



Church Spotlight

Murray UMC, Charleston District

Reverend Judith Knox, Pastor

The FAN program at Murray UMC, in Summerville, SC, is off to a great start! Ms. Clara Tucker, FAN Coordinator, highlighted the need for FAN's resources and messaging to enhance their previously ongoing activities. For their kick-off event, the FAN committee organized a skit explaining the program and its goals. Following the skit, church members made their own yogurt parfaits.



A couple of years ago, the church began a walking program on Saturday mornings. The walks last for an hour -- they begin with the reading of Scripture followed by a prayer, and then they walk. The church also implemented an exercise program which includes various activities, one being Zumba. Rev. Knox supports the program and even takes part in the Saturday morning walks despite her busy schedule of pastoring to two churches. Murray UMC had also been including health moments during services. Thanks to the resources and health literature provided through the FAN training, Ms. Tucker can now share handouts supporting the information discussed during the health moments.

The church has also introduced new activities since their FAN training. One such activity involves adjusting the menu for church events. The FAN committee is developing a church guideline to serve healthier foods. They hope the guideline will promote serving whole grains (i.e., brown rice), more vegetable dishes and salads, and replacing fried chicken with baked chicken. As a starting point, the church recently hosted volunteers through the Salkehatchie home rebuilding program. During their stay at the church, the kitchen committee served them a healthier menu including salads and fruit cups for snacks.



Ms. Tucker hopes the FAN program will inspire members to live healthier. She compares the process of overcoming challenges to reaching all church members to the process of planting seeds. She realizes not all church members may be ready to make lifestyle changes now, but she hopes to plant a seed that will take root when church members are ready to make changes.

Congratulations to Murray UMC for your success and commitment to the health and well-being of your members!

