

Hey [Friend's Name],

I just wanted to drop you a quick note to let you know how **sorry** I am for missing your baby shower. I was really looking forward to celebrating with you and all the girls, but unfortunately, [brief reason-e.g. "work got super busy" or "I came down with a cold" or "something urgent came up"].

I hope you had an amazing time and that you were surrounded by lots of love, laughter, and cute baby gifts! You and your little one deserve all the happiness in the world, and I can't wait to see you soon and hear all about the shower (and to meet the baby when they arrive!).

Sending you big hugs and all my best wishes as you get ready for this exciting new chapter. Let's catch up soon!

Love,

[Your Name]