



# Pause & Find Strength

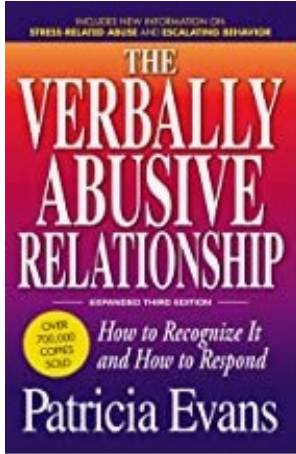
News Blurb from Selah Empowers

Vol. 2 Issue 7

Page 1 of 3

## *The Verbally Abusive Relationship*

By Patricia Evans



In this fully expanded and updated third edition of the bestselling classic, you learn why verbal abuse is more widespread than ever, and how you can deal with it. You'll get more of the answers you need to recognize abuse when it happens, respond to abusers safely and appropriately, and most important, lead a happier, healthier life.

In two all-new chapters, Evans reveals the Outside Stresses driving the rise in verbal abuse - and shows you how you can mitigate the devastating effects on your relationships. She also outlines the Levels of Abuse that characterize this kind of behavior - from subtle, insidious put-downs that can erode your self-esteem to full-out tantrums of name-calling, screaming, and threatening that can escalate into physical abuse.

Drawing from hundreds of real situations suffered by real people just like you, Evans offers strategies, sample scripts, and action plans designed to help you deal with the abuse - and the abuser.

This timely new edition of *The Verbally Abusive Relationship* puts you on the road to recognizing and responding to verbal abuse, one crucial step at a time!

**This is just one of many book resources Selah makes available for you to borrow or keep. Check out the book table at Wednesday evening class; there may be something there just right for your situation!**

## Upcoming Community Event

**Leslie Vernick Workshop:**

***"I'm Not Okay When You're Not Okay:***

***Defining my problem, your problem, and our problem."***

The workshop is on **Thursday, February 16th** and you can choose either a **12 PM ET** or **7:30 PM ET** spot.

Women have been told to just try harder, love more, submit, be more sexual, and pray more. These instructions are supposed to be a path to transformation for their marriage and their man.

But that approach simply **feeds** the selfish monster in your house who believes he's entitled to a good marriage regardless on how he seriously sins against you. Especially if he said he's sorry.

Instead, I believe YOU can discern what is truly from God, what He wants for you, and the difference between truth and lies. Real repentance and empty words. **I want to help you cut through the noise.**

**Use this link** to register and save your seat at this valuable workshop!

**[REGISTER FOR WORKSHOP](#)**

Selah  
EMPOWERS

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 (616) 510-6305

 [selah-empowers.org](http://selah-empowers.org)



## Upcoming Events and Classes

### LEVEL ONE—JOURNEY TO UNDERSTANDING

These classes will help bring clarity and validation to what you are experiencing.

Online Only: 10—11:30 am, Wednesdays

Online and In-person: 7-8:30 pm, Wednesdays

Online link for **LEVEL ONE ONLY**:

To receive the link for online access to classes please reach out to [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)

February 15: Abuse and Faith Issues

February 22: Self Esteem

March 1: Lisa Dean, CDFA Financial Advisor, AM and PM

March 8: Kendra Ortega, Family Law Attorney, PM Only (AM Class will have different topic)

March 15: **Chair Yoga at HomFlats** See page 3 for info.

### LEVEL TWO —STRENGTH FOR THE JOURNEY

These classes focus on finding the strength needed as you make decisions for your situation.

This week we start a new series working with Lisa TerKeurst’s latest book/workbook/video ***Good Boundaries and Goodbyes, Loving Others Without Losing the Best of Who You Are.***

Books are available through Selah if you'd like to go deeper, and workbooks will be provided for those attending classes in person or online. We’re hearing great reviews already! Can’t wait to dig in!

Online and In-person: 7-8:30 pm, the same dates as Level One.

Online link for **LEVEL TWO ONLY**: To receive the link for online access to classes please reach out to [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Elisabeth Richards

### Evening Child Care Facilitator:

### Greeters:



Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

Meeting Location and More Info ....

[selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)

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## Need a Stress Reliever??



Kristi Henderson  
Trauma-Informed Yoga  
Instructor

Selah is excited to announce it will be holding a women's-only **Yoga Class** on March 15th that will focus on releasing trauma from our minds and bodies. We will be experiencing **chair yoga** which can be less physically demanding but still a great workout and will be led by Kristi Henderson, certified trauma yoga instructor!

Trauma-informed yoga is practiced in a safe space where you and your boundaries are respected. Kristi will help us learn how to control and manage what our bodies and minds are going through and as you combine movement and breath, build back those mind/body connections. Join us and find new ways to improve your overall health! Feel free to invite someone you may know who struggles to release the stress from trauma, whether emotional, physical, or psychological. So put on some comfy clothes, grab a water bottle and come on out for a new and fun experience!

Please RSVP for class and child care. Send RSVP's to [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org) by Monday, 3/13/2023.

**Date: March 15, 2023**

**Time: 7 - 8:30 pm**

**Location: HomFlats 28 West,  
1401 Prairie Pkwy SW, Wyoming, MI 49509**

(Community Room is just a few doors down from the leasing office.)

Link to map:



**Group Agreement:** We ask that everyone read the Group Agreement attached to the email. Attending the classes means you have read and agreed to the group agreement.

**Childcare:** Please let us know ahead of time if you will need childcare, however, we know schedules change, so if you don't get a chance to let us know before class that will be fine too.

**Safe Environment:** We want to provide a confidential and safe environment for everyone to share and receive support. We also recognize that some material covered in this group is sensitive and can be triggering. Please practice healthy self-care and let us know if you are feeling overwhelmed or need to speak privately.

### Evening Class Meeting location:

Heritage Christian Reformed Church,  
3089 84th Street, Byron Center, MI  
49315.

**Enter** under 'the ark' sign or door  
on northwest corner of building.