



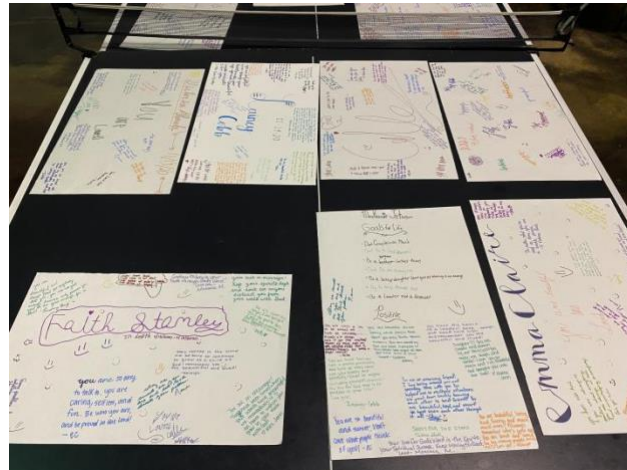
Hey there, My name is Cailey Starkey, I am 17, a Christian, Girl Scout, a Disney lover, and a goofball, (lol you're welcome). I was born and raised in Mobile, AL and this is about my Girl Scout Gold Award.

In-Depth is a girl's weekend retreat that I planned (alongside Austin McNeill, the Student Pastor of West Mobile Baptist Church) for the girls of WEMO students at West Mobile Baptist Church. I did this retreat as part of my Girl Scout Gold Award. The Gold Award focuses on 5 key elements, root cause, leadership, sustainability, measurability, and global link. My project is about empowering girls to raise their self-esteem, self-confidence, and self-image through God's eyes. I did that through the retreat "In-Depth".

When I was younger I was not encouraged or empowered to get into God's Word. There are many girls I looked up to in my Students Ministry, now I want these younger girls to have an opportunity to learn and for others to look up to them. I want them to know that someone is there for them to encourage them, and empower them. I am so thankful for the Lord to guide me to this opportunity to serve Him, my church, as well Girl Scouts. Thank you, Lord.



The retreat happened at West Mobile Baptist Church in our Student Ministry building "The Hangar". It was a two-day retreat that happened November 13 - 14, 2020. We had 13 attendees age range of 7th - 12th grade. All the girls had a ton of fun with including a scavenger hunt, clothes on/off relay, self-esteem posters, tie-dye, and a reflective mirror activity. These girls dug deep inside themselves to complete these activities with each other to grow in the Lord and develop friendships.



I had the girls do an anonymous survey before and after the retreat. This survey helped me determine the girls' self-confidence and self-esteem.

Some questions on the survey were rather difficult for the girls to answer because they had to answer them honestly and truthfully.

One of three questions that stuck out to me is the question "I feel as though I let those I care about down" 46% of the girls disagree over this statement, 54% of the girls agree with this statement. This tells me that 54% of the girls that attend felt as if they let their friends and family members down. The same questions on the after survey results are 75% of the girls disagree over this statement 25% of the girls agree



over this statement. These results are AMAZING there is a 21% increase for this question that the girls agree on, what the speakers talked about it helped the girls realize that they do not have to please everyone. BUT God.

The 2nd question that stuck out to me is "When someone criticizes me, I can't help but feel that I really am incompetent" 46% of the girls disagree over this statement, 54% of the girls agree with this statement. This question tells me 54% of the girls feel that they are incompetent when they are criticized. NO ONE should feel incompetent when they are criticized, it is not good for your mental health and spiritual health. When we are upset with someone, we should turn to the Lord first before we confront them. There is a 13% increase on the disagree statement, this tells me that after the retreat more of the girls know that they should not feel incompetent when they are criticized.

The 3rd question that stuck out to me is "How much do you care what people think of you," 51% related to "I don't care at all", and 49% to "I judge everything by what others think of me". Even though the results are good, the percentages are very close together, I am happy that most of the girls agree that they don't care at all. Our opinion of ourselves and God's opinion of us is all that matters. After the retreat there is a 19% increase for this question, more of the girls agree that other opinion of them does not matter. I am so glad that all the girls were changed in some way that draws them closer to the Lord.



