



VP NEWSLETTER

Week of July 22-28, 2021

Office Hours

Tuesday &

Wednesday

9am - 4pm

708-753-1975 (o)

10am Sundays

live streamed

and call in

515-606-5127

Access Code 981434

Volunteers Needed

Saturday, July 24th

10 AM - 12 PM

We're moving chairs
and tables back into the
vestibule, classrooms,
and Children's Church.
Contact Pastor Bruce



Please note:
Children's Church
is on

SUMMER HIATUS

It will resume
in the Fall.

Thank you, Teachers!

MOTHER CARR'S FARM

Delicious pesticide-free produce.

Eat Well! Live Well!

[Sign up for the MCF Newsletter](#)

WE'RE READY

Join our CSA Today!

[Visit our Website](#)

(Community Supported Agriculture)

See Page 3 - for the
Monthly Health & Wellness Section

SELF
care
IS NOT SELFISH

See Page 3 for information on...

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



Wedding Anniversaries for the MONTH of JULY



Emerson & Patricia White

14 years...July 7th

Kenneth & Pamela Jackson

54 years...July 7th

Fred & Brenda Williams

24 years...July 11th

Gerald & Elizabeth Ford

8 years...July 13th

Scott & Nicole Hall

20 years...July 14th

James & Rugena Turner

53 years...July 20th

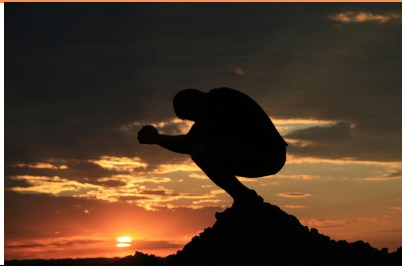
John & Dawn Hatchett

10 years...July 23rd

Paul Alston & Denise Turner Alston

33 years...July 23rd

Pray for the names on our prayer list.



Pray for our bereaved.



**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

Self-Care: A Time for You!

What is self-care and why is it important? Self-care is everything you do to take care of you. It is ensuring your mental, physical, emotional and spiritual health are aligned in a matter that promotes health and wellness. Self-care involves focusing on yourself and taking time to rest, reflect, replenish and renew. Self-care includes taking stock of your own needs, goals, health and accomplishments. As the world begins to open up, we want to make sure we are fully prepared; mind, body and spirit for whatever comes our way!!!

That is why taking care of YOU is SO Important!

SELF
care
IS NOT SELFISH

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://smile.amazon.com)

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

amazonsmile
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://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.