



Church Spotlight

Cheraw Charge, Hartsville District

Reverend Mark Mitchell, Pastor

“3 Churches Coming Together through FAN”

The FAN Program helped unite the three churches in the Cheraw Charge: Bethel, Mt. Zion, and Wesley. The Cheraw charge is led by a team of FAN Coordinators - Ms. Corina Esaw (Bethel), Ms. Patricia Lindsey (Mt Zion), and Ms. Veverlyn Smith (Wesley). This team, along with their committee members, meets together monthly to put in place the activities they outlined in their charge-wide FAN Program Plan.

The pastor, Reverend Mark Mitchell, wants his members to learn more about healthy eating and exercise. Rev. Mitchell believes that having all members come together for charge-wide FAN activities provides encouragement and support to make healthy food choices and be more physically active. He understands making changes on your own is not easy and enjoys seeing members come together and encourage each other with positive feedback. Rev. Mitchell’s main goal for FAN is to help members learn healthy habits together that they can continue doing on their own. He hopes they will begin to move from old routines to new ways of eating healthy and being active.

To show his support for FAN and lead by example, Rev. Mitchell meets regularly with his coordinating team, makes time to walk, practices healthy eating habits, and shares updates on his progress regularly during worship services. He has seen positive changes because of participating in FAN. For example, the churches no longer serve sodas at events. Many members who were initially hesitant about this change have since been inspired to cut out sodas at home. Some members with diabetes have shared with the congregation their improved management of their condition since taking steps to be healthier through FAN. One of the churches in the charge is setting up an exercise room with donated equipment, and one member plans to lead group exercises for members from all churches in the charge! Furthermore, each church includes time for stretches and light exercises before, during, or after church events.

For churches who may be considering a charge-wide program, Rev. Mitchell stresses the importance of learning the needs of your congregations and looking for areas of overlap. He believes in the importance of meeting regularly with church members to learn what works to meet their needs, and then make changes as needed as you go in your efforts to help church members live healthy.



Congratulations to the Cheraw Charge for your success and commitment to the health and well-being of your members and community!