



Church Spotlight

New Hope AME Church
Immediate Past Pastor Reverend Silas Spann,
Current Pastor, Rev. John G. Davis

New Hope AME Church is taking FANTastic steps to get healthy!

Ms. Gail Davis, FAN Coordinator at New Hope AME Church, is helping to lead her church to healthy living! After learning about high rates of obesity, diabetes, and heart disease in Fairfield County, she and her church decided to participate in FAN to help church members become healthier.

Their kick-off event introduced the FAN program and included physical activity exercises using the Gospel Lift-off CD. Church members are encouraged to stand while the choir is singing, to walk more by parking further away from the church entrance, and to participate in Jericho Walks after church each month. Recently, in October, many church members participated in the Cure for Alzheimer's Walk.



That is not all! New Hope is also eating healthier. Before FAN, it was uncommon to serve healthy items at church meals, but now meals feature fruits, baked instead of fried items, and brown rice instead of white rice. Ms. Davis expressed her excitement of seeing healthier food choices!



The FAN committee and former pastor, Rev. Silas Spann, actively get the word out and share messages about healthy living. For example, during each Sunday service, they share health moments with the congregation. On two Sundays a month, church members receive handouts about physical activity and healthy eating. Even more, the FAN committee updates their bulletin board monthly with a new healthy living theme. These activities increase church members' curiosity and have them looking forward to new ideas and information each month! They plan to continue their efforts to become a healthy church in 2017 under the leadership of their current pastor, Rev. John G. Davis.

Ms. Davis recommends that churches just starting FAN begin introducing activities slowly instead of trying to start a lot all at once. She suggests adding opportunities for movement and healthy eating to existing church activities, like choir rehearsals, instead of only creating new activities. The key to success is to give it a try by starting slow and simple and building from there!

Congratulations to New Hope AME Church for your success and commitment to the health and well-being of your members!