

WE WISH YOU A HAPPY

New Year!
2023

January 2023

Doing good - Does the Doer Good!



Did you know that the rate of depression during and after the holidays has been documented by doctors and mental health professionals as increasing? Seems strange, doesn't it? Part of this is because we live in a culture that is constantly trying to sell us a false bill of goods that happiness is found when we buy it, wear it, drive it, or win it. Yet God in His wisdom teaches us that happiness happens when we give ourselves away. In his book *How Happiness Happens*, Max Lucado says, "Doing good does the doer good!"

There was a study in 2010 of more than 45,000 American adults showing that people who volunteer an average of 100 or more hours per year felt healthier and happier. Of those surveyed 68% said they felt better physically, 73% said volunteering and serving others lowered their stress level, and 89% said it improved their overall sense of well-being. In other words, if you want to elevate your happiness, focus your attention on loving and serving others.

As we begin a new year and our 2023 calendars begin to fill up with a multitude of tasks, meetings, and responsibilities this is a good time for us to remember that the Savior of the world came to serve, not to be served. And I would like to thank each of you who give of your time, talents, and resources for the ministry of Jesus Christ through the Women's Refuge.

May God continue to bless you because doing good does the doer good!

Becky Calahan
Board President



Prayer for the New Year by our Founder Donna Lee Robart

Dear Lord, You have stretched Your children in 2022, and You have used us to help those who were in crisis and needing a refuge from the storms of life. We come again to be strengthened afresh with Your wisdom, power and love.

"Search us, God, and know our hearts; test us and know our anxious thoughts. See if there is any offensive way in us, and lead us in the way everlasting." Amen and amen Ps.139:23-24. Donna's favorite Old Testament verses.

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Melissa's Hope is Restored

When I came to the Women's Refuge, I was broken and terrified of the person I had become. I was angry, controlling, and lonely. I feared everything; sickness, people, even myself. With the counselors' help and the teaching materials, I discovered that being broken was where God wanted me to be. Brokenness for Him was coming to the end of myself so He could put the pieces back together, and He did. All of the classes and Bible studies help to point out the areas that were keeping me stuck.



This program has encouraged me to search for and learn God's promises. The women in this ministry each have a gift of obedience and integrity. They teach the residents with their service what it is like to be a Christian. I'm looking forward for what God has for me in the future. Now, I am certain that I am completely forgiven and never alone. I'm very thankful for this opportunity of being an intern for the next fifteen months. ~Melissa, Nine-Month Graduate



Guests enjoy a wonderful evening of celebration at Corporate Air Hangar with keynote speaker Alex Kendrick.

25th Anniversary Celebration

The Women's Refuge celebrated its 25th anniversary at the annual Christmas Banquet on December 9th, featuring keynote speaker Alex Kendrick at the Corporate Air Hangar with dinner catered by Wild Thyme Catering. Top Sponsors included the Bernard A. Egan Foundation, George E. Warren Corporation, Corporate Air Inc., Natalie's Orchid Island Juice Company, Tim and Bernadette Longden, Bill and Langie Mannion, Next Level Productions, and Wild Thyme Catering. A big shout out also goes out to our planning committee, supporters and volunteers for making this event a big success!

Upcoming Support Groups

Anger Management

Learn how to identify what anger means to you, its purpose, where it comes from and how to gain control over it. Keys to Breaking the Cycle of Anger (Coed Class) This 6-week class will be held on Fridays, 3-5 PM, 1/31 - 4/18 Cost \$50. Plus cost of book

Conquering Codependency

This class is for women who are tired of adjusting their behavior to meet the needs and expectations of others. (Women's Study) Conquering Codependency is a 12-week class held on Tuesdays, 3-5 PM 1/20-2/24. Cost \$30. Plus cost of book.



A group of alumni enjoy a delicious breakfast on Dec 10

Alumni Brunch

It was wonderful to host our first Alumni Brunch right here on our beautiful Women's Refuge campus. An enormous thank you goes out to the women's group from Christ the King Presbyterian Church and Judy Fitzgerald who donated the breakfast casseroles, fruit and salads.



Please pray for incoming residents, counselees, and needed volunteers.

In Jesus' name, AMEN!

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