



# Pause & Find Strength

Latest Class & Event Info

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## 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 will be available!

**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](mailto:sharim@selah-empowers.org) to reserve your spot!

**Summer Picnic!**  
**August 31, 2023**  
 Lawn Games for Kids! Bonfire!  
 Held at Heritage CRC  
 3089 - 84<sup>th</sup> 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](mailto:selah.empowers@gmail.com)
-  (616) 510-6305
-  [selah-empowers.org](http://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

To join classes online email [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for more information.

#### AM Classes

**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

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



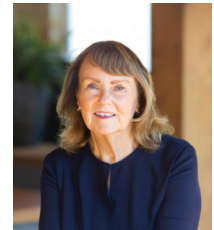
Shari Murdock



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 dig into Chapter One, Forgiveness, The Double-Edged Word of our new study material, *Forgiving What You Can't Forget*, by Lysa TerKeurst! 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.

To join classes online email [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for more information.

More Info ....

Selah  
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](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).