Dear Friends,

I hope this message finds you well. I wanted to take a moment to update you on some recent changes in our family situation.

As some of you may know, we have recently experienced a significant shift in our family dynamics. [Briefly explain the situation, e.g., "My parents have decided to relocate for work," or "We welcomed a new member to our family, a baby boy named Tom."]

We are navigating these changes together and appreciate your support during this time. If you have any questions or would like to catch up, please feel free to reach out.

Thank you for understanding, and I look forward to reconnecting soon!

Warm regards,

[Your Name]