



WOMEN'S REFUGE OF VERO BEACH

Psalm 46:1 God is our refuge and strength

November 2024

Help, Hope, and Healing

I'm remembering words I have often heard from the staff and residents at the Women's Refuge: help, hope, and healing. I found these words to describe the journey many of us take as we open ourselves to God and His power to transform us into who He wants us to be. One's brokenness might not be a broken body, but a broken self on the inside which also results in devastation...such as woundedness, rejection, fragility, or depression to name a few.

Many of us need help to understand rightly who God is and who we are in Christ – that we belong to Him. Colossians 3:10 reads, *"We are renewed as we learn to know our Creator and become like Him."* We become confident in Christ when we experience the truth of who He is, where once we were, perhaps, frightened, bruised, or broken.

Once we rightly embrace that God is our Father and we belong to Him, He opens the door for us to courageously face those things that weigh us down. From Matthew 11:28-30, *"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest...you will find rest for your souls."* God can provide us with a cooperative heart, space, and His healing power "to draw us upward to holiness." (John Stott).

As we believe these ultimate truths, hope flourishes and grounds our faith. Paul tells us in Philippians 1:6 that *"God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns."* What lavish hope! Katherine Wolf, having suffered a massive brain stem stroke at 26, followed by years of other unrelated life-threatening diagnoses, wrote, "I can build a foundation of trust in God's plan and an indestructible identity as His beloved, which can resist the crush of suffering."

That quote describes what is being written on the hearts of so many women who come to the Women's Refuge for help, hope, and healing. The Lord meets them here to help them with His resurrection power because they are His beloved.



Bobbi Smick

Monthly Message from the Executive Director

The Women's Refuge is a lifeline to so many. The voices that cry out to us need someone to hear their pain and give them help with their deepest concerns. Simply acknowledging their worries and offering support gives them a spark of hope; something to hold onto. When we open the doors to the Refuge to the downtrodden, the wounded or depressed souls, they sense the Spirit of God moving mightily here and realize this is a place for healing. That is what God has called us

to do at the Refuge. Give them the truth of God's Word as their foundation as they begin the process of restoration. That is the treasure that each one has forever at any given moment in their lives. Please pray for cooperative hearts to receive the truth of who God is and what a hope-filled life He has for them. *"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 a future and a hope."* Jeremiah 29:11



Diane A. Ludwig
Executive Director



In the Eye of the Storm, There is Thanksgiving

Some of the lyrics of the song, "Eye of the Storm," are as follows: "In the eye of the storm, You remain in control". The six of us who stayed in our residential house sang this song while experiencing the fact that God was indeed in control. We sheltered, worshipped, prayed, and cleaned up the campus together. We bonded to a new dimension; we encouraged one another and were encouraged by His Word. Our hearts were full of thanksgiving for what He had done. His presence was with us every moment!

In those moments of uncertainty and challenge, we discovered a deeper connection not only with each other but also with our faith. Each prayer and each song solidified our trust and reminded us of the resilience found in unity. As we looked around at the faces that had become like family, we realized that we were not just weathering a storm, but emerging stronger and more grateful than ever. Our gratitude extended beyond just the present moment, as we knew these memories and strengthened bonds would carry us forward.

Sara's Transformation

“During my time at the Women’s Refuge, I gained a fresh understanding of my identity in Christ. I now live for Him instead of living for others. He helped me to see that I was harboring an unforgiving spirit towards my husband, and helped me to release that.

As I was surrendered to God’s will in our marriage, He brought healing and transformation in both our lives, and we will be returning home united in Christ.”



Diane Ludwig & Sara

EMBRACE YOUR EVERYDAY
It's a Podcast, but it's
also *an invitation!*

Although life is full of highs and lows, more time is spent in those in-between moments. This podcast is about doing the small everyday things which enable you to do the grand things in your marriage, home and family.

Live a life you will remember.
<https://nurturingmynest.com/podcast>



Listen Now



Save the Date!

Women’s Refuge of Vero Beach Annual Christmas Banquet

Saturday, December 14, 2024 5:00 pm -9:00 pm Oak Harbor

Call Denice at 772-774-4424

Join us for an elegant evening of dining and entertainment to support our ministry.

You're invited!

MEET & GREET

Meet the Staff – Campus Tour – Learn More

RSVP: (772) 770-4424

When?

Wednesday
October 30
10:30 – 11:30 am

Where?

Women’s Refuge Campus
1850 Lemon Ave
Vero Beach, FL 32960

Shop Donate Volunteer

Proceeds benefit the Women’s Refuge of Vero Beach



Shop new season styles now
in-store and online!

Monday & Saturday : 10AM-3PM
Tuesday - Friday 10AM - 4PM

(772) 567-3598 | wrrstore@gmail.com | 1615 10th Ave. Vero Beach, FL

poshmark.com/closet/womensrefuge chairish.com/shop/wrrsale



Thank you to our
newsletter sponsors!

