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Support My Healing

A Guide to Building Your Circle of Hope

Welcome

Dear Friend,

If you're reading this guide, you're likely facing one of life's most difficult journeys. Whether you are living with cancer, supporting someone you love, honoring the memory of someone special, or simply looking for a meaningful way to support BeatCancer's mission, I want you to know one thing:

You are not alone.

A cancer diagnosis affects far more than the body. It touches families, friendships, finances, emotions, and hopes for the future. During times like these, one of the greatest gifts we can receive is the support of a caring community.

At BeatCancer, we believe hope grows when people come together. Every encouraging message, every shared story, every prayer, every act of kindness, and every donation reminds someone facing cancer that they don't have to walk this journey alone.

This guide was created to help you build what we call your **Circle of Hope**—the family, friends, neighbors, coworkers, church members, and community who want to stand beside you. Many people genuinely want to help but don't know how. By sharing your journey with honesty and hope, you give them an opportunity to make a meaningful difference.

This isn't just a guide about fundraising. It's a guide about building relationships, inviting others into your journey, and creating a community of encouragement around the people and causes that matter most.

Throughout this book, you'll discover principles that can help you confidently share your story and inspire others to become part of your Circle of Hope. When you're ready for practical tools, we've created companion resources—including a workbook, communication library, and step-by-step Every.org guide—to help you put these ideas into action.

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

Together, we can inspire hope, strengthen community, and remind one another that no one has to face cancer alone.

With gratitude,

Carl Wagner

Chief Executive Officer

BeatCancer

How to Use This Guide

This guide is the foundation of the **Support My Healing** resource library.

Its purpose is to help you understand the principles behind building a successful Circle of Hope. Rather than focusing on technical steps or fundraising tactics, it explains how authentic relationships, honest communication, and shared hope can inspire others to walk beside you during your journey.

Each chapter builds on the one before it. You can read the guide from beginning to end or return to individual chapters whenever you need encouragement or direction.

As you read, you'll occasionally be referred to one of these companion resources:

Your First Steps

A quick overview of the fundraising process and where to begin.

Companion Workbook

A place to organize your ideas, develop your story, and plan your fundraiser before you launch.

Communication Library

Ready-to-use examples of emails, text messages, social media posts, conversations, updates, and thank-you messages.

BeatCancer's Official Every.org Guide

A simple, step-by-step guide to creating and managing your fundraiser using BeatCancer's official fundraising platform.

Together, these resources are designed to help you move from inspiration to action with confidence.

Chapter 1

You Are Not Alone

A cancer diagnosis can change life in an instant.

Whether you're the one receiving the diagnosis or you're walking beside someone you love, it often feels as though the world suddenly becomes uncertain. Questions race through your mind. Decisions seem overwhelming. Emotions can change from hope to fear and back again—all in the same day.

If you've experienced these feelings, you're not alone.

Every day, people around the world begin this journey without knowing exactly what comes next. While every person's experience is unique, one truth remains the same: no one should have to face cancer alone.

One of the greatest challenges isn't simply managing appointments, treatments, or decisions. It's carrying the emotional weight that cancer often brings. Many people hesitate to tell others what they're going through because they don't want to become a burden. Others aren't sure how to ask for help, even when they desperately need it.

Yet something remarkable often happens when we allow others to walk beside us.

People genuinely want to help.

Family members want to encourage you.

Friends want to check in.

Neighbors want to lend a hand.

Coworkers want to support you.

Members of your church or community often wish they knew what would be most helpful.

Most people aren't waiting to be convinced—they're simply waiting to be invited.

That's the heart of this guide.

Building a Circle of Hope isn't about asking people for money. It's about giving those who care about you a meaningful way to express that care. For some, that may be through a prayer, a kind message, a meal, or sharing your story with others. For others, it may include making a financial contribution that helps provide access to personalized education, guidance, counseling, and support through BeatCancer.

Every act of kindness matters.

Every encouraging word matters.

Every person who joins your Circle of Hope becomes part of something larger than a fundraiser. They become part of a community that believes hope grows stronger when it's shared.

