



# Church Spotlight

## Asbury/Shiloh UMC, Florence District

Reverend Shirley McKnight, Pastor

### “FAN fits in with Everyday Life”

Ms. Kenia Kennedy, FAN Coordinator at Asbury/Shiloh, has been a long-time member in the health and welfare program. When her pastor, Rev. Shirley McKnight, heard about the FAN Program and shared it with her, they quickly agreed FAN would be a great fit with their health and welfare program. Ms. Kennedy was excited to take the lead, and two years later, Ms. Kennedy shared that “FAN fits in with everyday life” for members at Asbury/Shiloh.

Everyday life for members attending Asbury/Shiloh includes having fruit and vegetable dishes available at all church events serving food. At the recent Easter sunrise service, Ms. Kennedy realized she forgot to check in with the kitchen and planning committee to make sure there would be fruit and vegetable options. Ms. Kennedy was delighted to see the table included a dish full of fresh fruits!

Everyday life for members also includes regularly seeing and hearing messages about healthy living. For example, the bulletin board in their fellowship hall is regularly updated with healthy living handouts and copies for members to take home. During the first Sunday of each month, worship services include a “health tips” moment. During this time, Ms. Kennedy shares information about the importance of healthy eating and physical activity. In addition, Rev. McKnight strongly supports FAN and often includes a health tip in her sermon. Ms. Kennedy regularly communicates with Rev. McKnight to make sure she is updated on upcoming activities and plans.



Physical activity is also part of everyday life at Asbury/Shiloh. For example, the Gospel Lift Off is a regular part of Sunday School classes for adults and children. Moving forward, the FAN Committee hopes to continue offering opportunities to stay active. Soon, the committee plans to have a physical activity kick-off event to encourage members to spend time outside and increase their walking.

Throughout all these events, Ms. Kennedy recalls the challenge of meeting regularly with the FAN committee. When possible, the committee plans their meetings around other church meetings when most members are present. In other situations, the committee holds conference calls to keep each other updated and plan events.

Ms. Kennedy has this recommendation for churches interested in making healthy changes: regularly encourage members and share messages about healthy living. For example, Ms. Kennedy shared her excitement when during a recent Sunday School class, one of the members connected a Scripture verse that came from the FAN bulletin insert to the lesson! She shared that while churches may not reach everybody with every activity, over time, she believes the message will sink in for many.

**Congratulations to Asbury/Shiloh UMC for your commitment to improving the health and well-being of your members!**