



# Church Spotlight

New Life Worship Center /Church of God of Prophecy

Reverend James H. Smith, Jr.

## Be Whole – Spiritually and Physically!

Mrs. Gerry Smith, FAN Coordinator at New Life Worship Center/Church of God of Prophecy, is committed to helping church members and others improve their health. They signed up for the FAN program because they wanted to help church members see the connection between improving their health and increasing their faith in the Lord. In the spirit of sharing the good news, they even shared FAN with other churches besides their own. Mrs. Smith and her committee organized their FAN kick-off as part of a larger Family and Friends Day celebration with their sister churches.



The event included a morning of preaching focused on filling the body according to God’s plan using His word and nutritious food. They shared handouts and highlighted their updated bulletin board. Then, church members and those visiting from sister churches, were asked to stand and formally accept the FAN program and the plan to increase physical activity and healthy eating. Following the kick-off event, visiting members from the sister churches reached out to Ms. Cheryl Goodwin wanting to learn more about how to get involved!



The FAN committee uses a planner to stay organized. The FAN program has improved the monthly health class offered at the church. Each class, called the “Power Hour,” is held on the 4<sup>th</sup> Wednesday of each month. Church members receive information about health topics, participate in exercises, and leave encouraged to invite friends and family to attend the next class. In addition, on Sundays during worship services, FAN updates and health facts are shared in the church bulletins and during the announcement time.

An additional key to success of the FAN program is the involvement of Rev. Smith. For example, Rev. Smith attends the Power Hour class, participates and encourages members to move during the service, and talks about his personal commitment to a lifestyle change. Mrs. Smith encourages churches to remind their members of God’s desire for a “whole man.” While prayer and devotions are important, the “whole man” must remember to increase faith through healthy eating and physically activity.

**Congratulations to New Life Worship Center/Church of God of Prophecy for your success and commitment to the health and well-being of your members!**