



**WOMEN'S REFUGE
OF VERO BEACH**

Psalm 46:1 God is our refuge and strength

Pruning and Blossoming

At a time in my life when everything seemed to be going as planned, I found myself angry, broken, and filled with fear and hurt. I had a wonderful family, a successful career, a beautiful home, and wanted for nothing. We attended church at Calvary Chapel Vero Beach, traveled to destinations I never imaged, and life was good.

After many sleepless nights and prayers my son returned safely from Afghanistan. Then my world felt like it came tumbling down after an argument with my son, which broke the relationship between us for several years. At this point, my best friend said to me, "You need to seek godly counseling... I have never heard you like this... This is not you." I felt completely out of control and filled with fear and emotions I've never had before.

At the suggestion of a friend, God sent me to the Women's Refuge for godly counseling. He met me there and changed my life. In sessions with my counselor, Donna, the founder of the Women's Refuge, she helped me to realize the hurt and pain I felt was rooted in my past. She understood the effects of alcoholism on a family and asked hard questions that led me to seek God for answers.

God revealed that my missing piece was a relationship with Him. As the daughter of an alcoholic and a young single mother who suffered abuse, I had bottled up my struggles for many years.

Though I gave my life to Jesus at nine, I hadn't been walking in relationship with Him, nor trusting God.

Each meeting with Donna brought new revelations about my need for healing and a reliance on God. I had come to the end of myself, and I was just where God wanted me to be. Now, I am a new person who trusts God, lives with purpose, and allows God to continue to prune my branches. I learned to lean in and let go of things I can't control.

I am forever grateful for the Women's Refuge and their amazing counselors and volunteers who help broken women find peace. I pray that if you are struggling to find peace, you would reach out to the Refuge. Humble yourself and allow God to work in you and through you.



Jennifer Budde

Psalm 139:23-24 "Search me, O God, and know my heart; try me, and know my thoughts; and see if there be any wicked way in me in the way everlasting."

Monthly Message from the Executive Director

How many of us have put our faith in houses, money, status or goods we have acquired? We often find ourselves dependent on them for our support system as we live our daily lives. When one or more of these things fall away, we find ourselves like Peter, beginning to sink in fear due to our lack of faith, our faith in the Holy One, our Savior Jesus Christ.

When we cry out to Jesus, He will take hold of us, like He did with Peter, and bring us to safety. Additionally, as gospel accounts tell us, Jesus calmed the storm swirling around His disciples. This is what Jesus wants for us; to know He is our Rock and firm

foundation in the midst of troubles, helping to calm our storms.

May I encourage you today to "call on the Lord in your distress knowing He will answer you," (Psalm 120:1) and when He does, worship and praise God "who answered you in the day of your distress and who has been with you wherever you have gone." (Genesis 35:3)



Diane A. Ludwig
Executive Director



Leadership Conference 2024

Lori Stanwood & Crystal Colp

We had an amazing and successful Leadership Conference! A special thank you to Crystal Colp and Lori Stanwood for allowing us to pour into you as you follow God's calling to open your own counseling center in St. Joseph, Michigan.

We not only provide help, hope, and healing to our residents and community, but we also equip others to do the same! Helping to train and disciple others as they establish their own Refuge, or similar ministry is an important part of our mission. To God be the glory!



Jill Miller, Denice Ketcherside, Kevin Kroitor, Diane Ludwig

United: Youth for Christ's Prayer Event

We would like to extend our heartfelt gratitude to Kevin Kroitor, YFC Executive Director for inviting us to their Annual Prayer Event at Indian River High School. The event was a faith-filled experience as our community came together to worship God and pray for our teachers, students, administrators, and government for the upcoming school year. Thank you to the entire YFC team for this meaningful and spiritually enriching opportunity.

Do you know that over 70% of adults make faith commitments before age 18? Pray for YFC as they build Christ-sharing relationships with lost students.

WOMEN'S REFUGE OF VERO BEACH

REGISTER HERE

\$600 FOURSOMES ONLY (\$150 PER PLAYER)
WOMENSREFUGEVB.ORG

SAT 9/21 2024 BENT PINE GOLF COURSE
SHOT GUN START AT 1:00PM

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

GARDEN of Grace PODCAST

HOSTED BY:

WOMEN'S REFUGE OF VERO BEACH

<https://bit.ly/GardenofGracePodcast>

LISTEN NOW

You're invited!

MEET & GREET

Meet the Staff – Campus Tour – Learn More

RSVP: (772) 770-4424

When? Wednesday Aug. 28, Sept. 25, Oct. 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 | [Instagram](https://www.instagram.com/womensrefuge) | [Facebook](https://www.facebook.com/womensrefuge) | [YouTube](https://www.youtube.com/womensrefuge) | [charish.com/shop/wrrsale](https://www.charish.com/shop/wrrsale)



Thank you to our newsletter sponsors!

