



## An Invitation for Renewal

In the busyness of life, we often forget one of the most important relationships we have - the relationship with ourselves. As a Christian non-profit dedicated to serving others, we understand the call to care for our families, communities, and those in need. However, we must also remember that self-care is not selfish; it is necessary to fulfilling God's purpose for our lives.

Even Jesus, during His ministry, took time to step away and pray alone (Matthew 14:23). If our Savior needed moments of rest and renewal, so do we. When we neglect self-care, we risk burnout, exhaustion, and a weakened ability to serve others effectively. Our minds, bodies, and spirits require time to recharge, and when we prioritize our well-being, we reflect God's love and stewardship over our lives.

One of the greatest challenges to self-care is the inability to say no. Many of us hesitate to set boundaries out of fear of disappointing others, but saying yes to everything can lead to stress, resentment, and exhaustion. Ecclesiastes 3:1 reminds us that there is a time for everything - including rest and healing. By establishing healthy boundaries, we protect our peace and allow ourselves to serve with renewed strength and joy.

Self-care is also an acknowledgment of our worth in God's eyes. Psalm 139:14 declares that we are fearfully and wonderfully made. When we take care of ourselves -

whether through rest, prayer, healthy habits, or moments of quiet reflection - we honor the life God has given us. Often, we feel guilty for stepping away, thinking our absence will be noticed or judged. Yet true self-care isn't about seeking approval; it's about trusting that God calls us to care for ourselves so we can better serve others.

In a world that constantly demands more from us, self-care is an act of faith. It allows us to maintain a healthy mindset, nurture our physical well-being, and deepen our relationship with God. When we prioritize rest and renewal, we become better equipped to handle life's challenges and serve others with love and grace.

If you are feeling overwhelmed and in need of time to reconnect with God and yourself, consider visiting our live-in program. Our space offers a chance to step away from daily pressures, focus on personal growth, and find renewal in a Christ-centered environment. You are worth the time you take for yourself. By caring for yourself, you demonstrate gratitude for God's blessings and trust in His ability to sustain you. Let us embrace self-care as a way to honor Him, recognizing that through rest and renewal, we reflect His love in all that we do.



*Lisa Miller*  
Resale Shop Manager

### Message from the Executive Director



*Diane A. Ludwig*  
Executive Director

The idea of self-care overwhelms some while others readily embrace it. From spas, retreats and vacations, our world offers a myriad of options. For those who can't seem to pull away from responsibilities, the idea of time away seems frightening and impossible. From a physical perspective, everyone realizes that self-care is needed to assess our needs, reflect on where we are and refocus on what our goals are.

As a reminder that God made us in His image, we see that even God rested on the

seventh day (Gen. 2:2-3). Revealed in Exodus, He commanded Moses to tell the Israelites He gave us the Sabbath to rest (Ex. 16:23, 29-30). Rest does require faith - believing that God has given us the directive and He will supply all we need, and we are not to worry. It is time for us to release the cares and exhaustion of the world to Him and allow God to fill us up again with His Holy Spirit. In that way, we honor His love and care for us and makes it possible for us to love others with a new spirit of peace and refreshment.



# 4th Annual Vero Christian Church Car Show

EXHIBITION | FREE ADMISSION | FOOD

April 5th, 2025  
10:00 am - 1:00 pm

3250 9th St SW (Oslo R.D.)  
Vero Beach, FL, 32968

Proceeds benefit the Women's Refuge of Vero Beach

# Save the Date

Informative Luncheon with Physicians  
2025 Health & Wellness Forum

May 7, 2025

Oak Harbor



11am-2pm

## Finding Healing and Forgiveness



Mayra P.

Coming to the Refuge changed my life. The first time God freed me from an unforgiving spirit, bitterness, and sadness. This second opportunity I was able to relate with the other residents and grow along with them. From this experience, I have learned how to keep the structure, order, and fellowship that the Refuge has; it has become my new model to keep and implement

in my own life. I have learned to journal in a deeper way. I learned to recognize my codependency and am learning how to not be codependent anymore. I have learned how to seek God and only God for decisions. Thanks to the Refuge, I feel strong to make godly decisions.

## Meet Our New Board Member

My name is Cassa Rooney and I've been volunteering with the Women's Refuge Resale Shop for over a year. I've previously been in other areas of service in the Vero Beach community but have found such light in the Women's Refuge Resale Shop and have since joined their board. Matthew 5:16 says, "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". This verse has been foundational to me in my spiritual journey. The verse is a call to action, as a reminder for myself and others to share the light of Jesus. It encourages people to let their light shine to reflect God's love. The mission of the Women's Refuge is focused on discipling others to live fruitful lives with changed attitudes - shining the love of Jesus for all to see!



### Support Groups:

**Monday** - Overcomers (7-8:30 PM)

**Tuesday** - Conquering Codependency (3-5 PM)

**Thursday** - Shelter from the Storm (3-5 PM)

**Friday** - Anger Management (3-5 PM)



Scan QR code or visit link below to see dates & learn more!  
[www.womensrefugevb.org/counseling/support-groups](http://www.womensrefugevb.org/counseling/support-groups)

Shop Donate Volunteer

Proceeds benefit the Women's Refuge of Vero Beach



WOMEN'S REFUGE  
RESALE SHOP



Mon & Sat 10am-3pm/Tue - Fri 10am-4pm

(772) 567-3598 | [wrrstore@gmail.com](mailto:wrrstore@gmail.com) | 1615 10th Ave. Vero Beach, FL

[poshmark.com/closet/womensrefuge](http://poshmark.com/closet/womensrefuge) [chairish.com/shop/wrrsale](http://chairish.com/shop/wrrsale)

### Area's Needed:

- Campus
- Events
- Office
- Resale Shop



Call 772-770-4424 or visit:  
[womensrefugevb.org/opportunities/](http://womensrefugevb.org/opportunities/)

*You're invited!*

**MEET & GREET**  
MEET THE STAFF - CAMPUS TOUR - LEARN MORE

RSVP: (772) 770-4424

*When?*

Wednesday  
Mar. 26, Apr. 30, May 28  
10:30-11:30 AM

*Where?*

Women's Refuge Campus  
1850 Lemon Ave  
Vero Beach, FL 32960



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