



Church Spotlight

Ebenezer AME Church

Rev. Andre Thornhill, Pastor

Ebenezer AME Church has been busy putting FAN into practice in their church with the help of Rev. Andre Thornhill and FAN Coordinator, Ms. Martina Jacobs. The 7th Episcopal District of the AME church (SC), including Ebenezer AME Church, has strong interest in church and community health, and are concerned with health disparities in South Carolina. Located in the small town of Lincolnton, SC, Ebenezer AME Church has seen high rates of stroke, high blood pressure, and diabetes in their community and congregation. After hearing about FAN from Rev. Dr. Parrott, FAN seemed right in line with what Ebenezer AME Church was looking for to make their community and church healthier.

With COVID-19 not allowing indoor activities, the creation of a community garden permitted Ebenezer AME Church to promote healthy eating in an outdoor space where people could safely gather. The community garden was created with the help of Dr. Pernessa C. Seele and The Balm In Gilead,



Community members working in the garden.



Harvest from Ebenezer's garden

Inc. The community was invited to help prepare and maintain the garden. Community members pulled weeds, mowed grass, and tended to the plants. Now community members are seeing the fruits of their labor, as they have squash, zucchini, and cucumbers that have been harvested (with more fruits and vegetables that will be ready soon!).

Ebenezer AME Church hopes to promote health in Lincolnton by increasing knowledge that wellness is a different kind of wealth and that community members are not in this wellness journey alone. Rev. Thornhill said, "Availability is the greatest ability." He added that when we are better in health, we are better in mind, and better in our spiritual well-being to serve God. Rev. Thornhill plans to focus Ebenezer's next FAN activity on their senior population by helping them get more active and out of the house.

As Rev. Thornhill said, "God will bless your try. Be inspired to try and aspire to succeed. Some activities might work, and some might flop. Learn from your failures, and let the successes move you forward." Congratulations to Ebenezer AME Church on a job well done in your church and in the community of Lincolnton!

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." – 1 Timothy 4:8.