

Refresh RETREAT 2026

THEME: HAUORA



A weekend to rest, reconnect, and be renewed
Epworth Retreat & Recreation Centre, 116 Finlay Rd. Cambridge
29th – 30th May 2026



WHAT TO EXPECT

- Rest and reset
- Connect with others
- Grow in faith
- Experience community

Programme Highlights

- Sonia Pope – Safeguarding (Part 1)
- Shirley Rivers – Safeguarding (Part 2)
 - John Carr – Community Kōrero
- Bob Franklyn – Synod of The Future



Pricing

Adults: \$90 (Full registration)
Children (U12): \$70 (Full registration)

Adults: \$60 (Daytripper)
Children (U12): \$45 (Daytripper)

Register

Rev John Carr
cohnjarr89@gmail.com
021 752 383
15 Brookfield Terrace,
Tauranga 3110

BNZ – Waikato BOP Methodist Synod
02 0800 0004974 000
Ref: Your Name + Refresh

PROGRAMME

FRIDAY, 29TH MAY 2026

10.00 am Whakatau
10.30 am Introduction and Notices
10.45 am Morning Tea
11.00 am – 12.30 pm
PLENARY SESSION – “Safeguarding
(Part 1)”
Facilitated by Sonia Pope
12.45 pm – 1.30 pm Lunch
1.30 pm – 3.00 pm
PLENARY SESSION – “Safeguarding
(Part 2)”
Facilitated by Shirley Rivers
3.00 pm – 3.30 pm Afternoon Tea
3.30 pm – 5.00 pm
PLENARY SESSION – “Community
Kōrero”
Facilitated by John Carr
Free Time
6.00 pm Dinner
7.30 pm Evening Session / Community
Time / Activities

SATURDAY, 30TH MAY 2026

From 7.00 am Breakfast
8.30 am Opening Worship
9.30 am-
PLENARY SESSION – “Synod of The Future”
Facilitated by Bob Franklyn
Rolling Morning Tea
12.30 pm Lunch
2.00 pm Closing Worship
3.00 pm Poroporoake – Departure

**Please bring food for
morning and afternoon
tea**

**Please let us know if
you have dietary
requirements.**