



Pause & Find Strength

Latest Class & Event Info

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Movement for Healing

Led by Kristi Henderson, Yoga Instructor

Tuesday, June 20, 2023

6:30 - 8:00 pm

Location:

Heritage CRC

3089 84th Street SW, Byron Center, 49315

This is a FREE Selah-sponsored event!

Save the date and watch for another class in July and August for a fun summer series!

Stay tuned! Selah is working on additional events outside of regular classes during the summer months for you and some with activities for your kids too! We are looking forward to time with each of you outside the classroom!

Level One Evening Class

New Series Continues This Week!

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! See the class schedule on page two for more info.

“I'm not confused.
I'm just well mixed.”

-Robert Frost-



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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

Contact selah.empowers@gmail.com for the online link to these classes.

AM Classes

June 14: Verbal/Psych. Abuse

June 21: Characteristics of Abusers-I

June 28: Characteristics of Abusers-II

July 5: No Class for Holiday Break

PM Classes

Stinkin' Thinking

Practicing Boundaries

Emotional Detachment

No Class

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



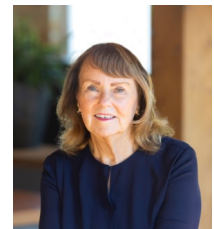
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

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 be discussing Chapter Eleven, *I'm not Walking Away, I'm Accepting Reality*, or as someone last week paraphrased this, "I'm not giving up, I'm walking in truth". Join us for great conversation as we discover new truths about boundaries and how Jesus modelled them for us. See you soon!

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

Contact selah.empowers@gmail.com for the online link to this class.

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).