As you continue through this guide, you'll discover that creating a fundraiser is only one small part of the journey. The greater opportunity is building lasting relationships rooted in compassion, encouragement, and hope.

You may have started reading this book wondering how to ask for help.

My hope is that you'll finish it realizing something much more powerful:

You are giving people the opportunity to help.

And that opportunity can become a gift for everyone involved.

Reflection

Who has already shown you kindness during your journey?

Take a moment to think about the people who have called, prayed, visited, encouraged you, or simply listened. They may already be the beginning of your Circle of Hope.

What's Next?

In the next chapter, we'll explore why your story matters and how sharing it with authenticity can inspire others to become part of your journey.

Chapter 2

Your Story Matters

Every person has a story.

Some stories are filled with celebration. Others are marked by unexpected challenges. For many people facing cancer, their story is one they never imagined they would have to tell.

You may wonder if anyone would really be interested in hearing about your journey.

The answer is yes.

Not because your story is perfect.

Not because you've found all the answers.

Not because everything is going according to plan.

Your story matters because it is real.

People connect with authenticity far more than perfection. They aren't looking for polished speeches or carefully crafted words. They're looking for honesty, courage, and hope.

Your story is uniquely yours.

No one else has walked your exact path. No one else has experienced your victories, your fears, your moments of gratitude, or your reasons for continuing to move forward. That uniqueness is what makes your story meaningful.

When you share your journey, you're doing more than explaining your circumstances. You're allowing people to understand what life looks like through your eyes. You're giving them an opportunity to celebrate your progress, encourage you through difficult days, and become part of something deeply personal.

Some readers may wonder where to begin.

The good news is that your story doesn't need to begin with your diagnosis.

Perhaps it begins with the life you were living before cancer.

Perhaps it begins with the people who inspire you.

Perhaps it begins with the lessons you've learned along the way.

Or perhaps it simply begins with a sentence as honest as:

"I never imagined I would be writing these words, but here I am."

There is no single right way to tell your story.

The most meaningful stories are those that reflect who you are.

As your journey continues, your story will continue to grow. You'll experience new milestones, new challenges, and new moments of gratitude. That's why you don't have to tell your entire story all at once. You only need to share enough for people to understand where you are today and how they can walk beside you.

Remember, your fundraiser isn't about creating the perfect story.

It's about opening the door to genuine relationships.

People don't support perfection.

They support people.

And often, the simple act of sharing your story gives others permission to share theirs as well.

That is how hope begins to spread.

Reflection

If someone who cared deeply about you asked,

"What has this journey been like for you?"

How would you answer in just a few honest sentences?

Don't worry about making it perfect.

Simply write what comes from your heart.

What's Next?

In the next chapter, we'll discover how those honest conversations become something even more powerful—a **Circle of Hope** that surrounds you with encouragement, compassion, and meaningful support.

Chapter 3

Building Your Circle of Hope

No one succeeds alone.

Throughout our lives, we rely on others in ways we may not even realize. Family members encourage us. Friends celebrate with us. Neighbors lend a helping hand. Coworkers offer support. Communities come together during life's greatest joys and greatest challenges.

Cancer is no different.

While the journey may feel deeply personal, it was never meant to be traveled in isolation.

At BeatCancer, we use the phrase **Circle of Hope** to describe the community of people who choose to walk beside you. Some may offer practical help. Others may offer emotional encouragement. Many will simply remind you that you are loved and supported.

Each person becomes an important part of your journey.

Your Circle of Hope may include:

- Family members
- Friends
- Neighbors
- Coworkers
- Members of your church or faith community
- Classmates and teachers
- Business associates
- Members of clubs or organizations
- Healthcare professionals
- People you've encouraged throughout your own life

Some of these relationships are lifelong.

Others may surprise you.

It's often during life's greatest challenges that people step forward in unexpected ways. Someone you haven't spoken to in years may reach out with encouragement. A neighbor you barely know may offer to help. A coworker may organize support on your behalf.

These moments remind us that hope often grows through community.

Building your Circle of Hope doesn't happen because you ask for something.

It happens because you invite people to be part of something meaningful.

That invitation may be as simple as sharing an update about your journey.

