

VP NEWSLETTER

Week of February 18-24, 2021

Office Hours

Tuesday &

Wednesday

9am - 4pm

708-753-1975 (o)

10am Sundays

live and call in

515-606-5127

Access Code

981434

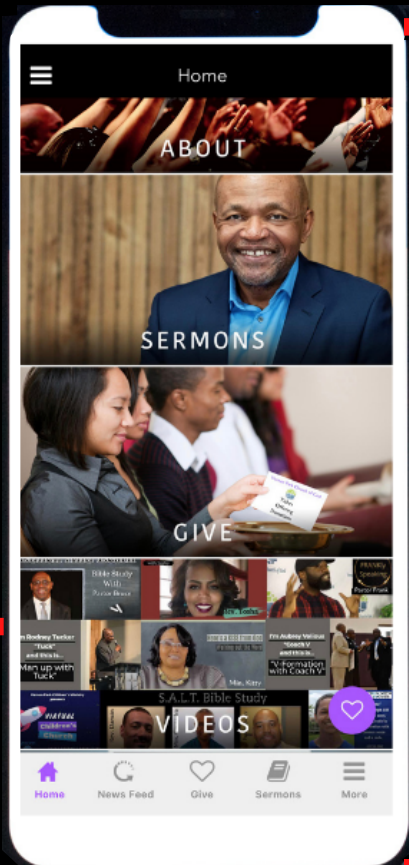


VP Phone App now available for free

Android



iPhone



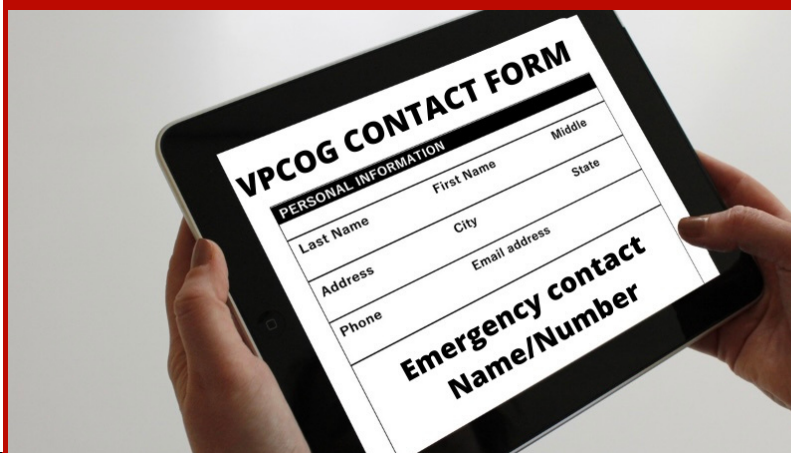
Featuring:
Sermons
Tithe.ly Giving
All digital content
News Feed
Newsletter
The Bible
and so much more!
[CLICK HERE](#) to
download.

The VP church
FAST is from
March 3 - April 1.

The detailed
schedule will be
on the website
starting next
week.

Page 3 contains a
New Monthly Section
from Health & Wellness

American Heart
Awareness Month



UPDATE
CONTACT
INFO
[HERE](#)

**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 Annie Ruth Walker

Sis Arnell Johnson
wife of Maurice Johnson

Pray for our Bereaved

**The family of
Mrs. Eurind Buyer**

**Content on [Facebook](#) [YouTube](#) & [IG](#)
Active links are underlined and [blue](#)**

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
- *Routine doctor visits
- *Managing blood pressure
- *No smoking/alcohol
- *Proper rest
- *Manage cholesterol/triglycerides level

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

**GROW
IN
GOD**

Edu-Tainment

Vernon Park Children's Ministry
presents



**VIRTUAL
Children's
Church**



Please register
for link

EVERY SUNDAY / ZOOM / 11AM
AFTER VP SUNDAY SERVICE

WORD

WORSHIP

FUN

**Kids, Fun,
Word**

**WORD
UP**