

July 2025



WOMEN'S REFUGE
OF VERO BEACH

Psalm 46:1 God is our refuge and strength

A Journey of Freedom

My name is Carol, and I am a graduate of the Women's Refuge program. After completing the internship in 2019, I was honored to join the staff as bookkeeper and complete the biblical counseling course. It's a privilege to share the comfort I've received as a graduate from the program with others.

My journey here began in the depths of grief. In 2009, I came to the Refuge just six months after losing my 17-year-old daughter, Caristina, in a car accident. It was my second devastating loss—my 11-year-old son, Matthew, had died tragically in 1997. I couldn't understand how God could allow this kind of suffering twice. I was angry, full of doubt, and drowning in self-pity.

Psalm 88 speaks of a darkness that feels all-consuming, ending with the words, "Darkness is my closest friend." But in its hopelessness, that psalm reminds us that God meets us there. He doesn't turn away from our grief—He enters into it with us.

At the Refuge, I found believers who were willing to walk with me, to shoulder my sorrow, and to remind me that healing is possible. Through biblical counseling,

I learned to grieve with faith—to cry out to God with honest emotion (Psalm 13), resist doubt (1 Timothy 2:8), and lean into spiritual habits that sustain (2 Timothy 3:14–15). Grieving God's way is not about avoiding pain, but about trusting Him through it.

The comfort God has given me is not only a healing balm—it's a calling. Now, I walk with others through their pain, pointing them to the same hope I've found. At the Women's Refuge, our mission is help, hope, and healing. That mission is real. It's personal. And today, I can say this:



Carol Lopez
Finance Manager

My love for Matthew and Caristina remains as strong and present as the day they were born. But so is my trust in the God who comforts.

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort."

— 2 Corinthians 1:3

Message from the Executive Director



Diane A. Ludwig
Executive Director

In this month's article, we are privileged to read about a woman who came to our live-in program during a catastrophic time in her life.

She was engulfed in despair and sorrow was her prison. As God would orchestrate it, she heard about the Women's Refuge from a woman at her church who knew of a place for healing.

At the Refuge, our hope is to identify the challenges we face, understand the reasons why we are experiencing difficulties and acknowledge it's all right to cry out to God in our distress.

He will help us in our "captivity" and lead us to freedom in Christ. God doesn't promise we will avoid hard times, but His Word confirms that He will be with us every step of the way. *"...and behold, I am with you always, to the end of the age."* — Matt. 28:20



26TH ANNUAL GOLF TOURNAMENT



SEPTEMBER 22, 2025
MONDAY



9AM SHOT GUN START

www.womensrefugevb.org/Golf_Tournament



VERO BEACH COUNTRY CLUB



\$700 FOURSOMES ONLY

(\$175 PER PLAYER)



REGISTER HERE

Board Member Spotlight



Becky Calahan
Board President

Rebecca Calahan is a native Floridian and moved to Vero Beach in 1986 after graduating from Florida Southern College with her BA. She has over 40 years of experience in Christian Education and Pastoral ministry. She has two sons who were born and raised in Vero Beach and both of whom are now raising their families here in Vero Beach.

After furthering her education, Becky was appointed as the Associate Pastor at First Methodist Church of Vero Beach in 2014 and is an Ordained Elder in the Global Methodist Church. She has been married to Tim Calahan since 2019 and they enjoy golf and swimming and spending time with family especially their grandchildren!

Becky has served on the board of the Women's Refuge since 2014 and currently serves as the Board's President. She also serves on the Finance Committee of the Florida Annual Conference of the Global Methodist Church.

Support Groups:



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

Scan QR code or visit link below to see dates & learn more!
www.womensrefugevb.org/support-groups

Shop Donate Volunteer

Proceeds benefit the Women's Refuge of Vero Beach



WOMEN'S REFUGE
RESALE SHOP

Tue - Fri 10am-4pm/ Sat 10am-3pm

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

poshmark.com/closet/womensrefuge



chairish.com/shop/wrrresale



Opportunities Available:

- Main Campus
- Events
- Office
- Resale Shop

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



You're invited!

MEET & GREET

MEET THE STAFF - CAMPUS TOUR - LEARN MORE

RSVP: womensrefugevb.org/MeetAndGreet

When?

Wednesday
July 30, Aug. 27, & Sep. 24
10:30-11:30 AM

Where?

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

Freedom in Forgiveness

Coming to the Refuge was to understand and process the grief of my daughter's death. I realized that I need to stop blaming myself for her death. God has shown me this blame was a lie from Satan.

Instead, I have learned to have compassion and forgiveness for myself. This is what Jesus wants for me. I have also learned to stop playing God in deciding who should be forgiven and who shouldn't.

God forgives us all with His merciful grace. I am so grateful for the love and support that I have received at the Refuge. It feels like I am going home renewed and refreshed in God's love! Praise Jesus!



Leah
Resident

Thank you
for building
us a new fence!

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