Dear [Friend's Name],

I hope this message finds you well. I wanted to take a moment to express my heartfelt congratulations on your recent achievement! It truly is a milestone worth celebrating.

Unfortunately, I was unable to attend the celebration due to [reason for absence, e.g., a prior commitment, illness, etc.]. I am genuinely disappointed that I couldn't be there to celebrate this important moment in your life.

Please know that I was cheering for you from afar and I am so proud of what you have accomplished. I would love to catch up soon and celebrate together. Let's plan a time to get together.

Once again, congratulations on your amazing achievement. You deserve all the recognition coming your way!

Sincerely, [Your Name]