



Pause & Find Strength

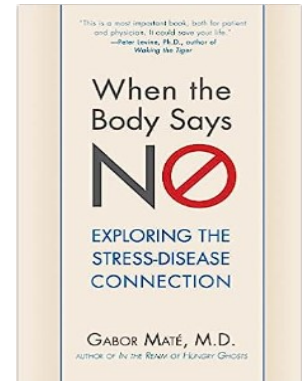
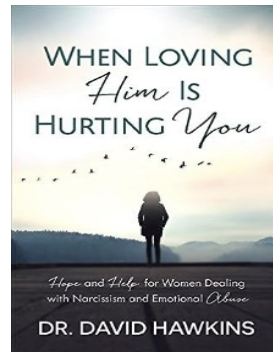
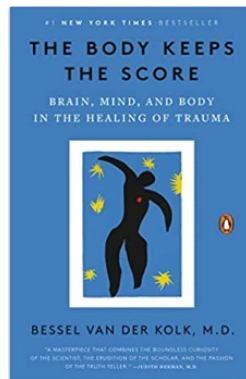
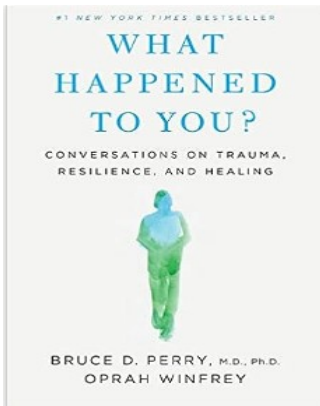
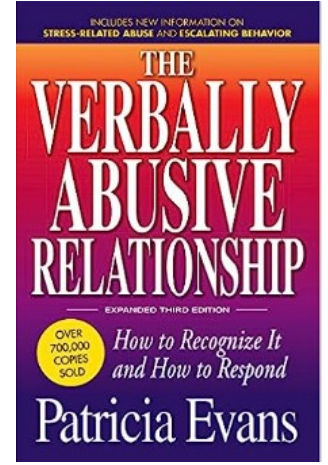
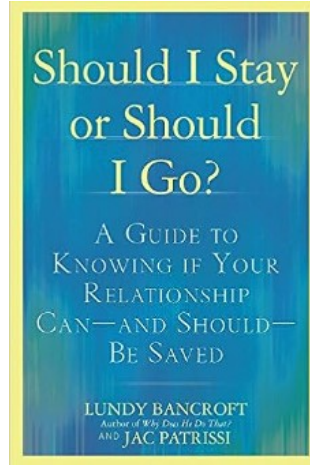
Latest Class & Event Info

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Read any good books lately?

Part of the journey to recognize, acknowledge and move toward restoration and healing from abuse is self-education. In Selah we see those that invest in themselves in this manner, along with therapy and connecting with a community like Selah where they can be understood and validated, are the most likely to experience forward movement to reclaiming their identity and self-esteem. To support these efforts Selah offers a variety of books from its 'library' at Wednesday evening classes. Below are just a few of the titles currently available with new titles arriving regularly. Wondering which one would be a good place to start for you? Just ask! Selah is here to walk beside you on this journey!



Upcoming Summer Events!

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!

Movement for Healing
 Led by Kristi Henderson, Yoga Instructor
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!

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

Online link for **LEVEL ONE ONLY** is in the body of the email with this newsletter.

AM Classes

- Aug. 2: Self Esteem
- Aug. 9: Karpman Drama Triangle
- Aug. 16: Stink'n Think'n
- Aug. 23: Practicing Boundaries
- Aug. 30: Emotional Disengagement
- Sept. 6: Power and Control
- Sept. 13: Verbal/Psych Abuse
- Sept. 20: Character. Of Abusers-I
- Sept. 27: Character. Of Abusers-II

PM Classes

- Characteristics of Abuser -II
- Cynthia Rathburn, Legal Advisor
- Lisa Dean, Financial Advisor
- Cycle of Abuse/Trauma on Brain
- Effects of Trauma on Children
- Abuse/Faith Issues
- Self Esteem
- Power and Control
- Verbal/Psych. Abuse

LEVEL TWO — STRENGTH FOR THE JOURNEY

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

Forgiving What You Can't Forget by Lysa TerKeurst has been challenging us to consider what parts of our hearts still need healing before we can move forward. She reminds us our hearts are much too beautiful a place for unhealed pain and our souls are much too deserving of freedom to stay stuck. If you're tired of the emotional chaos and long to heal and move forward, please consider joining us as we journey toward restoration together. **This week we will review chapter 3 and start on chapter 4 if time allows.**

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

Online link for **LEVEL TWO** is in the body of the email with this newsletter.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



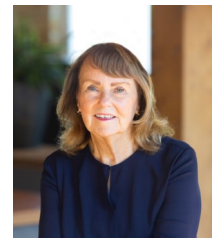
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Greeters

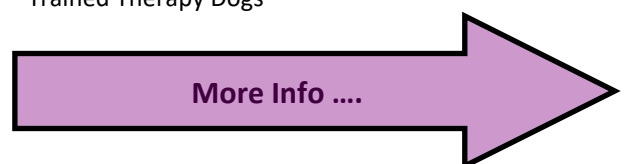


Kim Diekevers
& Kayden or Karly or Lettie
Trained Therapy Dogs

Childcare



Elisabeth Richards



More Info



selah.empowers@gmail.com



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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).