

# VP NEWSLETTER

Week of April 1-7 2021

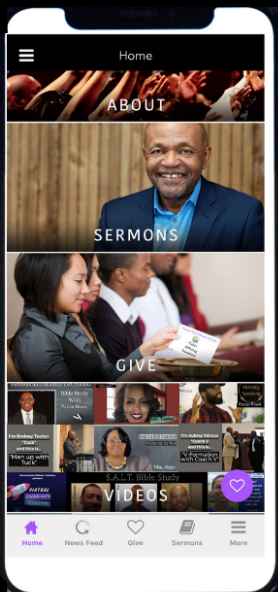
Office Hours  
Tuesday &  
Wednesday  
9am - 4pm  
708-753-1975 (o)

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

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.**



**UPDATE  
CONTACT  
INFO  
HERE**

**Page 3 contains our  
Health & Wellness  
Monthly Section**



Our VP church

**FAST** is **ENDING**.

Please view schedule  
to ensure a proper  
and safe transition  
back to regular food  
at [VPCOG.ORG](http://VPCOG.ORG)

Information about  
Mother Carr's Farm

**Shares Are Available  
SEE PAGE 4**

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 April



**Darryle & Mildred Robinson**  
**8 Years...April 6th**

**Charles & Annette Cain**  
**23 Years...April 19th**

**Jordell & Karen Prather**  
**9 years...April 28th**

**Pray for the names on our prayer list.**

**KEEP  
PRAYING**

**Pray for our Bereaved**



## 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



# NATIONAL STRESS AWARENESS MONTH

The past year has brought more than its share of challenges, along with the stresses many experience from facing those challenges. Although many people don't consider stress to be an actual disease process, its presence and manifestation has been linked to the six leading causes of death:

***Heart Disease, Cancer, Lung Ailments, Accidents, Cirrhosis and Suicide.***



Please visit [www.nationaltoday.com/stress-awareness-month/](http://www.nationaltoday.com/stress-awareness-month/) for more information on **STRESS**

There is always **HOPE!!!** Stress can be managed several ways. Exercise, finding a hobby, talking to someone - personal or professional - can all assist in how we manage our stress. The Bible encourages us to meditate on GOD and His Word, not emptying our minds to focus on nothingness, but to fill them with intentional thoughts of Him and His Word.

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](http://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](http://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](mailto:vpcog.scholarshipandedministry@gmail.com)

**DOLLARS FOR SCHOLARS**

**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**

## Mother Carr's Farm

*A Community Supported Agriculture Project of Vernon Park Church of God*

**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](mailto:mothercarrfarm@gmail.com)**