It may be asking friends to pray.

It may be inviting someone to share your fundraiser.

It may be thanking people for standing beside you.

Every invitation gives someone the opportunity to express compassion in their own way.

Some people may encourage you with words.

Others may prepare a meal.

Some may offer transportation.

Others may donate to help provide personalized education, guidance, counseling, and support through BeatCancer.

Every act of kindness has value.

Every act of generosity strengthens your Circle of Hope.

Over time, you'll discover something beautiful.

Your Circle of Hope isn't only supporting you.

The people within it begin encouraging one another.

Hope becomes contagious.

Acts of kindness inspire more acts of kindness.

People who have never met begin praying for one another.

Communities unite around a common purpose.

What began as one person's journey becomes a shared experience of compassion, generosity, and encouragement.

That is the true purpose of building a Circle of Hope.

It's about creating a community where no one feels alone.

Reflection

Think about the people already in your life.

Who are the first five people that come to mind when you think of encouragement, compassion, and support?

Write their names down.

You may have already identified the beginning of your Circle of Hope.

What's Next?

Now that you've begun thinking about the people who care about you, the next chapter will explore how to invite them into your journey with confidence, authenticity, and hope.

Chapter 4

Inviting Others Into Your Journey

One of the biggest concerns people have about creating a fundraiser is wondering how others will respond.

"Will people think I'm asking for money?"

"Will I make people uncomfortable?"

"What if no one responds?"

These are natural questions, and almost everyone has them.

The good news is that building your Circle of Hope isn't about making a request—it's about extending an invitation.

There is an important difference.

When we think about asking, our attention often turns inward.

"I hope people will help me."

"I hope they don't judge me."

"I hope I'm not bothering anyone."

An invitation shifts the focus outward.

Instead of asking people to solve your problems, you're giving them an opportunity to express their kindness, compassion, and generosity in a way that feels meaningful to them.

That's a gift.

Many people genuinely want to help when someone they care about is facing cancer.

The challenge isn't willingness.

It's knowing how.

By sharing your journey, you're answering that question.

You're saying,

"If you've been wondering how you can support me, here's one meaningful way."

Some people will respond with encouraging words.

Some will pray.

Some will share your fundraiser with others.

Some may prepare a meal, send a card, or simply check in to see how you're doing.

Others may choose to make a financial contribution that helps provide personalized education, guidance, counseling, and support through BeatCancer.

Every response is valuable.

Every act of kindness deserves gratitude.

It's also important to remember that every person expresses support differently.

Some people are very expressive.

Others are quiet.

Some respond immediately.

Others may wait until weeks or months later.

Their timing doesn't always reflect how much they care.

Give people the freedom to respond in the way that feels most natural to them.

Your role isn't to persuade.

Your role is simply to invite.

When your invitation comes from honesty, humility, and hope, the right people will respond.

And those responses often become the beginning of relationships that grow stronger throughout your journey.

Reflection

Imagine you're talking with a close friend over a cup of coffee.

How would you naturally explain your journey?

Now ask yourself:

Does it sound like I'm asking for something...or inviting someone to walk beside me?

Often, a small change in perspective changes the entire conversation.

What's Next?

Once you've invited people into your journey, the next step is learning how to share hope with confidence. In the next chapter, we'll explore why authenticity—not perfection—is the most powerful way to connect with others.

Chapter 5

Sharing Hope With Confidence

One of the greatest misconceptions about fundraising is believing you have to become someone you're not.

You don't.

You don't have to be a gifted writer.

You don't have to be comfortable speaking in front of groups.

You don't have to have the perfect words.

You simply need to be yourself.

People connect with authenticity because authenticity builds trust.

When you share your journey honestly, people don't see perfection.

They see courage.

They see resilience.

They see someone willing to be vulnerable enough to let others walk beside them.

That is far more inspiring than trying to create the perfect message.

Sometimes we hesitate because we worry about saying the wrong thing.

The truth is, most people won't remember every word you write.

They'll remember how your story made them feel.

Did they feel hope?

Did they feel compassion?

Did they feel invited?

Did they feel like they could make a difference?

Those are the feelings that inspire action.

