# Church Spotlight



## St. Luke Baptist Church
### Reverend Jasper Lloyd, Pastor

After the previous Fairfield Behavioral Health Services healthy living initiative, members at St. Luke Baptist were looking forward to the next initiative and were ready to sign-up and take part. Ever since attending the FAN training, Ms. Tiaa Padgette, FAN Coordinator at St. Luke Baptist Church, praises the combined efforts of members from the FAN Committee and the health ministry team working together to organize, lead, and take part in activities.



YOU ARE INVITED TO PARTICIPATE IN SNEAKER SUNDAY
Every 3rd Sunday!

St. Luke Baptist Church Health Ministry

At St. Luke Baptist Church, every 3rd Sunday of the month is also known as "Sneaker Sunday." Church members, including the youth, dress down in order to walk after the worship service. Bible studies on the 4th Wednesday of the month are focused on healthy living. A member from the health ministry team gives a presentation about a health topic followed by group exercise using the Gospel Lift-Off CD. Also, church meals now have more choices for healthy eating including fruits, vegetables, and water. The church recently held their summer VBS program for the youth. The field day activities were open to the community and included basketball, hula hoop contests, and music, while their grill out menu included watermelon, grapes, and popcorn.

Ms. Padgette also praises Rev. Lloyd for supporting FAN "100%." He and his wife serve on the FAN committee and attend committee and health ministry meetings as much as possible. Ms. Padgette communicates with Rev. Lloyd about FAN on a regular basis.

Ms. Padgette wants to remind churches that healthy living can be fun and does not have to be strenuous. She believes the excited attitude and persistence from members of the FAN committee has encouraged others to want to be involved. Church members now look forward to FAN. They see the goals of FAN as a part of the fellowship of their activities and they know it is here to stay!

**Congratulations to St. Luke Baptist Church for your success and commitment to the health and well-being of your members!**