

## Embracing the Belt of Truth

A Short Series from [LeslieVernick.com/blog](http://LeslieVernick.com/blog)

### Belt of Truth 107: Planning for the future is important while you live in the present

The truth is planning for the future is important. Work on the practical steps for your eventual separation. It gives you a sense of control and direction. A lawyer or a financial advisor can help you understand your rights and options. Journaling can be incredibly therapeutic and healing. Writing down your thoughts and feelings helps you process them. It's also a good way to track your healing journey.

### Belt of Truth 108: Practice Self-Compassion

The truth is that self-compassion will empower you to nourish your well-being. Be kind to yourself. Remember, you're going through a lot, and it's okay to have tough days. Use affirmations to remind yourself of your worth and strength. You are worthy of love and respect, and you're stronger than you know. One tough day does not need to mean two.

I know this is a challenging time, but with these steps, healing and moving forward is possible. You've got this, and remember, you're not walking this path alone.

Fourth and final installment of a series as compiled from:

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

### Restorative Yoga

The restorative impact yoga can have between mind and body in addressing trauma healing has been well documented. Selah has become aware of a local yoga studio that promotes classes that can address the residual effects trauma can have on our bodies. Check out the Yoga Zen at [yogazengr.com](http://yogazengr.com) or [theyogazen@gmail.com](mailto:theyogazen@gmail.com) or 616-536-2204 to learn more about the variety of classes they offer both in person and online. Click on the "Schedule" button on the home screen and then select "Show All". You will need to scroll to pages 2 and 3 to find **Restorative Yoga with Sandbags and Breathwork Meditation** respectively but check out their many other options too! They are even running a new client special (not a membership) of 30 days unlimited classes for just \$35.



### 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.

Location: Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or Bridget Nash \* for info.

Mar. 15: Faith Issues

Mar. 22: Self Esteem

\* [bridget@openchaircounseling.com](mailto:bridget@openchaircounseling.com)

### 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.

**Location and Link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or 616-510-6305 for this information.

Mar. 13: Self Esteem  
Mar. 20: Karpman Drama Triangle  
Mar. 27: Stink'n Think'n

Apr. 3: Boundaries  
Apr. 10: Emotional Disengagement  
Apr. 17: Codependency/Trauma Bonding  
Apr. 24: Children's Devel./Trauma

## **SELF AWARENESS & REFLECTION - Online Only** **Childcare Provided**

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

**Online Only:** 10 am, Wednesdays.

**Location and Link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or 616-510-6305 for this information.

Mar. 13: Power and Control  
Mar. 20: Verbal/Emotional/Psych. Abuse  
Mar. 27: Legal Advisor Kendra Ortega\*  
\* 9:30-10:30 am this day only

Apr. 3: Characteristics of Abusers -1  
Apr. 10: Characteristics of Abusers - 2  
Apr. 17: Trauma and the Brain  
Apr. 24: Financial Advisor - Lisa Dean

## **GROWING STRONGER TOGETHER - Byron Center** **Childcare Provided**

**This class focuses on growth and healing.**

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

**Location and Link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or 616-510-6305 for this information.

We are excited to start our new book this week, *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. Our discussions often reveal women acknowledging their loss of identity that occurs when in abusive situations. We are looking forward to uncovering new, rich spiritual truths that will help us reclaim our value, identity and incredible worth. Great awakenings and discussions awaits.

If you need a copy please reach out to Shirley Ritsema at [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org) or receive it in class on 3/13.

## FACILITATORS



Shari Murdock



Misty LaFree, LLC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW



Elisabeth Richards

**Selah Childcare  
Byron 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](mailto: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

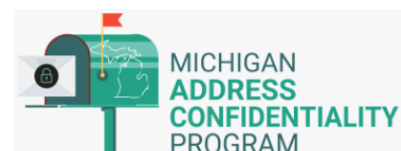


Search "Addalock" portable door lock on Amazon



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](http://mi.gov/agacp) [ag-acp@mi.gov](mailto:ag-acp@mi.gov) 313-456-0190