



Pause & Find Strength

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Messages of Thanksgiving from Your Selah Team

Dear Selah Sisters,

This is the hardest journey you will ever take, but you are not alone! We are on this road together, and although you may have started this journey by asking Selah to come alongside you, you have become an immeasurable blessing to me and to every other woman in Selah! Together, we are part of a sisterhood, and even if you can't see it right now, you are growing in truth and in beauty every single day! Your inner strength - the core of that amazing woman you are - is getting stronger through every trial. Watching you grow and become who God created you to be is one of my greatest joys, and as you grow, you bring encouragement and growth to others! It's amazing to watch this happen! I am so grateful that you have chosen and trusted Selah to be part of your life's journey.

~ Vicki

To those of you in the thick of your journey out of an ugly normal into something very different, I want to thank you! Your willingness to allow us to pray for you, love you, and support you means you have healed enough to let new love in! You teach us to have a heart to walk beside brokenness, have words that support and bring care, and to use our arms to hold you and your children in times of uncertainty! Our prayer is that we can reflect Christ's love well to you! Prayers for peace and complete healing!!!

~ Paula

Grateful for the women who take the steps and reach out to Selah for help. Hope they feel the love and support that the leaders give to empower them during these difficult and scary times in their lives.

~ Ruth

I am grateful for each individual who is willing to walk through our doors (physically or virtually) and learn about something that can be scary. No one wants to think that domestic violence could be part of their world or story and just showing up to learn more could mean becoming aware of something we don't want to admit. For all the courageous women who are willing to get educated, I know they will change the trajectory not only of their lives, but of friends or daughters as well. Consider yourselves part of the butterfly effect in creating a world that stands against domestic violence.

I am grateful for the women who reach out to share not only the hard times, but also the successes! We relish celebrating with you and seeing you grow into the woman you love to be! For those who share the hard times with us, we are grateful too!! Saying things out loud can be so intimidating. But when we can share the burden together, it lightens the load for everyone. So thank you for saying things out loud to us!

~ Shari



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This season, I am grateful for how each of you rally the emotional energy it takes each week to come together as sisters on a journey toward peace in your hearts and minds, your bodies, and your homes. You inspire and strengthen each other with the gift of hope as you lift each other up through the challenges and barriers along the way. Thank you for giving each other a safe space and plenty of grace to make mistakes, grieve, release anger and anxiety. May you be reminded of God's goodness in big and small ways as He has carried you through this far, and may you find comfort in the promise that He will be faithful through it all. Happy Thanksgiving!

~ Elisabeth

Your determination for a better life and courage to seek it out is a great inspiration to us. Our thanks for trusting Selah and know that our prayers for you continue.

~ Jan

I count it a privilege to be part of each of your journeys and be witness to your resilience, strength, and courage as you embrace the hard work of healing and moving forward. The community you have built that allows you to affirm, encourage, and bless each other is so special. The laughter and tears that are shared, the hugs that given and the grace that is extended unconditionally speak clearly of your growth and offer a glimpse of the women God has called you to be. There is no doubt God is using each of you to impact others and is already using your experiences as a powerful ministry. I am so grateful for each of you!

~ Shirley

“We always thank God for all of you, mentioning you in our prayers. We continually remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ”. I Thessalonians 1:2 NIV

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