



# WOMEN'S REFUGE OF VERO BEACH

*Psalm 46:10 God is our refuge and strength*

May 2022

## *2 Corinthians 5:7 - for we walk by faith, not by sight.*

With the suddenness of war and the fears of Covid recently, I have had to remind myself to walk by faith and not by sight.

There was a time when I didn't know how to walk by faith and relied on what I could see or feel. All I could see was loneliness, fear, and emptiness. My marriage was over, my kids were grown and gone and I felt all alone.

In 2 Corinthians 5:2, it says, *"For in this tent we groan, longing to put on our heavenly dwelling..."* that was me, longing to be in heaven but not sure how to die. And then I came to the Women's Refuge in 2008 and learned Galatians 2:20, *"I have been crucified with Christ...it's no longer I who lives...but Christ who lives in me..."* I WAS crucified with Christ, I HAD died and been RAISED AGAIN in newness of life! When my unbelief met with the truth of this verse, I chose truth.

Looking back, I was hopeless; now I am filled with hope! I am filled with relationships in place of loneliness, peace in place of fear, and the fullness of joy in place of emptiness. My joy comes when I walk by faith.

Since becoming the House Manager, I have seen many ladies come here filled with the same emptiness that I was filled with. What a joy to witness the work God does in their lives here at the Women's Refuge. As a House Manager, each week, I get to see the changes, as these ladies learn how to take off the lies and put on the truth of God's love for them.

Transformation doesn't happen easily and each woman

has her own past wounds to face, but with the help of the Holy Spirit, counselors, devotions, and Bible study, the ladies face the pain head-on.

One of the sayings here at the Refuge that helped me so much is "what are you gonna believe, the truth or your feelings?" Walking by faith means walking in the truth. Feelings are great...when they're not lying to us. Walking by faith means letting go of control and putting on truth, one of the things our residents struggle with.

The word of God says in Proverbs 3:5, *"Trust in the Lord with all your heart and lean not on your own understanding"*. As the residents learn to trust the Lord they are able to surrender control (of their family, their jobs, their future) and walk in faith.

Hebrews 11 is called the "Hall of Faith" and in it, we can see how many of the men and women of the Bible walked by faith alone. There was Noah, Abraham, Sarah, Moses, Gideon, and David to name a few. Verse 13 says *"These all died in faith, not having received the promises..."* We at the Women's Refuge will continue to walk by faith and not by sight, teaching others to do the same.

God Bless,  
*Judy*  
House Manager



Judy Fitzgerald

## *Prayer from our Founder* Donna Lee Robart

I have often taken a too simplistic approach to a problem that really was quite complex- physical, emotional, and spiritual all at once!

Dr. Creelman, a member on our Advisory Board, said recently, "It helps to have a clear conscience and a good night's sleep."

*"A heart of peace gives life for the body, but envy rots the bones...A cheerful heart is good medicine, but a crushed spirit*

*dries up the bones."* Proverbs 14:30, 17:22

Lord, as modern people we love quick solutions for problems that we can access on a short YouTube video. But the world You've made has far more dimensions than anyone can imagine. Help us to be patient, to seek much advice, and to depend on You in order to make progress with our problems.

In Jesus' Name, Amen



## Martine learns to forgive

Before I came to the Refuge, I felt broken and lost. During my stay I realized that I was harboring an unforgiving spirit for a very long time which ultimately affected many aspects of my life.

With the help of God and the entire staff at the WRVB, I have found a sense of peace, serenity, and humility, all the while developing a deeper relationship with the Lord and Savior Jesus Christ, who is teaching me the true freedom of forgiveness and unconditional love for one another.

Once I return home, I plan on making several changes for the benefit of my family and community with God's help:

1. Starting each day with prayer and devotion (after everyone makes their bed).
2. Distribute the house chores instead of having just one parent do it all.
3. Eating healthy and exercise regularly.
4. Have dinner as a family as much as possible, regardless of our hectic schedules.
5. Improve our communications skills: Me-talk less and listen more.
6. Ask for forgiveness for harboring unforgiveness.

The list could go on and on. But I believe the WRVB and their training and biblical instruction has impacted my life and I believe with God I will be able to make the needed changes. I am so very grateful both to God and the WRVB. ~Martine, a 2-week resident.

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## Women's Refuge of Vero Beach

cordially invites you to our

## 22nd Annual Physicians Symposium

Presented by Dr. Alan Durkin, Board Certified Plastic Surgeon at Ocean Drive Plastic Surgery

### Our Panel of Doctors

Alan J. Durkin, MD - Plastic & Reconstructive Surgery



Jimmy Chim, MD - Plastic Surgery



Wayne Creelman, MD - Psychiatry



Jessica L. D'Elia, MD - Pediatrics



Marc McCain, MD - Pediatrics



Mistyann-Blue Miller, MD - Cardiology



George Mitchell, MD - Chief Academic Officer  
& Director of Pulmonary Critical Care  
Cleveland Clinic Indian River Hospital



Heather Nagel, MD - Radiology



David Peter, MD - Chief Medical Officer  
Cleveland Clinic Indian River Hospital



### Grand Harbor Golf Club

4985 Club Terrace, Vero Beach

Thursday, May 12, 2022 • 5:30 p.m.

Heavy hors d'oeuvres and refreshments will be served • \$150 per person

Kindly respond by April 30th

Call: 772-770-4424 or Email: [bsposato@womensrefugevb.org](mailto:bsposato@womensrefugevb.org)

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## 2022 Staff Retreat

Confidence in God was the theme of this year's staff retreat. Together we spent three days at Park Avenue Retreat Center in Titusville for growth, reflection, and rest with God. We are forever grateful to the generous donor who sponsored this event! From our hearts to yours -thank you!