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VERIZON Form 4 July 07, 201	COMMUNICATI	IONS INC									
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL		
Check this box if no longer								N OMB Number:	3235-0287		
								Expires:	January 31, 2005		
subject section	subject to Section 16. STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES							Estimated burden hou	average urs per		
Form 4 or Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,								response	response 0.5		
obligatio may cor <i>See</i> Inst 1(b).	ons Section 17(a) of the l	Public U	tility Hol	ding Cor		of 1935 or Section				
(Print or Type	Responses)										
			2. Issuer Name and Ticker or Trading Symbol VERIZON COMMUNICATIONS INC [VZ]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
				of Earliest Tr Day/Year) 2015	ransaction		Director 10% Owner X Officer (give title Other (specify below) below) EVP&Chief Info&Tech Architect				
				endment, Da onth/Day/Yea	-	ป	Applicable Line)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
NEW YOR	K, NY 10036							More than One R			
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution D			Transactio Code (Instr. 8)	nAcquired Disposed (Instr. 3, 4	(A) or of (D) 4 and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect		
				Code V	Amount	(D) Price	(, , , , , , , , , , , , , , , , , , ,				
Reminder: Re	port on a separate line	e for each cl	ass of sec	urities benef	ficially ow	ned directly o	or indirectly.				

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	ative Conversion (Month/Day/Year) ity or Exercise		3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (Instr.		5. Numb or of Deriv Securitic Acquired (A) or Disposed (D) (Instr. 3, and 5)	rative es d d of	6. Date Exer Expiration D (Month/Day,	ate	7. Title and A Underlying S (Instr. 3 and	Securities	8. Pri Deriv Secu (Instr
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	07/02/2015		А		67.64		(1)	(1)	Common Stock	19	\$ 1.
Reporting Owners												
Reporting Owner Name / Address				Other								
Gurnani Roger VERIZON COMMUNICATIONS INC. 1095 AVENUE OF THE AMERICAS NEW YORK, NY 10036				irector 10% Owner Officer EVP&Chief Info&Tech Architect								

Signatures

William L. Horton, Jr., Attorney-in-fact for Roger Gurnani

**Signature of Reporting Person

Explanation of Responses:

- If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- Each share of phantom stock is the economic equivalent of a portion of one share of common stock and is settled in cash. The shares of (1)phantom stock become payable upon events established by the reporting person in accordance with the deferred compensation plan.
- (2) Includes phantom stock acquired through dividend reinvestment.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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Date

07/07/2015