Remember that your journey is still unfolding.

You don't need to have all the answers before sharing your story.

In fact, many people connect most deeply with stories that are still being written. They appreciate honesty about both the victories and the challenges because that's what real life looks like.

Sharing hope doesn't mean pretending everything is easy.

Hope acknowledges the reality of difficult circumstances while choosing to believe that those circumstances do not have the final word.

Hope says,

"Today may be difficult, but I'm not walking this road alone."

Hope says,

"I'm grateful for every person who has encouraged me."

Hope says,

"Together, we can make a difference."

When your communication reflects that spirit, people naturally want to be part of your Circle of Hope.

They aren't responding to polished marketing.

They're responding to a genuine human connection.

And that's something no fundraising strategy can replace.

As your Circle of Hope grows, you'll discover that every conversation, every update, and every expression of gratitude becomes another opportunity to encourage others.

Sometimes your greatest impact won't be the funds you raise.

It will be the hope you inspire.

Reflection

Think about someone who has encouraged you during a difficult season of life.

What did they say or do that made you feel supported?

As you share your own journey, how might you offer that same feeling of hope to others?

What's Next?

Now that you've discovered the heart behind sharing your journey, you're ready to take the next step.

In the next chapter, we'll look at creating your fundraiser—not as the destination, but as one practical way your Circle of Hope can come together in support of you, someone you love, or BeatCancer's mission.

Chapter 6

Creating Your Fundraiser

By now, you've discovered something important.

Creating a fundraiser isn't really about creating a webpage.

It's about creating a place where your Circle of Hope can come together.

Think of your fundraiser as a home for your journey.

It's a place where people can learn your story.

Follow your progress.

Celebrate your victories.

Encourage you during difficult days.

Share your journey with others.

And, if they choose, make a financial contribution that helps provide personalized education, guidance, counseling, and support through BeatCancer.

Everything you've learned so far leads to this moment.

Your fundraiser simply gives people one place to connect.

It becomes the central gathering place for your Circle of Hope.

As your journey continues, your fundraiser grows with you.

You can update your story.

Share milestones.

Post new photos.

Celebrate progress.

Express gratitude.

Invite new supporters.

Because your fundraiser lives online, friends and family can stay connected no matter where they live.

Someone across the country—or even across the world—can encourage you just as easily as someone next door.

Your fundraiser also becomes something you can comfortably share.

Instead of explaining your situation from the beginning every time someone asks how you're doing, you can simply share the link and invite them to learn more whenever it's convenient for them.

Many people appreciate this because it allows them to understand your journey at their own pace.

Remember...

Your fundraiser doesn't have to be perfect before you launch it.

It doesn't need every photograph.

It doesn't need every detail of your story.

It doesn't even need all the answers.

Your fundraiser can grow as your journey grows.

One of the greatest mistakes people make is waiting until everything feels perfect.

The truth is...

People aren't waiting for perfection.

They're waiting for the opportunity to support someone they care about.

Launching your fundraiser simply opens that door.

When you're ready, BeatCancer has made the process easy through **BeatCancer's Official Every.org Fundraising Page**.

The platform will guide you through each step of creating and managing your fundraiser.

And remember...

Creating your fundraiser isn't the finish line.

It's the beginning of your Circle of Hope's journey together.

Reflection

If your fundraiser became the online home for your journey...

What would you most want people to understand after visiting it?

Not just about cancer...

But about you.

What's Next?

Now that you understand the purpose of your fundraiser, it's time to share it with the people who care about you.

In the next chapter, we'll explore how to launch your Circle of Hope in a way that feels natural, authentic, and encouraging.

If you're ready to build your fundraiser, follow the step-by-step instructions in **BeatCancer's Official Every.org Quick Start Guide**.

Chapter 7

Launching Your Circle of Hope

You've prepared your story.

You've built your fundraiser.

Now comes the exciting part.

It's time to invite others into your Circle of Hope.

For many people, this can also feel like the most intimidating step.

You may wonder if anyone will respond.

You may hesitate before pressing the "Share" button.

You may even think about waiting until everything feels just a little more complete.

