

FULTON COUNTY FAITH COMMUNITIES
UNITED FOR HEALTH
Your Body is a Temple (So is Mine)
120719

AIM

1. The FCFC aims to inspire its diverse coalition of faith-based communities to adapt healthier lifestyles within each participating congregation, as well as cross-cultural sharing of best practices and policies, combining talents and resources across the network for implementing healthier living for all.
2. A central asset and reason-for-being of the faith network is the strength of the members' commitment to their faith, and its logical extension to embracing the body as the temple of each individual's spiritual life and practice.
3. The purpose of the program is to enhance and expand effective methods and measurable results from the initial core congregations to like-minded organizations in the city, county and state, and ultimately to other states of the nation.

NOTES

1. We believe that faith-based communities have a unique advantage, in that the members of the church, synagogue, mosque or temple, by definition have exhibited a commitment and dedication to the idea that we can do better — both as individuals and in collaboration with our fellow congregants — to improve the quality of life of ourselves, our families, and our friends and neighbors.
2. Treating the body as a temple is consonant with all the major faith systems of the world, and if anyone has the credentials and competency to make the case to the other congregants and their families — that the full expression of the faith includes what we put in the body, and how we honor it as the manifestation of the spirit in the flesh — it is the members of this task force.
3. The body of the congregation is also an apt metaphor as a vehicle for expanding the scope to all members, overcoming natural resistance to changes in lifestyle, and creating a sense that we are all in this together, that individuals are not on their own in confronting their personal demons.
4. Inter-congregational sharing of meals offers another program unique to the faith-based communities, which typically already offer Sunday and evening dinners, potlucks and other fellowship where food is featured. It is a natural extension of this existing program to enhance and expand it to include cultural exchange, taking turns hosting each other for social gathering and sharing of food for a more balanced experience of what diet actually means across cultures. One way to change a habit is to begin a new one, and trying the cuisine of other cultures is one of the more pleasant ways to develop different tastes in food, many of which may be more healthy than the comfort food of our culture of origin.

THEMES

1. Own Your Faith; Own Your Body
2. Always a Place at the (Our) Table
3. Faith in Health; Health in Faith
4. United We Lose!
5. Embracing Faith; Embracing Health
6. United in Good Health
7. Be Smart; Eat Smart

SELL-THROUGH & BUY-IN

In approaching the faith-based communities with an invitation to join the program, we must emphasize:

1. What we offer
2. What's in it for them

We offer an organized approach to best practices toward a healthy congregation, designed to complement the efforts the organization leadership is already implementing, and new departures that help to overcome resistance and bring the attitudes toward the body in alignment with the tenets of the faith. Specific items on our menu of services include:

1. Learning Sessions for assessing needs of congregation membership
2. Options for healthier menus and recipes for community meal service
3. Meditation for stress-mitigation and emotional leveling of adults and teens
4. Cultural exchange and food fellowship with congregations of other faiths

They stand to benefit from joining our coalition in that as an outside resource:

1. We operate an inclusive approach so that their members buy in and participate in the direction, goals and objectives of the activities.
2. Our energy may inspire and excite the congregation, encourage participation, and lead to outputs the organization cannot accomplish on its own
3. Our tracking and documentation of results will allow them to rationalize changes in policies that otherwise may be difficult to impossible to pass