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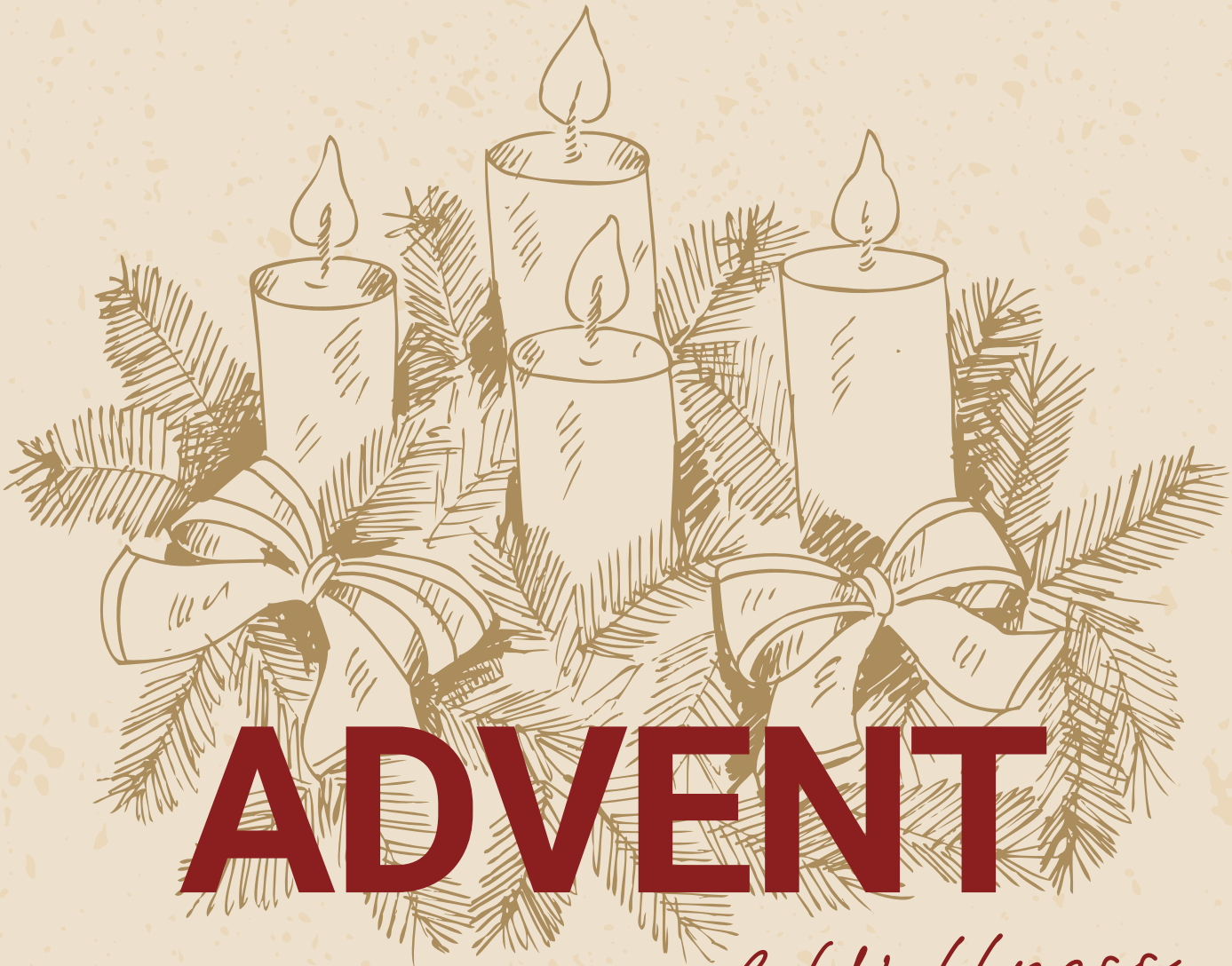

ADVENT

A Season of Wellness

FACTS & FAITH FRIDAYS

2026

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Candle of HOPE

FACTS & FAITH & FRIDAYS

Hope can look different for each of us this season... Our hope is that you will find hope that brings conversation and action.



This week, we want to encourage you to think about the conversations you can share with family and friends about early detection, prevention, and screening.

Scan the QR code to:

- Learn more about risks
- Share trusted information and education
- Encourage healthy habits
- Connect with resources

Take action:

Talk with your family and create a family health history

"The people who walked in darkness have seen a great light; those who lived in a land of deep darkness - on them light has shined." Isaiah 9:2 NRSV

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Candle of PEACE

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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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Candle of JOY

FACTS & FAITH FRIDAYS

Listen.

Scan the QR code to listen to a song inspired by Psalm 126 and sung by Rev. Rachel.

Read.

Joy is more than a response to blessing. It is a source of strength that sustains us through life's challenges and points us toward hope. In Psalm 126, the people rejoice not because they have forgotten their hardships, but because they recognize God's restoring work in their lives. They trust that the One who carried them through seasons of sorrow will continue to bring renewal.

During Advent, we are invited to see our lives and communities not only through what has been lost or endured, but through the gifts, wisdom, resilience, and faith passed down through generations. Joy becomes an intergenerational heirloom that sustains us, connects us to God's faithfulness, and equips us to face the future with hope. Like Mary, who rejoiced in God's promises, we are called to embrace joy as an act of faith, sowing seeds of healing, wellness, and compassion that future generations may reap with joy.



Act.

Send a note to someone who is dealing with a physical or mental illness with the intention of sharing joy!

"When the Lord restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter and our tongue with shouts of joy; then it was said among the nations, "The Lord has done great things for them." The Lord has done great things for us, and we rejoiced. Restore our fortunes, O Lord, like the watercourses in the Negeb. May those who sow in tears reap with shouts of joy. Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves." Psalm 126: 1- 6 NRSV

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Candle of LOVE

FACTS & FAITH FRIDAYS

Putting Our Love In Action

"I will sing of your steadfast love … with my mouth I will proclaim your faithfulness to all generations." The love of Christ is shared through simple acts of care, conversation, and connection. We are reminded that love grows when we care for ourselves, our families, and our communities.

This season, we invite you to share this love through acts of wellness and care: Start a family health conversation, stay up to date by scheduling your screenings, nurture your mental and emotional well-being & support someone you love in doing the same. Together, these acts help build healthier families and stronger communities for generations to come.

How are you putting **Love in Action** this Advent?
We'd love to hear from you!

Share a photo on social media **@factsandfaithfridays** #LoveinAction or send a note to **mccfactsfaith@vcu.edu**

I will sing of your steadfast love, O Lord, forever; with my mouth I will proclaim your faithfulness to all generations. I declare that your steadfast love is established forever; your faithfulness is as firm as the heavens. You said, "I have made a covenant with my chosen one; I have sworn to my servant David: I will establish your descendants forever and build your throne for all generations.' "
Psalm 89:1-4 NRSV

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