

Brene' Brown

“We Need to Talk About Shame”

For every Selah woman who struggles with “shame” but is courageous enough to be vulnerable in class and with each other.....

“Shame is the gremlin who says: [...] “never good enough” – and if you can talk it out of that one, “who do you think you are?” The thing to understand about shame is it’s not guilt. **Shame is a focus on self. Guilt is a focus on behavior. Shame is, “I am bad.” Guilt is, “I did something bad.”**

Shame is highly, highly correlated with addiction, depression, violence, aggression, bullying, suicide, eating disorders. And here’s what you even need to know more. Guilt inversely correlated with those things. Shame for women is this web of unobtainable, conflicting, competing expectations about who we’re supposed to be. For men, shame is not a bunch of competing, conflicting expectations. Shame is [...] do not be perceived as [...] weak. But the truth is [...] vulnerability is not weakness. I define vulnerability as emotional risk, emotional, uncertainty. It fuels our daily lives. **And I’ve come to the belief [...] that vulnerability is our most accurate measurement of courage.**

If we’re going to find our way back to each other, we have to understand and know empathy, **because empathy’s the antidote to shame.** If you put shame in a Petri dish, it needs three things to grow exponentially: secrecy, silence, and judgement. If you put the same amount in a Petri dish and douse it with empathy, it can’t survive. The two most powerful words when we’re in struggle: me too. If we’re going to find our way back to each other, vulnerability is going to be that path.”

<https://www.youtube.com/watch?v=5C6UELitWkw>

SELF AWARENESS & REFLECTION - Caledonia

Childcare Provided **WITH 24 HOUR NOTICE**

to selah.empowers@gmail.com

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

In-person and online: 5 - 6:30 pm, Fridays.

Location and Link: Contact selah.empowers@gmail.com or Bridget Nash at Bridget@openchaircounseling.com

- Apr. 26: Emotional Disengagement
- May 3: Codependency/Trauma Bonding - 1
- May 10: Codependency/Trauma Bonding - 2
- May 17: Children’s Development/Trauma
- May 24: **No Class**
- May 31: Forgiveness vs. Reconciliation
- June 7: Grief and the Toxic Relationship

See page 2 for more class options!

FACILITATORS



Vicki Williams



Shari Murdock



Bridget Nash, MA LPC

SELF AWARENESS & REFLECTION - Bryon Center
Childcare Provided

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

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

Location and Link: Contact selah.empower@gmail.com for information

Apr. 24: Children's Devel./Trauma Bonding
May 1: Forgiveness vs. Reconciliation

May 8: Grief & Toxic Relationships
May 15: Power and Control
May 22: Legal Advisor-Cynthia Rathburn

JOURNEY TO UNDERSTANDING - Online Only

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

Online Only: 10 am, Wednesdays.

Link: Contact selah.empowers@gmail.com for information

Apr. 24: Financial Advisor - Lisa Dean
May 1: Trauma and Children

May 8: Faith Issues
May 15: Self Esteem

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 for information

This week we will be discussing **Chapter Six** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. **This week we will dig into how God sees us and names us as His own.** If you need a copy please reach out to Shirley Ritsema at shirleyr@selah-empowers.org or receive it when you join class.

FACILITATORS



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW

Selah Childcare
Bryon Center
Location



Elisabeth Richards



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