



# WOMEN'S REFUGE OF VERO BEACH

*Psalm 46:1 God is our refuge and strength*

August 2024

## *A Lesson from Hannah*

**H**ow many of you have some kind of worries within your household right now? Maybe it's financial, an illness, an addiction, loss of a job, a problem with a child, or your spouse. My bet is that we all have issues in our home life.

Well, guess what – so did Hannah. Despite her gracious character, Hannah's home life was often troubled and sorrowful. Hannah was in constant anguish. The burden and stress she carried made life almost unbearable. Hannah wept bitterly, and the Bible tells us that she literally could not even eat at times.

There are three lessons of life and of faith we can learn from Hannah. (Her story is told in the Old Testament in the book of 1 Samuel, Chapters 1 and 2.)

First of all, Hannah teaches us that when there is strife in our household, we need to pray. The Bible says she prayed so hard that the priest could see her lips moving even though no sound was coming out. Hannah teaches us that we are to turn to God in prayer. The Bible says she prayed continually before the Lord. She stayed before the Lord, even with a broken heart, pouring out her tearful prayers. Hannah allowed her trials to make her a woman of prayer. You and I need to allow our trials to make us a person of prayer.

Secondly, Hannah teaches us that once we have prayed and turned something over to God, we need to leave it with Him. The Bible tells us that she ended her prayer by saying *"let your servant find favor in your sight and she went her way and ate, and her face*

*was no longer sad."* Hannah cast her whole burden on the Lord and left her sense of frustration there at the altar. This demonstrates how genuine and patient her faith truly was. Scripture says, *"Cast your burden on the Lord and He shall sustain you."* Hannah truly laid her trouble in the lap of the Lord and left it there.

The third thing we learn from Hannah is when God did answer her prayer by giving her the son she had asked for. The Bible says her soul responded with a pure unbroken stream of praise. When God answers our prayers, we too should respond with pure unbroken praise. How often are we already off on the next worry or problem before we have even thanked Him for what he has done for us?

We all face issues and challenges in this life. We have a God who loves us and cares for us and wants us to turn to Him in prayer. There are times when we need the help and the counsel of other believers. At the Women's Refuge, we are here to help come alongside you and your family, offering hope, healing, and Biblical counsel when facing the strife and stresses of this life.



*Becky Calahan*  
Board President

## *Monthly Message from the Executive Director*

**G**oodbye, July! Hello, August!

Those of us who live in Florida know well the days of August. Yes, it's hot but we can take shelter from the heat in our air-conditioned homes, cars and offices. When possible, it's wonderful to jump into the frothy surf or dive into the cool waters of a pool. August is the month that allows us to appreciate long days filled with light, beautiful night skies full of twinkling stars, and lingering memories made over the summertime.

Summer isn't over! Seize the longer daylight hours and make this August a time to take notice of the blessings of God, His faithfulness and provision in our lives.

*Heavenly Father, help us to linger awhile and contemplate on the days You have given us; the fellowship of loved ones and warm nights filled with laughter and wonder. You care for us each moment and delight in our praises to You. Thank you for the blessings of summer in all its glory. Amen.*

*Diane A. Ludwig*  
Executive Director





Thank you, Living Lord Lutheran, for inviting us to share the ministry of the Women's Refuge on July 14th!

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**WOMEN'S REFUGE OF VERO BEACH**



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We are also excited to share our 2024 Christmas Banquet featured speaker, Leah Simpson. Check out her podcast below, *Embrace Your Everyday*, to hear her inspiring and entertaining content designed to help you live a life you will remember.




**WOMEN'S REFUGE OF VERO BEACH**

*Monthly*  
**MEET & GREET**

CAMPUS TOUR • MEET THE STAFF • LEARN MORE

**When?**  
WEDNESDAY  
JULY 31, AUG. 28, SEPT. 25  
10:30-11:30 AM

**Where?**  
WOMEN'S REFUGE CAMPUS  
1850 LEMON AVENUE  
VERO BEACH, FL 32960

RSVP: (772) 770-4424

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