



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 20

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Reclaiming your sense of self, your individual identity apart from anyone else and their relationship with you, is one aspect of becoming healthier we often discuss in Selah’s level two classes. We ask ourselves, “Who Am I?” and work at identifying what we need to feel respected, safe, and healthy in our interactions with others. There are not quick and easy answers and it takes work to bring clarity back into our lives when we live in a haze of chaos and confusion. So to provide a starting point consider the lyrics of *Casting Crowns’* song “Who Am I” to begin your own journey in reclaiming who you are.

## Who Am I

Who am I, that the Lord of all the earth  
Would care to know my name, would care to feel my hurt?

Who am I, that the Bright and Morning Star  
Would choose to light the way for my ever wandering heart?

Not because of who I am, but because of what  
You've done  
Not because of what I've done, but because of who  
You are

I am a flower quickly fading, here today and gone  
tomorrow  
A wave tossed in the ocean, a vapor in the wind  
Still, You hear me when I'm calling, Lord, You catch  
me when I'm falling

And You've told me who I am  
**I am Yours, I am Yours**

Who am I, that the eyes that see my sin  
Would look on me with love and watch me rise  
again?

Who am I, that the voice that calmed the sea  
Would call out through the rain and calm the storm  
in me?

Still, You hear me when I'm calling, Lord, You catch  
me when I'm falling  
You've told me who I am (I am)

**I am Yours**

**I am Yours, I am Yours**

**Whom shall I fear? Whom shall I fear?  
'Cause I am Yours, I am Yours**

### Level One Evening Class

#### New 4 -Week Series Starts 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.

### Movement for Healing

Led by Kristi Henderson, Yoga Instructor

Tuesday, June 20, 2023

6:30 - 8:00 pm

Location TBD

(Bryon Center area)

This is a FREE Selah-sponsored event!

Save the date!



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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](mailto:selah.empowers@gmail.com) for a link to the online class.

#### 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

Karpman Drama Triangle

Stinkin' Thinking

Practicing Boundaries

Emotional Detachment

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



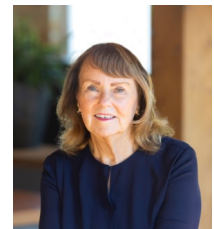
Shari Murdock



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 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.

Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for a link to the online class.

#### Greeters

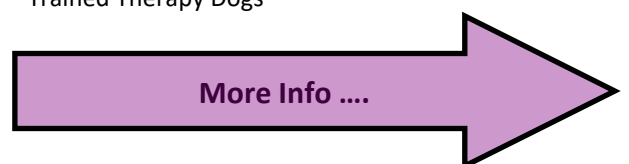


Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

#### 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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**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).