

Embracing the Belt of Truth

A Short Series from LeslieVernick.com/blog

Belt of Truth 105: Financial Wisdom and Stewardship is God's will

The truth is, you will need to make some financial separation so that you are safe.

Let's establish a personal financial safety net. This involves setting up and maintaining your own financial resources independent of your partner or family. It could mean having a personal bank account, savings, a credit card in your name only, and an emergency fund that is solely in your name and under your control.

The aim is to ensure you have financial autonomy and security, regardless of the dynamics in your relationships. This boundary is crucial in preventing financial abuse and ensuring you have the means to support yourself in times of need. Start by opening a separate bank account if you don't already have one. Allocate a portion of your income or savings to this account regularly. Be transparent with your partner about your need for financial independence, framing it as a healthy and responsible practice rather than a lack of trust.

Communication: When discussing this boundary with a partner or family member, it's important to communicate that while you value shared financial responsibilities and trust, having personal financial safety is about self-respect and ensuring mutual respect in the relationship. Who can

help you put together a financial safety plan?

Proverbs 22:7 – “The rich rule over the poor, and the borrower is slave to the lender.”

This verse highlights the importance of financial independence and the risks associated with being financially beholden to someone.

Belt of Truth 106: Forgiveness is part of the healing journey.

It's not about letting someone off the hook; it's about letting yourself move on. Forgiving is a process that helps you release anger, bitterness, and hurt so you're not carrying those heavy burdens around each day and into your future. Forgiveness is a powerful expression of the love within our soul.

“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love.” – Martin Luther King Jr.

Third in a series as compiled from:

<https://leslievernick.com/blog/embracing-the-belt-of-truth-navigating-love-and-authenticity-in-the-month-of-hearts/>

JOURNEY TO UNDERSTANDING - Caledonia

Childcare provided.

These classes will help bring clarity and validation to what you are experiencing.

In-person only: 4:30 pm, Fridays.

Address: 9028 N Rodgers Ct SE Suite E, Caledonia, MI 49316

Mar. 8: Trauma and Children

Mar. 15: Faith Issues

Mar. 22: Self Esteem

FACILITATORS



Vicki Williams



Bridget Nash, MA LPC



Shari Murdock

See page 2 for more class options!

JOURNEY TO UNDERSTANDING - Bryon Center
Childcare Provided

These classes will help bring clarity and validation to what you are experiencing.

Online and In-person: 7-8:30 pm, Wednesdays.

Address: Heritage Christian Reformed Church, 3089 - 84th Str. SW, Bryon Center, MI 49315. Enter under 'the ark' sign or door on northwest corner of building.

Online link for Journey to Understanding is in the body of the email with this

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| Mar. 6: Faith Issues | Apr. 3: Boundaries |
| Mar. 13: Self Esteem | Apr. 10: Emotional Disengagement |
| Mar. 20: Karpman Drama Triangle | Apr. 17: Codependency/Trauma Bonding |
| Mar. 27: Stink'n Think'n | Apr. 24: Children's Devel./Trauma |

SELF AWARENESS & REFLECTION - Online Only

This class is intended to expand your skills when dealing with difficult relationships.

Online Only: 10 am, Wednesdays.

Online link for Self Awareness & Reflection is in the body of the email with this newsletter.

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| Mar. 6: Forgiveness vs. Reconciliation | Apr. 3: Characteristics of Abusers -1 |
| Mar. 13: Power and Control | Apr. 10: Characteristics of Abusers - 2 |
| Mar. 20: Verbal/Emotional/Psych. Abuse | Apr. 17: Trauma and the Brain |
| Mar. 27: Legal Advisor Kendra Ortega* | Apr. 24: Financial Advisor - Lisa Dean |
| * 9:30-10:30 am this day only | |

GROWING STRONGER TOGETHER - Byron Center

Childcare Provided

This class focuses on growth and healing.

Online and In-person: 7-8:30 pm, Wednesdays.

Address: Heritage Christian Reformed Church, 3089 - 84th Str. SW, Bryon Center, MI 49315. Enter under 'the ark' sign or door on northwest corner of building.

Online link for Growing Stronger Together is in the body of the email with this newsletter.

We will meet this week and enjoy an interactive time that is not related to a book study. This will be a great time to get to know each other a bit better, enjoy some laughter, and continue to build community in our group.

Next week, 3/13, we will start a new book, *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. If you need a copy please reach out to Shirley Ritsema at shirleyr@selah-empowers.org or receive it in class on 3/13.

FACILITATORS



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW



Elisabeth Richards

Selah Childcare
Bryon Center
Location only



Shirley Ritsema

Don't miss the next pages with more info from Selah!

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:



The services and products noted below are those that Selah Empowers has become aware that may be useful given certain situations but are not intended to reflect an endorsement by Selah.

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/>



Serving Hudsonville, Jenison & Grandville
Search <https://lovewm.org/>
to learn more.



Also known as "Love Inc."
To find one near you search:
<https://www.loveinc.org/find-your-love-inc/>

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