Those feelings are completely normal.

Remember what you've already learned throughout this guide.

You aren't asking people for something.

You're inviting them into something meaningful.

Your Circle of Hope begins one relationship at a time.

Rather than trying to reach hundreds of people immediately, begin with those who already know and care about you.

Think about your closest circle.

Family.

Friends.

Neighbors.

Coworkers.

Members of your church or faith community.

Clubs, organizations, and community groups.

These are the people who already want to see you succeed. They're often grateful to know how they can support you.

Start by sharing your fundraiser personally whenever possible.

A phone call.

A text message.

A personal email.

A conversation over coffee.

These personal invitations often become the strongest foundation for everything that follows.

As your Circle of Hope grows, many of those same people will naturally share your fundraiser with others.

That's one of the beautiful things about community.

Hope has a way of spreading.

Someone who is encouraged by your story may tell a friend.

A family member may share your fundraiser with coworkers.

A church member may include you on a prayer list.

A supporter may introduce your story to an entirely new community.

Growth happens naturally when people believe in what they're sharing.

Remember that not everyone will respond immediately.

Some people may be traveling.

Others may be busy caring for their own families.

Some simply need more time.

Don't measure your success by how quickly people respond.

Measure it by your willingness to share your journey with honesty, gratitude, and hope.

Every conversation matters.

Every person matters.

Every act of encouragement strengthens your Circle of Hope.

And every new connection reminds someone facing cancer that they are surrounded by people who care.

Launching your fundraiser isn't the end of your work.

It's the beginning of a community that can continue growing throughout your journey.

Reflection

Who are the first five people you would feel comfortable inviting into your Circle of Hope?

Write down their names.

Now consider how you would most naturally contact each one.

Sometimes the first invitation is the hardest.

After that, sharing becomes much easier.

What's Next?

As your Circle of Hope begins to grow, it's important to keep people connected to your journey.

In the next chapter, we'll explore how simple updates and heartfelt gratitude can strengthen relationships and keep hope growing over time.

If you're looking for ideas on what to say, be sure to explore the **Communication Library**, where you'll find ready-to-use examples for emails, text messages, social media posts, updates, and thank-you messages.

Chapter 8

Staying Connected

One of the greatest gifts you can give the people in your Circle of Hope is simply letting them know how you're doing.

When someone joins your journey—whether through a kind word, a prayer, sharing your fundraiser, or making a financial contribution—they become emotionally invested in your story.

They celebrate your victories.

They care about your challenges.

They continue hoping right alongside you.

That's why staying connected matters.

It isn't about reminding people that your fundraiser exists.

It's about reminding them that their support has made a difference.

As your journey continues, you'll naturally experience moments worth sharing.

Perhaps you've completed another treatment.

Maybe you've reached an important milestone.

Perhaps you've learned something that has encouraged you.

Sometimes the update may simply be,

"Today was a good day, and I'm grateful."

Other times it may be,

"Today was difficult, but I'm thankful for everyone who continues to pray and encourage me."

Both kinds of updates matter.

People appreciate honesty.

You don't have to pretend every day is wonderful.

You also don't have to focus only on the difficult days.

Sharing both the challenges and the victories helps others experience the journey with you.

Your Circle of Hope also grows stronger when you celebrate the people within it.

A simple message of gratitude.

A photograph with family or friends.

A note recognizing someone's kindness.

These small moments remind everyone that hope is built one relationship at a time.

As your Circle of Hope grows, you'll likely discover that your story begins encouraging others as well.

Someone may tell you they've started eating healthier.

Another person may share that your courage inspired them to schedule an overdue medical appointment.

Someone else may simply say,

"Thank you. Your story gave me hope today."

Those moments are reminders that your journey has a purpose beyond yourself.

You never know whose life you may touch simply by continuing to share honestly.

As time passes, don't feel pressured to post frequent updates.

Meaningful communication is far more valuable than constant communication.

A thoughtful update every few weeks often has far greater impact than posting every day.

Your Circle of Hope isn't looking for perfection.

They're looking for connection.

Every update reminds them that they're still walking beside you.

Reflection

Think about the people who have encouraged you most.

