



ARE YOU UNCERTAIN?

2 Timothy 2:7: *“Consider what I say, for the Lord will give you understanding in everything.”*

Have you ever been confused about which direction to take? Do I go left or right? Do I choose this job or that one? Should I move or should I stay? God's word doesn't mention which house I should buy or who I should date. So, what do we do when we're confused?

When a woman comes to stay in the live-in program, many are confused - confused about how much God loves them, confused about how to “clean up their act,” confused about relationships, and confused about suffering. The first thing we do is direct them to who they are in Christ. We teach them the fundamentals of what God does with sin, as in Romans 6:6: *“Knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin.”* We teach them about their new life, as in 2 Corinthians 5:17: *“Therefore, if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.”* We teach them about their security, as in 1 Corinthians 3:23: *“And you belong to Christ; and Christ belongs to God.”*

As the women go through the daily activities and tasks, they are encouraged to take time to journal and pray. They are given study materials to go through and

meet daily for prayer. They learn how to communicate with one another and work together, whether doing dishes in the kitchen or working in the yard with Sue, our groundskeeper. They are accountable for their time and meet with a counselor regularly. The residents learn why they sin and how to overcome it through renewing their minds. There is always a staff member available if they need care, compassion or someone to talk to.

Sometimes clarity comes slowly, and confusion clears up gradually. But daily, God continues to reveal Himself and His will to us - through His word, through godly counsel, and through prayer. Ephesians 1:9: *“He made known to us the mystery of His will, according to His kind intention which He purposed in Him.”* And 1 Corinthians 14:33: *“For God is not a God of confusion but of peace, as in all the churches of the saints.”*

If you feel confused, know that you are not alone. Call the Women's Refuge of Vero Beach - we are here to help.

Judy Fitzgerald
House Manager



Message from the Executive Director



Diane A. Ludwig
Executive Director

There's been confusion about what “Identity in Christ” means. Thankfully, we have the definitive Word of God, along with wise scholars, to help us unpack the truth of who we are *“in Christ”*. As it was put so beautifully by one of our pastors this past Sunday, identity in Christ means to have your value, security, and goals measured by Christ, and to have your personality,

actions, and emotions formed by Christ. Sin doesn't have to define us anymore; Christ gave us His righteousness along with the strength of His Holy Spirit to overcome. Realize our true home is in heaven, not this earth where money, fame, and goods are eventually rendered useless. It means to be others-minded, to grieve what God grieves and love what He loves. Have the mind of Christ because He lives in you.



4th Annual Vero Christian Church

Car Show

EXHIBITION | FREE ADMISSION | FOOD



April 5th, 2025
10:00 am - 1:00 pm



3250 9th St SW (Oslo R.D.)
Vero Beach, FL, 32968

Proceeds benefit the Women's Refuge of Vero Beach

2025 Health & Wellness Forum
Informative Luncheon with Physicians

Save the Date

NEW

May 7, 2025

Oak Harbor
11am-2pm



Journey of Forgiveness and Freedom

For about 11 years, I have struggled with unforgiveness, and that unforgiveness was due to some trauma which left me with deep-seated hurt. I would say I had forgiven, but then I would pick it right back up when triggers came. I had a lot of rage, anger, and bitterness in my heart, which was really tormenting me. I finally came to the end of myself and knew that I needed help.



Michelle

My relationship with the Lord had drifted, especially in the last six months. I knew I needed

help to renew my relationship with Him. When I came here, I arrived completely open and surrendered to the Lord.

I just want to say, if you are dealing with anything you can't handle anymore, please consider coming to the Women's Refuge. It's a beautiful place. The Lord will meet you here and do a work in your heart. He's done that for me, and I know He will do it for you because we're all His children.



Volunteers needed

Area's Needed:

- Campus
- Events
- Office
- Resale Shop

Call 772-770-4424 or visit:
womensrefugevb.org/opportunities/



Lost & Found

Brooch found at Christmas Banquet
Ring found in our parking lot

Please call 772-770-4424




You're invited!

MEET & GREET

MEET THE STAFF - CAMPUS TOUR - LEARN MORE

RSVP: (772) 770-4424

When?
Wednesday
Feb. 26, Mar. 26, Apr. 30
10:30-11:30 AM

Where?
Women's Refuge Campus
1850 Lemon Ave
Vero Beach, FL 32960

Support Groups:

- Monday - Overcomers (7-8:30 PM)
- Tuesday - Conquering Codependency (3-5 PM)
- Thursday - Shelter from the Storm (3-5 PM)
- Friday - Bible Study (8:30-9:30 AM)
- Anger Management (3-5 PM)



Scan QR code to see dates & learn more!

Shop Donate Volunteer

Proceeds benefit the Women's Refuge of Vero Beach



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