



# Church Spotlight

**Wesley Chapel UMC, Hartsville District**  
Reverend Becky Forrest, Pastor

## “Using Friendly Competition to Live Healthier!”

Come to Wesley Chapel just once and you will quickly see how the FAN program, led by the FAN Coordinator, Dr. Mary Thomas, is helping church members learn the importance of health. Each month, Dr. Thomas sends health tips to the church secretary to print in the weekly bulletin. Then, each week, Dr. Thomas quizzes the congregation to see who can remember the health tip. Answer correctly and you receive a healthy snack. Even the children are eager to read the bulletin and participate in the challenge! The church’s monthly newsletter includes a healthy living section, and the church’s bulletin board provides information on nearby exercise classes. Their fall decorations in the church even include fruits and vegetables!



Rev. Becky Forrest learned about the FAN program and was eager to start something before coming to FAN training. As a result, the Wesley Walkers program began. Members meet at the church to walk and share life stories. Dr. Thomas loves seeing strong relationships that have been formed between church members. The walking program has also reached outside the church into the community, as those living nearby have joined in the walking. The church is eager to begin hula-hooping in response to Bishop Holston’s “Hulapalooza.” Members are practicing for a hula-hoop challenge at their annual Christmas event!



Dr. Thomas compares her efforts, her pastor’s, and her committee’s to dropping a little pebble into a pool. Although it may not make a big splash and impact right away, she hopes members begin to think about making healthy choices. She loves to use her FAN handouts in the health tip challenges and to send text message reminders to members about the Wesley Walkers. She also values the support she receives from her pastor. She is all-in for FAN and encourages others to stay excited and committed to FAN reminding them, “When you’re excited, other people will be excited too!”



**Congratulations to Wesley Chapel UMC for your success and commitment to the health and well-being of your members and community!**

