

VOL. 1 ISSUE 3 · JULY 2025

# REFRESH

Official Newsletter of Refresh Mother's Group



## Welcome to Refresh!

This coming term we have lots of wonderful things planned for you all. We have Ashley coming to share with us her professional wisdom on Haircare. A Book Club morning to bring along your favourite books to show and tell, both kids and adult fiction/non-fiction. Party planning, bring along your ideas for some great kids party ideas, we will be making a list to share with tips, ideas as well as some face painting with Amanda. Our annual clothes swap will be done with a little twist this year and we will have our own Car Boot Swap, bring along a picnic rug or the back of your car and anything you would like to give away (not restricted to clothes). Our final week will be learning the things we need to know about our cars with our local NRMA expert Bob. There will also be some wonderful creative activities as well as plenty of conversation and time for coffee.

As a mothers group Refresh is aiming "To be a community of mums that are showing God's love to mums in the surrounding communities through support and fellowship". We want to come along side you to encourage, support and help equip you during this season of motherhood. We pray that you will find your place in our mothering community and discover that you are not alone.

We have filled this newsletter with useful bits of information that you will need to know about Refresh and what is on for the term. We are excited to see you all when we start back on Wednesday 30th July 2025.

*Refresh Team x*



In this newsletter  
you can find:

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Meeting Info

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Refresh Kids

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Useful Info

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What's on this  
Term?

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Volunteer  
Spotlight

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## Refresh Kids

The toddlers and preschoolers spend some time playing outside each Refresh meeting, so please ensure your child has a LABELLED hat (terms 1 and 4) and jacket (terms 2 and 3) each fortnight.

Morning tea is provided for the children in the toddler and preschooler rooms; you will need to provide food for your baby. Please bring labelled water bottles for your children. Speak to Gret or one of the carers if your child has any food allergies.



## Useful Information

### Term Fees

The fees are \$9 per meeting, or \$40 if you pay the whole term at once. You may pay at the welcome desk or electronically. The fees cover hall hire, creative activities, and morning tea for the children. If you pay electronically, please include your name and Term 3 in the description and let the welcome desk know you have paid electronically.

BSB: 032747 Account: 142222 Name: Tuggeranong Presbyterian Church

### New to Refresh?

We're glad to have you along!

Most Refresh mornings consist of getting your kids settled into the Baby, Toddler or Preschooler rooms with their carers, enjoying a hot cuppa with some morning tea, craft, listening to a talk and a devotion, and then some discussion time.

If you have any questions, just ask anyone on team!

## Meeting Info

REFRESH meets at the Good Shepherd Community Church, Cnr Hambidge Cres & Proctor St, Chisholm.

We meet from 9:30 am to 11:30 am on the second Wednesdays during school term.

Contact details  
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He restores my soul. He leads me in paths of righteousness for his name's sake

PSALM 23:3



## What's on this Term?

Date	Discussion Topic	Creative Activity
30 July	Hair Care with Ashley	Decoden Hairbrushes
13 Aug	Book Club	Watercolours
27 Aug	Party Planning	Facepainting/DIY Party Favors
10 Sept	Car Boot Swap	
24 Sept	Things you need to know about your car	Air Freshners

## Volunteer Spotlight

Hi, my name is Amanda and I am the craft coordinator for our Refresh group. I have been married to Jack for 9 years and have 2 beautiful girls - Ingrid (4) and Gwynn (1). My favourite hobbies are actually Archery and Volleyball - though these have been hard to keep up with since becoming a Mum. Our family plan is to move to Japan in 2026 as missionaries with SIM Australia (Serving in Mission)





## Encouragement

Stuck in the middle of a Thunderstorm. That's how it feels to be caught in a storm in life. Troubling circumstances happen to you suddenly. You feel helpless and don't know what to do. Are you in the middle of a storm? You feel your world spinning out of control.

The truth is we aren't in control. But God is. Jesus stands in our confusion and whispers, Take My hand. I will carry you through. I am with you. I will be your peace.

Sometimes the only way out of a dilemma is letting Jesus take you through the storm — and finding that His peace will carry you better than any plan.

Jesus is with us in the storm and calms us with His promises. God has a plan in the storms of life, but we don't always know what it is. That's the part that requires faith. We reach for a plan, but Jesus offers His hand instead of a map. So let go of Plan A, B or C. Take it one day at a time.

And remember you're not alone. We're all in the same boat together as followers of Jesus. Reach out for help, and surround yourself with friends to support you.

Jesus sees that you're weary, straining at the oars. He will carry you through.

Dear Jesus, take my hand. Be my peace. Never let me go. In Jesus' Name, Amen.

- Bonnie Gray ([proverbs31.org](http://proverbs31.org)).

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BONNIE GRAY

