Office Hours
Tuesday & Wednesday
9am - 4pm
708-753-1975 (o)

10am Sundays
live and call in
515-606-5127
Access Code 981434

Mother Carr's Farm
SHARES are now available.
SEE PAGE 5

For information and to complete online form

VP Phone App
now available.

Preparation to Return

Let's open the doors of the church, safely. Take the brief 3-question COVID Survey.

CLICK HERE

Mental Health Awareness Month

Page 3 contains our Health & Wellness Monthly Section

See Page 3 for information on...

Dollars For Scholars

Choose Vernon Park Church of God as your charity

CLICK HERE

CHANGE Campaign
PAGE 4
to find out how YOU can support!
Wedding Anniversaries for the MONTH of MAY

Wilbur & Arleen Pierce
58 years...May 5th

Ministers Darwin & Tosha Jackson
10 years...May 7th

Aubrey & Sherri Volious
19 years...May 11th

Victor & Stacy Watts
27 years...May 14th

Donald & Dorothy Franklin
61 years...May 15th

Randy & Dietta Smith
46 years...May 24th

Larry & Gladys Brand
4 years...May 27th

Pray for our Bereaved

Sis. Jennifer Jordan & Family
in the passing of her Father
Rev. Dr. Wilfred Jordan

Mother Joyce Bennett & Family
in the passing of her Brother-in-law
Bro. Horace Mais

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.

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

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

Content Available On: Facebook YouTube Instagram Twitter and VPCOG.ORG

Saturday, May 14th

Victor & Stacy Watts
27 years...May 14th

Donald & Dorothy Franklin
61 years...May 15th

Randy & Dietta Smith
46 years...May 24th

Larry & Gladys Brand
4 years...May 27th

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Mental Health includes one’s psychological, emotional and social well-being. A person’s mental health affects how they think, feel and act. It also helps in determining how one handles stress, makes choices and relates to others. Mental health can affect one’s daily life activities, relationships and physical health.

People suffering from mental health issues show various symptoms: little or no energy, pushing away people and pulling away from regular activities. Some may experience loss of sleep or the will to eat. Others may participate in unhealthy activities such as smoking, drinking, drug use. Helplessness and hopelessness many times lead to self-harm or harming others.

Seeking help from professionals, connecting with others, getting involved in physical activities, getting enough sleep and staying positive can all be beneficial in overcoming mental health issues.

For more information on mental health awareness, visit https://www.pinerest.org/mental-health-awareness-blog/

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 to be healthy and safe!

Health & Wellness Ministry

All orders placed via Smile.Amazon.com
when the charity selection is: Vernon Park Church of God
enables the ministry to be blessed, as you shop.

Amazon Smile donates to Vernon Park Church of God every time you make a purchase.

Visit Smile.Amazon.com
Choose: PICK YOUR OWN CHARITY
type in: Vernon Park Church of God

For Members and Non-Members
Thank you for your support.
If you are an **ACTIVE** member of VPCOG and a **graduate** or **moving-on student**, please contact:

vpcog.scholarshipandedministry@gmail.com

3 **WAYS TO SUPPORT - PAYPAL/TITHE.LY/CHECK**

**PAYPAL & TITHE.LY HAVE A DROP DOWN MENU DESIGNATE** **"SCHOLARSHIP"** **AND THE AMOUNT**

**FOR CHECK DONATIONS INDICATE** **AMOUNT** **AND SCHOLARSHIP IN THE MEMO SECTION**

**Dollars for Scholars**
Welcome to Mother Carr’s Farm!

Located in Lynwood Illinois, our Community Supported Agriculture (CSA) has been in operation for 8 years and offers over 20 varieties of fresh pesticide-free produce to our members. Our season typically starts in mid-July and runs through November. During the season, which runs from early July to late November, members receive a bi-weekly distribution of freshly picked produce. We offer delivery service for an additional $100 per season.

Purchasing a CSA membership share is a great way to get the highest quality of locally grown produce at an affordable price. It is also a wonderful way to support an African American business focused on practices that have the health of our land and our community in mind.

Our Planned 2021 Harvest ...

Banana Peppers   Cucumbers   Rosemary
Basil           Eggplant    Swiss Chard
Beets           Green Beans Thyme
Bell Peppers    Jalapeno Peppers Tomatoes
Broccoli       Kale         Turnips
Butternut Squash Mustard Greens Yellow Squash
Cabbage         Oregano      Watermelon
Collard Greens  Peppermint
Corn

2021 CSA Membership Options:
Half Share $250.00
Full Share $475.00

Sign-up online: https://forms.gle/8u6HsLFvTHb2F5gAA

For more information:
Call: 331-234-7417
Email: mothercarrfarm@gmail.com