



Church Spotlight

Bethel United Methodist Church
Reverend Alice Deal, Pastor

Making a Difference through Pastor Support, Teamwork, and Service!

Bethel United Methodist Church is a warm, welcoming, relatively small congregation of approximately 35 active members, who are mostly middle-aged or older. The FAN committee describes the church as a place that welcomes visitors, and is there to help meet each other's needs both in the congregation and in the surrounding community. They are thankful to have recently welcomed several relatively younger persons by membership, and report that those who regularly attend Bethel actively volunteer to serve! Several dedicated persons serve on the FAN Committee, with the full support of Bethel's pastor, Reverend Alice Deal. Reverend Deal regularly attends meetings, assists with organizing activities, and shows her support through participation! The FAN Committee says that Reverend Deal is a big source of encouragement!

To kick-off FAN, Bethel pooled its Committee's creative talents and came up with a unique way to inspire members to think about making healthier choices.

The Committee wrote and produced a skit, that featured Rev. Deal as "Ethel Bethel," a nutrition- and activity-challenged church member. The skit brought much laughter, and gave members "food for thought" about how Bethel could begin making changes to increase healthy eating and physical activity opportunities.

The FAN Committee continues to share health messages through FAN announcements, prior to worship services, and by updating the FAN bulletin board monthly for all to see. The Committee also shares healthy recipes, tips on making healthier

food choices, and information about the benefits of being active. Interested members use pedometers to track their steps throughout the month. Members who track their steps are eligible for a monthly drawing, where a randomly selected member chooses from a variety of prizes!

Several church members participated in Fairfield Behavioral Health Services' 2016 Imagine the Difference 5K run/walk. The church anticipates hosting the "Marcia Thomas Walk" in memory of a beloved church member who recently passed away. Bethel is also considering organizing a group physical activity program, and plans to invite people from surrounding communities. Bethel challenges other churches to incorporate FAN into their activities. It sees FAN as being for all ages and advises that the enthusiasm shown by a few spreads to others, and encourages healthier habits among the entire congregation, and beyond.



Congratulations to Bethel United Methodist Church for your success and commitment to the health and well-being of your members!