VCU MASSEY COMPREHENSIVE CANCER CENTER



Candle of PEACE

FACTS & FAITH FRIDAYS

During this season of Advent, we are reminded that peace begins with the stewardship of our whole selves. As we intentionally care for our mind, body, and spirit, we embrace practices that nurture healing, strengthen our faith, and help us experience the peace that Christ brings. As we cultivate both spiritual disciplines and healthy rhythms of self-care, we create space for God's peace to renew us from within and sustain us.

Dr. Chanequa Walker-Barnes—psychologist, professor, and preacher—has several resources to help us practice self-care. Scan the QR code to connect with these resources and answer the question below:



What is a practice of self-care that I can commit to in order to help me find peace, share peace with others, and have enough left over for myself during this season?

6 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7 NRSV

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