If you were sending them a short update today, what would you want them to know?

It doesn't have to be long.

It only needs to be genuine.

What's Next?

One of the most meaningful ways to strengthen your Circle of Hope is through gratitude.

In the next chapter, we'll explore how simple expressions of thanks can deepen relationships, encourage continued support, and remind people that their kindness truly matters.

If you'd like help writing updates, emails, text messages, or social media posts, you'll find dozens of ready-to-use examples in the **Communication Library**.

Chapter 9

Gratitude Changes Everything

Gratitude has a remarkable way of bringing people together.

It reminds us that we were never meant to walk life's journey alone.

Throughout your experience, you'll likely receive kindness in many different forms.

Some people may send encouraging messages.

Some may pray faithfully for you and your family.

Others may prepare meals, offer transportation, or simply sit beside you when words are hard to find.

Many will support your fundraiser because they believe in you, your journey, or BeatCancer's mission.

Each act of kindness deserves to be recognized.

Not because people expect recognition...

But because gratitude strengthens relationships.

When someone knows their encouragement mattered, they're reminded that they made a real difference in another person's life.

Sometimes a simple thank-you can become one of the most meaningful gifts you give.

It doesn't have to be elaborate.

It doesn't have to be perfectly written.

It simply needs to be sincere.

You might send a short text.

Write a handwritten note.

Make a phone call.

Share a public message of appreciation.

Or simply say,

"Thank you for walking beside me."

Those few words often mean more than we realize.

Gratitude also has a way of changing us.

When life becomes difficult, it's easy to focus on everything that feels uncertain.

Taking time to recognize the people who continue showing up reminds us that hope is still present.

It shifts our attention from what we've lost to the relationships we've gained.

Many people discover that their Circle of Hope becomes one of the unexpected blessings of their journey.

Friendships deepen.

Families grow closer.

Communities unite.

Lives are touched in ways no one could have imagined.

Your fundraiser may eventually come to an end.

But the relationships you've built can continue for years to come.

Those connections are part of your story now.

They are part of your Circle of Hope.

And they are a reminder that even in life's most difficult seasons, kindness has the power to transform lives.

As you continue your journey, never underestimate the impact of a grateful heart.

Sometimes the greatest gift you can give someone isn't an update.

It isn't a photograph.

It isn't even your story.

Sometimes...

It's simply letting them know that because they chose to care...

Your journey became a little easier.

And your hope became a little stronger.

Reflection

Take a few moments to think about someone who has encouraged you during your journey.

What would you say if you could thank them in just one sentence?

Now...

Don't just think about it.

Tell them.

Moving Forward

As you close this guide, remember that building a Circle of Hope is not something you accomplish in a single day.

It's a journey.

One conversation.

One relationship.

One act of kindness at a time.

You don't need perfect words.

You don't need a perfect fundraiser.

You simply need the courage to invite others to walk beside you.

The Support My Healing resource library was created to help you every step of the way.

Whenever you need practical guidance, be sure to explore these companion resources:

- **Reference Guide** – A Guide to Building Your Circle of Hope
- **Support My Healing Companion Workbook** – Plan and organize your fundraiser.
- **Communication Library** – Ready-to-use messages, emails, texts, social media posts, updates, and thank-you examples.
- **BeatCancer's Official Every.org Quick Start Guide** – Step-by-step instructions for creating and managing your fundraiser.
- **BeatCancer.org** – Explore hundreds of articles, educational resources, and stories of hope to support you throughout your journey.

Thank you for allowing BeatCancer to be part of your Circle of Hope.

Together, we are building more than fundraisers.

We are building communities of encouragement.

We are sharing hope.

And together, we are helping ensure that no one has to face cancer alone.

Final Thoughts

Every journey begins with a single step.

Every friendship begins with a single conversation.

Every Circle of Hope begins with a single invitation.

May this guide encourage you to take that first step with confidence, knowing that there are people who care, people who want to help, and a community ready to walk beside you.

Wherever your journey leads, we pray that you continue to find strength, encouragement, and hope.

Because hope is one of the greatest gifts we can share.

And when we share hope...

We never walk alone.