



# VP NEWSLETTER

Week of JUNE 16-22, 2022



## Office Hours

Tuesday - Wednesday

9am - 4pm

708-753-1975 (o)

6am - Thursdays

Prayer Call In

202-926-1080

Access Code 981434

Don't have internet

access? Call in for

Sunday Service at 10am

202-926-1080

Access Code 981434

**Do NOT sit this election out; it is too important. Your vote and your voice are NEEDED.**

**People gave their life for your right to vote!**



**Please VOTE**

**YOUR participation in this year's election is more important than ever. Make sure YOUR vote counts, as well as the votes of YOUR friends, family and co-workers. Our democracy depends on it!**

**The General Assembly Election**

**June 28, 2022**

[Click Link for Illinois VOTING information](#)

**A Series For Sistahs**  
Summer Break Book Club Read

FERVENT

By Priscilla Shirer

August ~ Brunch

September ~ Book Review

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## Mother Carr's Farm

Now accepting applications for Membership Shares

**Half \$275~Full \$475**

*\*Delivery service is \$100 for the season.*

**Health & Wellness**

**CHRONIC PAIN**

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**and Virtual Reality**



# June Wedding Anniversaries



**Trustee Charles & Mary Sawyer ~ 49 years...June 9**

**Min. Rodney & Tarsa Tucker ~ 21 years...June 9**

**Fred & Flora Lott ~ 67 years...June 17**

**Pastor Bruce & Barbara McKinney ~ 39 years...June 18**

**Eric & Andrea January ~ 23 years...June 19**

**Robert & Annie Ruth Walker ~ 52 years...June 20**

**James & Ladeyiha Reed ~ 19 years...June 21**

**Chitunda & Danielle Tillman ~ 15 years...June 23**

**Pastor Jerald & Maura Gale January ~ 5 years...June 24**

**Tony & Carolyn Williamson ~ 14 years...June 27**

**Maurice & Christian Brown ~ 8 years...June 28**

**Tony & Vanessa Davis ~ 21 years...June 29**

**Pray for the names on our sick list.**

**Mother Elva Brand**

**Sis. Mable Cass**

**Deacon Donald Franklin**

**Bro. Walter Mitchell**

**Sis. Bernice Peterson**

**Deacon Bennie Smith**

**Bro. Maurice Snell**

**Sis. Hazel A. Taylor**

**Sis. Brenda Thomas**

**Sis. Margaret Thompson**

**Sis. Janice Turner**

**Sis. Martha Veals**

**Sis. Annette Washington**

**Pray for our Bereaved.**

**Sis. Nell Sanders**

**on the loss of her Aunt**

**Sis. Willie Mae Ball**

**Content Available On:  
Facebook, YouTube,  
Instagram, Twitter,  
and  
[VPCOG.ORG](http://VPCOG.ORG)**

## **TUESDAYS**

**6pm Tellin' it like it TiS  
(Tosha is Speaking)**

## **WEDNESDAYS**

**12pm "Lunch & Learn"  
Bible Study  
with Pastor Bruce**

**6pm Min. Kitty White  
"A Kiss from God"**

## **THURSDAYS**

**6am Prayer Call**

**202-926-1080**

**Access Code 981434**

**6pm Lady Maura  
OMG Oh Maura Gale  
[TUNE IN HERE](#)**

**8pm "Fall in Line"**

**"V-Formation  
with Coach V"  
3rd Thursdays**

## **FRIDAYS**

**6pm Pastor Frank  
"Frankly Speaking"**

## **SATURDAYS**

**6pm S.A.L.T.  
Bible Study**

**Women of Purpose**  
will take a "**pause**" for summer.

We return in **August** with a **Brunch**  
and a **Book Club Discussion** in **September**.

Let's continue to grow,  
with a great Summer read, below!

**Save the date ~ August 20, 2022**

## **Women of Purpose "Brunch"**



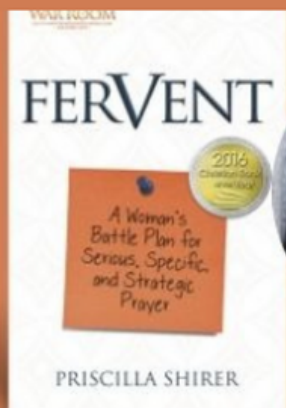
**Facilitated by**  
**Sis. Monica Miller**



**SEPTEMBER**

## **FERVENT**

**A Woman's Battle Plan to Serious, Specific and Strategic Prayer**  
**By Priscilla Shirer**



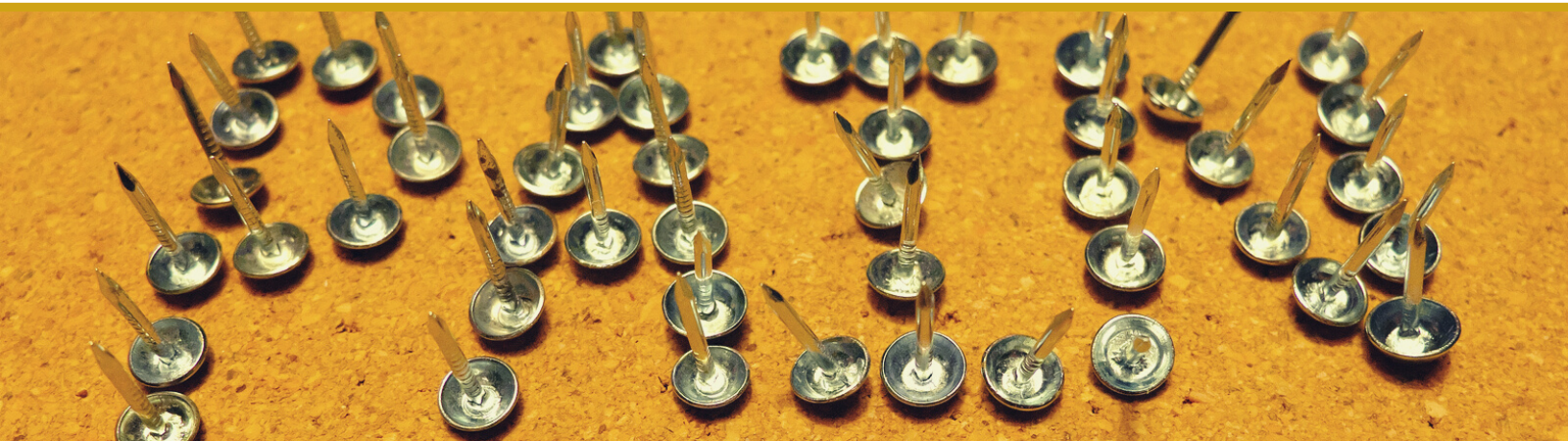
# THE REALITY OF IT ALL

## Chronic Pain

By some measures, nearly 50 million Americans experience some type of chronic pain, in part because the power of medicine to relieve pain remains woefully inadequate.

With continued advancements in technology, many scientists and healthcare professionals are hopefully optimistic in its shift towards a more tech savvy way to treat pain....

**VIRTUAL REALITY (VR).** VR uses technology to distract the mind from focusing on pain. The distractions can range from peaceful scenarios to games that require thought and execution. Experts believe a decrease in attention to pain will ultimately cause a decrease in one's perception of pain.



**For more on Virtual Reality for pain management, please click on the links below**

**[VR for Chronic Pain is a Game Changer](#)**

**[Can Virtual Reality Replace Opioids As Pain Treatment?](#)**