



WOMEN'S REFUGE  
OF VERO BEACH

February 2022

## Keeping a Godly Schedule

I wonder how so many people can put appointments and commitments on their phone. I'm a visual person and find having an "old school" monthly appointment planner a necessity. Yes, I mean an actual paper calendar book. I panic when I see a reminder pop up on my phone of something that is scheduled for the same day and takes me by surprise. One of my comforting habits is looking at the planner the night before so I can prepare for my day or week ahead.

It's comforting, knowing what lies ahead so I can be ready to meet the challenges that lie ahead. However, I must admit there are times the day seems so full before it even begins. And we all know there are unplanned situations that arise in each day that need to be addressed.

Even in my attempt to plan, I am exhorted by Matthew 6:34 *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."* NIV

Yet, as we start a new year, most of the messages we hear are to add new goals to our already full schedule of daily commitments: Start something new, introduce a new habit into our daily life, make a new plan for our future, etc. We need to

prepare for our day, prepare for our week, prepare for problems, plot our progress on the goals we have listed for the month. I'm overwhelmed just thinking about it!

But as I listened to a recent message from church, we were encouraged to take things *out* of our schedule. Our society is constantly pushing us to produce more and more each day, to accept the fact we can work anywhere and anytime due to virtual access, to be ready to respond to every call, text, tweet, email, regardless of the day or hour. This is not what God desires for us.

The truth is, God wants to bring us into the Promised Land. A place of rest. The church congregation was led to Mark 2:23-28, specifically about how to honor the Sabbath. In verse 27, Jesus is speaking, *"The Sabbath was made to meet the needs of the people, and not people to meet the needs of the Sabbath. So the Son of Man is Lord, even over the Sabbath."* NLT

Each of the women who enter our residential program do have to plan and prepare for their time with us. Many items need to be addressed, forms to fill out, requirements to be met. There is a process and preparation that takes place for both our ministry and the women we greet. But after their arrival,

there is a slowing of the daily pace many of those women have been running. This is their time of Sabbath rest. Once here, there is a stripping away of the pressures of their former daily routine and a new opportunity to focus on God.

As I heard in the Sunday message, there must be a determination to remember to rest. It doesn't just happen. It requires planning and forethought and a discipline to clear schedules in order to spend time with God. As the women come into the Refuge, they determine to surrender their daily schedules and embrace the help offered them here. This is a place of rest, a place to renew lost relationships with God and family, opportunity to recognize what to eliminate from their lives, and a place to establish a healthy new routine, one which puts God first.

Please pray with me and our staff for the Lord to bring more women to our sanctuary, into the Promised Land, the place of rest known as the Women's Refuge.

*Diane*



Diane A. Ludwig  
Executive Director

# BIG STRIDES MADE IN 2021

**W**e are very blessed to present these statistics to you. In spite of the challenge of a second year in the global pandemic Covid-19, we were still able to serve the community as God has allowed:

We had 165 total clients (community + residential).

We conducted 790 total counseling hours. 99 of those hours were virtually-based sessions.

16% were blessed with scholarship funding from our donors to be able to take part in the Refuge (27/165).

58% of our counselees came to us with depression (96/165)\*

56% were dealing with anxiety (93/165)

50% were counseled regarding family or marriage-related issues (82/165)

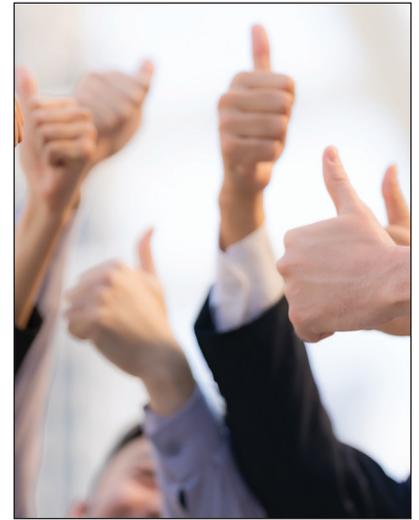
23% brought addiction-related issues (39/165)

19% of our clients had endured some sort of abuse (31/165)

15% suffered with PTSD (26/165)

11% had struggled with suicidal thinking before finding hope at the Refuge (18/165)

\*A majority of clients experienced a comorbidity of issues (more than one).



## SUPPORT GROUPS ARE BACK!



**A**nger Management Class helps to identify what anger means to you, what its purpose may be, where it comes from and how you can gain control over your anger. In this

six-week study, you will learn how to deal with anger wisely when you enter its “world” in your heart and mind. The study begins by explaining how to understand your anger, and it concludes by giving insight into dealing with anger that is directed towards you. Anger management is a Bible-based study group for women.

It uses *Keys to Breaking the Cycle of Anger: Finding Peace in the Middle of Life's Storms* by Barbara Gardner, international speaker and biblical lay counselor at the Women's Refuge.

March 4 to April 8: Fridays, 3-5 PM  
Six-Week class. Cost is \$30 plus the cost of the book.  
Contact our office to sign up. (772) 770-4424.

## PRAYER shared by Founder Donna Lee Robart

**O**ur Father and our God, as we stand at the beginning of this new year we confess our need of Your presence and Your guidance as we face the future... We each have our hopes and expectations for the year that is ahead of us—but You alone know what it holds for us, and only You can give us the strength and the wisdom we will need to meet its challenges. So help us to humbly put

our hands into Your hand, and to trust You and to seek Your will for our lives during this coming year... And so, our Father, we thank You for the promise and hope of this new year, and we look forward to it with expectancy and faith. This I ask in the name of our Lord and Savior, who by His death and resurrection has given us hope both for this world and the world to come.  
Amen. ~ Billy Graham

# FROM POWERLESS TO POWERFUL

**M**y thinking got so bad that I went into a deep depression. I couldn't eat or sleep, and nothing was changing in my life. I was isolated, not wanting to talk to anyone or to go anywhere.

I felt I couldn't continue to live like that, so I attempted suicide three times. God's mercy and grace spared me each time. I knew it was wrong, yet I felt powerless. After the final attempt, I was sent to two different facilities for behavior healing. They were awful—I hated being there. Finally, a friend and pastor recommended that I come to the Women's Refuge for spiritual healing. I didn't want to at first. Yet I'm so glad and grateful to the Lord and my church for sending me here. My family missed me, but they've been supportive and have encouraged me to stay as long as I needed to. They, too, wanted my healing.

Well, what a life-changing experience and blessing it has been. I learned how deeply loved I am by God and that I should never doubt His love for me. Christ promises never to leave me or forsake me. He's also given me confidence to know that I can replace my thoughts by memorizing His Word and believing what it says, instead of being led by my feelings. Then I'll walk in the Spirit, not in my own strength, and I'll live for God's glory. I've fallen in love with the founders Donna and Ted Robart, the counselors, the staff (including the Resale Shop staff where we volunteer), and the other



Sally finishes her three months! To her right is Biblical Counselor Marie (Lanie) Bishop

residents that have come and gone. Each one has loved me unconditionally. May God bless and keep every one of my Refuge family members. I praise God for the Refuge! ~ Sally

## WOMEN'S REFUGE OF VERO BEACH

Love

### 4TH ANNUAL 5K RUN & WALK

*Let all you do be done in love. 1 COR 16:4*

**JOIN THE MOVEMENT!**

**SATURDAY  
FEB 12, 2022  
7:30 AM**

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