



Church Spotlight

Mt. Hebron, Columbia District

Reverend William Cooley, Pastor

“FAN – A Natural Fit Helping Church Members Live Healthier”

Mt. Hebron has a relatively young congregation and had programs in place to help members live healthier before FAN started. The FAN Program seemed like a natural fit to help promote and enhance their activities. FAN is led by co-coordinators, Ms. Kim Canaan and Ms. Laura Day. They both have a passion for healthy living and love the combination of spiritual and physical fitness in FAN.

Mt. Hebron is hoping to reach all people of all ages in the congregation with their many programs. One of their programs is called WARRIORS: Walkers and Runners Rejoicing In Our Risen Savior. This group trains together 3 times a week. They select races in which to participate that support local charities or "community building" causes. One of their recent events was a 5k raising money for victims of human trafficking. In addition, the church offers weekly Christian-themed yoga classes for adults.



With the warmer weather approaching, the FAN Committee hopes to have a crop shop at the church and encourage members to bring produce from their home gardens to sell to raise money for missions. They also plan to share recipes and nutrition information at the crop shop. Children at Mt. Hebron also benefit from FAN through children's sermons focused on healthy living. The bulletin boards and announcement slides also provide updates about programs and healthy living tips. The committee expresses gratitude for the support and involvement of their pastor, Rev. William Cooley. For example, he helps create slide announcements, shares messages about healthy living from the pulpit, and can be seen walking around the church taking phone calls throughout the day.

Mt. Hebron was selected as the winner in the FAN Program Plan gift card drawing. The committee found that the FAN Program Plan was flexible and customizable to their "church's personality," and they could also include activities they were already doing. For example, they recently completed construction of a new family life center and hope use it to offer more programs. They will use their gift card to purchase sports equipment needed for the basketball and volleyball courts. The committee shared that it can be challenging to get everybody to meet regularly because of busy schedules. But it is important to have time to plan and keep updated, so they recommend meeting with as few or as many who are available to meet in person and then updating the others by email.

Congratulations to Mt. Hebron for your success and commitment to the health and well-being of your members and community!

