



# Church Spotlight

## Grace United Methodist Church

Janet Brown, FAN Coordinator

Grace United Methodist Church in Millsboro, Delaware, has begun putting FAN into place with leadership from their FAN Coordinator, Ms. Janet Brown, and FAN Committee member, Ms. Deborah Schroeder. Ms. Brown served on Grace Church's health ministry for several years. With her background as a Registered Nurse, she knew the importance of staying healthy. She learned about FAN from a United Methodist Church email and knew it would be a good fit for her church.

After completing the FAN Online Training, Ms. Brown and Ms. Schroeder planned the FAN kickoff event for June 13, 2021 with the support of their pastor, Pastor Karin Tunnell. They spoke about FAN at both church services and made a colorful bulletin board and table with information (as seen in the picture below). They are also sharing FAN information in Grace Church's Thursday Thoughts, which is part of a weekly email sent to all church members. For their first month of FAN, Ms. Schroeder organized and led a walk with church members at a local walking trail. Ms. Schroeder hopes to start exercises classes for members in the coming months.



*FAN poster at the kickoff event.*



*FAN committee member, Ms. Deborah Schroeder, at the FAN kickoff event.*

FAN has been very well-received by Grace Church. Ms. Brown said that once food is allowed back at the church (currently it is not allowed due to COVID-19), she hopes to include more healthy eating opportunities and possibly even a food demonstration in the fall. She said that the church's potluck meals would be a great place to start, and she would love to add more fruits, vegetables, and whole grains. She believes that when you are healthier, you can better serve God. Congratulations to Grace Church on your commitment to the health of your members!