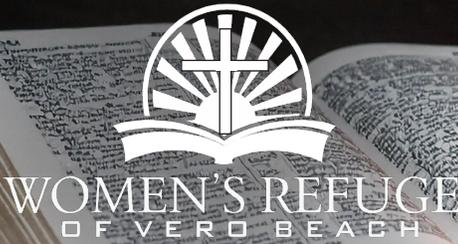


Psalm 46:1  
God is our refuge and strength



MARCH 2026

## The Fires of Sorrow BY BECKY CALAHAN

About 6 months ago I was able to visit the charred ruins of St. Michael's Cathedral in the city of Coventry in England. This cathedral was built in the mid-14th century with Gothic architecture and hosted a 284-foot tower/spire which still remains. To this day people can visit, walk around the grounds, and read about how it was bombed during WWII.

Instead of rebuilding the original cathedral they deliberately left it as tribute to the "indomitable spirit" of the British people. Then, right next to the ruins they built the new cathedral in 1962 with modern architecture. A breezeway connects the new cathedral with the old. The new cathedral was designed to complement the ruins, which were originally built with sandstone from the same quarry.

The townspeople left the remains and built the new Cathedral to express, in a tangible way, both their pain and their triumph. Now the word "**indomitable**" means "*impossible to subdue or defeat.*"

This was such a moving experience as we walked around the ruins and learned the history. It was one of those experiences that stuck with me, even after I left. That night I thought about the kind of faith the people of Coventry had, in effect, an indomitable faith even when all had burned in the firestorm after the bombing.

Oswald Chambers teaches that the fires of sorrow are a divine process for stripping away our shallowness, revealing one's true self, and enabling us to become more focused on God. Through hardship and sorrow individuals are refined and can discover a deeper, divine purpose, rather than only personal desires. This sorrow can lead to a profound understanding of one's identity in Christ.



Photo by Becky Calahan

ST. MICHAEL'S CATHEDRAL

Sorrow can be a crucible through which the believer is transformed, allowing God to work through the pain to forge a more resilient and compassionate faith, one better equipped to serve others. When everything is stripped away and we have nothing left, we realize that God is all we really have, and that He is more than enough.

What is left behind is an indomitable faith. It is a faith impossible to subdue or defeat. A faith resilient and compassionate, and better equipped to serve others.

At the Women's Refuge, our live-in program, weekend retreats, and community counseling center focus on helping women, men, and families withstand the fiery sorrows of this life, discover their true identity in Christ, and forge a deep and abiding faith. If you would like more information about the Women's Refuge visit: [womensrefugevb.org](http://womensrefugevb.org).

## Message from the Executive Director



Diane A. Ludwig  
Executive Director

The Cathedral of St. Michael's serves as a compelling example of beauty for ashes, resonating with the message in Isaiah 61:3. *Those with "charred souls" come to us seeking help to rebuild their lives.* In times of uncertainty or emotional distress, guidance from scripture provides comfort and direction, offering healing to the brokenhearted, comfort

to those who mourn, and hope to the spiritually weary. The faithful nature of God's promises has been demonstrated through lives restored, relationships mended, and renewed faith and trust in Him. Perseverance through adversity brings personal growth and deliverance, as those in despair come to understand the purpose in their suffering and embrace their value and security in Christ. Only then can they experience a renewed life, one of strength and joy, by trusting Him through it all.

**TESTIMONIAL**



**Alexa S., Resident**  
Nov. 30-Dec.13, 2025

I came into the Women's Refuge broken-hearted and full of many regrets, replaying lies and mistakes over and over again in my memory. The counselors and staff at the Women's Refuge helped me work

through a lot of trauma so that I was open to hear from God once again. I even believed lies people had told me about God Himself. The Women's Refuge has helped me to hear God's voice clearly once again. Through the Grace Life Handbook, I learned and it became revelation to me that **I HAVE A NEW PAST IN CHRIST**. Truly, *He does make all things new and beautiful too.*

**SAVE THE DATE**  
WE CORDIALLY INVITE MEN AND WOMEN TO THE  
*26th*  
**Health & Wellness**  
**FORUM & LUNCHEON**  
Wednesday, May 13, 2026  
11:00 a.m. - 2:00 p.m.  
**Oak Harbor Club**  
4755 South Harbor Dr, Vero Beach

**Tickets: \$135 pp**

To secure your seat or become a sponsor Scan QR Code

Thank you

**WOMEN'S REFUGE OF VERO BEACH**

**Volunteer Appreciation Event**

**Saturday, March 28th 4:00pm**

Scan QR code for full brochure

**Conquering**  
*Codependency Weekend*

*And my God will meet all your needs according to the riches of His glory in Christ Jesus. Philippians 4:19*

**April 9-11, 2026**

It's time to let go of the weight of fixing, pleasing, and proving and discover a new way to live. Through biblical teaching and guided reflection, this weekend will help you identify codependent patterns, embrace truth and take your first steps toward lasting change.

The Women's Refuge is pleased to offer Conquering Codependency weekends. We welcome women 18 and older including women's groups.

This weekend offers an opportunity to understand codependency from a biblical perspective and discover practical ways to break free from its' life controlling patterns.

Shop 🛒 Donate 🛒 Volunteer

**WE ACCEPT gently loved ITEMS**

**WOMEN'S REFUGE OF VERO BEACH Resale Shop**

1615 10<sup>th</sup> Ave., Vero Beach, FL 32960  
(772)567-3598 | wrrstore@gmail.com  
Tuesday-Friday 10am-4pm  
Saturday 10am-3pm



When you buy your tickets ONLINE Use the word:

**REFUGE**

**Thursday, April 2, 2026 at 7:00pm at the Emerson Center**  
**25% of the money spent on tickets benefits the Women's Refuge of Vero Beach**

Concert tickets are on sale now starting at \$45!  
This concert is a production of MusicWorks. Visit the website for the available seating locations and ticket prices:  
[www.MusicWorksConcerts.com](http://www.MusicWorksConcerts.com).



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