



# WOMEN'S REFUGE OF VERO BEACH

*Psalm 46:1 God is our refuge and strength*

December 2023



## What Does the Women's Refuge Do?

**W**hat exactly does a hurt and wounded person that comes to the Refuge look like? She looks a lot like you and a lot like me. She might be old, and she might be young. She might be hanging on by a thread, or she may have an obstacle to process through. She has endured pain and suffering on the inside, which can't be seen on the outside. She may be grieving a loss or possibly endured trauma in the past. She perhaps longs for Jesus, but wonders does He really, truly love her in her worst moments? Other people seem to handle life better. She feels like she messed up again and feels alone. She doesn't think she needs help; she hopes it will just go away. She feels weak if she needs help, so keeps it to herself. What if someone finds out that she doesn't have it all together? Hope gets harder and harder to find.

Whether a person is coming into our residential program, or coming to the community counseling center, they all are searching for healing. They are feeling hopeless and discouraged, praying desperately that God will show them the way. Time and time again, Jesus meets them all right where they are. He tenderly ministers to their hearts through their counselor, the Word, and the prompting of the Holy Spirit.

Paul reminds us in James 1:2-4, *"My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect, lacking nothing."* He says **when** you fall into various trials, not if. We should expect trials and when they come, know that He is doing His perfect work through us. The joy is not in the trial itself, but in the knowing that God is mold-

ing us and shaping us into something better... something more beautiful than we ever could have imagined.

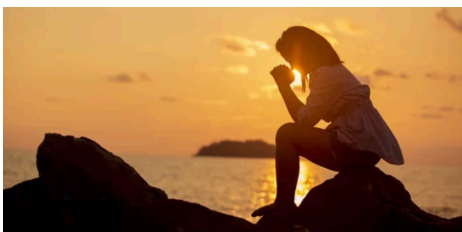
What trial(s) are you suffering through? We understand more than you know at the Refuge; we too are wounded sinners. We have learned how to find His joy through the trials and want to walk with you so you too can feel the peace of God that exceeds all human understanding (Phil 4:7). God does not keep the trials from happening, but provides His strength to get us through. *"My grace is sufficient for you; for my power is made perfect in weakness."* (2 Cor 12:9) God's ways are opposite of the culture's ways. We tend to rely on ourselves instead of our sovereign and omniscient God. He can not only handle, but can carry us through every trial. He makes us more like Him when we trust in Him through that trial and the suffering that can come with it.

May you have the strength, wisdom, humility, and faith to call on the Lord when your next trial comes. May God comfort you **when** they come and strengthen you as you persevere. Remember, especially during the Christmas season, which can be hard for many of us, that we are here with open hearts. We are ready to come alongside you, or someone you know who may be struggling, to offer hope and healing through Christ.

Prayerfully,  
*Jill Miller*  
Director of Counseling



## Prayer from Founder Donna Lee Robart



**D**ear Lord, I don't know who or what will cross my path today. But I do know that You are my Rock and my Fortress. You are my Shield and my Strong Tower. Help me to anchor myself in You today. Teach me how to stand strong in You and choose only Your way today. Help me walk in Your truth and not my feelings. Help me to embrace anything that comes my way as an opportunity to see You at work and as an opportunity to point others to You. In Jesus' Holy Name, Amen. (Author unknown)

# Mayra's Marriage Restored

"I came here overwhelmed by strife with my husband. Our different points of view, beliefs, ways of parenting, and issues weren't working out well in our marriage. I felt confused and hopeless. My counselor suggested I come to the Women's Refuge, and I accepted.

Coming here was an answer to my prayers. Through God's Word in my studies, counseling, and spiritual rest, I was able to see that I was hurt, and had unfor-

giveness in my heart towards my husband and myself. My time at the Refuge was so nurturing and I felt God's mercy towards me. I recovered my spiritual strength as His daughter, and my heart is now focused on God, because through Jesus, everything was paid on the cross for me, and for my wrong doers. I forgave my husband and learned how to trust in God's work for all my situations. I am very grateful for my time here." ~ Mayra



Bent Pine Golf pro Eddie Suchora receives a plaque of appreciation from Executive Director, Diane Ludwig for their ongoing support of the Women's Refuge. We thank everyone at Bent Pine Golf Club for another successful golf tournament!

We especially thank Drs. Seth and Mary Baker and Wendy Kim for their generous donations towards computers for our counselors and House Manager. This has helped us reach more people through our virtual counseling services.



**Save the date!**

WOMEN'S REFUGE  
**LOVE**  
walk & run **5K**

7:30am Saturday, February 10th, 2024  
at Riverside Park, Vero Beach, FL

*Run For The Love Of It!*  
Excellent Awards  
Best Dressed Sweetheart Team  
Customized Sweetheart Signs  
Yummy Food

www.WomenRefugeVB.org • 772-770-4424

*Let all you do be done in love. 1 Corinthians 16:14*



*The Women's Refuge wishes you a very blessed Christmas and joyous New Year!*



## Join us for our monthly Meet & Greet

• Jan 31 • Feb 28 • March 27

- Learn about our services
- Food and fellowship
- Tour our campus

**RSVP (772) 770-4424**

**We are hiring!** We are looking for a dynamic, Spirit-filled woman to join us as a full-time Marketing Coordinator/Public Relations Manager. This position provides development, planning & management of events/marketing activities to raise awareness & support of the ministry. Responsible for all fundraising activities including grants, social media & print marketing. She must be passionate, energetic, & team-oriented, have excellent verbal & written communication, interpersonal & negotiation skills, time management & organizational skills. Attention to detail & ability to meet deadlines a must. Proficient with MS Office Suite and/or related software such as InDesign, Canva, etc. Min. 3 yrs experience in Communications/Public Relations/Marketing or related fields highly desired. Salary negotiable based on experience.

Apply today! Email: [info@womensrefugevb.org](mailto:info@womensrefugevb.org)

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