

Happy Mother's Day

May 2023

“Do not be anxious about anything...” Ph 4:6

Often times, life circumstances simply become too much. Stress abounds. Anti-anxiety medications are some of the most prescribed medications today. The evidence points to a real problem. We are a nation, a generation, that is not handling the stress of daily life. The busy schedules, the constant influx of media, the fears of sickness, financial stress, relational conflicts, and the ever-changing expectations that we put on ourselves, have become an epidemic of fear, anxiety, and depression.



Counseling is a large part of what we do here at the Women's Refuge. But what makes us different is we utilize the tried-and-true wisdom of scripture to lead and direct our clients to that place of peace. One of the many struggles we hear is the inability to control or manage circumstances and this sense of being overwhelmed by the unmanageable is scary and stressful.

In seasons of stress, feeling overwhelmed, or simply during the busyness of life we need to know we are NOT alone. It is comforting to read such words as “I will never leave you or forsake you”, words found in the Old and New Testament scriptures. And there are many other promises of God found within these pages that can comfort and quiet our anxious hearts and minds.

Many are familiar with Psalm 23. The opening words bring a sense of comfort. “The Lord is my shepherd”. I have been encouraged and helped by the massive promises that surround that simple verse. When I, or a client, stops to truly consider the role of a shepherd and all that he does for his

sheep and meditate on the fact that the Creator of all that exists is my Shepherd, it's amazing how the anxiety fades, and serene perspective is gained.

In addition to providing community counseling, we also offer support groups for the community and one group I enjoy facilitating is “Conquering Codependency”. Many people hear the term codependency and write it off as an issue associated with addiction. But it is so much more! I often tell the class at the beginning: I know they struggle with codependency because one: they are in the class but two: because they are breathing. You might not think you struggle but one of the most significant factors in anxiety is the people

pleasing habit which has been labeled as codependency. Again, scripture addresses this place of darkness that tends to overwhelm us with a warped sense of responsibility and feelings of loneliness, anxiety, and anger to name a few.

As we wrestle with the demands and expectations we feel from family, friends, society and mostly our own soul, we can find solace as we turn to another Psalm. Psalm 27 states “The LORD is my light and my salvation; whom shall I fear? The LORD is the refuge of my life; of whom shall I be afraid?” He, God, the One who gives breath to my being, will give me guidance; what do I have to worry about? If you are looking for a little solace in this crazy world, call us and see how we can help.

Lanie Bishop
Biblical Counselor, RN,
and Certified Biblical Life Coach



Prayer by Founder Donna Lee Robart

Lord God Almighty, we approach Your throne with bated breath knowing that You are there! We use the words: “bated breath” to mean we’re holding our breath in excitement and with not a little anxiety at what’s going to happen next. You are the Creator of the universe. You are omnipotent, omnipresent and omniscient! How is it that we, Your created humans, can come to You with our perceived anxieties over the unknowns of this life? You are, after all, not only our Creator, You are our Sustainer. You said in Your Bible to us that “You will never leave us nor forsake us.” Joshua 1:5. We are still afraid of what

might happen to us in the future. We are afraid that we won’t be able to overcome the evil that is without and within. Yet we do read in Your Word that You, Jesus, said: “In this world you will have tribulation, but rejoice! I have overcome the world.” John 16:33b. Holy Spirit, our spirit is willing, but our flesh is weak. Help us: “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let our requests be made known to God; and the peace of God, which surpasses all understanding, will guard our hearts and minds through Jesus Christ.” Phil 4: 6-7 Amen and amen.



Lori participating in the online program

Lori's testimony

"This place is a true Refuge, away from the world and its heartache. It is a place to cling to the Lord through the Word, prayer, Biblical teaching, and sweet fellowship while walking, working, and resting in Him. I was able to deal with forgiveness. I was able to understand His purpose for my pain. I was able to also embrace discipline and order while experiencing relief from stress. I enjoyed the sisterhood and fellowship with other believers. Most importantly, I am now joyful while honoring God in the Word." ~Lori, in person and current online resident.



Founder Donna Robart, Paula Kauffman (Nancy Beal's cousin) and Jason Beal (Nancy's Nephew)

Fun Fact

Did you know our counseling center, also known as the Sunshine House, was built in the 1920's?

According to Nancy Beal, her grandparents (former owners) were early settlers on John's Island. They moved to the home in the 1920's. The house was then occupied by Nancy's parents, George and Evelyn Beal. "My brother and I grew up there until 2001. Thanks so much for the recent warm welcome and tour and for providing this wonderful place to our community. It is so meaningful that the home was not torn down and it was donated to the Women's Refuge, who help so many in need."

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