



# Church Spotlight

## St. John/Rock Hill UMC, Rock Hill District

Reverend Debra Quilling Smith, Pastor

Reverend Rett Hasleden, FAN Pastor

St. John/Rock Hill is a large church with a strong children's program. Their weekly attendance at the three services averages around 500 members. Ms. Lacy Ngo, FAN Coordinator at St. John/Rock Hill, credits the strong and energetic support for FAN to the pastors who make regular announcements to promote FAN activities. The church website also includes a link for the FAN program and a "Faith Full" blog from Ms. Ngo with FAN updates and healthy living tips. To get started with FAN, Ms. Ngo provided a survey to church members to learn about activities they wanted to include. She believes this is a great first step for other churches trying to get more members involved in FAN.

As part of the kick-off, Ms. Ngo and the FAN committee set up a FAN table in the lobby. The table included handouts about serving a healthy plate, tips for getting kids more active, and a box to write and ask questions about healthy eating. The biggest success of the table was the yogurt parfait samples! Ms. Ngo has been pleasantly surprised by how receptive church members have been to making healthy changes and their continued interest in looking for new ways to make healthy changes. They have continued to display the FAN table monthly with different handouts and topics about healthy living.



Recently, on promotion Sunday, the church held a blessing of the book bags and Sunday School teacher appreciation. The church served popcorn to symbolize children "popping up" to the next grade and served mini packs of raisins to Sunday school teachers to thank them for "raisin" the bar! Additional healthy eating changes around the church include serving bananas at morning meetings, having vegetable trays and dips at the book club social, and replacing fried chicken with roasted chicken at meals.

St. John/Rock Hill has also started an 8-week nutrition and fitness program. The program includes a workout tailored to each participant followed by a segment with healthy eating tips from a dietitian. Classes have been well attended, and Ms. Ngo hopes more parents will attend now that the children's choir rehearsal is scheduled at the same time.

**Congratulations to St. John/Rock Hill UMC for your success and commitment to the health and well-being of your members!**

