

Support My Healing Communication Library

Launch Version

Welcome

One of the hardest parts of creating a Support My Healing page isn't building the page...

It's knowing what to say.

You may wonder:

- How do I tell people about my page?
- What if asking for help feels uncomfortable?
- How do I thank people for their kindness?
- What should I post after my page is live?
- How do I keep everyone updated?

You don't have to figure it out on your own.

This Communication Library was created to make those conversations easier.

Inside you'll find ready-to-use messages that you can personalize for your own situation. Simply choose the message that best fits your needs, make it your own, and share it with confidence.

Remember, you're not asking people for money.

You're inviting them to become part of your **Circle of Hope**.

Some people may choose to make a financial contribution.

Others may offer encouragement, prayer, meals, transportation, childcare, or simply let you know they're thinking about you.

Every act of kindness matters.

Use these messages as a starting point.

The most meaningful communication will always be the words that come from your heart.

Turn the page and let's begin.

Learn More

Before using these messages, you may find these companion resources helpful:

Support My Healing Guide

Learn the principles behind building a meaningful Circle of Hope.

Recommended chapters:

- **Chapter 2 – Your Story Matters**
- **Chapter 3 – Building Your Circle of Hope**
- **Chapter 5 – Sharing Your Journey**
- **Chapter 6 – Inviting Others to Help**
- **Chapter 7 – Staying Connected**

Support My Healing Companion Workbook

Strengthen your message before you begin communicating.

Recommended sections:

- **Section 2 – Your Story Matters**
- **Section 3 – Your Circle of Hope**
- **Section 5 – Sharing Your Circle of Hope**
- **Section 7 – A Heart of Gratitude**

Every.org Quick Start Guide

If you haven't created your Support My Healing page yet, begin there first. In about 10 minutes, you'll have your page online and be ready to start inviting others into your Circle of Hope.

Communication Library - TOC

Section 1

Launching Your Campaign

- [Announcing Your Support My Healing Page](#)

Section 2

Inviting Others to Share Your Page

- [Asking Family and Friends to Help Spread the Word](#)

Section 3

Keeping Your Circle of Hope Updated

- [Sharing Progress Along the Way](#)

Section 4

Expressing Gratitude

- [Thanking Those Who Support You](#)

Section 5

Asking for Specific Help

- [Letting Others Know How They Can Help](#)

Section 6

Keeping Your Campaign Active

- [Sharing Meaningful Updates](#)

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Closing Your Campaign

- [Celebrating Your Circle of Hope](#)

Companion Resources:

- [Support My Healing Guide](#)
- [Support My Healing Companion Workbook](#)
- [Support My Healing Resource Library](#)
- [Every.org Quick Start Guide](#)

Section 1

Launching Your Campaign

Announcing Your Support My Healing Page

When to Use This Message

Use this message when your Support My Healing page has just been published and you're ready to share it with family, friends, coworkers, neighbors, and others who care about you.

Personalize the message to reflect your own voice and include a link to your Support My Healing page.

Sample Email

Subject: I'd Like to Share Something Important With You

Dear Family and Friends,

I hope you're doing well.

I wanted to share something important with you.

I've recently created a **Support My Healing** page through BeatCancer. It gives me one place to share updates, keep everyone informed, and provide an opportunity for anyone who would like to support me during this time.

If you'd like to learn more about my journey or follow along, you can visit my page here:

[Insert Your Support My Healing Page Link]

Whether your support comes through prayers, encouragement, sharing my page, or a financial contribution, please know that every act of kindness means more than words can express.

Thank you for being part of my Circle of Hope.

With gratitude,

[Your Name]

Sample Text Message

Hi! I wanted to let you know that I've created a **Support My Healing** page through BeatCancer where I'll be sharing updates about my journey.

If you'd like to follow along or support me in any way, you can visit it here:

[Insert Link]

Thank you for your kindness and encouragement—it truly means a great deal to me.

Sample Social Media Post

Today I'm sharing something very personal.

I've created a **Support My Healing** page through BeatCancer to help keep family and friends updated and to make it easier for anyone who would like to support me during this journey.

Whether your support comes through prayers, encouragement, sharing my page, or a donation, I'm deeply grateful for every act of kindness.

