

FAITH IN ACTION

Church honored for healthy message

By Maci Flautt

Special to My Life

The Community Foundation of Northwest Mississippi Regional Health Council is honoring Oak Hill Baptist Church for advocating healthy lifestyles.

The church, which is pastored by Dr.

Michael O. Minor, was featured in an August edition of The New York Times.

The National Baptist Convention is working to have a health ambassador in each congregation by September.

The ushers at Oak Hill Baptist Church welcome members and guests to services and also serve as health ambassadors.

Many in the congregation have become Faith Community Nurses and Lay Health Advocates to help go an extra step to reach their congregation with health messages.

Faith Community Nurses and Lay Health Advocates complete a four-day series of nationally recognized training to become certified to fulfill this role. These health ambassadors have hosted four health fairs, sponsored healthy fellowship meals and tastings, and bring national health observances to the congregation.

For over a decade, Dr. Minor has brought a health message to the pulpit.

When asked why he began this health mission, he simply said, "Sick members cannot tithe."

Oak Hill Baptist Church Fellowship Hall is now a "No Fry Zone." In the beginning, many members were not happy to make the swap from fried chicken, a Southern staple, to either baked or grilled chicken.

Dr. Minor was invited Friday to the White House as part of the one-year anniversary of Let's Move! And the expansion of this initiative to faith-based organizations and community groups.

The Regional Health Council is funded by a \$375,000 three-year grant from the W.K.

Kellogg Foundation of Battle Creek, Michigan.

To learn more about Get A Life! and the Regional Health Council go to cfnm.org/gal/.

Get a Life! is a program of the Community Foundation of Northwest Mississippi.

The Community Foundation of Northwest Mississippi is a nonprofit charitable organization with the mission of connecting people who care with causes that matter.

Through the generosity of more than 500 donors, it has contributed \$4.5 million during the last five years to 200 nonprofit organizations in its eight-county region.

The foundation's priorities are education, health and children and youth. To learn more about the work of the Community Foundation of Northwest Mississippi, go to cfnm.org or call (662)449-5002.

Maci Flautt is the regional health council coordinator for The Community Foundation of Northwest Mississippi.



Oak Hill Baptist Church has been selected as the 'Get A Life's Regional Health Council Health Champion" for the fourth quarter of 2011. Displaying the award are church ushers Sarah Thompson (from left), Mario Jefferson, Willie Jean Jackson, Anise Jefferson, Charles Wilkinson, Regional Health Council Coordinator Maci Flautt, Dr. Michael Minor, ushers Johnnie Harris, Debra Hall, John Robertson and Minnie Wilkinson.

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