



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 24

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## Movement for Healing

Led by Kristi Henderson, Yoga Instructor

**TONIGHT: June 20, 2023**

**6:30 - 8:00 pm**

Location:

**Heritage CRC**

3089 84th Street SW, Byron Center, 49315

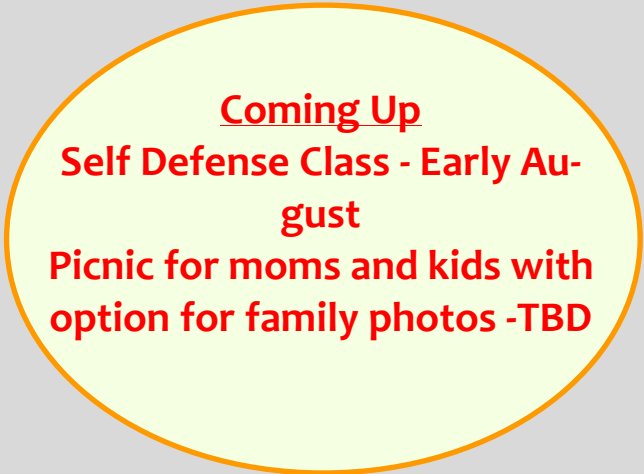
This is a FREE Selah-sponsored event!

Childcare will be available.

**Just confirmed! Movement for Healing will**

**Also be held on July 18th, and August 22nd.**

**Save those dates!**



**Coming Up**

**Self Defense Class - Early August**

**Picnic for moms and kids with option for family photos -TBD**

## 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.

"Stop walking through the world looking for confirmation that you don't belong. You will always find it because you've made that your mission.

Stop scouring people's faces for evidence that you're not enough. You will always find it because you've made that your goal.

True belonging and self-worth are not goods; we don't negotiate their value with the world. **The truth about who we are lives in our hearts.**


Our call to courage is to protect our wild heart against constant evaluation, especially our own. No one belongs here more than you."

*Brené Brown, Braving the Wilderness:*

*The Quest for True Belonging and the Courage to Stand Alone*



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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

Please email [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for the link to join classes online.

#### AM Classes

June 21: Characteristics of Abusers-I

June 28: Characteristics of Abusers-II

July 5: No Class for Holiday Break

#### PM Classes

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 Twelve, *A Million Little Funerals*. We'll talk about the grief of loss and how to move toward healing. 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.

Please email [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for the link to join classes online.

#### 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](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).