

SAMPLE CHECK-INS



6 WEEKS OUT - ENTIRE STAFF

SUBJECT LINE: "WATC CO/KY/EC 6 WEEKS OUT Check-In"

Hello Sisters!

We are now 6 weeks away from the Weekend, and it is officially time to begin our weekly check-ins. Here are a few reminders:

- As part of your agreement, you agree to check in each week by Thursday at midnight.
- For the safety of the women checking in, the email you use needs to be your own personal and private email. If you need to change the email from the email being used currently, please let me know ASAP so I can have it changed.
- Please limit your check-ins to one paragraph with an additional sentence regarding your recruiting efforts and any names to pray for.
- Please "reply all" to the check-in.

For this first check-in, please include a picture with your response. It's a great way for us to begin putting names with faces since we are spread out over **eight** states.

This week let's check in around one of the core values of The Cross Ministry Group:

TCMG Core Value #10

"Transformation takes place in the context of community. In the midst of relationship with trusted others we take risks to step out of our comfort zone and choose to be authentic and open. In this environment, fear and shame are overcome by the love, grace, and mercy of God. We are ushered into the reality of our beloved state before God."

Take some time to reflect on how you would like to experience growth in your life, especially related to being in community. Think about your fears about being part of this staff - a community of women. Consider how these fears and subsequent False Selves might keep you from showing up authentically (in your True Self) on the Weekend?

Check in: What will be your edge this weekend and how will you step out of the status quo and move toward that edge that leads to transformation?

Here's my check-in: [insert your check-in here]

Registration Update: **EXAMPLE:** We are full with 36 women! Please continue to invite women because we often have a handful of drops and need to have women on the waitlist to ensure a full Weekend. Here are the names of the attendees so you can pray for them over the next few weeks.

[insert names of attendees]

5 WEEKS OUT - ENTIRE STAFF

SUBJECT LINE: "WATC CO/KY/EC 5 WEEKS OUT Check-In"

Happy Friday, sisters!

This week we are going to check in around the state of our hearts on a personal level, NOT as it relates to the weekend. We checked in around the subject of the weekend and being a part of a team, and now it's time to begin getting to know each other outside of simply being a WATC staffer. This may feel risky to some of you. I want to remind everyone of our commitment to confidentiality and to not giving advice. Our deepest longing is to create a safe environment for women to be themselves. Even through these emails, we hope that you feel safe enough to give us a glimpse into your heart and what is going on in your life (briefly). I encourage each of us to take a risk in this check-in, to move toward community by being authentic and vulnerable. As we say on the weekend, "We are wounded in community, and we are healed in community."

Check in: Take some time to get in touch with your heart. Check-in with a paragraph about the state of your heart. All is welcome, sisters.

Here's my check-in: [insert your check-in here]

Registration Update: **EXAMPLE:** We are limiting the weekend to 35 women, instead of 36, to accommodate our new Rock Work structure. (Seven Small Groups instead of eight.) So we are still full with 35 women and seven women on the waitlist. Please continue to invite women because we often have a handful of drops and need to have women on the waitlist to ensure a full Weekend.

<insert names of attendees>

4 WEEKS OUT - TEAMS ONLY

SUBJECT LINE: "WATC CO/KY/EC 4 WEEKS OUT Check-In"

NOTE: On Thursday, send out following email with subject: Instructions WATC CO 4 Weeks Out Check-in.

Hi Team Leads!

Below is the text that you can cut and paste into a new document to send out to your teams tomorrow.

Please do the following things:

- Make the subject line "WATC CO 4 Weeks Out Check-In"
- Please remember that we have some changes to the teams since the last team check-in, so please make sure you are sending it to the correct women.
- Some women have two email addresses (me included) that pop up when you start to type their names in. Please use the email on the contact list.
- The following women have dropped from staffing, please make sure they are not on the distribution list. [insert names if applicable]
- Please copy WL, AWL, Staff Coordinator, and Regional Coordinator on your email. We will check-in with each team.
- Please add your own check-in after copying and pasting and before sending.
- Be as vulnerable as you can to foster deeper responses.
- Feel free to use your own voice with the greeting and intro.

Thanks so much ladies! Lots of love to you! Here's the check-in:

Hello Sisters!

This week we will check in around another one of the core values of The Cross Ministry Group.

TCMG Core Value #5

"We embrace that we are human. We are not God. We are not in control. We submit to him and endeavor to surrender to his lordship. We accept that we are fallen and endeavor to come before Christ in humility at the foot of the cross. There we have fellowship with him and with others. We are all human. We are all weak. We are all equally in need of God's grace and mercy. And so, we let go of control of our own lives as well as our control over the lives of others."

Check in: What does it mean to you to be a part of your team? What is coming up for you around working closely with a small group of women? How is it feeling to you to allow yourself to be known in a more intimate way as you share openly, honestly and vulnerably?

Here's my check-in: [insert your check-in here]

Registration Update: **EXAMPLE:** We are full with four women on the waiting list! We'd like to have more on the waiting list, so encourage your friends and family to still sign up. Here are the names of the attendees so you can pray for them in the weeks leading up to the weekend.