Thank you for being part of my Circle of Hope.

You can learn more here:

[Insert Link]

Learn More

Support My Healing Guide

- **Chapter 2 – Your Story Matters**
- **Chapter 5 – Sharing Your Journey**
- **Chapter 6 – Inviting Others to Help**

Support My Healing Companion Workbook

- **Section 2 – Your Story Matters**
- **Section 5 – Sharing Your Circle of Hope**

Section 2

Inviting Others to Share Your Page

Asking Family and Friends to Help Spread the Word

When to Use This Message

Use these messages a day or two after announcing your Support My Healing page, or anytime you'd like to expand your Circle of Hope.

Many people want to help but aren't sure how. Sharing your page with others is one of the simplest and most meaningful ways they can support you.

Sample Email

Subject: Would You Help Me Share My Story?

Dear Family and Friends,

First, thank you for the love and encouragement you've already shown me. Your support means more than I can express.

I'd like to ask one more favor.

If you feel comfortable doing so, would you consider sharing my Support My Healing page with your family, friends, coworkers, or anyone else who may want to follow my journey?

Sometimes the greatest gift isn't a donation—it's helping my story reach someone who may want to become part of my Circle of Hope.

You can share my page using this link:

[Insert Your Support My Healing Page Link]

Thank you for helping me reach others who may want to walk alongside me during this journey.

With gratitude,

[Your Name]

Sample Text Message

Hi! Thank you again for all your support.

If you're comfortable doing so, would you mind sharing my Support My Healing page with your friends or on social media?

It would mean a lot to me and could help others learn about my journey.

Here's the link:

[Insert Link]

Thank you so much!

Sample Social Media Post

Many of you have already shown me incredible kindness, and I'm so grateful.

If my story has touched your heart, would you consider sharing my Support My Healing page with your family and friends?

Every share helps grow my Circle of Hope and allows more people to follow my journey, offer encouragement, and support in whatever way they feel led.

Thank you for helping me spread the word.

[Insert Link]

Learn More

Support My Healing Guide

- **Chapter 3 – Building Your Circle of Hope**
- **Chapter 5 – Sharing Your Journey**
- **Chapter 6 – Inviting Others to Help**

Support My Healing Companion Workbook

- **Section 3 – Your Circle of Hope**
- **Section 5 – Sharing Your Circle of Hope**

Section 3

Keeping Your Circle of Hope Updated

Sharing Progress Along the Way

When to Use This Message

Use these messages whenever you'd like to update your Circle of Hope about your journey.

Updates don't have to be long. A few sincere sentences can help family and friends stay informed, encouraged, and connected.

Sample Email

Subject: A Quick Update

Dear Family and Friends,

I wanted to take a moment to thank you for the incredible encouragement you've shown me.

I also wanted to share a brief update.

[Share your update here. This could include how you're feeling, a recent appointment, a treatment milestone, something you've learned, or simply how you're doing.]

Every message, prayer, kind word, and act of support continues to encourage me more than you know.

Thank you for walking this journey with me.

With gratitude,

[Your Name]

Sample Text Message

Hi everyone!

Just wanted to share a quick update.

[Insert your update here.]

Thank you for all the prayers, encouragement, and support. It truly means so much to me.

Sample Social Media Post

Just wanted to share a quick update with everyone.

[Insert your update here.]

I'm incredibly grateful for all the encouragement, prayers, messages, and support you've shared along the way.

Thank you for continuing to be part of my Circle of Hope.

Learn More

Support My Healing Guide

- **Chapter 5 – Sharing Your Journey**
- **Chapter 7 – Staying Connected**

Support My Healing Companion Workbook

- **Section 5 – Sharing Your Circle of Hope**
- **Section 6 – Nurturing Your Circle of Hope**

Section 4

Expressing Gratitude

Thanking Those Who Support You

When to Use These Messages

Use these messages whenever someone supports you or your Support My Healing campaign.

Support comes in many forms. Whether someone makes a donation, prepares a meal, offers transportation, shares your page, sends a thoughtful message, or keeps you in their prayers, taking a moment to express your gratitude helps strengthen your Circle of Hope.

Sample Thank You Email

Subject: Thank You

Dear [Name],

I wanted to sincerely thank you for your kindness and support.

