



Pause & Find Strength

News Blurb from Selah Empowers

Vol. 2 Issue 8

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Message from the Selah Team



For those of you that don't know me, I joined the Selah team June 2022 and have been helping with advertising, raising funds to support Selah, doing some marketing and anything else that seems to come up. I'm Paula and I'm thrilled to be a part. However, the best part of being involved with Selah is I get firsthand stories of how Selah is helping and meeting needs; yours, those that have come before you, and those that have yet to come! I know God is busy preparing us and you for how we will meet those needs in 2023.

Paul Wigboldy

Director of Development & Marketing

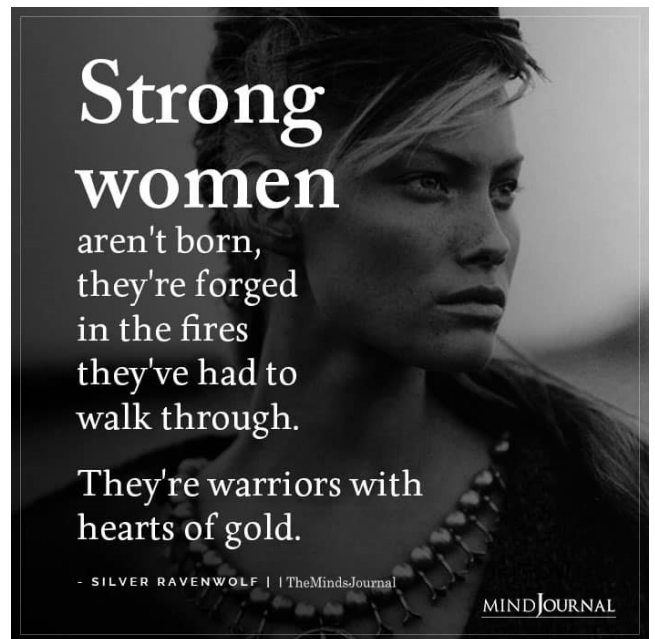
And I hope that term "we" used in the last sentence didn't give you pause! Because, I have to tell you, it's amazing to watch from a distance to see how you meet each other where you're at! You support, you care, you encourage, you give space, you smile, you hug, you walk beside, you catch tears, you give high fives, you LOVE! And after what you've been through, you wondered if you could ever LOVE again! And here you are, loving others that you didn't know a month or two ago! Your ability to love is such a gift!

Thank you for choosing Selah as your place! Your safe space! To take, share, and give love! Consider the fact that you are loved by a God that could create a world! It's no fluke that He gave you love to share! Let's make it a goal this month, to show love to someone that would never expect it from you! God will double it up on impact! ~ Paula

Community Event

Inviting all single parents – dads and moms!

Join us for an evening of food, fun, practical dating advice, and Q & A with single parent panelists. Kids program for infant-5th grade available. Dawn VanderWerf, the founder of Single Parent Missions, will be the main speaker. This event is free of charge. [Use this link](#) to let them know you're coming. Hors d'oeuvres and beverages will be provided. February 23, 6:30 – 8:00pm at The Dock, 4669 S Division SW Wyoming MI.



Strong women

aren't born,
they're forged
in the fires
they've had to
walk through.

They're warriors with
hearts of gold.

- SILVER RAVENWOLF | TheMindsJournal

MIND JOURNAL



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

To receive the link for online access to classes please reach out to selah.empowers@gmail.com.

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 will continue with the series *Good Boundaries and Goodbyes, Loving Others Without Losing the Best of Who You Are*. Last week’s study prompted great conversation and community in the group as we discussed the concept of boundaries as a protective measure for ourselves vs. a control mechanism we impose on others, hoping they will live up to our expectations. Next study reflects on “A relationship can only be as healthy as the people in it”. Can’t wait to see where this takes us! Please join us either online or in person.

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

To receive the link for online access to classes please reach out to selah.empowers@gmail.com.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC

Evening Child Care Facilitator:



Shirley Ritsema



Elisabeth Richards

Greeters:



Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

Meeting Location and More Info

selah.empowers@gmail.com

(616) 510-6305

selah-empowers.org



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 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.