



Church Spotlight

Mt. Moriah Baptist Church, Jenkinsville, SC
Reverend James D. Lee, Pastor

Setting goals and making healthy changes—one step at a time!

Mt. Moriah Baptist Church, who just celebrated its 132nd Anniversary, has set an impressive goal, and the congregation is making major strides! Mt. Moriah's church-wide challenge encourages members to collectively walk 25 million steps in one year! Though this may sound like a major mission, Mt. Moriah's FAN Coordinator, Ms. Truus Thompson, says that it is not really a competition among members. The true purpose of the challenge is to help each member achieve their personal best, based on their abilities. As a congregation largely made up of retirees, members recognize how important eating a healthy diet and remaining physically active are to their overall health and well-being. Therefore, when Pastor James D. Lee approached them about taking part in Faith, Activity, and Nutrition (FAN), Ms. Thompson says that members saw the potential for personal benefit and were eager to get on board! Walking was seen as an activity that everyone could take part in.

To kick off their walking challenge, the church gave each member a pedometer and monthly walking log. Mt. Moriah initially set a goal of 500,000 combined steps in one year for its 50 member team. But when Deaconess Mattie Thompson logged more than 1 million steps, and other members recorded more than 500,000 steps within 6 months, the church set a new goal—25 million steps!

Members walk at times that are convenient for them and in familiar settings. They turn in completed walking logs to the FAN Coordinator, who tracks the church's combined total. Tracking their steps and having flexibility in when and where people walk seems to help keep members involved. The Activity Team Leader, Trustee Tonia Lee and her team hosted blood pressure checks as part of a church health fair. Being informed about their readings may have also encouraged members to keep moving! Members now seek out Ms. Thompson for new walking logs!



In addition to the walking challenge, Mt. Moriah has set aside the third Sunday of each month for FAN activities. The Committee plans a brief program, which includes a health presentation and fact sheets. This program also serves as a time for members to share information and ideas. Boosting flavor without using salt and making healthy ingredient substitutions to lower fat have been popular topics. Menu planning by the Nutrition Team Leader, First Lady Brenda Lee, along with the Kitchen Ministry staff, help to make sure that salad is included and starches are limited when meals are served at church. Ms. Thompson credits Pastor Lee for being a steady rock in promoting active living and making healthier choices. He presented top walkers with certificates, and their photos now hang in the church vestibule! Ms. Thompson advises that both the pastor and members must be committed and motivated to truly make FAN a success! As the church looks ahead, they plan to celebrate their church's success and keep on walking!

Hats off to Mt. Moriah Baptist Church for your success and commitment to the health and well-being of your members!