



WOMEN'S REFUGE
OF VERO BEACH

Psalm 46:10 God is our refuge and strength

February 2023

Looking forward by looking back

There is no starting point or finish line on this journey. We have journeyed through the past year, day by day, sometimes hour by hour, looking forward to the completion of a project, or even perhaps just making it to the end of the day. But as the next day dawns, it brings us another opportunity to live life moment by moment, seeking God's wisdom, and at times, imploring Him for direction in our lives.

There is wisdom in looking at the past and looking at the future, but not living in it. God wants us present with Him. We don't want to get stuck in the past of our regrets, mistakes or even forlornly missing the "good old days" as we can often do. The future is not ours to manipulate for what we want but instead trusting God for our future needs. This is the essence of what it means to live by faith.

Jeremiah 29:11 "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."

I can't recount how many times we sought the Lord in prayer for our needs in 2022 and I'm still in awe at how He answered our prayers. The Lord supplied the right woman for our Director of Counseling position. He brought us a new Office Manager to fill the vacancy. New donors have come through our doors, eager to support the ministry, and new residents and counselees have received healing by embracing and acting on the truth of God's word.

Looking at the past year and all that God accom-

plished through the ministry, it helps me to be confident on God's faithfulness for the future. God's promises can be counted on because, as we read in the Bible, all the promises of God that have already been fulfilled, we can count on His continued faithfulness to fulfill the future promises because He always does just what He says.

Isaiah 14:24 The Lord of Heaven's Armies has sworn this oath: "It will all happen as I have planned. It will be as I have decided."

This issue of our newsletter shares some of the wonderful moments of the past year, most importantly celebrating the 25th anniversary of the Refuge.

It's comforting knowing we will always be on this journey because we walk in step with God who provides His Word for direction, His Son to show us the way and His help through the Holy Spirit.

Isiah 43:19 "For I am about to do something new. See, I have already begun! Do you not see it?"

I am excited as I look to the future of the Women's Refuge and all that God will be doing! Join us and be a part of this unique ministry in 2023.

Prayerfully,

Diane A. Ludwig

Executive Director



Thank
you!

Central Assembly Men's Group



To the Central Assembly men's group who helped this past fall, we would like to extend an enormous thank you for building the deck of our groundskeeper, Sue, with such quality craftsmanship. Her deck looks and feels fantastic! The crew did a great job not only in building the deck, but in the cleanup.

Christmas Angels



A big shout out goes out to the the Purses with Purpose Group who donated the fancy hand bags
And to the Property Appraiser's Office, thank you for the wonderful Christmas gifts for our residents!

Grant Awards



Thanking God for our generous donors who provided the funding to replace our roofs.

From our hearts to yours - thank you:

- Crossroads Foundation
- Bernard A. Egan Foundation
- Fred Griffin Legacy Fund

An enormous thank you goes out to all of our generous grant funders of 2022!

- Christ Church of Vero Beach
- Indian River Alumnae Assoc.
- James Ford Bell Foundation
- KT Family Foundation
- Publix Super Markets Charities Inc.
- St. Augustine Of Canterbury Episcopal Church
- St. Paul's Church
- Vero Beach Christian Business Assoc.
- Vero Bible Fellowship

SUPPORT GROUPS

MONDAYS

Overcomers (Women's Study): This support group offers healing from the brokenness of damaged emotions.

Ongoing Class 1/9 (7-8:30 PM) Free.

TUESDAYS

Conquering Codependency (Women's Study): Feeling over-whelmed? This class is for women who are tired of adjusting their behavior to meet the needs and expectations of others. 12-week Class. Cost \$50

(Plus \$19 cost of book) 1/31-4/18 (3-5 PM).

THURSDAYS

Shelter from the Storm (Women's Study): This class provides hope and healing in a safe environment for women who have suffered from sexual abuse.

12-week class on Sexual Abuse. Cost \$50
(Plus \$19 cost of book) 9/7-11/30 (3-5 PM).

FRIDAYS

Anger Management: This class helps to identify what anger means to you, its purpose, where it comes from and how to gain control. 6-week class. Cost \$30 (Plus \$15 cost of book).

1/20-2/24 - 10/6-11/10 (3-5 PM).

Bible Study (Coed): Free. Ongoing, 8:30-9:30 AM



WOMEN'S REFUGE
RESALE SHOP

Donate
SHOP
Volunteer

NOW
HIRING
MEN &
WOMEN!

