The Letter V

VOICE. VISION. VALUES.

A Dr. Venice P. Daley Newsletter / Blog / Digital Magazine

NOVEMBER-DECEMBER 2026 | VOLUME 1 • NUMBER 2 DIGITAL MAGAZINE

THANKSGIVING
The heart of gratitude

CHRISTMAS
Celebrating Christ

FINANCIAL WELLNESS
Giving with purpose

LES DALEY
Beyond the Workout



SARAH DALEY
The Heart Behind Real Vows Only

A PURPOSE ROARS MOMENT

Gratitude, Giving & *Grace*

A season of faith, celebration & wellness

Be Well. Be Balanced. Be POISED.

Dr. Venice P. Daley

venicepdaley.com

The Letter V
VOICE. VISION. VALUES.

NOVEMBER–DECEMBER 2026
VOLUME 1 • NUMBER 2

IN THIS ISSUE

Contents

A season of gratitude, faith & whole-person wellness

03 A Word from the Editor & Publisher
Faith, family, balance, and wellness.

04 The True Meaning of Thanksgiving
Gratitude that becomes a way of living.

05 Financial Wellness
Giving with purpose.

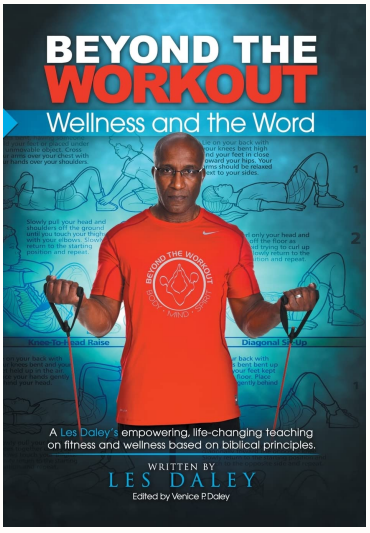
06 The True Meaning of Christmas
Celebrating Jesus, our Lord and Savior.

07 Be Well. Be Balanced. Be POISED.
Wellness and Beyond the Workout with Les Daley.

08 Sarah Daley • Real Vows Only
A Purpose ROARS Moment spotlight.



SARAH DALEY
Real Vows Only



BEYOND THE WORKOUT
Les Daley

The Letter V
VOICE. VISION. VALUES.

NOVEMBER–DECEMBER 2026
VOLUME 1 • NUMBER 2

FROM THE EDITOR AND PUBLISHER

Make room for what matters.

Faith, family, and the people we grow alongside



Dr. Venice P. Daley
Editor & Publisher

Dear Readers,

November and December invite us to pause and consider what we are celebrating—and how we are caring for ourselves along the way.

Thanksgiving makes room for gratitude: recognizing God's provision, appreciating those who walk beside us, and expressing our thanks through generosity. Christmas turns our hearts toward Jesus Christ and the hope and love we celebrate through His birth.

Family is an important part of that reflection. The bond between a mother and daughter can make room for guidance, encouragement, and the joy of watching one another grow. The bond between husband and wife is nurtured through commitment, honest conversation, shared faith, and care in everyday life.

In this issue, we reflect on fitness, family, and financial wellness. We celebrate Sarah Daley's work through Real Vows Only and introduce the wellness perspective in my husband Les Daley's book, Beyond the Workout.

POISE brings balance and wellness into focus: physical, occupational, intellectual, spiritual, and emotional well-being. We extend that reflection through developmental wellness and through environmental wellness—considering how our homes, workplaces, and surroundings support the way we live, learn, and care for one another.

My hope is that you find encouragement in these pages and choose one meaningful way to nurture your faith, your well-being, and your purpose this season.

With gratitude and purpose,
Dr. Venice P. Daley

The Letter V
VOICE. VISION. VALUES.
NOVEMBER–DECEMBER 2026
VOLUME 1 • NUMBER 2

NOVEMBER REFLECTION

The True Meaning of Thanksgiving

A thankful heart has room for both gratitude and honesty.

Before the table is set and the guests arrive, thanksgiving can begin in the heart. In this season, we pause to acknowledge God's goodness, remember those who have helped us, and consider how we can share what we have.



Gratitude does not require a perfect life. We may carry unanswered prayers, grief, or unfinished plans into the holidays. We can acknowledge those realities while still noticing a kind word, a moment of rest, or someone who stayed beside us.

