



Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 44

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Guest Speaker Kendra Ortega, Attorney



Kendra Ortega, Attorney
616-326-4324

This week Wednesday, November 1st, Selah welcomes attorney Kendra Ortega to the morning class online and evening class in person and online. Kendra is a trusted advocate for women experiencing abuse and has been helping Selah women successfully navigate legal issues, bringing clarity to the legal tangles that arise when considering dissolution of marriage, providing insight to important factors to consider before any steps are taken. Kendra will be addressing a wide variety of concerns to consider including custody and support, prior litigation, physical injunctions, family health and social issues, property and more. Don't miss this opportunity to connect with Kendra and have your questions addressed!

Lyrics to: "The wounds is Where the Light Gets In"

I was halfway up the mountain
when the rocks I held gave way
I came tumbling like an avalanche
to the bottom where I lay
And with the taste of blood and
the twist of bone my healing could begin
'Cause the wound is where the light,
the wound is where the light
The wound is where the light gets in
I have stood there like a hostage
with a knife held to my vein
Captive to the poison that
I took to numb the pain
'Cause everybody wishes they
were born with thicker skin
But the wound is where the light,
the wound is where the light
The wound is where the light gets in

It's tricky how the heart works
When the break ups and the big jerks
Make us never wanna hurt that way again
Maybe I'm naive
But in very scar I see
The place where love is trying to break in
'Cause the wound is where the light gets in

You can recognize a saint by
the scars they don't disguise
You can pick a real sinner
by the kindness in their eyes
So if you're stumbling in the dark
and bleeding at the shin
Remember the wound is where the light,
the wound is where the light
The wound is where the light gets in

The wound is where the light,
the wound is where the light
The wound is where the light gets in



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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 receive access to a class online or in person please reach out to selah.empowers@gmail.com.

AM Classes

- Nov. 1: Kendra Ortega, Attorney
- Nov. 8: Guest Speaker
- Nov. 15: Power and Control
- Nov. 22: NO CLASS
- Nov. 29: Verbal/Psych. Abuse
- Dec. 6: Karpman Drama Triangle

PM Classes

- Kendra Ortega, Attorney
- Lisa Dean, Financial Advisor
- Abuse/Faith Issues
- NO CLASS
- Self Esteem
- Karpman Drama Triangle

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



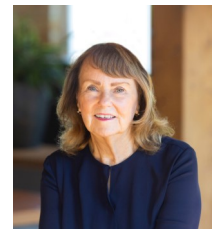
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Childcare



Elisabeth Richards

LEVEL TWO —STRENGTH FOR THE JOURNEY

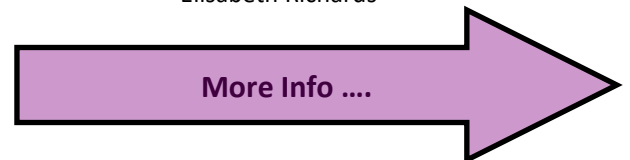
These classes focus on finding the strength needed as you make decisions for your situation.

This week we start the book *Becoming Myself, Embracing God's Dream of You* by Stasi Eldredge. This is a hope-filled book that Stasi shows her readers how God is faithfully bringing us to a life of freedom and wholeness. Looking forward to seeing how God will use the author's wisdom to impact us!

If you need a book or want to join in please reach out to Shirley Ritsema at shirleyr@selah-empowers.org.

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

To receive access to a class online or in person please reach out to selah.empowers@gmail.com.



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(616) 510-6305



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. Your email will be handled with confidentiality, care, and covered in prayer!



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





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COMMUNITY RESOURCES



HYGIENE PANTRY

3500 Byron Center Ave (616)528-4014
Wyoming, MI 49509 lighthousewy@gmail.com

To locate a food pantry near you search:
<https://www.feedwm.org/findfood/>

SAFETY



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!



mi.gov/agacp ag-acp@mi.gov 313-456-0190



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- (616) 510-6305
- selah-empowers.org