



Pause & Find Strength

Latest Class & Event Info

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Forgiving What You Can't Forget

Authored by Lysa TerKeurst

In her book *Forgiving What I Can't Forget*, Lysa TerKeurst acknowledges that forgiveness can feel like a dirty word when you're still reeling from hurt and loss but also that freedom from unforgiveness doesn't mean instant healing for all the emotions involved. It takes time ... "deep emotions often come over us in a rush but don't leave at the same pace". In this book Lysa talks about what forgiveness is and is not. She describes cynicism, bitterness, resentment, delays, and trust issues as the soldiers of unforgiveness and then counters with options to withstand the assault and how to walk the path from hurt to healing. If you want to know more about being released from these heavy emotions, have a desire to "see beautiful again" and learn the difference between redemption and reconciliation this might be a good read for you!



Upcoming Summer Events!

Movement for Healing
Led by Kristi Henderson, Yoga Instructor
July 18th and August 22nd, 2023
6:30 - 8:00 pm
Location: Heritage CRC
3089 84th Street SW, Byron Center, 49315
This is a FREE Selah-sponsored event!
Childcare availability TBD. Stay tuned!

Self Defense Class
Provided by Karate Built
August 4, 2023
6:00 - 8:00 pm
Location: 6469 28th Street SE, Grand Rapids, MI 49546
There will be no charge for Selah participants.
This class is open to ages 12 and up but no childcare can be provided for those younger than 12.
Please send your RSVP to sharim@selah-empowers.org to reserve your spot!

Summer Picnic!
August 31, 2023
Lawn Games for Kids! Bonfire!
Held at Heritage CRC
3089 - 84th Street SW, Byron Center, MI 49315
Hotdogs, fixings and dessert provided but you are welcome to bring a dish to pass. Bring your lawn chair(s)!



- selah.empowers@gmail.com
- (616) 510-6305
- selah-empowers.org



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Upcoming 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 reach out to selah.empowers@gmail.com for the link to joining classes online.

AM Classes

July 12: Cycle of Abuse/Trauma

July 19: Effects of Trauma on Child.

July 26: Abuse and Faith Issues

August 2: Self Esteem

August 9: Legal Advisor Presenter

August 16: Special Topic

PM Classes

Power and Control
Verbal & Emotional Abuse
Characteristics of Abusers -I
Characteristics of Abuser -II
Cycle of Abuse/Trauma
Lisa Dean-Financial Advisor

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

LEVEL TWO —STRENGTH FOR THE JOURNEY

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

This week we are excited to open our new study materials, *Forgiving What You Can't Forget*, another excellent book by Lysa TerKeurst! Together we'll find the "ability to see beautiful again" and how forgiveness is the weapon to make that happen. She describes this book as "a journey where you'll discover new ways, healthy and helpful ways, to process pain". Lots of great information and insights waiting for us. Looking forward to walking this journey with each of you!

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

Please reach out to selah.empowers@gmail.com for the link to joining classes online.

More Info ...

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EMPOWERS

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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).