



**WOMEN'S REFUGE
OF VERO BEACH**

Psalm 46:1 God is our refuge and strength

July 2024

Biblical Counseling - Saving Lives and Saving Souls

At the Refuge, the spiritual approach to care is unique. The staff combines biblical one-on-one counseling, daily work regimen, personal and group studies as well as cognitive behavioral therapy for their residents.

As a psychiatrist and ordained deacon in the Catholic Church, I find their biblical counseling uniquely effective and highly successful in psychotherapy.

For over 25 years, Donna and Ted Robart have passionately built a refuge — a place of hope and opportunity for the wounded. Since 1997, they have tirelessly served the emotionally, mentally and spiritually wounded in our community. They have created a sanctuary where people can start over, find their purpose and true identity. It's been my pleasure serving on the Advisory Board, providing mental health and addiction services. My wife, Maggie, has also contributed her time on the board and volunteered applying her Advanced Master Gardener training from Michigan State University to beautify the grounds.

Since 2007, the American Psychological Association has reported increasing anxiety levels in America. Many are turning to mindfulness and New Age practices, yet the Christian Church offers rich traditions in addressing stress and anxiety through the teachings of Jesus Christ.

Although yoga has health benefits, creating lasting inner peace comes from the deepening your relationship with the Prince of Peace. Meditation and contemplative prayer offer spiritual direction that helps even busy individuals deepen their connection with the Lord. Please come by and see the women in action, ad majorem Dei gloriam – for the greater glory of God.



Dr. Wayne Creelman
Advisory Board Member

Monthly Message from the Executive Director

Happy Independence Day! We're all for liberty, freedom and self-governance, however true liberty is a blessing from God. I don't know about you, but I want *dependence* on God and need His guidance in my daily life or self-governance would be disastrous.



As Christians, independence has a deeper meaning when we realize the sacrifice Jesus made on the cross to give freedom for everyone (1 Tim. 2:6). Not to use our freedom (independence) to satisfy our sinful nature, but to use our freedom to serve one another in

love (Gal. 5:13). Our founding fathers wrote the Declaration of Independence officially stating they were no longer subject to Great Britain's rule and were now united, free, and independent. Sadly, today we see man's independent nature, his self-love, his rebellion against godly guidance and truth permeating our society.

This Fourth of July I encourage you to pray for our nation, that we return our allegiance to the one true God, who by the blood of His Son gave us freedom from the bondage of sin. He has given us a new life, a new liberty. May our country turn their hearts towards Him today.

Diane A. Ludwig
Executive Director

Tender, Yet Tenacious

Caroline's journey to the Women's Refuge of Vero Beach was nothing short of divine guidance. Filled with hope and a deep desire for healing, she embarked on a path to address the wounds of her past. Finding solace in the Refuge, Caroline discovered the help, hope, and healing she had been seeking. Quoting Philippians 1:6, "being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus," she expressed her unwavering faith in the transformative power of God's work within her.

Caroline's resilience and determination has truly shone through. Engaging in the United Against Poverty's STEP Program, she not only secured a position at the UP Center's grocery store, but also found a way to fulfill her servant's heart by helping those in need. Caroline's gentle and loving spirit radiates in all she does, from using a bike provided by the Women's Refuge for transportation to work, to her unwavering commitment to helping others in need there. Witnessing her transformation and dedication to serving the community is truly a blessing.

To support Caroline further, we are reaching out to the community for a gift of love. If you or anyone you know has a reliable vehicle to donate, please contact our office at (772) 770-4424. Providing Caroline with access to additional resources and independence will empower her as she continues to grow and serve others in the light of Christ.



WOMEN'S REFUGE OF VERO BEACH

Monthly

MEET & GREET

CAMPUS TOUR • MEET THE STAFF • LEARN MORE

When?	Where?
WEDNESDAY	WOMEN'S REFUGE CAMPUS
June 26, July 31, August 28	1850 LEMON AVENUE
10:30-11:30 AM	VERO BEACH, FL 32960

RSVP: (772) 770-4424

WWW.WOMENSREFUGEVB.ORG

Shop 🛒 Donate 🛒 Volunteer

Proceeds benefit the Women's Refuge of Vero Beach



Explore chic shoes, stunning clothing, and exquisite jewelry.

Shop new season styles now in-store and online at Poshmark and Charish!



WOMEN'S REFUGE RESALE SHOP

1615 10th Ave., Vero Beach, FL (772) 567-3598 | wrstore@gmail.com

Monday & Saturday: 10AM-3PM
Tuesday - Friday 10AM - 4PM



poshmark.com/closet/womensrefuge



chairish.com/shop/wrresale

GOLF 25TH ANNUAL TOURNAMENT

WOMEN'S REFUGE OF VERO BEACH

SCRAMBLE FORMAT
FLIGHT AWARDS
CEREMONY AND RAFFLES
Immediately following the tournament!

\$600 FOURSOMES ONLY
(\$150 PER PLAYER)
WOMENSREFUGEVB.ORG

BENT PINE GOLF COURSE

SAT 9/21 2024
Shot gun start at 1:00PM



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