



WOMEN'S REFUGE OF VERO BEACH

God is our refuge and strength, an ever-present help in trouble. Ps 46:1



HELP. HOPE. HEALING.

Jan/Feb 2021

We are truly blessed to present the testimony of Laura Lee, who has indeed surrendered to the Lord and is helping other women who are wanting her freedom. This is the reason the Refuge was founded and why we continue serving those who are seeking help, hope and healing in Christ. Joyfully His, Ted and Donna Robart, Co-Founders of the Women's Refuge.



"I recently came back for my third stay at the Refuge after a year long downward spiral into a deep depression due in large part to my own selfish and self-destructive decisions. After over a month in a psych hospital, several rounds of electro-convulsive therapy, and multiple medications I was in a state of physical hopelessness and spiritual rebellion.

I felt dead and dark on the inside and wished for it on the outside. The staff welcomed me back with open arms, more grace than I could have hoped for and the unconditional love that can only come from Christ. They began to speak truth and life back into my stubborn heart. But by the end of my second week, I was still in turmoil and just

wasn't 'getting it' and wasn't getting much better. Then early one morning the Lord woke me with a sense of His Presence as He began to speak over me powerful words of love, forgiveness and the promise of renewed covenant. He washed away my shame and lifted off the heaviness of depression as I surrendered my ever present wish to die.

I am eternally grateful for all those who literally did battle for me in the spiritual realm to redeem my life back from the plan of the enemy to crush it. So many were praying on my behalf. Thank you to everyone who supports this ministry in any way. God is still raising people from the dead – I am living proof.

Laura Lee, Returning Graduate



LETTER FROM OUR FOUNDER

Remembering the events of 2020 won't be hard for most of us, but I would think that thanking God for all of the events will be harder. Now, there is the challenge. Didn't Jesus say to His disciples, "In this world, you WILL HAVE tribulations, but rejoice! I have overcome this world?" John 16:33. I believe that the challenge is to be of good cheer about all things that you and I have been through this past year.

First of all, I'm sharing the threat of Covid 19 with all of you and the rest of the world. Ted and I have not gotten it, but two of our children and their spouses

had it. Needless to say, it has been very hard on those of you who did catch it and especially when your loved ones passed away from it! We mourn with you who mourn. Again, Jesus said, "Blessed are those who mourn, for they shall be comforted." Matthew 5:4.

Another scripture that helps those of us when we are in the middle of sorrowing is from Psalm 30:5. "Weeping may endure for a night, but joy comes in the morning." That literally happened to me when my first husband died at age 57. It was two weeks after he died and I was off to myself at a beach condo weeping

and lamenting. I remember that the pain was intense, and the tears were flowing when I prayed for relief of some kind. This unbelievable feeling of joy came bubbling up inside of me at the prospect of Wayne being in heaven. I remember 1991 real well.

I haven't forgotten 1996 either when my precious husband, Ted, and I got married at Jaycee Park at 6:30 AM on the beach. We were barefoot and joyful. The next year, 1997, we opened up the Women's Refuge. This was an answer to a prayer that I prayed in 1972 when God gave me a vision of opening up a

refuge for women who were suffering from mental, emotional, and spiritual problems.

We were to offer them the Lord's peace and joy. The scripture that was really instrumental in counseling those seeking this peace is from Jesus in *John 14:27*: "Peace I leave with you, My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Here we are going on 24 years since the Refuge was opened. We are still offering this peace and joy in our residential program, support groups, community, and online counseling to those who are seeking Him. Lately, I've been asking myself (and the Lord), "How is this possible that we are still open?" I believe that the answer that the Lord has shown me is best understood in the word "surrendering." What have we surrendered, you may ask, and I would have to say, "everything." The best explana-

tion would be to quote Jesus when He said, "Come unto Me, all who are weak and heavy laden and I will give you rest." *Matthew 11:28*.

To me, He didn't mean that we are to come to Him and take a nap, but rather that we come to Him (pray, lament, cry, etc.) with our sins, fears, weaknesses, trials, temptations, doubts, sorrows, guilts, shame, rejections and all those challenges that confront us humans every day...and give them ALL to Him on His altar. "Let us, therefore, come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." *Hebrews 4: 16*. That's surrendering.

