



WOMEN'S REFUGE
OF VERO BEACH

Psalm 46:10 God is our refuge and strength

Happy Easter

April 2022

Then sings my soul

How is your soul doing this week? This question is asked to each of us at the beginning of my Life Group as we corporately journey through the Bible. We have been gathering together every Wednesday night for almost two years. What a blessing it has been to be able to deepen our faith and experience transformation as we become vulnerable with one another as we share sorrows, joys, struggles, doubts, and victories. We are a unique blend of ladies that would have probably not even considered forming a Life Group together because of different interests, ages, and backgrounds. But we have bonded together through our love for Jesus. We are committed to holding each other accountable as we all pursue a deeper and richer personal relationship with our heavenly Father. We pray for the presence of the Holy Spirit to be active amongst us as we share the current state of our souls.

Certainly, there are days when our soul feels troubled, tired, worried, weak, and too weary for words. Our soul needs a break, or we need to take a step back. Even retreating for a moment will help us gain a new perspective. The healing ministry of Jesus Christ that the Women's Refuge of Vero Beach provides is such a place of hope and help for those whose soul is emotionally, mentally and spiritually wounded. This quiet place of safety and retreat can transform your heart and soul as you discover healing through the hope of Christ.

Through the ministry of the Women's Refuge, your soul will be ready to sing a new song to the Lord.

I truly love to sing the sturdy old hymns of faith that were written generations ago. These old hymns can strengthen and steady us when we are weary and worn. They can restore our soul. Hymns enable us to pray and praise God when we can't find the words. In Ephesians 5:18-19, Paul gives a direct command to the church: "Be filled with the Spirit. Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your heart to the Lord." As we sing many of them each Sunday in my church, my memory drifts back to sitting beside my dad each Sunday for well over twenty years before he passed on to his heavenly home in 2013. He cherished these old hymns. In particular, his favorite was The Old Rugged Cross. I would watch him sing this hymn every Easter, always with tears flowing down his face and his right hand lifted as he sang these holy words of faith. His soul was singing praises to the Lord.

As our journey toward Easter continues, may your soul be renewed, refreshed, and reconciled through the blood of Jesus Christ.

Then sings my soul, my Savior God to Thee, How great Thou art! How great Thou Art!



Pat Marine

Pat Marine
Women's Refuge Board Secretary

Prayer from our Founder by Donna Lee Robart

*I will lift up my eyes to the hills—
From whence comes my help?*

*My help comes from the Lord, who
made heaven and earth.*

*He will not allow your foot to be
moved; He who keeps you will not slumber.
Behold, He who keeps Israel shall
neither slumber nor sleep.*

The Lord is your keeper; the Lord is

*your shade at your right hand. The sun
shall not strike you by day, Nor the moon
by night.*

*The Lord shall preserve you from
all evil; He shall preserve your soul. The
Lord shall preserve your going out and
your coming in from this time forth, and
even forevermore. (Psalm 121)*

Years ago I wrote this prayer after
reading this Psalm:

"I do lift up my eyes unto the hills,"
those places of peace and safety where
You dwell, I hear You in music. I see You
in Your Word. I join with others in Your
church.

I sense Your Spirit inside of me. I
remember Jesus is sitting next to You
on the throne. I will not be afraid, for
You are with me." Amen



Kayla's Testimony...

"I just want to start off by saying that God is so amazing. I came to the Refuge riddled with anxiety and depression. I wasn't in a good place with my marriage, and I wasn't in a good place with God. I lacked a relationship with him. But at the Refuge, I began to get closer to God and to build a relationship with him, especially through journaling and actually reading the Bible and speaking to Him.

God has been doing so many miraculous things in my life; He has taken a lot of my feelings of anxiety and depression away as my mind has been renewed with His truth. And when I do have negative thoughts, I'm learning that God does not want me to be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, to present my requests to Him. And then the peace of God, which is so amazing that it's beyond fully understanding, will guard my heart and my mind in Christ Jesus (Phil. 4:6-7).

I am thankful for God's grace and mercy over my life. My marriage is in a better place now, and I received so much healing over my time at the Refuge. I'm thankful for the help I received, which was truly a blessing. God is so good." - Kayla

Inviting men and women to attend our 22nd annual

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Moderator Dr. Alan J. Durkin

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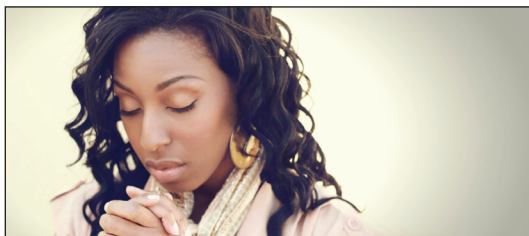


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