



WOMEN'S REFUGE OF VERO BEACH

Psalm 46:1 God is our refuge and strength



August 2023

Building a Kingdom

One of things I've been doing since I retired is researching my family tree. I enjoy matching old photographs with the names of family ancestors. It's also fascinating to link names with family heirlooms like an old Bible inscribed with my great grandmother's name dated 1898 and her mother's pocket watch from 1878. It's especially interesting, and often inspiring, when I discover the life stories of ancestors who were pioneers and endured various hardships. It reminds me that my family tree is not just a list of names and dates, but real people who lived real lives, and had life stories.

Recently, as I was reading through 1 Chronicles, I came across a woman named Sheerah whose life story in the Bible is often overlooked. In fact, I nearly missed it myself as she is mentioned in just one verse nestled in Israel's genealogy. Since she was a woman in a long list of men's names, her significance intrigued me. It made me wonder what was so important about her that gave her the honor of being mentioned in God's Word.

"His daughter was Sheerah, who built Lower and Upper Beth Horon as well as Uzzan Sheerah." 1 Chronicles 7:24

Apparently Sheerah was a descendant of Ephraim, the son of Joseph. Her name means: to remain; be a remnant; to be a small but perpetually surviving portion of a family. After a tragic incident where most of Ephraim's family members were killed, Sheerah's birth brought hope and renewal to the family.

We don't know what motivated her, but her brief story shows that she became an instrument of God to build, or re-build, three fortified cities: Lower and Upper Beth Horon, and Uzzan Sheerah.

The twin cities of Beth Horon were used by Joshua in his military campaigns and later King Solomon fortified them, further emphasizing their importance in the region. The third city, Uzzan-Sheerah, was named after herself and means, "portion of Sheerah". Sheerah's faith, determination and leadership

were instrumental in constructing these cities that would benefit future generations.

It's a reminder that despite our past, present, or future circumstances, God has a plan for each of us. When Donna Robart followed God's leading and direction to start the Women's Refuge, she could not have envisioned the thousands of women and their families who would be impacted by its ministry. Through the Refuge's residential program, women experience a loving, structured, family-like environment where they can heal emotionally and spiritually, grow in their faith, and acquire new relational and life skills.

One woman shared with me that twenty years ago she came to the Refuge from an abusive background and was very confused about her identity and future. Today she and her husband have four children and are serving God on the mission field. She is passing on to their children, and those she ministers to, the things she learned at the Refuge. There are countless stories of women whose lives, and those of their families, were transformed through the power of Christ at the Women's Refuge.

We all have a life story and God has a plan for it. No matter how your story began, even if you think you are just a small remnant or a barely surviving portion of a family, begin to build for the Kingdom. Like Sheerah and Donna, build in such a way that when you or your family come under siege, God will be your place of Refuge.

"He who began a good work in you will carry it on to completion until the day of Christ Jesus." (Phil. 1:6).



Love to all,
Cheryl Deal, LMFT
Board Member

Prayer

by Founder Donna Lee Robart

Our lives are so small, O Lord. Our vision is so limited. Our courage so frail. Our hours so fleeting. Therefore, give us grace and guidance for the journey ahead. We are gathered here because we believe that we are called together into a work we cannot yet know the fullness of. Still, we trust the voice of the One who has called us. And so we offer to you, O God, these things: Our dreams, our plans, our vision. Shape them as You will. Our

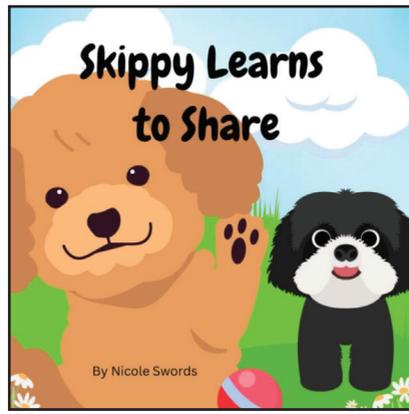
moments and our gifts. May they be invested toward bright, eternal ends. Richly bless the work before us, Father. Shepherd us well lest grow enamored of our own accomplishment or entrenched in our old habit.

In Jesus name, Amen.

Quoted from the Every Moment Holy: Volume One Pocket Edition. 2019 Douglas McKelvey.

Rosa's healing

“When I came to the Refuge, I was desperate, looking for God. I didn't know how to leave my own unhealthy system. I just knew that something was wrong in my heart that was making me feel stuck. Day by day in the Refuge, God started showing my root of bitterness and unforgiving spirit. God helped me through the counselors to forgive my mother and myself, and how to deal with the memories that sometimes come back. Today, I feel free. God broke the walls. Now He is doing His purpose in my life. He showed me, through His Word. Now I know I will never be alone; He is with me. I am not perfect, and I will never be perfect. He is going to guide me and teach me during every season of my life. Today, I can tell you that, praise the Lord, my past trials are what made me pursue Him. With this truth in my heart, my family will be impacted with my love for God that enables me to love them better.” ~Rosa

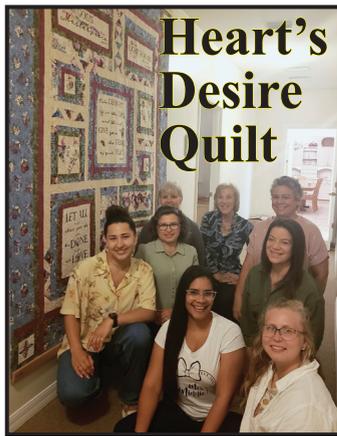


Former graduate and active Resale Shop volunteer, enjoys writing children's books

Nicole, a two year graduate of the Women's Refuge residential program, says that through the curriculum she's received clear purpose and new direction for her life. Her autism has gifted her with a unique perspective and child-like faith that allows her to share deep Biblical truths in a way that children can easily understand. Her love of reading and storytelling began at a young age, and she has honed her craft to create engaging and meaningful stories that children will love. Stay tuned for upcoming book signing date coming this fall.

“What motivated me to write books is that I wanted to share God with others, and use my love of writing stories to share Jesus with children and let them know how much God loves them” ~Nicole

Purchase Nicole's books at the Women's Refuge Resale Shop or go to [Amazon.com/dp/B0BYGNFRK4](https://www.amazon.com/dp/B0BYGNFRK4)



Heart's Desire Quilt

When it comes to giving from the heart, Bobbi Smick one of our active board members, knows how to shine the light of Christ, and for that we are forever grateful. Not only does Bobbi bless us with her many active volunteer roles, but she finds ways to go the extra mile for our residents and staff. The Refuge recently received a beautiful hand-made quilt from her now

displayed in the Bethel house hallway for all residents and guests to enjoy.

“When I saw this quilt pattern, “Heart's Desire”, I immediately sensed the Lord calling me to sew it for the Women's Refuge. The Bible verses speak to the journey women venture on at the Refuge as they come to know God better and discover who they are in Christ.” ~Bobbi





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