At some point in this letter to all of you, I needed to admit that surrendering has not been really that easy for me. Rejection is my "crossed-eyed bear." *Matthew 10:38*. What has helped so much has been the support of Ted, my family, my friends, and my being part of

this great staff and board of directors. Also, we couldn't have lasted without the prayers and support that you have given to me and all of us day after day, year after year. Thanking you is not hard, because after all, you are partners with us at the Women's Refuge. This mission is your mission, too. We still need you. We love you with the love of Christ.

Donna Lee Robart



Founders Ted & Donna Lee Robart

**WOMEN'S REFUGE
OF VERO BEACH**

Love

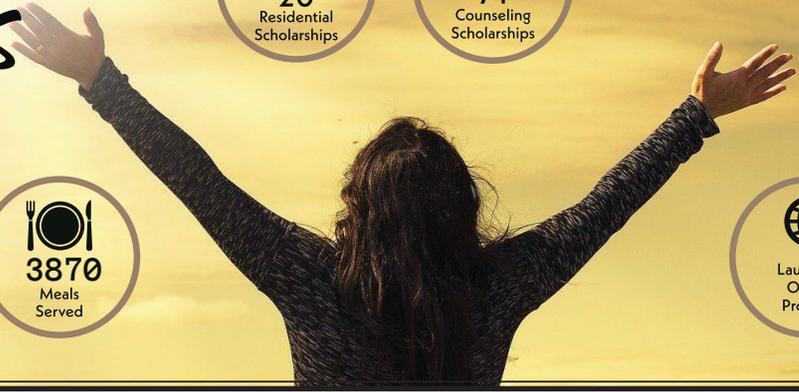
3RD ANNUAL 5K RUN WALK

Our 5k is back with a new theme—
Love, just in time for Valentine's Day.
So lace up, get your sweetheart and loved ones for a run or walk...
Come out to support a great cause!

Saturday, February 13th, 2021
7:30 AM, Riverside Park, Vero Beach
Register at secure.runningzone.com
For questions call 772-770-4424.
Find out how to become a sponsor,
Visit womensrefugevb.org.

— 2020 —

Highlights



WHAT OUR CLIENTS ARE SAYING...



Caroline –

I had become hostage to my fears, but I was given the tools to recognize and overcome my mis-beliefs, and to begin my journey of a life free from fear.



Guilianna –

I came wanting to get help and relief from frustration, disappointment, and pain. I learned that it's ok to be ME, just the way I am, that I am complete in Jesus and Him alone. I have begun to love the person God made me and not to get down on myself all the time.



Michelle –

I found my love, acceptance, security and worth in my Heavenly Father which has drawn me away from seeking those things from others.



Nisena –

I felt God's love in this place, and He gave me the peace that I needed. He healed many things that were stuck in my heart and He helped me understand my identity is in Jesus.



Juelie-

I LOVED THE ONLINE PROGRAM! I loved the reading, researching, learning, listening, and thought-provoking conversations. I loved the accountability and the REALLY hard truths that were spoken in word to me by the WORD and by the beautiful servants of God. I loved to know that there was a set schedule and expectation of assignments and videos etc.



Thanking God for His faithfulness and for your generosity.
Special Acknowledgments to our 2020 top donors:

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*I will make a way in the wilderness,
and rivers in the desert...
Isaiah 43:19*



THANK YOU TO OCEANS UNITE
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FOR THE \$2,500 DONATION!



**WE NEED VOLUNTEERS TO
HELP WITH LANDSCAPING
AND FLOWERS. CONTACT
SUE @ 772-770-4424**



2021 Christian Support Groups for Women

**MONDAY
OVERCOMERS** • Ongoing • 7-8:30 pm

**FRIDAY
BIBLE STUDY** • Ongoing • 8:30 - 10 am

**WEDNESDAY
CONQUERING CODEPENDENCY**
12 wk • \$50 (+\$17 cost of book)
3-5 pm • 1/13 - 3/31 • 9/15 - 12/8

ANGER MANAGEMENT
6 wk • \$30 (+\$15 cost of book)
3-5 pm • 2/26 - 4/2 • 10/29 - 12/3

**THURSDAY
SHELTER FROM THE STORM**
12 wk • \$50 (+\$17 cost of book)
3-5 pm • 1/21 - 4/8 • 9/16 - 12/9

ONLINE PROGRAM PHASE 1: 1/25 - 4/16
ONLINE PROGRAM PHASE 2: 5/17 - 8/7

For more information,
visit womensrefugevb.org

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