Monday: 10-3

Tuesday - Saturday: 10-4



WOMEN'S REFUGE
OF VERO BEACH



Unique Finds



VINTAGE, ART WORK, HOME DECOR



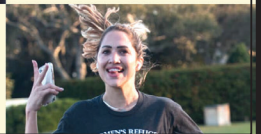
WOMEN'S REFUGE
LOVE 5K
walk & run



SATURDAY
2.11.23



7:30AM
RIVERSIDE
PARK
womensrefugevb.org



Debra is restored

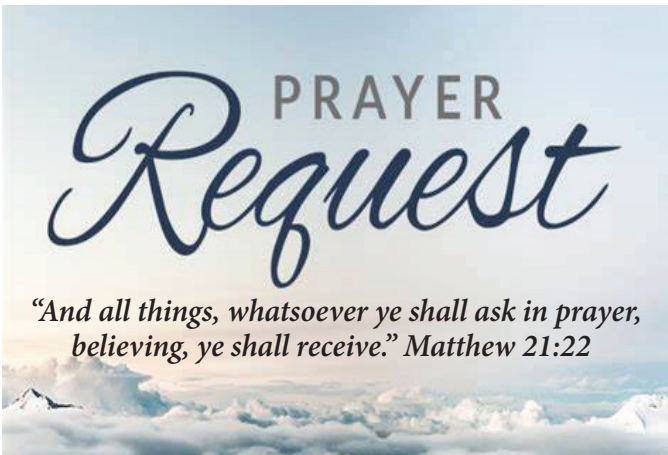
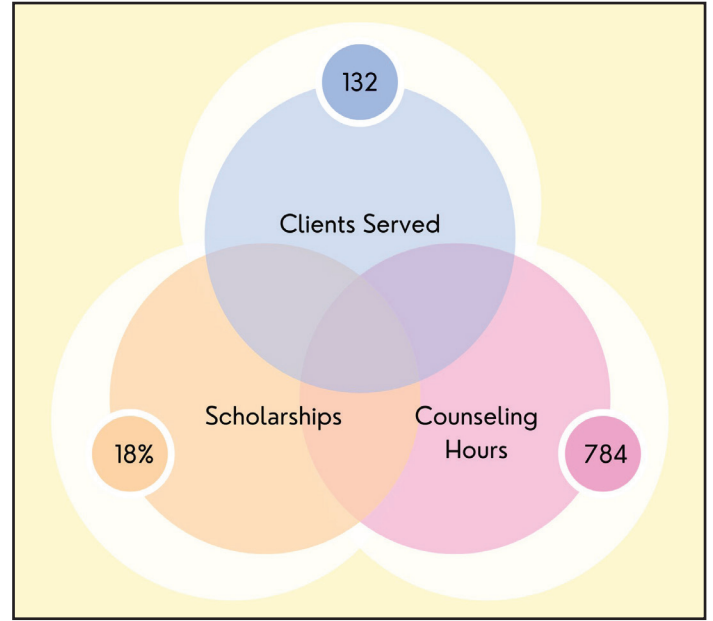


I came here broken. I had lost my faith and belief, my relationship with God was broken due to severe anxiety after COVID. I came here to reboot my spiritual life. Through study and counseling, I have forgiven people from my past, forgiven myself, and learned that the true Christian life is lived by completely surrendering and submitting every area

of my life and will to Jesus Christ. I am allowing Christ to live His life through me. I trust Him to meet all my needs. I can't wait to live in this freedom!

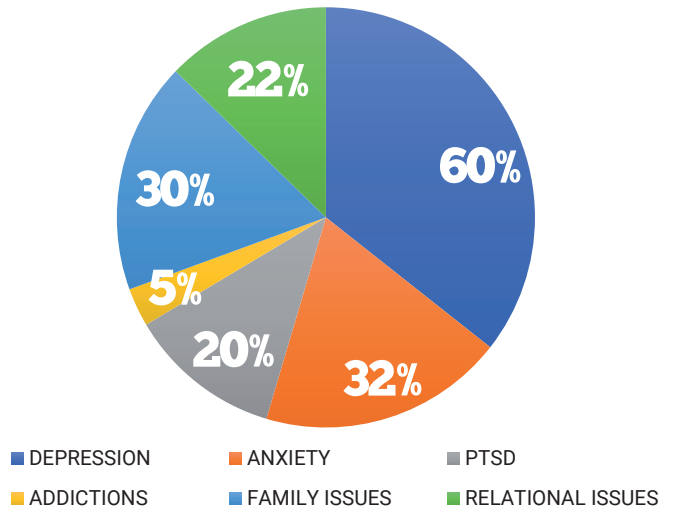
~ Debra

Big Strides for 2022



Client's Mental Health Issues

- Volunteers to help at the Resale Shop
- CD players
- To reduce food budget: gift cards to Publix or Walmart
- To reduce other costs: toilet paper, paper towels, laundry detergent, gas cards or other gift cards



Thank you to our Newsletter Sponsors!

