



Church Spotlight

Brown Chapel Baptist Church
Jenkinsville, SC 29015
Rev. Ricky Gibson, Pastor

“Making Changes One Step at a Time!”

When it comes to FAN activities, Brown Chapel Baptist relies on the leadership and example of the pastor, Rev. Ricky Gibson. After being introduced to the FAN program by Ms. Cheryl Goodwin, Rev. Gibson took the initiative to reach out and sign-up Brown Chapel Baptist to participate. Others in the church, including FAN Coordinator, Mrs. Lydia Gibson, recognized that the FAN program would be a good fit for their church where many of their church members are trying to overcome chronic illnesses.

Church members had a positive response to the FAN kick-off event. The event took place following the worship service. Exercise was introduced using the Gospel Lift-off CD, and they had a food demonstration of the fruit and yogurt parfait. Mrs. Gibson stated that even though many church members are older and cannot participate in higher intensity activities, they continue to find ways to be physically active. For example, during devotions and worship, members enjoy marching around the sanctuary and moving as an expression of their praise and worship to God. Also, after Wednesday night Bible study, a member of the FAN committee leads a physical activity break for attendees, often including stationary and stretching exercises for the older church members.

Brown Chapel Baptist is also making small changes to help members eat healthier. They are adjusting their recipes served at church events. For example, they are reducing high-fat ingredients, like mayonnaise in chicken salad. In addition, the 3rd Sunday breakfast menu now includes more fruit dishes for members. Rev. Ricky Gibson is grateful for FAN as it has encouraged him to lead his congregation by example by exercising more and learning to eat healthier. He shows his support of FAN from the pulpit by reading Scripture related to healthy living in his sermons and during their announcement time.



Mrs. Lydia Gibson wants to remind churches not put too much pressure on church members to make healthy living changes. Instead, she recommends working at a comfortable pace and making changes gradually. Mrs. Gibson reminds church members to be physically active at home and hopes to begin recording their blood pressure, weight, and weekly steps to encourage and motivate them even more.

Congratulations to Brown Chapel Baptist Church for your success and commitment to the health and well-being of your members!