

## WHAT IS FAN?

The Fairfield Community Coordinating Council and the South Carolina Conference of the United Methodist Church (UMC) partnered with the Prevention Research Center at the University of South Carolina Columbia to offer "Faith, Activity, and Nutrition," or FAN. Community health advisors have trained churches across the state since 2016 to help them put FAN into place in their congregations.

FAN is a faith-based program that works to create a **healthy church environment**. FAN is not an exercise program or a cooking class. Instead FAN helps churches create a **healthy church environment** for physical activity and healthy eating by training church committees to:

- **Increase opportunities for physical activity and healthy eating** in the church setting (tasty, healthy meals & snacks for church events)
- Create healthy church **guidelines (policies)**
- Keep the **Pastor engaged and excited** about FAN goals, and support the Pastor's health
- **Get health messages out** to church members through familiar church channels (bulletin inserts, announcements, messages in worship service)

This approach allows churches to reach all members of their congregation, and churches might even choose to put some activities in place that can help their larger communities grow in health. It is highly complementary to the UMC's new Global Ministries initiative, **Abundant Health**.



**Every Journey Starts With the First Step**



"The steps of a *good* man are ordered by the Lord, And He delights in his way.  
Though he fall, he shall not be utterly cast down; For the Lord upholds *him* with His hand." Psalms 37:23-24 (NKJV)

For many of us, a healthy lifestyle is more of a dream than reality. Sometimes making changes seems too hard. But the first step toward a healthy lifestyle doesn't have to be big. A first step can be as simple as taking the stairs instead of the elevator, or swapping your daily candy with a piece of fruit. Once you decide to improve your health, start with something easy. Every change after that will seem easier. **Be a FAN for your health!** Small steps can begin today.

Questions about the FAN Program? Please contact your church FAN Coordinator.

FAN Coordinator: Greer Eddins

Phone Number: 843-287-2022

Email: [greereddins@yahoo.com](mailto:greereddins@yahoo.com)

### SERVING TODAY

**Greeters:** M&M Jeff Kollitz

**Lobby Door Greeter:** Lyle Coffy, Thomas Samuel

**Nursery Today:** Cindy Sanderson, Trina Mills

**Nursery Next Sunday:** Margaret Wolfe, Drew Copeland

**Next Week's Lay Reader:** Sammy Quick

**Flowers Next Sunday:** Jim Bennett

**Deposit Team:** Rhett Butler, Jerry Tucker

**Worship Attendance, September 22** –112; **Sunday School Attendance, September 22** – 78

**Year to Date Income:** \$270,939.49; **Year to Date Expenses:** \$282,231.35

**Head Usher:** Todd Becker

**Acolyte:** Sawyer Becker

**Hostess:** Penny Quick

**McArn Items:** Corn meal mix

### FUMC STAFF

Rev. L. Kim Eanes, Pastor ([cherawpastor@gmail.com](mailto:cherawpastor@gmail.com)) 843-685-3659

Angie Smith, Ministry Assistant ([fumcangiesmith@gmail.com](mailto:fumcangiesmith@gmail.com))

Scott F. Foppiano, Music Director/Organist ([scottfop@gmail.com](mailto:scottfop@gmail.com))

Mimi Coffey, Director of Child Development Ministry ([fcddm@yahoo.com](mailto:fcddm@yahoo.com))

## FIRST UNITED METHODIST CHURCH

117 THIRD STREET, CHERAW, SC 29520

843-537-7002

[www.cherawfirstumc.org](http://www.cherawfirstumc.org)

The Mission of First United Methodist Church is to win and nurture souls for Jesus Christ by sharing and living the message of salvation.



**THE CHURCH WITH A HEART, IN THE HEART OF CHERAW**

**A SERVICE OF CHRISTIAN WORSHIP**

**SEPTEMBER 29, 2019**

**SIXTEENTH SUNDAY AFTER PENTECOST**

**LITURGICAL COLOR: GREEN**

**A SERVICE OF CHRISTIAN WORSHIP**

**\*Welcome to all who are worshipping with us. As we enter a holy space and time this morning, please silence all electronic devices. \***

Before worship, speak to God. During worship, let God speak to you. After worship, speak to each other.

The Chimes of the Trinity and Organ Voluntary are during which we quiet ourselves, centering our hearts and minds in preparation for worship. Please use those times not for socializing but for prayer and meditation having entered a Sacred Space.

*The Chimes of the Trinity*

*Organ Voluntary* "Prelude in Classic Style" *Gordon Young*

*Welcome and Announcements*

*Invocation*

*\*Opening Hymn No.263* "When Jesus the Healer Passed Through Galilee" *Healer*  
(verses 1-7)

*\*Act of Praise No. 750-751* *Psalm 19 (Response #2)* *Sawyer Becker, Lay Reader*

*A Word to the Children (Children, toddlers to 5<sup>th</sup> grade are invited to come forward)* *Lib Norton*

*Special Music* *Children’s Bell Choir*

*\*Gospel Lesson:* *John 5: 1-15* *Rev. L. Kim Eanes*

*\*Gloria Patri No. 71* *Greatorex*

*Witness to the Word* "Transforming the Pain" *Rev. L. Kim Eanes*

*\*Hymn No. 375* "There Is A Balm in Gilead" *Balm in Gilead*

*Offertory*  
*Choral Anthem* "Lead On, O Cloud of Presence" *Henry T. Smart*  
**(Please sign the attendance pad and pass it to everyone on the pew, putting the sheet in the offering plate.)**  
*\*Dedication of Tithes and Offerings No. 95* "Praise God, from Whom All Blessings Flow" *Old Hundredth*  
*\*Prayer of Dedication*

