

# VP NEWSLETTER

Week of JUNE 30-July 6, 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

## Mother Carr's Farm

Now accepting

applications for

Membership Shares

Half \$275~Full \$475

\*Delivery service is

\$100 for the season.

Calling ALL Men!

***The Men of Destiny...is baaaack!***

Make plans to attend:

Saturday, July 16th, 12:30pm- 2:30pm

At VP in Children's Church

**Meetings will be held  
third Saturdays monthly.**

## Children's Church

Summer '22

**The Miracles of JESUS**

See page 5

## A Series For Sistahs

Summer Break Book Club Read

FERVENT

By Priscilla Shirer

August ~ Brunch

September ~ Book Review

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## Health & Wellness

CHRONIC  
PAIN

PAGE 4

and Virtual  
Reality



# July Wedding Anniversaries



**Emerson & Patricia White ~ 15 years...July 7**

**Kenneth & Pamela Jackson ~ 55 years...July 7**

**Fred & Brenda Williams ~ 25 years...July 11**

**Gerald & Elizabeth Ford ~ 9 years...July 13**

**Scott & Nicole Hall ~ 21 years...July 14**

**James & Rugena Turner ~ 54 years...July 20**

**John & Dawn Hatchett ~ 11 years...July 23**

**Dea. Paul Alston & Denise Turner Alston ~ 34 years...July 23**

**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. Alberta Stallworth**

**Sis. Hazel A. Taylor**

**Sis. Brenda Thomas**

**Sis. Margaret Thompson**

**Sis. Janice Turner**

**Sis. Martha Veals**

**Pray for our Bereaved.**

**Sis. Erma Roberts, Bro. Ron Garner and**

**Sis Danielle Garner-Tillman**

**in the loss of their Son, brother, uncle**

**Bro. Anthony Garner**

**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"



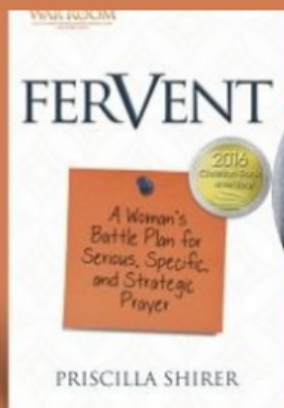
Facilitated by  
**Sis. Monica Miller**



**SEPTEMBER**

## FERVENT

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



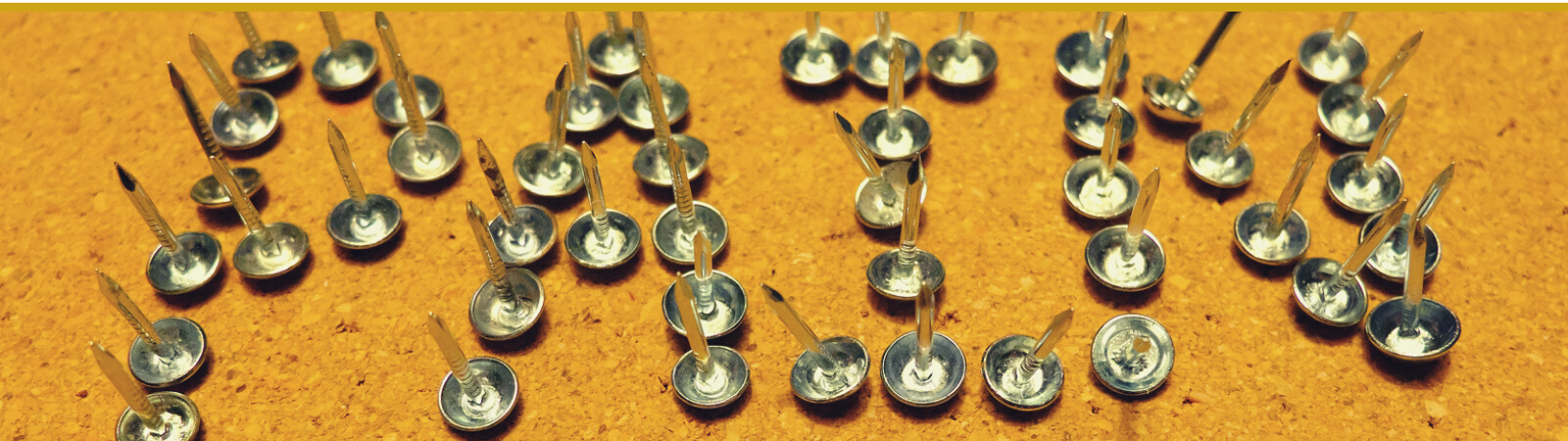
# THE REALITY OF IT ALL

## 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?](#)



**CHILDREN'S CHURCH**  
**SUMMER '22'**  
**JULY 3, 10, 17, 24**



**THE**  
**MIRACLES**  
**OF**  
**JESUS**