Your generosity and encouragement mean far more than I can express. Knowing that I have people like you walking beside me brings strength, comfort, and hope.

Thank you for being part of my Circle of Hope.

With heartfelt gratitude,

[Your Name]

Sample Thank You Text Message

Thank you so much for your kindness and support.

Your thoughtfulness truly means the world to me, and I'm incredibly grateful to have you as part of my Circle of Hope.

Thank you again!

Sample Social Media Post

Today I'm feeling especially grateful.

Thank you to everyone who has supported me through your prayers, encouragement, messages, meals, sharing my page, and financial gifts.

Every act of kindness reminds me that I'm not walking this journey alone.

From the bottom of my heart...

Thank you for being part of my Circle of Hope.

Sample Thank You for a Meal, Ride, or Other Practical Help

Dear [Name],

Thank you for taking the time to help me today.

Your willingness to **[prepare a meal / provide transportation / help with errands / visit / assist in another way]** made my day a little easier and reminded me how blessed I am to have caring people in my life.

Your kindness will not be forgotten.

With sincere appreciation,

[Your Name]

Sample Thank You for Prayer and Encouragement

Dear [Name],

Thank you for your prayers, encouragement, and kind words.

Knowing that you're thinking of me and lifting me up has brought me tremendous comfort and hope.

I'm deeply grateful for your friendship and support.

With appreciation,

[Your Name]

Learn More

Support My Healing Guide

- **Chapter 3 – Building Your Circle of Hope**
- **Chapter 7 – Staying Connected**

Support My Healing Companion Workbook

- **Section 6 – Nurturing Your Circle of Hope**
- **Section 7 – A Heart of Gratitude**

Section 5

Asking for Specific Help

Letting Others Know How They Can Help

When to Use These Messages

Many people genuinely want to help but don't know what's needed.

These messages make it easy to let family and friends know how they can support you in practical, meaningful ways. Personalize them to fit your situation and only ask for the help you truly need.

Sample Email

Subject: A Small Way You Could Help

Dear Family and Friends,

Many of you have asked how you can help, and I'm so grateful for your kindness.

Right now, one of the biggest ways you could support me would be:

[Describe your current need—meals, transportation, childcare, errands, prayer, companionship, help around the house, sharing your page, etc.]

If you're able to help in any way, please know how much it would mean to me.

Thank you for walking beside me during this journey.

With gratitude,

[Your Name]

Sample Text Message

Hi! Several people have asked how they can help.

Right now, what would help me most is:

[Insert your current need.]

If you're able to help, I'd be incredibly grateful.

Thank you so much!

Sample Social Media Post

Many people have asked what would be most helpful right now.

Honestly...

[Share your current need.]

Whether you're able to help directly, keep me in your prayers, share my Support My Healing page, or simply send an encouraging message, every act of kindness means so much.

Thank you for being part of my Circle of Hope.

Sample Prayer Request

Dear Friends,

One of the greatest gifts you can give me is your prayers.

If you're willing, I'd appreciate your prayers for:

- Strength
- Wisdom
- Peace
- Healing
- My family and caregivers
- My medical team

Thank you for remembering me in your thoughts and prayers.

Your encouragement means more than you know.

Sample Request to Share Your Page

If you'd like to help but aren't sure how, one of the easiest things you can do is share my Support My Healing page with your family and friends.

Every share helps grow my Circle of Hope and allows others to follow my journey and offer support in whatever way they feel led.

Thank you for helping me spread the word.

[Insert Link]

Learn More

Support My Healing Guide

- **Chapter 3 – Building Your Circle of Hope**

- **Chapter 5 – Sharing Your Journey**
- **Chapter 6 – Inviting Others to Help**

Support My Healing Companion Workbook

- **Section 3 – Your Circle of Hope**
- **Section 5 – Sharing Your Circle of Hope**
- **Section 6 – Nurturing Your Circle of Hope**

Section 6

Keeping Your Campaign Active

Sharing Meaningful Updates

When to Use These Messages

A successful Support My Healing campaign grows through regular communication.

You don't need to post every day. A simple update from time to time helps family and friends stay connected to your journey and reminds them they're part of your Circle of Hope.

