**Sample Parish Email and Bulletin Blurb**

Parish leaders, please feel free to use this in your bulletin, and/or copy and paste into an email to invite your parishioners to sign up for FORMED Daily Lenten reflections.

**Subject line/header**

Sign up for Daily Reflections this Lent with Dr. Tim Gray!

**Body of Email**

A picture containing text, nature

Description automatically generated

[Graphic png available at <https://leaders.formed.org/lent/>]

Dear [parishioners name],

The season of Lent is fast approaching and [parish name] is excited to offer a great resource to help make this Lent a grace-filled and fruitful season. We invite you to journey with Dr. Tim Gray by signing up for FORMED Daily Lenten Reflections at [formed.org/lent](https://formed.org/lent). Each day you will receive in your inbox a short video which features Dr. Gray commenting on the daily Mass readings, explaining the Scriptures, and providing you with concrete ideas on how to apply them to your Christian life.

[Graphical user interface, application

Description automatically generated](https://formed.org/lent)

[Button png available at <https://leaders.formed.org/lent/> and link button to <https://formed.org/lent>]

Lent starts February 17. Sign up today for free!

[formed.org/lent](https://formed.org/lent)

Not yet on FORMED?

1. Visit <http://signup.formed.org/>.
2. Enter our parish’s zip code or name.
3. Enter your name and email.

May God bless you during this special season.

**Bulletin Verbiage**

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