

## CHECK-INS and CHECK-OUT



### FRIDAY AFTERNOON CHECK-IN

#### Check-in: Predominant Emotion [Attendees Only]

**Energy:** sovereign, focused, intentional, authoritative

The woman leading the Check-in says, *“Sisters, we are going to do what we call a ‘check-in.’ In this check-in we are asking you to check in with your first name and predominant emotion. There are hundreds of words that can express emotion. The main five are: Mad, Glad, Sad, Afraid, Ashamed. There are hundreds of variations of these emotions. Check-in with wherever you are. First Name, Predominant Emotion, and then say ‘I’m in.’ ‘I’m in’ is a way of expressing that you are present with us. I’ll MODEL: “I’m Sharon, and I’m checking in with joy and anxiety. I’m in.”*

Then instruct them to all say, *“Bless you.”*

Mention about 4 or 5 of the emotions that they just said. (For example: *“Sisters, whatever you bring to this circle tonight, your (whatever THEY say) fear, shame, sadness, skepticism... It is all welcome.”*)

End with saying, *“Whatever you bring is welcome.”*

At the END of the check-in say: *“All of your feelings are welcome.”*

#### Ground Rules [Attendees and Staff]

**Energy:** strong and centered

Before the Opening Ritual begins, write the underlined words on the whiteboard or on a large printed document. Do not let them see prior to you talking.

The woman leading the Check-in says, *“We are now going to review the ground rules that you have already committed to on the Confidentiality Agreement. The intent is to create a safe environment without fear of being betrayed, judged, or becoming the subject of gossip.*

1. No advice giving. Do not give advice unless asked for.
2. Be on time. We have a very full weekend planned for you. It is important to stay on track. To call you together after breaks we will beat a drum. Once you hear the drum, come back to the meeting room immediately. We cannot begin until everyone is in the room.
3. Confidentiality. Do not repeat another woman’s story to anyone. If it’s spoken in a small group, you do not share it with any other women outside of that group. If it’s spoken on this Weekend, you do not share it with anyone outside of this Weekend – husband, friends, pastor, no one. Any questions?

4. Getting your Attention. When we want your attention, we will raise our hands. When you see this, please raise your hand and stop talking.
5. Make this Weekend about you. You do not need to take care of anyone else other than yourself. You don't have to carry another woman's pain, hurt, etc. This Weekend is about YOU. Receive the gift of being able to focus on yourself this Weekend."

*"Sometimes we will give you direction to stay present to the group, not talk, not engage at different points."*

Say, "Now I am going to ask all of you along with the Staff to commit to confidentiality. If you agree to confidentiality, both Staff and Attendees, please raise your hand and say, 'I agree.'"

### **Check-in: What Brings You Here? [Attendees Only]**

**Energy:** confident and inquisitive

The woman leading the Check-in says, "Given that this is a Weekend entitled Women at the Cross, I assume that everyone here wants to grow closer to God, correct? We all want this. So apart from wanting to grow in our relationship with God, what do you want to have happen on this Weekend for you? What's going on that you have signed up for this Weekend? We are now going to check in with our first name, in a sentence or two state what brings you here, and then say 'I'm in.' We'll all respond with, "Bless you."

Say, "I'll Model: I'm \_\_\_\_\_, I am here because I want to ....." (Say something that has to do with how you want to grow this Weekend or what your own issues are that you want to keep looking at in your life. Go deep in your example, rather than talking about serving them, etc. No more than two sentences. ) I'm in."

After all the women have checked in say, "Whatever brings you here is welcome."

### **SATURDAY MORNING CHECK-IN**

**Energy:** sovereign, focused, intentional

The woman leading the Check-in says, "Good Morning. We are going to check in. You will say your first name and share one or two words about the state of your heart right now, and then say 'I'm in.' I'll begin. I am \_\_\_\_\_ and the state my heart is \_\_\_\_\_ I'm in. Then we all say "bless you." After the last Attendee checks in, say, "Thank you. All is welcome."

## **SUNDAY MORNING CHECK-IN**

**Energy:** sovereign, focused, intentional

The woman leading the Check-in says, *“Sisters, we are going to do a check-in. We are asking you to check in with your first name and the state of your heart, and then say ‘I’m in.’ I’ll MODEL: I’m \_\_\_\_\_, and the state of my heart is \_\_\_\_\_. I’m in.”*

After the last Attendee checks in, say, *“Thank you. All is welcome.”*

## **SUNDAY AFTERNOON CHECK-OUT**

**Energy:** enthusiastic, grateful

The woman leading the Check-out says, *“Sisters, all Weekend long we have been doing check-ins. Now, we are going to end our Women at the Cross Weekend with a Check-out. You will check out by stating your last name, one brief sentence about what you are taking away from the Weekend AND one of the truths about you that you put on your bag. Hold up your bag as you share. You will then say, ‘I am out’ and the whole group will respond, ‘Be strong.’ I will go first.”*