells was an avid reader and stated that as a result of this rule she had read through the Bible many times.

In 1884, while she was travelling by train from school, Wells was forcibly thrown out of a first-class car by the conductor because she refused to ride in the car set aside for African Americans, which was nicknamed the "Jim Crow" car. She had purchased a first-class ticket and was determined not to move from her seat, but she was not able to defend herself against the conductor, who literally dragged her from her seat while some of the white passengers applauded. However, Wells, who was determined to fight for justice, sued the railroad and won her case. When the decision was later overturned by the Tennessee Supreme Court, Wells just became more determined to fight against racial injustice wherever she found it.

In 1895 Wells moved to Chicago, where she married a widower named Frederick Barnett. She remained active after she was married and carried nursing children with her during her crusades. She and her husband owned a newspaper for a while and she continued to write articles for other journals. She actively participated in efforts to gain the vote for women and simultaneously campaigned against racial bigotry within the women's movement. In 1909 she attended the organizational meeting of the National Association for the Advancement of Colored People (NAACP) and continued to work with the organization's founders during its formative years, although her association with the organization was not always peaceful. Wells-Barnett did agree with one of the major thrusts of the organization, however, and that was their desire to see the enactment of federal anti-lynching legislation. She found a settlement house in Chicago for young African American men and women, regularly taught a Bible class at the house, and also worked as a probation officer there. After her death in 1931 her contributions to the city of Chicago were acknowledged when a public housing project was named after her.

On Monday, February 11, 2019, downtown Chicago saw a stretch of Congress from Grant Park to the Jane Byrne Interchange to officially changed to Ida B. Wells Drive. This commemoration was during a renaming ceremony at the Harold Washington Library Center.





# Vernon Park *Church of God*

## *Responsive Reading*

**March 3, 2019, John 10:7-18, "The Good Shepherd"**

**Lead:** Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. All who have come before me are thieves and robbers, but the sheep have not listened to them. I am the gate; whoever enters through me will be saved.

**Cong:** They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

**Lead:** "I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. The man runs away because he is a hired hand and cares nothing for the sheep.

**Cong:** "I am the good shepherd; I know my sheep and my sheep know me - just as the Father knows me and I know the Father—and I lay down my life for the sheep.

**Lead:** I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. The reason my Father loves me is that I lay down my life—only to take it up again.

**Together:** No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father."

## **Wednesday Bible Study March 11th - April 19th**

**Details will be available soon!**



# Vernon Park *Church of God*

## *Responsive Reading*

**March 10, 2019, Isaiah 61:1-9, "The Year of the Lord's Favor"**

**Lead:** The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion -

**Cong:** To bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.

**Lead:** They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.

**Cong:** Strangers will shepherd your flocks; foreigners will work your fields and vineyards. And you will be called priests of the LORD, you will be named ministers of our God. You will feed on the wealth of nations, and in their riches you will boast.

**Lead:** Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.

**Together:** "For I, the LORD, love justice; I hate robbery and wrongdoing. In my faithfulness I will reward my people and make an everlasting covenant with them. Their descendants will be known among the nations and their offspring among the peoples. All who see them will acknowledge that they are a people the LORD has blessed."



**Scholarship and Education Ministry's**



## **2018 Dollars for Scholars Campaign**

*The donation containers are located on the Watchmen Table in the foyer.*





# Vernon Park *Church of God*

## *Responsive Reading*

March 17, 2019, Philippians 2:1-12, "Humble Before the Lord"

**Lead:** Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.

**Cong:** Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

**Lead:** In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

**Cong:** And being found in appearance as a man, he humbled himself by becoming obedient to death - even death on a cross!

**Lead:** Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

**Together:** Therefore, my dear friends, as you have always obeyed - not only in my presence, but now much more in my absence - continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.

## Baby Dedication Service

Sunday, March 31st

During the

10:00 a.m. Service





# Vernon Park *Church of God*

## *Responsive Reading*

**March 24, 2019, Psalm 34:1-18, "The Lord is My Sustainer"**

**Lead:** I will extol the LORD at all times; his praise will always be on my lips. I will glory in the LORD; let the afflicted hear and rejoice. Glorify the LORD with me; let us exalt his name together.

