



**HAPPY**  
*4th of July*



**WOMEN'S REFUGE**  
OF VERO BEACH

## The pain you feel today will be the strength you feel tomorrow.

July 2023

**I**t had been nearly two months since Elizabeth's arrest. Sitting in confinement, recounting the events that led to the incident, she wondered where God was. She hoped to escape her painful memories of abuse, but instead, they came flooding in like a tsunami. "Make it go away, God. Please make it all stop," she thought.

The ripple effect of bad choices finally caught up to her. For years, Elizabeth tried to cope with her pain. It was common to blame her anger and explosive patterns on her circumstances or those around her, including those closest to her.

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

To be free meant more than removing the shackles of abuse, anger, and unforgiveness. It meant that Elizabeth would have to surrender to God to experience true freedom. Would she give up her ways and let God heal her pain?

*"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."* 2 Corinthians 5:17

*"Then you will know the truth, and the truth will set you free." John 8:32*

At the Refuge, we see women who do not know how to deal with abuse and unforgiveness. For them, bitterness and pain can turn into more suffering. Like Elizabeth, the consequences of not dealing with the core issues of childhood trauma can lead to destructive behaviors. Women who come to our program often blame others, justifying their actions. It is a coping mechanism to mask their pain.

But the Women's Refuge is here to help provide healing from painful life experiences. We teach and equip women to break free from the chains of abuse.

*"And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ."* Philippians 1:6

Do you feel captive, like your life is out of control? We can help! Experience God's freedom today!

Thanking God for His faithfulness,

*Brenda Sposato*  
Director of Development



## The Preamble of the US Constitution and Prayer for our Nation

**W**e the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

Dear God, thank you for Your great power. We praise You for your Truth. We're grateful that You have set us free from the clutching grasp of sin and death. Would You be with Your people,

extending Your grace, granting Your freedom, providing Your protection, and empowering with Your strength? We ask that You would bring about an awakening of Your presence to America as never seen before. We ask that Your Name be proclaimed. We pray that many would come to know You as Lord and Savior; we pray that many would see Your Light, that You would open blind eyes and release those still imprisoned.

We pray that You would unify Your people for the glory of your Name, that all who call themselves Christians would rise up, believing Your great Truth. In Jesus' Name, amen.





## Maria reaches 3-month milestone

“God has really grown me in trusting that God and others mean well for me and how to open up and be honest. My goals moving forward are to continue to renew my mind in God’s truth until it reaches deep in my heart. I would like to stay at the Refuge until my foundation is set in the truth of Christ and until I feel the Lord is ready for me to leave. I feel accomplished because I finished five curriculum books and I have never done that before.” ~*Maria*



## Julia finds hope

“I came to the Refuge feeling depleted and discouraged about my walk with God and the worldliness that has crept into my home. It felt like a pit that I simply couldn’t climb out of. The Refuge has done so much to assure me that I have been “purchased” by Christ. He lifts my eyes to Him as He restores my confidence in His perfect righteousness that is imparted to me. The bondage of the lies has been broken. I look forward to going home and sharing with my family so that they too can walk in freedom. There is plenty of work ahead of me, but it is God who is at work in me, both to will and to work for His good pleasure” ~*Julia*

WOMEN'S REFUGE OF VERO BEACH

Monthly **MEET & GREET**

CAMPUS TOUR • MEET THE STAFF • LEARN MORE

*When?* WEDNESDAY, JULY 26TH 10:30-11:30AM

*Where?* WOMEN'S REFUGE CAMPUS 1850 LEMON AVENUE VERO BEACH, FL 32960

WWW.WOMENSREFUGEVB.ORG

WOMEN'S REFUGE OF VERO BEACH

24TH ANNUAL **GOLF TOURNAMENT**

IN MEMORY OF *Rita E. Faillace*

SCRAMBLE FORMAT, FLIGHT AWARDS CEREMONY AND RAFFLES IMMEDIATELY FOLLOWING THE TOURNAMENT

SATURDAY, 1:30PM **SEP. 23, 2023**

**BENT PINE GOLF CLUB**

**\$150 PER PLAYER \$575 FOURSOME**  
womensrefugevb.com

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**THURSDAY, JULY 20TH, 2023**  
DRIVE-THROUGH PICK-UP 4-6 PM  
@ 1850 LEMON AVENUE, VERO BEACH, FL

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