We had 3 amazing speakers, our first speaker was Courtney Cunningham, the co-director of the Whatever Ministry in Mobile, AL. Courtney talked about self-esteem through the Lord's eyes. She taught the girls that self-esteem is typically defined as confidence in one's worth or abilities. As a Christian, I define self-esteem as having confidence that I am who God says I am. It's not dependent on my abilities, look, or qualifications because those can be unreliable, but instead on knowing that God will equip me for the work He has set out for me to do and that He has created me exactly how I am. Courtney's main takeaways were; God created you exactly the way that you are, He says you are fearfully and wonderfully made, we can be bold and confident in who we are in Him, and we don't have to be enough- He is.



The 2nd speaker was Abigail Breland, Miss Universality of Mobile 2020 and 2021. Abigail talked about self-confidence in God's eyes. This topic for Abigail was perfect, with her being in pageants she has a lot of confidence. Abigail's lesson helped the girls realize that they need to have confidence in the Lord with their life. True Identity inspires this gratification that we are not defined by a failure, disability, or a label, but our true identity is found in the unique individual that we were created to be. We are not defined by any one thing. Abigail's lesson taught us that no one can define them, we are defined by God.



The 3rd speaker was April Cobb She is the wife of Kevin Cobb, the senior pastor of West Mobile Baptist Church. Mrs. April talked about self-image in God's eyes. We were excited to hear her speak because we don't get to hear from her often. Mrs. April taught us that our self-image is in the Lord not in others. Self-image is defined as how you perceive yourself. It is what you see when you look in the mirror and how you picture yourself in your head. It's the idea you have about your abilities, appearance, and personality.

"Christ in me, not me in a different set of circumstances."-Elizabeth Elliot.





I am so grateful that there were so many girls that had their life changed, The Lord was moved in these girls' life and mine. Thank you to all who helped in any way I am more than grateful for you.

Thank you so much to Arica Lane for amazing worship, & Greyson Swindle for his technical expertise.





# My Big Sister

My Big Sister is a mentoring opportunity for girls 7th - 12th grade. These groups will consist of two girls at least 1 year of age apart. My Big Sister program is for the girls to have a mentor that they can learn from and open up to about their struggles and life. The girls that participate will learn that there is always someone there for them and to find themselves in Christ. The girls will learn to rally together to support each other in their struggles in life, it is very important that we rally together in a time of crisis to bring each other up and to support offers. When we open up to offers about our struggles it makes us feel that we are not alone. I want the girls to know that there is someone out there for them to be supported by, no one should be left out or left alone.





These girls have learned how to be a support person for one another. They have had so much fun learning about each other and their lives. Together each group has helped each other in some way to help each other with their life struggles. It was very important to me that when I paired the groups together that the two of them did not know each other. So that way they would get out of their comfort zone and get to know someone new. As a part of my project, I have to give the program to someone to take over. And that person is Hilary McNeill, She is the wife of Austin McNeill the student pastor of West Mobile Baptist Church. I can't wait to see where she takes this program.

Mrs. April's lesson taught us about self-image. She told us that we were blessed and created in the image of God. She also gave us a quote "Christ in me, not me in a different set of circumstances."-Elizabeth Elliot. Leila Gibbs, 12

I learned how to find self-confidence, self-worth, and my identity in Christ. I learned not to take other people's opinions about myself personally because it only matters what Jesus thinks of me. He says that I am fearfully and wonderfully made!  
Mckenzie Johnson, 13

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Thank you sponsors for your gracious offering, we couldn't do it without you. You all made a difference in a girl's life.

I am so thankful to everyone who helped with my project in some way. This has been a labor of love for me to complete. Thank you to Austin McNeill and West Mobile Baptist Church for helping me make this happen. Thank you, Cailey Starkey.