



# Pause & Find Strength

Latest Class & Event Info

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## DON'T MISS IT!

### Summer Picnic!

**Thursday, August 31, 2023**  
**6 - 8 pm**

**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 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](mailto:shirleyr@selah-empowers.org). Thank you!

### Are You Always Running on Empty?

**Overwhelmed? Emotionally and mentally worn out? Confused by your situation?**



Don't feel like you are the only one that can refill your tank! Selah offers a safe space to learn more about what you may be experiencing and the opportunity to be surrounded by a community of support where you are heard and validated. Please don't walk this journey alone. Check out the ongoing classes developed to address your needs and other Selah resources in this newsletter and at our website at [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**

If you would like to join a class in person or online reach out to [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com).

#### AM Classes

- 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
- Oct. 25: Self Esteem

#### PM Classes

- 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
- Effects of Trauma on Children

### 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 **Chapters 6 and 7 (if we have time!)** Connecting and Correcting the Dots, as Lysa TerKeurst walks us through sorting out how childhood experiences can inform adult perspectives. We have the best discussions! Reach out to Shirley Ritsema at [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org) to learn how to join in!

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

If you would like to join a class in person or online reach out to [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



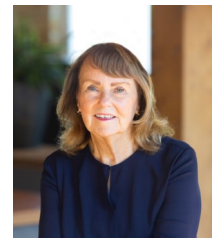
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

#### Greeters

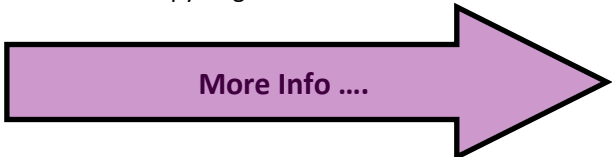


Kim Diekevers  
& Kayden or Karly or Lettie  
Trained Therapy Dogs

#### Childcare



Elisabeth Richards



[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.

## 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/>

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!**



- [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)
- (616) 510-6305
- [selah-empowers.org](http://selah-empowers.org)