

Sample E-mail Reminder

Dear _____:

Welcome to *Meeting Christ in Prayer: An 8-Week Life-Enriching Experience!* Thank you for choosing to join me and other participants as we journey together toward personal spiritual renewal through daily guided prayer.

At this stage, perhaps you are wondering just what this experience is all about—how it works, what is expected of you, and what you can expect to get out of it.

Meeting Christ in Prayer is modeled on the Spiritual Exercises of St. Ignatius of Loyola, which is a tried-and-true method of spiritual renewal. For eight weeks, you will be asked to meet weekly with a small group for prayer, reflection, and faith sharing. Between each meeting, you will be provided with daily prayer exercises to use on your own. No prior experience in praying with others is needed for you to enjoy and benefit from *Meeting Christ in Prayer*. What the program asks of you is a personal commitment to spend at least twenty to thirty minutes in daily prayer, to keep a journal of your thoughts, and to attend eight hour-and-fifteen-minute weekly meetings of group prayer, discussion, and faith sharing.

For the weekly meetings of *Meeting Christ in Prayer*, you will gather with a small group of between six and ten participants to pray together and grow in faith. These sessions will be a time of prayer—of connection with our Creator—and interior reflection to help us discern where we can recognize God’s grace in our daily lives. Please know that you will be entering into a welcoming, trust-filled environment where you can enjoy the rewarding experience that is *Meeting Christ in Prayer*.

If for some reason you miss a weekly meeting, you will be able to keep pace with the group by following your participant’s guide. For our first meeting together, please bring with you the following items:

- your *Participant Guide*
- a Bible
- a spirit of openness, support, and generosity

It’s that simple. If you have any additional questions or concerns, please feel free to contact me via the information provided below. Don’t miss this wonderful opportunity to grow closer to our Lord in prayer. I look forward to our time together.

We meet: _____.

Blessings,

[Your name, parish, school, or organization]
