

March 2024



Seasons Change

Mom always told me, "Change is inevitable." We face changes every day, maybe a new doctor or a new dry cleaner, maybe a new family member, or the loss of a family member, maybe a promotion or a job loss. What about changing our minds? Let's eat out, let's stay home, let's go to the park, let's go bowling, let's go on vacation, let's have a staycation.

Each time we face change we are challenged with our feelings about those changes. In my life sometimes changes bring on a great deal of fear. Or I might experience joy. I can fight the change or I can embrace the change. Ecclesiastes says there is a time for every purpose under heaven.

Ecclesiastes 3:1 – 8 ESV *"For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to cast away; a time to tear, and a time to sew; a time to keep silence, and a*



time to speak; a time to love, and a time to hate; a time for war, and a time for peace."

When our residents come into our program, they are seeking change. Change from controlling thoughts, change from feelings of despair, change from controlling everyone or being controlled by everyone. They face it all head-on even when it's hard, even when it hurts. They face it in the counseling room with the counselor, in the groups like Conquering Codependency and Anger Management, and in their own personal quiet time with the Lord.

Change doesn't come easy, but it can happen. Permanent change, happy change. And above all, God honoring change.

If you or someone you know is seeking change, call us. We've been there, we can help.

God bless,
Judy Fitzgerald
House Manager



Monthly Message from the Executive Director



We are so grateful to have you reading this newsletter. With each one we send out, it is our intention to share a testimony of someone whose life has been changed by the instruction, encouragement, and truth they have received through God's Word.

Our staff is dedicated to sharing the freedom we have as believers. Not to continue to do "whatever we want" because Jesus died for our sins, but instead, we are to live as Christ would have us live, His way. With the power of the Holy Spirit to guide us, to walk in the light of His truth by the power of His Holy Spirit which He gave to us.

If you have enjoyed our monthly newsletters, and we hope you have, we pray you may be inspired to support this unique ministry. We offer a Christ centered program where hurting women, marriages, and families can find healing through biblical counseling. We offer help, hope, and healing for those experiencing emotional, mental, and spiritual issues. We need your support to continue bringing healing to the whole person through Jesus Christ. Please join us with your prayerful, financial, or physical help. God bless you.

Diane A. Ludwig
Executive Director

Tickets available now! Call (772) 770-4424



VNA and Women's Refuge
2024 Health & Wellness Forum and Luncheon

**Wednesday
 March 13, 2024
 11:00 a.m. – 2:00 p.m.**

Oak Harbor
 4755 South Harbor Drive, Vero Beach

Tickets: \$125 per person

Doors open at 11:00 am

**Visit with Speakers and Panelists
 11:00 – 11:45 am**

**Luncheon and Program
 Start at 12:00 pm**

Sponsorship Opportunities Available

womensrefugevb.org/events/health--wellness-forum

Guest Speakers and Panelists

Key Note Speaker
Dr. David Peter, Vice President & Chief Medical Officer, Cleveland Clinic Indian River Hospital

Lundy Fields, President/CEO Visiting Nurse Association of the Treasure Coast

Diane Ludwig, Executive Director Women's Refuge

Vicki Soule, Chief Executive Officer Treasure Coast Community Health

Marie Andres, Chief Executive Officer, Whole Family Health

Dr. Phil Cromer, Chief Executive Officer, Mental Health Association in Indian River County

Dr. Wayne Creelman, Psychiatrist University of Florida

Karen Diegl, President/CEO Senior Resource Association

Dr. Rich Wyderski, Owner Wyderski Health

MC/Moderator: Cindy Bryant Indian River Publishing & Media Consultants, Inc

Barbara finds peace...

Psalm 46:1 "God is our refuge and strength, a very present help in trouble." Barbara came to the Women's Refuge from Vermont. She came because she had lost sight of God's goodness and had gone into a place of self-consuming doubt and discouragement that had started to affect her ministry to others and her own emotional and spiritual health.



She had forgotten God's truth and found Him afresh in the loving care and support of the Women's Refuge. "I have met God in Spirit-filled moments of awe and brokenness as I submitted myself into the care of the Refuge and He worked through their loving and thoughtful counsel, discipleship, and encouragement to give me the hope I had lost sight of and the peace and comfort of a better future as I go back to my full life."

Anger Management



Identify what anger means to you, what it's purpose may be, where it comes from, and how to gain control over it.

6 week class; \$40 plus cost of the book (\$15)

**February 16 – March 22 and May 3 – June 7
 3:00 – 5:00 pm**

Call (772) 770-4424 womensrefugevb.org

You're invited to our Meet & Greet

- March 27 • April 24
- Learn about our services
- Food and fellowship
- Tour our campus
- RSVP (772) 770-4424

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Proceeds Benefit Women's Refuge of Vero Beach




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Shelter from the Storm (Women's Study): This class provides hope and healing in a safe environment for women who have suffered from sexual abuse. Shelter from the Storm is a 12-week class held on Thursdays, 3:00 – 5:00 pm from March 28 – June 13. Cost of the class is \$60 plus the cost of the book (\$19).



Bible Study (Coed): Free.
Ongoing – Fridays, 8:30 – 9:30 am

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