

# VP NEWSLETTER

Week of February 25-March 3, 2021

Office Hours

Tuesday &

Wednesday

9am - 4pm

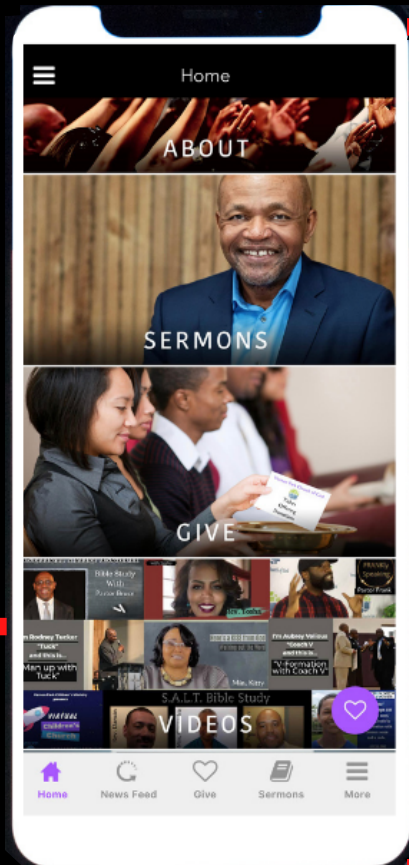
708-753-1975 (o)

VP Phone App now available for free

Android



iPhone



Featuring:  
Sermons  
Tithe.ly Giving  
All digital content  
News Feed  
Newsletter  
The Bible  
and so much more!  
[CLICK HERE](#) to  
download.

10am Sundays

live and call in

515-606-5127

Access Code

981434



**UPDATE  
CONTACT  
INFO  
[HERE](#)**

The VP church

**FAST** is from

March 3 - April 1.

The detailed  
schedule of the

FAST and

PRAYER is on  
the website

[VPCOG.ORG](http://VPCOG.ORG)

Page 3 contains a  
New Monthly Section

*from Health & Wellness*

American Heart  
Awareness Month



*Celebrating*

WOMEN'S HISTORY  
MONTH

Wedding Anniversaries for  
the MONTH of February

Darren Rushing & Qutester Mapp-Rushing  
9 years...February 18th

Pastor Frank & Monica Miller  
9 years...February 25th

John & Shirley Hill  
52 years...February 28th

Pray for the names on our prayer list.

**Sis. Shirley Brown**

**Sis. Annie Ruth Walker**

**Bro. Robert Walker**

Pray for our Bereaved

Mr. Elmo Byer and Family  
in the passing of his wife

**Sister Enid Byer**

Visitation & Homegoing:

Tuesday, March 2, 2021

**Cage Memorial Chapel**

7651 S. Jeffery

10:00-11:00am & 11:00-12:30pm

Burial

Tuesday, March 2, 2021

**Oak Woods Cemetery**

1035 E. 67th Street

1:00pm

**GIVING**

Reminder: You can GIVE your tithes and offerings via [Paypal](#) or [tithe.ly](#) at [VPCOG](#)

For your convenience you can give via text.

TEXT the word GIVE to 844-985-1891, follow the link and complete a one-time set up for giving to Vernon Park Church of God.

Content Available On:  
Facebook YouTube  
Instagram Twitter and  
[VPCOG.ORG](#)

**TUESDAYS**

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

8pm T~Time Teen Talk  
with KT King Tucker

**WEDNESDAYS**

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

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

**THURSDAYS**

6am Prayer Call  
515-606-5127

Access Code 981434

6pm Lady Maura  
OMG Oh Maura Gale

[TUNE IN HERE](#)

8pm "Fall in Line"

"Man Up with Tuck"

1st Thursdays

"V-Formation  
with Coach V"

3rd Thursdays

**FRIDAYS**

6pm Pastor Frank  
"Frankly Speaking"

**SATURDAYS**

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

# AMERICAN HEART AWARENESS MONTH

Heart disease remains the leading cause of death for both men and women in the United States. Unfortunately, some women may not realize this fact. Heart disease used to be a man's disease, yet, every 90 seconds a woman suffers a heart attack in this country. Research shows that women are more likely to die from the first episode of a heart attack because they do not experience the "crushing weight or chest pain" that men do. Women tend to experience subtler symptoms over a three to four week period before the onset of the heart attack. As a result, women tend to delay going to the ER or calling 911. Unfortunately, this lack of urgency on the part of women results in more fatal outcomes than men.

## Things you can do to help prevent a heart attack include:

- \*Exercise
- \*Managing stress
- \*Healthy diet
- \*Manage weight
- \*Manage cholesterol/triglycerides level
- \*Routine doctor visits
- \*Managing blood pressure
- \*No smoking/alcohol
- \*Proper rest

These factors can be scored by your physician to evaluate the risk for heart disease, utilizing clinical and laboratory data. For more information related to heart disease, please visit

[Heart Disease Information](#)

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth  
**3 John 2:1**

Let's All Strive for a Healthy Heart!!!!  
Health & Wellness Ministry



To register for ZOOM link click [HERE](#) or visit [VPCOG.ORG](http://VPCOG.ORG)

GROW  
IN  
GOD

## Edu-Tainment

Vernon Park Children's Ministry  
presents



VIRTUAL  
Children's  
Church

zoom



Please register for link

EVERY SUNDAY / ZOOM / 11AM  
AFTER VP SUNDAY SERVICE

WORD

WORSHIP

FUN

Kids, Fun,  
Word

WORD  
UP