



WOMEN'S REFUGE  
OF VERO BEACH

*God is our refuge and strength, an ever-present help in trouble. Ps 46:1*

September 2022

# TRANSITIONS

In times of transition, we have a choice: to resist focusing on our losses or accept and embrace this new season with hopeful expectations.

*"I know the plans I have for you, ... Plans to prosper you and not harm you to give you hope and a future."*  
Jeremiah 29:11

The Chinese characters for "change" are danger and opportunity. All change is dangerous in some way—the need to put the familiar behind us. However, changes are also full of possibilities—discovering strengths and weaknesses, learning something new, and rising to the occasion.

Change is part of God's plan for us. God is more concerned with our character than our comfort. He promises to provide for our needs when we reach our point of need, not in advance when we are fretting over the possibilities.

*"And my God will meet all your needs according to His glorious riches in Christ Jesus."* Philippians 4:19

Change demands surrender. Turn from your fears in faith to the One who loves you. We don't need to walk through this time of transition alone. He promises to go before us and with us.

*"The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged."* Deuteronomy 31:8

We grieve the loss of what used to be. But in God's plan, suffering and grief often precede the coming of new life and new beginnings. Isn't that what happened between Good Friday and Easter? The journey through suffering leads to acceptance. We have a choice: to resist and cling to the past or let go of the old so we can let in something new.

How is God calling you to step out in faith during this new season? How is God revealing Himself, His love, and His plans during this transition?

Embrace this new season, focusing not on what you have lost. But on what you have left and what is to come.

*"Do not dwell on the past; see, I am doing a new thing! Now it springs up; do you not perceive it?"* Isaiah 43:18-19

Find renewed passion and purpose as God beckons you into this new season packed with potential and thumbprints of His presence.

If you need a touch from God, please contact the Women's Refuge and find your healing now.



*Lynne Lerch*  
Biblical Counselor

## Prayer from our founder Donna Lee Robart

Our Lord and God, worthy are You, to receive glory and honor and power, for You created all things, and by Your will they existed and we're created. And blessed are You, O Lord, forever and ever. For Yours is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is Yours. Yours is the kingdom, O Lord and You are exalted as

head above all. Both of which is an honor come from You, and You rule overall. In Your hand are power and might, and in Your hand is to make great and to give strength to all. And now we thank You, our God, and praise Your glorious name.

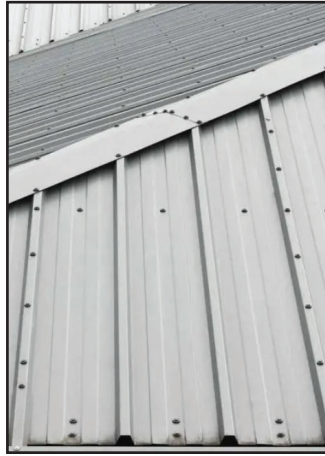
From Revelations 4:11 1 Chronicles 29:10-13

## Help us, help others...

The Women's Refuge has officially launched a Roof Replacement Campaign for our residential and counseling center. Funds are urgently needed so that we can continue providing our services to those who need it most.

An enormous thank you goes out to the Fred Legacy Fund and Suzanne Chesser for the initial \$10,000 donation to begin the project. However, we're still 80% short of reaching our final goal. Here's a way you can make a difference today:

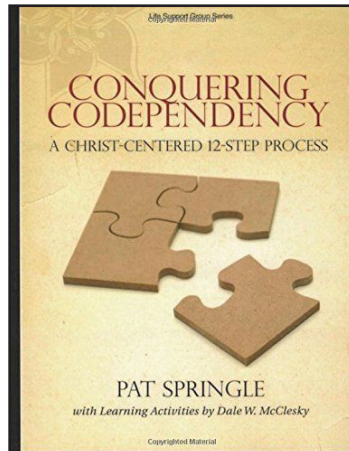
Please call 772.770.4424 for more information. Donate online at [womensrefugevb.org](http://womensrefugevb.org) or mail your check to Women's Refuge, P.O. Box 1484, Vero Beach, FL 32961 and mention roof campaign.



### ROOF REPLACEMENT CAMPAIGN

## Class starting Tuesday, Sept 6

**CONQUERING CODEPENDENCY SUPPORT GROUP:** Feeling overwhelmed? This class is for women who are tired of adjusting their behavior to meet the needs and expectations of others; for women who seem to sacrifice their own needs while focusing on meeting the needs of others; for women who are exhausted from trying to manage the lives of others. The Conquering Codependency Christ-centered group will help you begin the process toward recovering from codependency, through Christ to restore you to spiritual and emotional health.



12 wk Class • \$50 class  
(+ \$19 cost of book) 3-5 PM  
9/6/22 — 11/15/2022

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## Meet Alberta, Program graduate

A lot can happen in two weeks! The Women's Refuge in Vero Beach is a gateway to God. There the real-life lessons of forgiveness were brought alive to me. Oh, the healing power of being forgiven and empowered to forgive. There you will find "REAL" Bible teaching. I was missing the power of the life, sacrificial death, and resurrection of the Son of God, Jesus. He has set me free.

Then, there was the realization of the benefits that come from order and structure in your daily life; having that was transformative. I know this will be a surprise for my family, but what a gift.

The dedication and love of the staff which they shower the participants with



facilitates the healing process. Through their teaching, I was empowered with truths, which will be my tools and weapons to live a victorious life. I am certain that I will live as a better neighbor, a better servant to my clients, and a better mother to my family. But the best thing is I will be a better Christian, a better representative of my God!

-Alberta

## Join us for Overcomers

Overcomers is for women who are looking for healing from the brokenness of damaged emotions and who want to embark on a spiritual journey toward the healing and wholeness found in Christ. New study starting Sept 12.

Class is Free every Monday. From 7 PM - 8:30 PM  
\$15 cost of the book

## Thinking about...

from Executive Director, Diane Ludwig

*"How grateful I am for the many volunteers that give so freely of their time and talents to help meet the needs of this ministry."*

**WOMEN'S REFUGE OF VERO BEACH**  
25TH ANNIVERSARY  
*Christmas Banquet*



**SATURDAY, DECEMBER 10, 2022**  
AT PATHWAY CHURCH, 5PM  
KEYNOTE SPEAKER: ALEX KENDRICK, WRITER,  
DIRECTOR AND AUTHOR

[womensrefugevb.org](http://womensrefugevb.org)  
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