

Psalm 46:1
God is our refuge and strength



APRIL 2026

Freedom Through Forgiveness

Not so long ago, I spent close to two days in one of those tiny houses, sometimes featured on TV, sequestered away there, alone with the Lord, confronting a traumatic assault I experienced when I was a mere 19 years old. It has taken more than 30 years, but finally, I am “processing” what happened.



Eve Vendryes
Board President

As a young woman, who did not know if or how to report the assault, I carried a pain I did not even really understand and did so largely on my own. The years passed by, and while I had, in many ways, put it behind me, the Lord began to bring certain things to the surface. I eventually realized that while I cannot go back to claim justice, healing in Jesus Christ is still available for me.

During those two days in the tiny house, the Lord invited me to forgive the man who assaulted me, not so much for the man's sake, but for my own sake and for the Lord's glory. As I sat crying for what seemed like hours, I found myself asking, “Lord, I know You are faithful, but where were You on that day?”

Prior to taking this time to be alone with the Lord, someone had asked me, “Eve, are you willing to allow God to be this man's judge instead of you?” As Christians, we agree that the answer to this question should be, “Yes, Lord, I am willing.”

But then came the follow-up question, “Are you willing to allow Christ to accept the penalty and punishment on this man's behalf?” It was in answering this question that I experienced the power and freedom found in extending forgiveness, even to those who do not ask for it.

Jesus died a painful death to not only defeat the purpose of the enemy in my life, but also in the life of my assailant.

“Behold, the Lamb of God who takes away the sin of the world,” John 1:29.

At the end of those two days, I saw, in a new way that yes, indeed, Jesus paid for all of it. “When Jesus had received the

sour wine, He said, ‘It is finished!’ And bowing His head, He gave up His spirit.” John 19:30.

Because of this amazing grace, we not only have eternal life, but we can also live knowing God gives “Beauty for ashes, the oil of joy for mourning, and a garment of praise for the spirit of heaviness.” Isaiah 61:3.

These things are never easy, and no one should go through any of this alone. If you need support in facing and addressing past trauma, the Women's Refuge can help. “He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain...” Revelation 21:4.

Talk to someone today - call 772-770-4424 to get help.

Message from the Executive Director

A Prayer for Forgiveness

Father, help me to forgive
Others that have harmed me and
Rendered me devastated.
Grant me the freedom from sadness that
I desire as I release the pain and hurt to You.
Victory over fears and comfort is found in your son, Jesus.
Every emotion I feel, You know and understand.
Now I release any bitterness and anger I have
Every time it rises because Christ's suffering on the cross
Saved me from heartache and sin giving me reason to
Submit to Your will to give me freedom from heartache and
strength to **FORGIVE.**



Diane A. Ludwig
Executive Director



MusicWorks
concerts
PRESENTS...

When you buy your tickets ONLINE
Use the word:

REFUGE

Thursday, April 2, 2026 at 7:00pm at the Emerson Center

25% of the money spent on tickets benefits
the Women's Refuge of Vero Beach

Concert tickets are on sale now starting at \$45!
This concert is a production of MusicWorks. Visit the website
for the available seating locations and ticket prices:
www.MusicWorksConcerts.com.

TESTIMONIAL



Chloe, Resident

Hi, my name is Chloe. I'm 21 and came to the Women's Refuge of Vero Beach several weeks ago seeking help for some difficult struggles in my life. One of the things I love most about the Refuge is the kindness

of everyone here. The counselors, staff, and residents have been incredibly supportive, and I've made meaningful friendships. I lost my mother to cancer when I was eight, and years of grief left me battling deep depression. Through counseling and faith, I'm beginning to understand God's purpose and see hope again. The Women's Refuge has helped me rediscover joy and believe that my life has meaning and a future.

SAVE THE DATE
WE CORDIALLY INVITE MEN AND WOMEN TO THE
26th Health Wellness
FORUM & LUNCHEON
Wednesday, May 13, 2026
11:00 a.m. - 2:00 p.m.
Oak Harbor Club
4755 South Harbor Dr., Vero Beach

Tickets: \$185 pp

To secure your seat or become a sponsor Scan QR Code

WOMEN'S REFUGE OF VERO BEACH

Join us at 1850 Lemon Ave
Questions? Call Judy Graziosi
772-236-6659

Thank You Volunteers!
Volunteer Appreciation Picnic
Saturday, March 28th
4:00pm
Bring a Guest!



Conquering Codependency WEEKEND



Thurs., April 9 at 5:30 to
Sat., April 11 at 5:00pm

COST

\$195 for overnight guests
\$145 for commuting guests



Scan online and pay today

Women seeking freedom from codependent patterns are invited to the Women's Refuge Conquering Codependency Weekend, April 9-11, 2026 at the Women's Refuge, 1850 Lemon Avenue, Vero Beach.

Through biblical teaching, reflection, and supportive community, participants gain practical tools, healing, and hope.

Overnight and commuter options include meals, materials, and Christ-centered guidance toward lasting change and renewal.

772-770-4424 | info@womensrefugevb.org

Shop Donate Volunteer



WE ACCEPT gently loved ITEMS

1615 10th Ave., Vero Beach, FL 32960
(772)567-3598 | wrrstore@gmail.com
Tuesday-Friday 10am-4pm
Saturday 10am-3pm



Thank you to our
newsletter sponsors!



Donate Today to Support this Newsletter