**Cong:** I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles.

**Lead:** The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the one who takes refuge in him. Fear the LORD, you his holy people, for those who fear him lack nothing.

**Cong:** The lions may grow weak and hungry, but those who seek the LORD lack no good thing. Come, my children, listen to me; I will teach you the fear of the LORD. Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from telling lies.

**Lead:** Turn from evil and do good; seek peace and pursue it. The eyes of the LORD are on the righteous, and his ears are attentive to their cry; but the face of the LORD is against those who do evil, to blot out their name from the earth.

**Together:** The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit.

**March 31, 2019, Psalm 105:1-15, "The Faithfulness of the Lord"**

**Lead:** Give praise to the Lord, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts.

**Cong:** Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always.

**Lead:** Remember the wonders he has done, his miracles, and the judgments he pronounced, you his servants, the descendants of Abraham, his chosen ones, the children of Jacob.

**Cong:** He is the Lord our God; his judgments are in all the earth. He remembers his covenant forever, the promise he made, for a thousand generations, the covenant he made with Abraham, the oath he swore to Isaac.

**Lead:** He confirmed it to Jacob as a decree, to Israel as an everlasting covenant: "To you I will give the land of Canaan as the portion you will inherit." When they were but few in number, few indeed, and strangers in it. They wandered from nation to nation; from one kingdom to another.

**Together:** He allowed no one to oppress them; for their sake he rebuked kings: "Do not touch my anointed ones; do my prophets no harm."



# Vernon Park *Church of God*

## *Announcements*

**2019 Consecration**  
**March 11th to April 19th**  
**A YEAR OF MATURITY**

**DETAILS WILL BE AVAILABLE SOON!**

## *Wedding Anniversaries*



*James and Zandra Dixon - 17 years, March 3<sup>rd</sup>*

*Rick and Cheryl Nelson - 14 years, March 19<sup>th</sup>*

*Quincy and Sharyn Dyer - 11 years, March 22<sup>nd</sup>*







# Vernon Park *Church of God*

## For Your Health

### MALE BREAST CANCER HEALTHY TIPS

#### *From your Health and Wellness Ministry*

Breast Cancer in men is rare, but still **“IT CAN HAPPEN TO YOU.”** Hey guys, “IT CAN HAPPEN TO YOU.” It is rare but it can happen. You might not have any family history or genetic mutation. Though male breast cancer is rare, men are **100** times less likely than women to get breast cancer. Male breast cancer represents about one percent of all breast cancer diagnoses nationwide, but it’s still a reality.

Male breast cancer like prostate cancer, can be isolating, depressing and even shameful. Some signs and symptoms of male Breast Cancer can include:

- **A painless lump or thickening in your breast**
- **Changes to the skin covering your breast**
- **Changes to the nipple as it turns inward**
- **Discharge from nipple**



Make an appointment with your Doctor if you have any persistent signs or symptoms that worry you.

The risk of Breast Cancer increases as you age. It is most often diagnosed in men in their 60’s.

Young men, as you read this, you ought not to entirely exclude yourselves. If your breast feels different as you shower, take care of it ASAP.

*Your Health and Wellness Ministry*

## Reaching Beyond the Walls

With PASTOR JERALD JANUARY, SR.

**Saturdays at 8:00 a.m. - Chicago Cable 25**

**Mondays at 9:00 p.m. - Comcast Channel 19, South Suburbs**

**[www.vpcog.org](http://www.vpcog.org)**



# Vernon Park Church of God

*Speaker:*

*Sermon:*

*Date: March 3, 2019*

*Speaker:*

*Sermon:*

*Date: March 10, 2019*



# Vernon Park Church of God

*Speaker:*

*Sermon:*

*Date: March 17, 2019*

*Speaker:*

*Sermon:*

*Date: March 24, 2019*

*Speaker:*

*Sermon:*

*Date: March 31, 2019*





# Black History Celebration

