



WOMEN'S REFUGE
OF VERO BEACH

Psalm 46:1 God is our refuge and strength

January 2024

2024 – A Year of Hope

*“May the **God of Hope** fill you with all **Joy and Peace**”*
(Romans 15:13), as you welcome in this new year.

We have all been blessed by our precious God for placing us in this country at this time in the history of the United States of America. However, it clearly is a dark time. We are witnessing confusion in our government. We see a lack of patriotism for our country. We daily note more violence in our major cities. There's a lack of respect for the older generation, all governing bodies, schoolteachers, and even our churches. In addition, we have more and more homeless men and women on our streets. We are witnessing a body of disobedient and rebellious teenagers, with a serious lack of faith in our sovereign God. In their ignorance they are defiling synagogues and other places of worship. So it is with the bad news.

We do not hear enough of the good news which is God is raising up a generation that is praying for revival in our country. They have hope. They know joy. They pray

for peace. Included in this group of prayer warriors are the good shepherds who God has planted in our city and in Indian River County. They are in one accord. Their congregations are praying for hope, joy, and peace.

This county is blessed with various non-profit Christian organizations that minister to hurting people. One of which is the Women's Refuge of Vero Beach. Healing of body, mind, and soul is its ministry in Christ Jesus.

Be blessed by giving donations, volunteering, and/or praying for this healing ministry. When you do, you are assisting in the work God has assigned to them. May you experience hope, joy, and peace in 2024.

Hebrews 4:16 (LB) – *“So let us come boldly to the very throne of God and stay there to receive His mercy and to find grace to help us in our times of need.”*

Lucy D. Marine

Former Board Member

Monthly Message from the Executive Director



I recently heard a message at church about God's creation in Genesis. In Gen. 1:1-4 the earth was dark, formless and empty. When God said, *“Let there be light”* there was light, and God saw that it was good.

It moved me deeply to realize that God's light, His Being, was the only source of light in the world before He even created the sun! The sun and moon were created further into the book of Genesis in verse 14. It's easy to

miss these subtleties in God's Word and I am thankful for good teachers who share these insights. In this new year, it is my hope that we shine God's light into the dark places of the world we live in today. *“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”* Matthew 5:16

Diane A. Ludwig

Executive Director

Upcoming Events

JANUARY

Join us for our On-Line Program!

Enjoy the same benefits of our in-person residential program, now on-line! Through devotionals, small group curriculum studies and homework, an online support group, weekly virtual individualized counseling sessions, God and our staff will meet you to find healing, hope, support, growth, and freedom through God's Word. Our next Online Session will be January 15 – April 5, 2024. Call us to find out more or sign up online!

womensrefugevb.org/online-program/how-to-apply-to-the-online-program

You're invited to our Meet & Greet

• Jan 31 • Feb 28 • March 27

- Learn about our services
- Food and fellowship
- Tour our campus
- RSVP (772) 770-4424

Support Group – Conquering Codependency

This class is for women who are tired of adjusting their lives to meet the needs and expectations of others. (Women's Study) Conquering Codependency is a 10-week class held on Tuesdays, 3–5 pm, from January 16 – March 19. Cost of class is \$50 plus cost of the book.



We would like to thank William Stewart and his MTG family for donating cash, a box of beautiful jewelry, accessories, and other items, along with their love and prayers for our women and our ministry! We appreciate the time and thoughtfulness that went into this generous blessing.



A big thank you to Marty Fite who donated a vehicle to the Refuge and to Viking Automotive who donated parts and labor to get it up to safety standards. The proceeds of the vehicle sale were donated to the Women's Refuge. What a blessing you are to us!

FEBRUARY

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

Register today at runsignup.com

MARCH



VNA and Women's Refuge
2024 Health & Wellness Forum and Luncheon

Guest Speakers and Panelists

Key Note Speaker
Dr. David Peter, Vice President & Chief Medical Officer, Cleveland Clinic Indian River Hospital

Lundy Fields, President/CEO Visiting Nurse Association of the Treasure Coast

Diane Ludwig, Executive Director Women's Refuge

Vicki Soule, Chief Executive Officer Treasure Coast Community Health

Marie Andress, Chief Executive Officer, Whole Family Health

Dr. Phil Cromer, Chief Executive Officer, Mental Health Association in Indian River County

Dr. Wayne Creelman, Psychiatrist University of Florida

Karen Diegl, President/CEO Senior Resource Association

Dr. Rich Wyderski, Owner Wyderski Health

MC/Moderator: Cindy Bryant Indian River Publishing & Media Consultants, Inc

Wednesday March 13, 2024
11:00 a.m. – 2:00 p.m.

Oak Harbor
4755 South Harbor Drive, Vero Beach

Tickets: \$125 per person

Doors open at 11:00 am

Visit with Speakers and Panelists
11:00 – 11:45 am

Luncheon and Program
Start at 12:00 pm

Sponsorship Opportunities Available

womensrefugevb.org/events/health--wellness-forum

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