



Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 34

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TOMORROW!

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!

NEXT WEEK!

Summer Picnic!

August 31, 2023

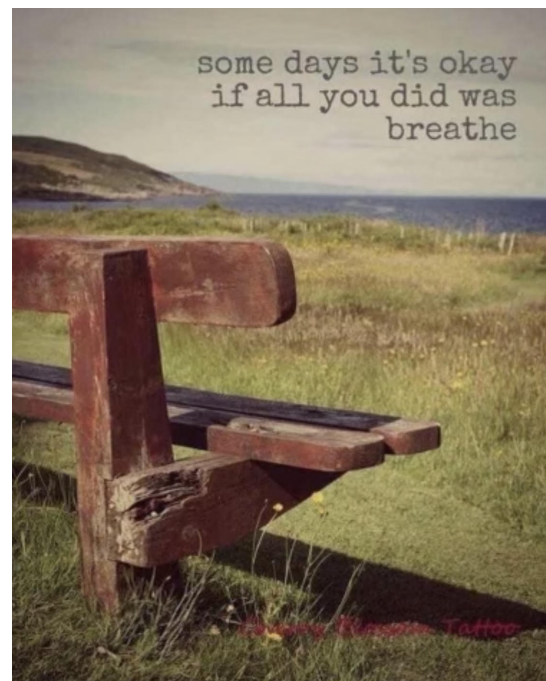
Lawn Games for Kids!
Bonfire!

Held at Heritage CRC
3089 - 84th Street SW,
Byron Center, MI 49315

Hotdogs, fixings and dessert
provided but you are wel-
come to bring a dish to pass.
Bring your lawn chair(s)!

Who do you know?

Selah has a volunteer opportunity that will require someone skilled with attention to detail, meeting deadlines, posting to multiple media platforms, and experience with developing media content and familiarity with a variety of publishing software i.e. Word, Publisher, as well as working with PDF and JPEG formats. This will require a commitment of 4-6 hours per week. If you know of anyone please have them reach out to Shirley Ritsema at shirleyr@selah-empowers.org. Thank you!



Selah
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selah.empowers@gmail.com



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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 contact selah.empowers@gmail.com to receive the link to join classes online or more info on how to join in person.

AM Classes

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

Oct. 4: Cycle of Abuse/Trauma

Oct. 11: Effects of Trauma on Child.

Oct. 18: Abuse/Faith Issues

PM Classes

Cycle of Abuse/Trauma on Brain

Abuse/Faith Issues

Effects of Trauma on Children

Self Esteem

Power and Control

Verbal/Psych. Abuse

Characteristics Of Abusers-I

Characteristics of Abusers-II

Cycle of Abuse/Trauma

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLC



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 will dig into **Chapter 5**, Collecting the Dots, as Lysa TerKeurst helps us take a look back at how our experiences from childhood may have engrained a perspective of forgiveness that can differ from Biblical example. Looking forward to more great discussion with all of you!

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

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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.

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/>

Selah is grateful to be partnering
with these local counseling centers:



Search "Addalock" portable door lock on Amazon



Search Monsin Wedge Alarm on Amazon

If one of these items would help ensure your safety but you cannot afford one, please reach out to Selah!

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