

Sample E-mail Announcement

Dear _____:

As a child, you were taught how to pray. Now that you are an adult, you have probably outgrown some of the ways you prayed as a child. So just how do adults pray? Come and see for yourself. We are offering an opportunity for spiritual renewal through ***Meeting Christ in Prayer: An 8-Week Life-Enriching Experience***. Created by the Archdiocese of Boston and Loyola Press, ***Meeting Christ in Prayer*** is an engaging eight-week guided prayer experience designed for small groups. It is modeled on the Spiritual Exercises of St. Ignatius of Loyola, which is a tried-and-true method of spiritual renewal. By means of prayer, reflection, and faith sharing, ***Meeting Christ in Prayer*** introduces participants to various ways of praying, helps them form regular habits of prayer, and provides them with an opportunity to meet Christ anew and to experience support in the Christian life in a new way. It can also inspire a profound sense of mission that urges participants to a new level of discipleship. We would like to offer this opportunity here, starting _____.

Participants are asked to commit themselves to meeting in a small group once a week for eight weeks and to praying daily on their own, using the prayer and reflection exercises provided. If you are interested, please contact _____ or fill out the form provided and return it to _____. This is a wonderful opportunity for us to pray and grow together in our life in Christ.

Blessings,

[Your name, parish, school, or organization]