*Community Prayer:*  
*Pastoral Prayer*  
*The Lord’s Prayer No. 895 (in unison)*

*\*Closing Hymn No. 265* "O Christ, the Healer" *Erhalt Uns Herr*  
**(In the United Methodist faith tradition, our altar rail is always open for prayer and re-commitment. Please feel free to take some time at the altar rail during the Closing Hymn.)**

*\*Dismissal with Blessing*

*\*Choral Response* "Two fold Amen" *Dresden*

*\*Organ Voluntary* "Sortie in B-flat Major" *Johanne Sebastian Bach*

*\*Please stand if able.*

*The flowers are placed in the sanctuary today to the Glory of God and in memory of Lanny Rayfield on what would have been his 82<sup>nd</sup> birthday on September 29, by Brenda Rayfield and family.*

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**OUR PRAYER LIST —** Our President, all who defend our nation, all who make decisions for our nation, Jane Mayhew, Jeff Treadaway (Angie Smith’s friend), David Freeman (Brooke Freeman’s Father-in-law), Lila Grace Price (Granddaughter of Brooke Freeman), Phillip Caulder, Judy Quick, Debbie & Randy Butler (Sally Smith’s friend), Mary Ann Stalnaker (Judy Dixon’s mother), Mondell Brasington (Debbie Adam’s mother), James McCall, Mr. & Mrs. Billy Rivers (Martha Starling’s friends), Sarah Jane Moore James Family (Betty Hurst’s friend), Billy Woodward (Curtis Jones’ friend), Curtis Jones, Charles Watson (Chase Watson’s dad),Mickey Jones (Joey Mills’ friend), Jane Campbell, Mary-Mallete Wood (Kim Williamson’s friend), Sara Wicker, Jeff Foster, Mabel Foster, Julie Knight (Christy Ruffner’s friend), Carol Crouse (Ray Crouse’s mother). Susan Allen, Carolyn Turner (Amanda Carabo’s mother), Greer Eddins, Betty Foppiano (Scott Foppiano’s mother), Betty Thrailkill, JoAnn Thomas Spivey (Kelly Dusa’s friend), Darian Sullivan (Jennifer Tomberlin’s friend), Jerry Chapman (Debbie Elmore’s friend) **NOTE: Names are left on the prayer list for two weeks; after two weeks, they are removed unless the church office is notified.**

**FIREFLIES OUTING:** Fireflies will meet right after church today. We will be going to Godfather’s Pizza for a buffet lunch in Rockingham. After lunch, we will bowl a few games and head home. We should be back around 4:30ish. Parents are welcome to come, if you wish. Thank you for entrusting your child with me and helping me teach them to spread God’s light. Jennifer Tomberlin

**BLESSING OF THE ANIMALS – OCTOBER 2<sup>ND</sup>!** This week as a special WOW gathering, FUMC will host a Blessing of the Animals. Annually, on or around October 4<sup>th</sup>, Christians worldwide celebrate the Feast of St. Francis with a blessing of animals and prayers for creation. Please join us this Wednesday at 6pm on the front steps of the FUMC sanctuary for this special service. Please bring a lawn chair. All animals on leashes, crated, caged, or in bowls are welcome to attend with their owners!

**JAZZY TREES!:** Let’s celebrate Cheraw’s Jazz Festival by “showing off” our church uptown through a couple of Jazzy Trees! If you would like to represent a specific ministry group from FUMC (UMW, Sunday School, Choir, MYF, Fireflies, Missions) please talk to Pastor Kim. She has applications and instructions for anyone who would like to celebrate FUMC by decorating a Jazzy Tree!

**UMW BAKED GOODS SALE:** The UMW needs baked goods for the Fall Bake Sale at Market on Market, Saturday, October 19th. Please drop off your donations at the church on Friday, October 18th between 4PM and 6PM, or on Saturday, Oct. 19th by 9AM at the UMW booth in front of the Theater on the Green. We need many "treats" such as cookies, peanut brittle, whole cakes or 1/2 cakes, brownies (blonde or chocolate), and Fall goodies like pumpkin bread and popcorn balls and sweet potato/pecan/pumpkin pies. Please bag and price your donations. Thanks for your support!

**ENDOWMENT FUND UPDATE:** Have you considered leaving the church in your will/bequests? The Endowment can grow through your special giving. Current amount in the Endowment Fund: \$216,590.36.

**UPCOMING EVENTS AT FUMC**

**Sunday, September 29, 2019**

9:30am Choir Rehearsal (Choir Room)  
10:00am Sunday School  
11:00am Worship Service  
12:00pm Fireflies (Bowling outing)  
5:00pm MYF

**Wednesday, October 2, 2019**

10:30am Griefshare (Parlor)  
6:00pm WOW Gathering/Blessing of the Animals

**Thursday, October 3, 2019**

10:30am Women’s Bible Study (Parlor)  
6:00pm Choir Rehearsal

**Monday, September 30, 2019**

*Pastor Kim’s Day Off*  
5:00pm Plam Meeting (Kinsey Mulloy Classroom)  
6:00pm Cub Scouts (Fellowship Hall)  
6:30pm Boy Scouts (Scout Hut)

**Sunday, October 6, 2019**

9:30am Choir Rehearsal (Choir Room)  
10:00am Sunday School  
11:00am Worship Service  
5:00pm MYF  
5-6:15pm Fireflies

**Tuesday, October 1, 2019**

11:00am Adult Exercise with Betsy Vaughn (Fellowship Hall)  
2:00pm October 6 Bulletin Deadline  
5:30pm Weight Watchers (Fellowship Hall)  
6:30pm Pickleball League