



# Church Spotlight

St. John Baptist Church  
Reverend Tommy Dodd, Jr., Pastor

## Leadership and Building on Success - Key Ingredients for Member Involvement

St. John Baptist Church, located in Anderson Quarry, is on a mission to help members take charge of their health! Whether it's increasing weekly walking or sharing tasty, nutritious recipes, St. John has found that planting small seeds of change can blossom into healthier lifestyle habits. Mrs. Queen Davis, FAN Coordinator at St. John, says that getting their FAN activities underway has truly been a team effort. She credits Reverend Tommy Dodd, Jr. and First Lady Yolanda Dodd with leading the way, *"Both Reverend Dodd and First Lady Dodd roll up their sleeves and get involved, and the Pastor makes it a point to include observations about FAN activities during worship service to encourage member participation. I can't say enough about their leadership!"* St. John also has a strong FAN Committee where members take the lead in organizing activities.

After FAN training, the First Lady worked closely with their FAN Coordinator to develop a short survey to get member input. Most members reported being able to take part in walking and found it enjoyable. So with walking as their starting point, over the past several months, St. John has encouraged members to walk in groups or individually and to track their steps in a walking log. Members who recorded the most steps were recognized at church events & received small prizes. The church has also supported a number of community walking events including the Cooper River Bridge Run, Fairfield Behavioral Health Services' 5K Run/Walk, and the Palmetto Health Walk For Life. The FAN Coordinator says *"walking has become a part of our culture. Now we expect to be moving and we want to do more!"*

St. John took a similar approach to increasing healthy eating. Mrs. Davis shared *"Every time there is a meal served, we make sure that there's a healthy offering. You have to be gradual about it. Don't try to take over an entire meal. Try picking one or two items and make them healthier, but tasty."* The 12-member FAN Committee took turns preparing traditional recipes in healthier ways. These "tastings" were so well-received that the congregation decided to create a cookbook, organized by a church volunteer, that was distributed to members!



On April 16<sup>th</sup> St. John successfully hosted a church health fair that included presenters, health screenings, physical activity demonstrations for all ages (Taekwondo, aerobics, soul-line dancing, basketball shoot out), and healthy foods. A great time was had by all! As they look to the future, their goal is to offer more opportunities that reach members of all ages -- from young children to older adults.

**Hats off to St. John Baptist Church for your success and commitment to the health and well-being of your members!**