



Church Spotlight

St. Paul/Kingstree UMC, Florence District

Reverend James Lane, Pastor



St. Paul/Kingstree UMC has a large, predominantly African-American congregation made up of members with a strong focus on the family and the community. Ms. Michelline Williams, FAN Coordinator at St. Paul/Kingstree, and the FAN committee are excited about incorporating FAN into their current programs and are looking forward to sharing their passions of healthy living with church members as they develop more activities.

Ms. Williams is excited about restarting their Bootcamp physical activity class and hopes to get more people involved. She knows many members think the intensity of the class will be too hard, but she encourages them to come and try. The instructor encourages attendees to try the exercises at their own pace and comfort level. The class meets Monday through Thursday at the church and is taught by a member of the church. Attendance is open to people of all ages, including youth, and also the community.

Ms. Williams also expresses her gratefulness for the strong support of the FAN Program from Rev. James Lane. He has been promoting FAN and supporting the committee long before they attended the FAN church training in the spring. Rev. Lane has been on his own personal journey to improve his health and desires to see church members and those in the community do the same. He looks forward to hearing ideas about healthy changes from the FAN committee. His energy and excitement for FAN has encouraged members to already start making healthy changes. For example, some have started to bring fresh fruits and vegetables from their gardens to church events to share with others.

With the upcoming school year, the FAN committee partnered with the Sunday School Department to plan their Back to School Bash. They demonstrated and served yogurt parfaits and encouraged families to consider serving them as a healthy after school snack. The committee is also planning to integrate FAN activities in their annual Family Fun Day in September as part of their FAN kick-off event. They are planning to have healthy food demonstrations, nutrition education, and a family friendly Zumba class.

Congratulations to St. Paul/Kingstree UMC for your success and commitment to the health and well-being of your members!

