



Church Spotlight

Bible Light Holiness Church
Elder Curtis Squirewell, Pastor

Using fun and creative ways to promote health at Bible Light Holiness Church!

Bible Light Holiness Church knows that being physically active and making healthy food choices play an important role in improving health and having an active church body. Therefore, Bible Light is working to get members of all ages and abilities involved in enjoyable FAN activities. Their FAN Coordinator, Ms. Jeanette Miller, uses an upbeat style when sharing health messages. She says that their pastor, Elder Curtis Squirewell, has much to do with FAN's success. "The pastor is excited about FAN! He talks to us from the pulpit about moving away from our older eating habits and about being more active." Bible Light held its first ever Strategic Planning Workshop in January where its Healthy Eating and Active Living Policy was emphasized! Together, with support from deacons, auxiliary/ministry leaders, and other members, the FAN Committee is working to promote healthy eating and physical activity in ways that appeal to members and gets them actively involved.

Here are a few of the many ways Bible Light engages members in FAN activities:

- As part of their Sunday School activities, younger children completed art projects focused on healthy eating and physical activity. They showed their artwork and shared their ideas about healthy living during a brief church program.
- Church members worked with youth to plant a seasonal vegetable garden and four fruits trees! It was quite a workout for all! Now, the entire church is reaping the benefits from the cabbage, squash and other vegetables!



- For the past six months, 2nd and 4th Sundays have been set for group walks, after worship services. Members of all abilities walk safely at their own pace. Many have increased their distance over time and can now easily walk one mile. Several members took part in the Fairfield Behavioral Health Services 5K Run/Walk. Some members were top finishers, and Bible Light Holiness Church won the award for having the most participants!



Now that members are developing healthier habits, Ms. Miller hopes to put what they have learned to the test with a health quiz bowl! Other members plan to use their healthy eating and physical activity skills in a friendly Biggest Loser style contest and in a cooking lesson. Members will focus on eating more fruits & vegetables and being more active over the next six weeks!

Congratulations to Bible Light Holiness Church for your success and commitment to the health and well-being of your members!