



Sample Email Content for Registration Confirmation and after Each Session

Below are sample email texts that you may wish to use to follow-up with *Peace after Divorce* registrants and participants. Feel free to customize them to your participants or situation and to enter your name at the end of each email. Also fill in the needed local information as marked in red and by parentheses.

****To protect participant email address confidentiality enter all of your participant's emails in the "bc" (blind copy) address line and put your own email address in the primary "To" line.**

Sample Workshop Registration Confirmation Email:

Subject: Workshop Registration Confirmation

Congratulations on taking a positive step toward divorce recovery. We are proud of you for registering for the *Peace after Divorce Support Group & Workshop*. Whether you are in the midst of divorce or dealing with a past divorce, working on healing and rebuilding your life is a great choice.

I've added you to the roster for the workshop that will start (fill in day, date and time) at (fill in your location). Please plan to arrive a little before (your starting time) to finalize your registration and pick up your book. There is a (state fee) materials fee to be paid the first night that covers the 8-week workshop and the book, "Peace after Divorce: Choosing Concrete Actions Rooted in Faith." (If your church has provisions to provide need-based scholarships, you may add "Inquire with me in advance if the cost of this workshop is prohibitive for you.") (Directions if your site offers childcare.)

Feedback from people who have attended this program is very positive and we pray it will be a great experience for you as well. We look forward to meeting you. Please contact me if you have questions.

Your name and contact information



Follow-Up Email to Send between Session 1 & 2:

Subject: Don't forget...

We are glad to have you in the *Peace after Divorce* workshop. We hope you found the first session to be supportive and encouraging. You are certainly not alone in your journey.

Don't forget...

- God's love for you is not dependent on whether or not you are divorced.
- We are saved because of the goodness of God and our willingness to accept Christ and follow him. Divorce does not change that. Divorce does not keep you out of heaven.
- God loves you and has a plan for your life--a plan for a hope and a future.
- Remember, the choice is yours, you do not have to be defined by your divorce.

Next week you will talk about adapting to change and seeking renewal so read Chapter 2 this coming week to get the most out of the workshop. If your life is too chaotic to get the reading done, please still come to the workshop.

See you next week!

*Two people are better than one, for they can help each other succeed...
Three are even better, for a triple braided cord is not easily broken.*

Ecclesiastes 4:9; 12 (NLT)

Follow-Up Email to Send between Session 2 & 3:

Subject: Untying Knots

You've decided to take charge of your life and seek renewal from divorce--that's great! But how do you untie the emotional knots of divorce? Chapter 3 is a good place to start. Roundtable discussions are especially valuable as you look at the topics in this chapter. You'll get the most from it if you can work through Chapter 3 before the next workshop, but if your days get swamped and you don't finish the reading, please still come.

Peace, love, and grace!

Follow-Up Email to Send between Session 3 & 4:

Subject: Winning the Battle

We are very proud of you for stepping up to the plate to work on your own healing from divorce. We pray that you feel God moving in your life as you learn strategies for getting past the hurts and on to a brighter future.

Chapter 4 is about winning the battle inside yourself when it comes to fear, loneliness, loss, grief, guilt, and regrets. It ends with an uplifting reading on joy. Reading through that chapter and answering the questions before you come will give you the chance to think and pray about how Chapter 4 applies to you. Coming to the session will help you to further explore these topics with supportive peers. See you next time.

Peace, love, and grace!

Check out www.afterdivorceministries.com for helpful information.

Follow-Up Email to Send between Session 4 & 5:

Subject: A Turning Point Session

The upcoming session of *Peace after Divorce* is especially significant. We will be talking about critical factors related to forgiveness. Un-forgiveness, blame, revenge, anger, feeling like a victim, and anger with God, can each poison your spirit and keep you from healing.

Forgiving your former mate can be particularly difficult because it is easy to confuse forgiveness with implying everything is okay. That is not what forgiveness is about. Accepting God's forgiveness, or forgiving yourself may also be a challenge.

Working through Chapter 5 before you come will help you with your own walk to forgiveness. Week 5 also includes plenty of time for table discussions. And, you will have a chance to voluntarily write on a slip of paper those things you want to turn over to God, and then take that paper to the cross. It's a tangible symbol of yielding those things to God, and it is amazingly powerful. Don't miss this week.

Peace, love, and grace,

Follow-Up Email to Send between Session 5 & 6:

Subject: Thinking about Your Thinking

Last session offered much to think about when it comes to forgiveness. It's a tough topic. Yet the pay-off to your sense of peace, healing from divorce, and your relationship with God, is worth it.

Chapter 6 and our next session talks about how thoughts can set you up for success or seriously hinder your progress as you work to move beyond the impact of your divorce. The Bible tells us that our thinking determines who we are. (Check out Psalm 23:7 on page 143 in your book.) The great news is you can enhance your success by thinking about your thinking. Furthermore, calling on God to be with you through this process will make it all the more possible. Next session you'll get a chance to discuss how thinking impacts the ability to recover from divorce. See you then.

God bless!

Follow-Up Email to Send between Session 6 & 7:

Subject: What Are You Doing?

Only two weeks are left in the ***Peace after Divorce Workshop***. The next session will focus on Chapter 7 and will include:

1. Claiming your rights and setting boundaries with your ex.
2. Communicating with your former spouse
3. Discovering yourself as an independent person
4. How divorce impacts your health
5. Helping children cope with divorce*

* This is important even if you don't have children because you may become involved with someone who does.

Peace.

Follow-Up Email to Send between Session 6 & 7:

Subject: Moving On

For the last session of the Peace after Divorce Workshop we will be talking about moving on with your life including:

- Where you are now
- Finding your purpose in life
- Turning dreams into goals
- Ghosts from previous relationships
- Pitfalls of dating
- Why people attract the people they do
- There will be focused table talk discussions and a puzzle activity

(If your site offers the parenting session separately, list that here if it is yet to come.)

Peace, love, and grace!

Check out www.afterdivorceministries.com for helpful information.
