



Church Spotlight

Rock Hill Baptist Church
Rev. David Chisolm, Pastor

“Rock Hill Baptist Church is FANtastic!”

When you visit Rock Hill Baptist Church, make sure you are ready to be physically active! Every Sunday, church members participate in a meet and greet activity where everybody forms a circle and walks around to greet each other. Youth members lead physical activities such as jumping jacks and jogging in place using “Simon Says.” That is not all! Following the service, church members participate in a worship walk around the church while the youth play basketball or spend time playing together.



Also, when you visit Rock Hill Baptist Church, you can look forward to healthy and delicious food! Before FAN, church meals were unplanned and church members did not bring healthy items. However, church meals now follow a menu for members to sign-up to bring items featuring fruit and vegetable platters, baked items using low-fat and low-sodium chicken broth, and brown rice. In addition, church bulletins and church announcements promote a different fruit or vegetable each month.



How did Rock Hill Baptist Church become so FANtastic? Ms. Tammy Turner, FAN Coordinator at Rock Hill Baptist Church says their secret to success is to put God first, pray, and encourage often. She recommends giving encouragement as it has provided their members the largest boost to get going. For example, many of the older adults did not want to participate in worship walks. After encouraging them to catch up with the youth, the older church members now participate.

Another secret to their success is the support and participation from their pastor, Rev. David Chisolm. The FAN committee encourages their pastor weekly. Rev. Chisolm leads the weekly meet and greet activity walking around the circle and encouraging others to do the same. He also supports healthy living by making announcements about the fruit or vegetable of the month. As you can see, with all of the opportunities, activities, and pastor support of FAN, the motto of “Rock Hill Baptist Church is FANtastic” fits well!

Congratulations to Rock Hill Baptist Church for your success and commitment to the health and well-being of your members!