



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 19

Page 1 of 3

## New Class Series Coming to Selah Level One!

This June, join us for a new, deeper look into the dynamics of a power and control-based relationship. Once you understand what is happening, you can now make some different choices. But, what can you do differently? Since you can only change your own behavior, let us help you walk through some different strategies that you can utilize to become more proactive instead of reactive to the patterns that you can get into. We will explore possible responses you might encounter and how you can continue to engage in different ways. We think this will be a helpful look at still understanding an unhealthy or abusive relationship if you are new to this learning. It will be packed with tidbits that you can start to practice right now. We look forward to you joining us to engage in new habits!

Additionally, new special events, guests and topics are in the planning stages for July and August! Stay tuned for updates as details are finalized. Selah is looking forward to engaging in new ways and doing summer differently with all of you!

### Attorney Stephanie Judd - Guest Speaker on May 24th!



**Stephanie L. Judd**

Attorney/Partner  
Judd & Fricke  
stephanie@juddandfricke.com  
Direct Line: 616.802.0333

Stephanie focuses her practice exclusively in the area of family law, and strives to provide her clients with an unparalleled level of personal service.

With an extensive background in family law including divorce, child custody, support, paternity, and adoption matters, Stephanie consistently monitors new developments in the law in order to provide her clients with the most effective representation possible.

Don't miss this opportunity to have your legal concerns addressed by another wonderful partner of Selah's. Stephanie will be online for the morning class on May 24th and online and in person that evening.

*"We won't get healthy results from unhealthy relationships."*

*~Lysa TerKeurst*



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Page 2 of 3

## 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 a link to the online classes please email [Selah.empowers@gmail.com](mailto:Selah.empowers@gmail.com)

- May 10: Faith Issues and Relationship Abuse
- May 17: Self Esteem
- May 24: Attorney Stephanie Judd, Guest Speaker AM & PM
- May 31: No Classes

#### June Series:

**Stay tuned for a new series of classes planned for the 4 weeks of June with new possibilities also being discussed for July and August!**

### LEVEL TWO —STRENGTH FOR THE JOURNEY

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

We are continuing with the Lysa TerKeurst book *Good Boundaries and Goodbyes, Loving Others Without Losing the Best of Who You Are*. This week we will begin discussing Chapter Seven *Just Because they Say It Doesn't Mean We Have to Own It*. This week we'll look at the **unhealthy habit** of taking ownership of other's opinions of us, words they speak to us or actions that take toward us. Come join us for great discussion and discovery!

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

To receive a link to the online classes please email [Selah.empowers@gmail.com](mailto:Selah.empowers@gmail.com)

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



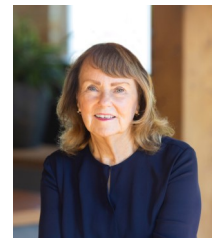
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

### Greeters

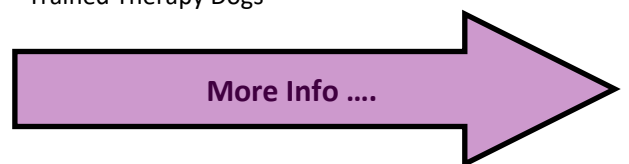


Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

### Childcare



Elisabeth Richards



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

(616) 510-6305

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





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Page 3 of 3

**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.

**Selah is grateful to be partnering with these local counseling centers:**



## How Can We be in Prayer For You?

In Selah online and in person classes, facilitators often extend the opportunity for participants to share a prayer request. These are anonymously passed along to a team of individuals who are



committed to praying over Selah, it's leaders and most especially for Selah participants. If you have a prayer request you would like to

submit, please feel free to do so by dropping an email to [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org). Your email will be handled with confidentiality, care, and covered in prayer!

To locate a food pantry near you search: <https://www.feedwm.org/findfood/> (active link at end of this email).