[insert names of attendees]

3 WEEKS OUT - TEAMS ONLY

SUBJECT LINE: "WATC CO/KY/EC 3 WEEKS OUT Check-In"

NOTE: On Thursday, send out following email with subject: *Instructions WATC CO 3 Weeks Out Check-in.*

Hello you beauties!

Below is the text that you can cut and paste into a new document to send out to your teams tomorrow. Please do the following things:

- Make the subject line "WATC CO 3 Weeks Out Check-In"
- Please remember that we have some changes to the teams since the last team check-in, so please make sure you are sending it to the correct women.
- Some women have two email addresses (me included) that pop up when you start to type their names in. Please use the email on the contact list.
- The following women have dropped from staffing, please make sure they are not on the distribution list. [insert names if applicable]
- Please copy WL, AWL, Staff Coordinator, and Regional Coordinator on your email. We will check-in with each team.
- Please add your own check-in after copying and pasting and before sending.
- Be as vulnerable as you can to foster deeper responses.
- Feel free to use your own voice with the greeting and intro.

Thank you! Looking forward to seeing you next week at the staff meeting. Here's the check-in:

Hello Sisters!

Thank you so much for your vulnerable and authentic check-ins. It's a beautiful gift to get a glimpse into your hearts.

This week we will check in around the topic of one of our False Selves and what is behind it. In the Fear Exercise on the Weekend, we demonstrate that behind each False Self is a fear. And behind that fear is a good and holy desire.

An example looks like this:

The False Self: The Perfectionist, which says, "You have to do everything perfectly. Don't mess up!"

The Fear: "If you don't do everything perfectly, others won't like you." (Wound: What happened to make you believe this?)

The Good and Holy Desire: "I want to be accepted and loved."

Check in: As you to prepare for your staffing role, what predominant False Self are you aware of? How might that False Self show up on the weekend? What happened in your life that brought this False Self into existence? What is the good and holy desire behind this False Self?

Here's my check-in: [insert your check-in here]

Registration Update: **EXAMPLE:** We are still full at 35 Attendees with six women on the waiting list! This is the time when women begin making plans to come and decide they have to drop, so please continue to invite women to be on the waitlist. Here are the names of the attendees so you can pray for them over the next few weeks.

[insert names of attendees]

2 WEEKS OUT - TEAMS ONLY

SUBJECT LINE: "WATC CO/KY/EC 2 WEEKS OUT Check-In"

NOTE: *On Thursday, send out following email with subject: Instructions WATC CO 2 Weeks Out Check-in.*

Hi Team Leads!

Below is the text for you to cut and paste into a new document to send out to your teams tomorrow. Please do the following things:

- Make the subject line "WATC CO 2 Weeks Out Check-In"
- Please remember that we have some changes to the teams since the last team check-in, so please make sure you are sending it to the correct women.
- Some women have two email addresses (me included) that pop up when you start to type their names in. Please use the email on the contact list.

- The following women have dropped from staffing, please make sure they are not on the distribution list. [insert names if applicable]
- Please copy WL, AWL, Staff Coordinator, and Regional Coordinator on your email. We will check-in with each team.
- Please add your own check-in after copying and pasting and before sending.
- Be as vulnerable as you can to foster deeper responses.
- Feel free to use your own voice with the greeting and intro.

Thank you! Here's the check-in:

Two weeks left, sisters!

Thank you so much for giving us a taste of what God is doing in your lives and hearts. It truly is an honor to be able to get to know each of you better. With only two weeks left before the weekend, we are going to focus in on the truth about who we are in Christ.

TCMG Core Value #2

"God has already given us everything thing we need to follow him. We create opportunities for God's people to step into the truth that we already have his power and love in our lives. We must step into it by faith. "By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence." (2 Peter 1:3)"

Check in: How are you experiencing God's love and power in your life?

Here's my check-in: [insert your check-in here]

Registration Update: **EXAMPLE:** We are still full at 35 Attendees with four women on the waiting list! As expected now is the time that women begin to drop. There is still a possibility that a handful of woman from the waiting list could get a spot on the weekend, so please continue to invite women to be on the waitlist. Here are the names of the attendees so you can pray for them this week.

[insert names of attendees]

1 WEEK OUT - ENTIRE STAFF

SUBJECT LINE: "WATC CO/KY/EC 1 WEEK OUT Check-In"

We are one week away from the Weekend, sisters! We are almost there! Can't wait to be with you at [NAME OF RETREAT CENTER]!

This week we are going to check in around another one of The Cross Ministry Group's Core Values.

TCMG Core Value #1

"We have been crucified with Christ and it is no longer we who live, but Christ who lives in us (Galatians 2:20). We are called to rest in the reality that Christ is our life and that all that is good in us flows from his life within us. We are on the path of growing in faith and applying this reality to our daily lives."

Check in: What do you know about your True Self? Who does God say you are in Christ? What will you bring to the weekend when you are in your truest self?

Here's my check-in: [insert your check-in here]

Registration Update: **EXAMPLE:** We are still at 35 women with a decreasing waitlist - five women. Please continue to invite women because we often have a handful of drops and need to have more women on the waitlist to ensure a full Weekend. Here are the names of the attendees so you can pray for them over the next few weeks.

[insert names of attendees]