Thanksgiving becomes meaningful when appreciation moves into action. A phone call, a shared meal, an offer of help, or a sincere thank-you can make our gratitude visible.

Let gratitude become something you practice, something you express, and something you share.

PAUSE & REFLECT

Who needs to hear my thank-you? What is one way I can put gratitude into action?

The Letter V
VOICE. VISION. VALUES.

NOVEMBER–DECEMBER 2026
VOLUME 1 • NUMBER 2

NOVEMBER FEATURED ARTICLE

Giving with Purpose

Financial wellness, money, meaning, and holiday expectations.

The holidays can bring a quiet pressure to do more: buy another gift, attend another event, or create a celebration that looks a certain way. Before we make those commitments, we can pause to consider what we want our giving to express.



Financial wellness begins here with an honest conversation about our relationship with money. What expectations are we carrying? Which traditions feel meaningful? When do we feel pressured to spend for approval or to avoid disappointing someone?

There is dignity in acknowledging our circumstances. A caring conversation about gifts and celebrations can help families understand one another. Love can be expressed through attention, time, hospitality, and thoughtful acts of service.

A HOLIDAY CONVERSATION

What matters most to us about celebrating together?

What expectations would we like to talk about openly?

What could we give that carries meaning beyond its price?

Let your giving reflect your values and your circumstances.

The Letter V
VOICE. VISION. VALUES.
NOVEMBER–DECEMBER 2026
VOLUME 1 • NUMBER 2

DECEMBER REFLECTION

The True Meaning of Christmas

Remembering the Savior whose birth we celebrate.

At the heart of Christmas is the birth of Jesus Christ. For Christians, this season is an invitation to remember God's love and the hope of salvation through His Son, Jesus, our Lord and Savior.

The lights, music, and gatherings can become occasions to reflect on that gift. As we prepare our homes, we can also prepare our hearts: making room for prayer, compassion, forgiveness, and generosity.



The Christmas story directs our attention to a child laid in a manger. Its setting invites reflection on humility and on the ways God meets people in ordinary places. We can carry that reflection into our homes, our work, and our communities.

For someone experiencing loss or loneliness, this season may feel tender. An invitation, a listening ear, or a simple expression of care can offer companionship. As we celebrate Christ, may our actions communicate His love.

Celebrate His birth. Reflect His love. Carry His hope into the places you go.

SCRIPTURE FOR REFLECTION

Luke 2:1–20 • John 3:16

The Letter V
VOICE. VISION. VALUES.

NOVEMBER–DECEMBER 2026
VOLUME 1 • NUMBER 2

DECEMBER WELLNESS FEATURE

Be Well. Be Balanced. Be POISED.

A whole-person invitation to live with attention and purpose.

POISE is a wellness acronym developed by Dr. Venice P. Daley. It brings five dimensions of life into one reflection: Where do I feel supported, and what needs my attention? POISED extends that reflection to developmental wellness.

P

Physically Well

Listen to your body. Make room for care and rest.

O

Occupationally Well

Consider purpose, fulfillment, and boundaries in your work.

I

Intellectually Well

Stay curious. Keep learning, exploring, and creating.

S

Spiritually Well

Nurture faith and your relationship with God.

E

Emotionally Well

Recognize your feelings and make room for support.

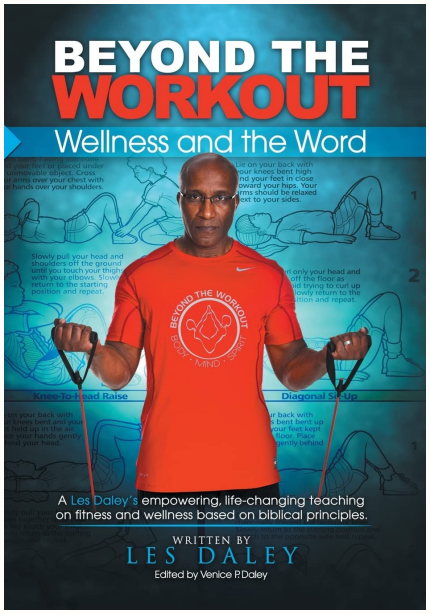
D

Developmentally Well

Continue growing through each stage of life. Reflect on your experiences, adapt to changing roles, and build skills that support your purpose.

