



Pause & Find Strength

Latest Class & Event Info

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Level One Evening Class New 4 -Week Series Starts June 7th!

Selah’s evening group facilitators, Shari Murdock and Misty LaFree have been working hard to develop a new series of classes for you! These classes will be more interactive and will provide you with new tools and understanding you can begin to implement right away. You don’t want to miss these!

June 7: Karpman Drama Triangle: Learn the 3 roles we can fall into trying to satisfy ourselves through other people and ways to change those interactions/views of yourself.

June 14: Stinkin' Thinking: Common thought patterns that keep you stuck and ways to break them.

June 21: Practicing Boundaries: Working on goal setting and communication styles. Developing personalized outcomes.

June 28: Emotional Detachment: Keeping your self-esteem intact while working with someone who does not show you respect.

~ *Reminder* ~

There are no Selah classes this week! Pursue activities that feed your soul, bring peace to your heart, and leave you closer to God.

The Next Right Thing

By Emily P. Freeman

In researching new materials for a Selah class, the book *The Next Right Thing* came to our attention as a possibility. Emily P. Freeman notes there are two movements the book goes back to over and over. **The first is the concept of becoming a soul minimalist – clearing clutter and creating space for silence, letting your soul know it’s safe to come out, and making room to listen.** On that she writes, “We’re letting everyone else’s agenda live for free in the sacred space of our creative mind, and it’s time for an eviction. This space is necessary for ideas to form, for questions to rise up, for hope to weave her way into our vision for the future, and for the dots of decision to begin to connect in the quiet places of our mind and heart.”

The second movement is the practice of holding space long enough to name the unnamed things. She talks about each of us having our own story with a beginning, middle, and end. To remember today as a plot point and not the whole story. She adds, “If you take time to name something that has remained unnamed within you – a fear, a loneliness, a heartbreak, a dream, or a regret – resist the urge to grab and go. Instead, give that name some space to rise up and take shape. Hold it in the presence of Jesus. Ask him for direction and wisdom. Name it but don’t force a definition”.

This is just a brief glance of what awaits in *The Next Right Thing*. If you’re feeling paralyzed by big decisions maybe it’s time to sift that down to just the next right thing in front of you. To learn to sit with God in your indecision and find greater union with him as you work back toward certainty and clarity in your decision-making.



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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

NO CLASSES THIS WEEK

May 31: No Classes

AM Classes

June 7: Power & Control

June 14: Verbal/Psych. Abuse

June 21: Characteristics of Abusers-I

June 28: Characteristics of Abusers-II

PM Classes: Strategies to become proactive when dealing with power and control issues. Join Shari and Misty for a fresh look at this topic.

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*. **Next week** we will be discussing Chapter Ten, *Can a Good Bye Ever Really Be Good?*

How's that homework coming? Take a few quiet moments to reflect on what you need to feel respected, healthy, and safe, and conversely, what makes you feel the opposite of those. Or perhaps write a reflection statement using pages 150-151 as a guide from our current book, *Good Boundaries and Good Byes*. See you next week!

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

No Classes This Week.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



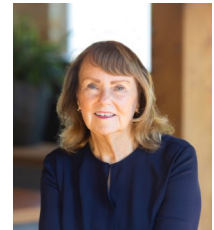
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Greeters



Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

Childcare



Elisabeth Richards

More Info





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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. 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).