



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 37

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## Home Repairs?? Vehicle Maintenance??

Do these leave you confused and frustrated?? As Selah’s Education Coordinator, Shari Murdock is always looking for more ways to meet the needs of Selah women. Up next on her list of ideas is a workshop on basic home and vehicle maintenance! But before she can put this together, she needs to know a little more about your availability, experience, and level of expertise (or lack of expertise!). Please click [HERE](#) for the link to complete and submit a short survey so Shari can plan well to develop a great workshop geared to your interest and needs! Questions can be directed to [sharim@selah-empowers.org](mailto:sharim@selah-empowers.org).

### VOLUNTEER NEEDED!

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!

## SURVIVING THE HOLIDAYS

With Help From

### DIVORCE CARE

Group Support for separated or divorced individuals who are anticipating the Holiday Season.

**Where:** Heritage Christian Reformed Church  
3089 84th Street SW, Byron Center, 49315

**When:** October 21, 2023, 9 am-12:00  
Childcare will be provided.

Register at link in email or by contacting Elisabeth Richards at: [erichards@heritagecrc.net](mailto:erichards@heritagecrc.net)

“Grief does not demand pity; It requests acknowledgment.”

— Jude Gibbs



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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 at [selah-empowers@gmail.com](mailto:selah-empowers@gmail.com) for a link to joining classes online or info on how to join in person.

#### AM Classes

- 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
- Nov. 1: Guest Speaker
- Nov. 8: Guest Speaker
- Nov. 15: Power and Control

#### PM Classes

- Effects of Trauma on Children \*
- Power and Control
- Verbal/Psych. Abuse
- Characteristics Of Abusers-I
- Characteristics of Abusers-II
- Cycle of Abuse/Trauma
- Effects of Trauma on Children
- Guest Speaker
- Guest Speaker
- Abuse/Faith Issues

\* This topic was scheduled for last but due to unexpected illness was switched to this week. The handouts for the Self Esteem class held last week are attached to the email for your review.

### 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 review **Chapter 9, Boundaries that Help Us Stop Dancing with Dysfunction.** Let's see what God reveals to us through Lysa TerKeurst this week. 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.

Please contact Selah at [selah-empowers@gmail.com](mailto:selah-empowers@gmail.com) for a link to joining classes online or info on how to join in person.

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



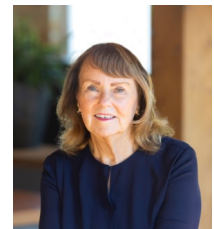
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

### 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)