Environmental wellness extends through all we do: caring for the spaces where we live, work, learn, and connect.

One area. One thoughtful step. Room to grow.



BEYOND THE WORKOUT

Learn more about wellness and balance in her husband's book, Beyond the Workout: Wellness and the Word. Les Daley has been impacting lives through fitness and wellness for over 45 years. His book connects fitness and wellness with biblical principles.

The Letter V
VOICE. VISION. VALUES.

NOVEMBER–DECEMBER 2026
VOLUME 1 • NUMBER 2

A Purpose R.O.A.R.S Moment

Recognition for Outstanding Achievement Resilience And Strength

Sarah Daley

Real Vows Only • Faith, purpose, and meaningful beginnings



Sarah Daley is the heart behind Real Vows Only, offering wedding officiant and ceremony services in Jacksonville and surrounding areas. Her approach centers on ceremonies that reflect each couple's story, whether they are planning an intimate elopement, a beach ceremony, or a larger celebration with family and friends.

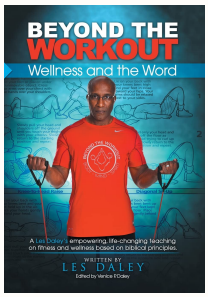
On her About page, Sarah describes a calling led by faith, grounded in purpose, and committed to serving others with heart. She brings that intention to helping couples mark an important beginning in their lives together.

In this issue, The Letter V recognizes Sarah for her outstanding achievement, resilience, and strength. Her commitment to serving couples and creating meaningful ceremonies is her Purpose ROARS Moment—a celebration of purpose expressed through service.

OUTSTANDING ACHIEVEMENT
RESILIENCE • STRENGTH

Explore Sarah's work:
realvowsonly.com

ALSO IN THIS ISSUE
Beyond the Workout
by Les Daley • page 7



Biography adapted from the Real Vows Only About page. Recognition by The Letter V.

The Letter V
VOICE. VISION. VALUES.

NOVEMBER–DECEMBER 2026
VOLUME 1 • NUMBER 2

PAUSE & REFLECT

Carry the Season into Your Life

Make room for gratitude, faith, and one purposeful next step.

01 GRATITUDE

What am I thankful for, and how can I turn that gratitude into an act of kindness?

02 GIVING WITH PURPOSE

How can my holiday spending and giving reflect my values while honoring my financial responsibilities?

03 THE HEART OF CHRISTMAS

How will I make room for Christ through prayer, generosity, forgiveness, or time with others?

04 BE WELL. BE BALANCED. BE POISED.

Which area of wellness needs my attention, and what is one practical step I can take?

05 A PURPOSE R.O.A.R.S MOMENT

Where have I seen outstanding achievement, resilience, and strength—in myself or someone I can encourage?

The Letter V
VOICE. VISION. VALUES.

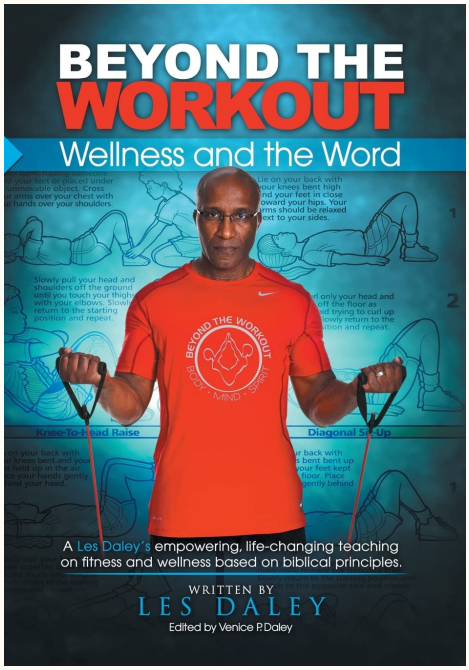
Free Your Purpose.

Words to encourage. Learning to grow.
Purpose to put into practice.



You're Not a Failure, You Only Failed the Test

Dr. Venice P. Daley



Beyond the Workout: Wellness and the Word

Les Daley

EXPLORE THE VISION

The Set at Liberty • Watch & Listen
Purpose Academy of Leadership • Teaching & Learning
The InVested Freedom Writer • Books & Products
The Letter V • Blog, Newsletter & Digital Magazine

Read. Explore. Subscribe.

venicepdaley.com