



VP NEWSLETTER

Week of June 3-9, 2021

Office Hours

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

10am Sundays

live streamed
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

Save the Date

Ladies...

Saturday, July 10th

1:00 - 2:30pm

Health & Wellness

presents...



It's time...

We're planning
to open the
doors of the
church Sunday,
June 20th
Father's Day
Live 8am service

Details coming soon.



Men's Health Month

Page 3 contains our
Health & Wellness
Monthly Section

See Page 3 for information on...

amazon smile

You shop. Amazon gives.
Choose Vernon Park Church of God as your charity

Dollars For Scholars

CHANGE

Campaign

PAGE 4

to find out how
YOU can support!





Wedding Anniversaries for the MONTH of JUNE



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

Charles & Mary Sawyer

48 years...June 9th

Rodney & Tarsa Tucker

20 years...June 9th

Fred & Flora M. Lott

66 years...June 17th

Bruce & Barbara McKinney

38 years...June 18th

Eric & Andrea January

22 years...June 19th

Robert & Annie Ruth Walker

51 years...June 20th

James & Ladeyiha Reed

18 years...June 21st

Chitunda & Danielle Tillman

14 years...June 23rd

Pastor Jerald & Lady Maura January

4 years...June 24th

Tony & Carolyn Williamson

13 years...June 27th

Maurice & Christian Brown

7 years...June 28th

Tony & Vanessa Davis

20 years...June 28th

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

Pray for the names on our prayer list.

**Sister Tarsa Tucker's
Mother ~ Sister Marylon Foster**

MEN'S HEALTH AWARENESS MONTH

IT'S ALL ABOUT YOU!

June is National Men's Health Month! This month is ALL about encouraging the men in your life to take care of their bodies by eating right, exercising, and working to prevent disease. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, kidney disease, diabetes and psychological illnesses such as depression.



As we embark on this month of encouraging, acknowledging and celebrating men worldwide, let us be proactive in taking necessary steps to ensure our engagement in healthy activities, dieting, age appropriate screenings for diseases and taking care of our overall mental, physical and spiritual health.

For more information on Men's Health, visit

<https://www.unicityhealthcare.com/mens-health>

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](https://www.smile.amazon.com)

when the charity selection is: Vernon Park Church of God enables the ministry to be blessed, as you shop.

amazon smile
You shop. Amazon gives.



Smile.Amazon.com

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

Visit [Smile.Amazon.com](https://www.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.**

VERNON PARK CHURCH OF GOD



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

ACKNOWLEDGEMENT CELEBRATION ACADEMIC CIVIC

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





Mother Carr's Farm

A Community Supported Agriculture Project of Vernon Park Village

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

Basil

Beets

Bell Peppers

Broccoli

Butternut Squash

Cabbage

Collard Greens

Corn

Cucumbers

Eggplant

Green Beans

Jalapeno Peppers

Kale

Mustard Greens

Oregano

Peppermint

Purple Hull Peas

Rosemary

Swiss Chard

Thyme

Tomatoes

Turnips

Yellow Squash

Watermelon

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