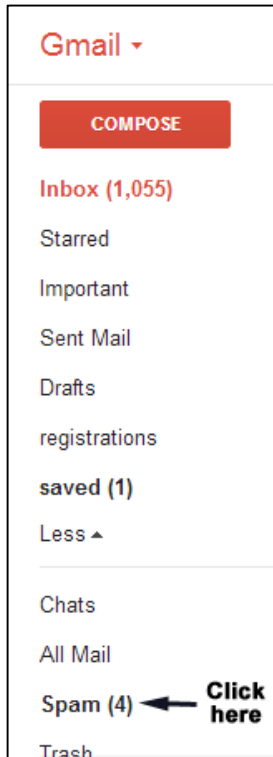


If you use Gmail, you may have recently noticed that you're no longer receiving Fr. Richard's Daily Meditations. Since Gmail's recent update of its spam filters, most of Fr. Richard's emails have been deposited in Gmail users' spam folders.

This is how you can remove them from your spam folder and, at the same time, train Gmail (at least for now) to deliver Fr. Richard's emails to your Inbox.

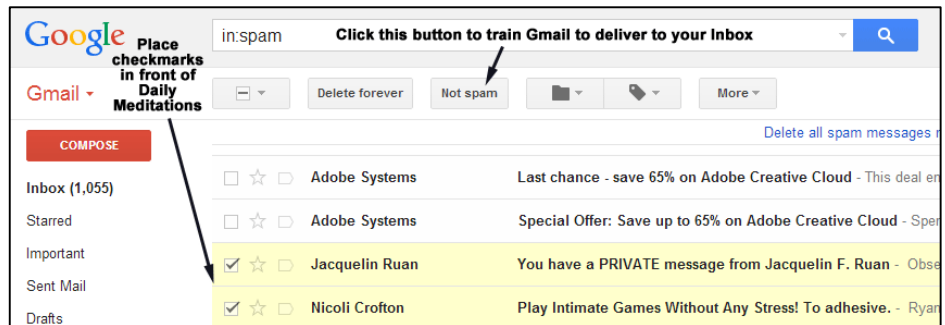
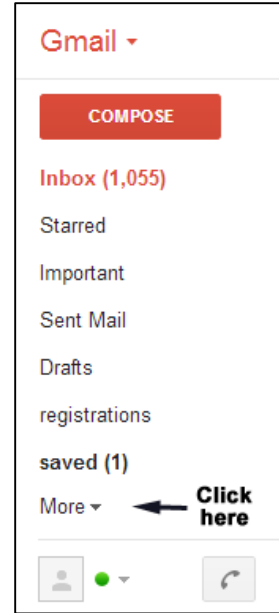
**Step One.** Look along the left side of your Inbox. You'll see a list of folders similar to the one on the right. Click on the **More** option to expand the list.

**Step Two.** Once you've expanded the list, you'll see a Spam folder near the bottom. (Please note: if you have many folders, you may have to scroll down to be able to see it.) Click on the word **Spam**.



**Step Three.** You will now be looking at all the messages Gmail has determined are spam. Find Fr. Richard's Daily Meditations and place a checkmark in front of each one.

**Step Four.** Look up near the top of the window and you will see a button that says **Not spam**. When you click on that button, two things will happen. The first is that all those emails will be moved to your Inbox. The second is that Gmail will get the message that you want the Daily Meditations in your Inbox from here on out.



Please note that you won't be able to see the **Not spam** button until you've put a checkmark in front of at least one email message.