Sample Progress Update

Hello Everyone,

I wanted to share a quick update and thank you for your continued encouragement.

[Share your update here.]

Every message, prayer, and act of kindness continues to remind me that I'm not walking this journey alone.

Thank you for continuing to be part of my Circle of Hope.

[Insert Link to Your Support My Healing Page]

Sample Milestone Update

Today I wanted to celebrate a milestone.

[Describe your milestone.]

Whether it's completing a treatment, reaching a fundraising goal, finishing a week of therapy, or simply having a good day, every step forward is worth celebrating.

Thank you for celebrating these moments with me.

[Insert Link]

Sample Difficult Week Update

This week has been a little more challenging than I expected.

I wanted to let everyone know that I continue to appreciate your prayers, encouragement, and support.

Even on the difficult days, knowing that I have such an incredible Circle of Hope gives me strength.

Thank you for continuing to walk beside me.

[Insert Link]

Sample Monthly Update

Hello Friends,

It's been a little while since my last update, and I wanted to check in.

[Share what's new.]

Thank you again for your kindness, encouragement, and continued support.

I'm grateful for each of you.

[Insert Link]

Sample Celebrating a Fundraising Milestone

I'm excited to share that we've reached **[Insert Milestone]** toward my Support My Healing goal!

Thank you to everyone who has donated, shared my page, offered prayers, and encouraged me along the way.

Every act of kindness is helping make this journey a little easier.

I'm truly grateful for my Circle of Hope.

[Insert Link]

Learn More

Support My Healing Guide

- **Chapter 5 – Sharing Your Journey**
- **Chapter 7 – Staying Connected**

Support My Healing Companion Workbook

- **Section 5 – Sharing Your Circle of Hope**
- **Section 6 – Nurturing Your Circle of Hope**

- **Section 7 – A Heart of Gratitude**

Section 7

Closing Your Campaign

Celebrating Your Circle of Hope

When to Use These Messages

Use these messages when your Support My Healing campaign has reached an important milestone or is coming to a close.

Whether you've reached your fundraising goal, completed treatment, entered a new season of your journey, or simply want to express your appreciation, these messages offer a meaningful way to thank those who have stood beside you.

Sample Email

Subject: Thank You From the Bottom of My Heart

Dear Family and Friends,

As I reflect on this journey, one thing has become very clear...

I could not have done it alone.

Whether you prayed for me, encouraged me, shared my Support My Healing page, prepared a meal, offered transportation, reached out with a kind word, or made a financial contribution, your kindness has meant more than I can ever express.

Thank you for walking beside me.

Thank you for giving me hope.

Thank you for being part of my Circle of Hope.

With heartfelt gratitude,

[Your Name]

Sample Text Message

I just wanted to say thank you.

Your kindness, encouragement, prayers, and support have meant so much to me throughout this journey.

I'm incredibly grateful to have you as part of my Circle of Hope.

Thank you for everything.

Sample Social Media Post

As I look back on this chapter of my journey, my heart is filled with gratitude.

Thank you to everyone who prayed, encouraged me, shared my page, offered practical help, and supported me in so many different ways.

Every act of kindness reminded me that I was never walking this journey alone.

Thank you for being part of my Circle of Hope.

I will never forget your generosity, compassion, and friendship.

Sample Reaching Your Fundraising Goal

Today I reached an incredible milestone—my Support My Healing fundraising goal.

While I'm grateful for every contribution, what I'll remember most is the incredible community that came together around me.

Thank you to everyone who donated, shared my page, prayed, encouraged me, and helped in countless other ways.

Your kindness has been one of the greatest blessings of this journey.

Thank you for being part of my Circle of Hope.

Learn More

Support My Healing Guide

- **Chapter 7 – Staying Connected**
- **Conclusion – Your Journey Continues**

Support My Healing Companion Workbook

- **Section 7 – A Heart of Gratitude**
 - **Final Reflection – Your Journey Continues**
-

A Final Thought

Every Support My Healing page begins with a simple act of courage.

Along the way, it becomes something much greater—a place where hope is shared, kindness is multiplied, and lives are touched.

Thank you for allowing BeatCancer to be part of your journey.

We hope these resources have helped you build a Circle of Hope that encourages not only you, but everyone whose life has been touched by your story.