



# Church Spotlight

## Trinity/Bennettsville UMC, Marion District

Reverend Leatha Brown, Pastor

The FAN Coordinator at Trinity/Bennettsville UMC, Wayne Easterling Sr., is excited about the FAN Program and its focus on helping church members live a healthy lifestyle. Even before attending the FAN training, Trinity/Bennettsville helped members learn more about the importance of physical activity and healthy eating. For example, during the month of February, in conjunction with National Wear Red Day, they had a presentation on heart health. This activity opened the eyes of church members, and participating in the FAN program seemed like the right next step.

Their FAN kick-off was organized into two parts. The first part was focused on physical activity. During VBS in June, the children participated in a 30-minute exercise session followed by a teaching about why they need to stay active and healthy. The children enjoyed the activities and called it the "VBS P.E." A 30-minute exercise session was also held for adults and older members using one of the FAN exercise handouts from the FAN training. Many members participated and requested a copy of the exercise handout.



The second part of the kick-off was focused on healthy eating. The committee planned a Healthy Dish cook-off to take place after a Sunday worship service. The preaching message focused on the connection between physical and spiritual health. Then, the congregation tasted the dishes, shared recipes, and voted for their favorite. The hope is that church members will begin thinking more about healthy eating and will see that healthy dishes can taste good!

Moving forward, the committee plans to incorporate the principles of FAN by including more healthy alternatives at future assemblies and making time for physical activity during meetings. They are planning to convert a room into a mini gym for members to use. In the meantime, the committee will talk with a local gym about offering a discounted membership for church members. Also, the committee plans to send their pastor, Rev. Leatha Brown, gifts reminding her of the importance of her health. Mr. Easterling recommends that churches trying to get FAN started consider using the resources they currently have and communicate often with the congregation about FAN activities and ways they can become involved with the FAN committee.

**Congratulations to Trinity/Bennettsville UMC for your success and commitment to the health and well-being of your members!**