



Pause & Find Strength

Latest Class & Event Info

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Follow up to Selah-Sponsored Self Defense Class

For those who were able to attend last Friday's Self Defense class, it was a great experience! We were able to be reminded or learn some great tools about using our confidence to be safe. Using a loud voice to let someone know you don't like their proximity to you can draw attention which is exactly the opposite of what an attacker would hope for. Also if you feel like someone is following your car, don't drive home, instead, drive to a well-lit public store or a police station. From there you can decide if you were being followed and you are closer to help, plus you didn't lead them to your home.

There are also a couple of tools for your home or that can travel with you. The Addalock can add a locking feature to a door with just a knob and you can take it anywhere with you. The door wedge can be placed under any room door (also portable!) And will make a loud noise when the door is opened and triggers it. This has the potential to scare someone off who isn't supposed to be there and also wake you so you can call for help if needed. Simple reminders and tools, but they may be lifesavers! We hope you will be able to attend the next time we host a Self-Defense class, but until then, Stay Safe! **If you have a need for either of these items but cannot afford one, please reach out to Selah.**



Click [Here for the Addalock](#) Portable door lock

Click [Here for the Wedge Alarm](#)

Upcoming Summer Events!

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

To join classes online, contact selah.empowers@gmail.com for the link.

AM Classes

- 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

- Cynthia Rathburn, Legal Advisor
- Lisa Dean, Financial Advisor
- Cycle of Abuse/Trauma on Brain Abuse/Faith Issues
- Effects of Trauma on Children 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.

This week we will wade into **Chapter 4** as Lysa TerKeurst acknowledges the chaos of emotion we often live with during and after abuse but challenges us to consider that our ability to heal is not dependent on anyone else's choices, that it may never feel "fair or just", that healing can *begin* even if there has been no resolution or restitution. Join us for great discussion as we study Forgiving What You Can't Forget by author Lysa TerKeurst.

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

To join classes online, contact selah.empowers@gmail.com for the link.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



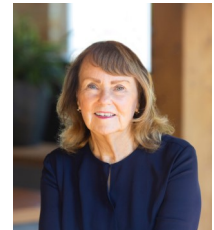
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Greeters



Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

Childcare



Elisabeth Richards



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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).