

Dear Alumni:

I want you to know I am particularly excited you have chosen to be in the class again. I am encouraged you are continuing on your healing journey. Because I want you to be successful in your process, I would like to share with you a few observations I have made in past classes.

The first time you take the class there is sort of a honeymoon period that often takes place. Some people are relieved to come to a place where they are received and accepted, where they can get support and help. Each week there is a new lesson they haven't heard and the healing steps are all new. This seems to encourage regular attendance and hard work on the steps.

The second and third year is very different. You have heard the lessons and you know what is coming each week. However, because you are in a different place, you will hear and learn different things in each lesson. You have already worked through the student's manual and have worked on each of the healing steps. And because of this, the temptation to be less attentive to regular attendance and less diligent with the homework can be significant.

I want to offer both encouragement and a challenge. Do not miss the tremendous opportunity before you this time. You do not have to use precious time trying to figure out the principles and steps. Let your familiarity with the lessons and manual be your springboard to greater and deeper truths. Set your expectations appropriately. It will take discipline to maintain consistency throughout the class. But if you do, you will reap much greater rewards than the first time around.

I would like you to consider one other thing. **Your consistent presence in your small group is vital.** People who are in and out of small group have a very negative effect on the group process. I am going to ask you to be responsible to your group and be there every week. Please consider the needs of your small group and be there for them.

Your healing journey is very important to me and I want you to be successful through your second/third year. As you discover the deeper levels of healing and embrace the deeper truths of God, please don't hesitate to lean on your small group leaders.

Blessings,



If you agree, please read and initial each point:

\_\_\_ I promise to attend each week except for illnesses and infrequent trips.

\_\_\_ I promise to do all of my Mid-Week Journey Steps every week.

\_\_\_ I promise to support my small group by attending, sharing, and processing every week.

Name \_\_\_\_\_ Date \_\_\_\_\_