

refresh

weekend
programme

a weekend of worship, teaching, prayer, and fellowship

friday - please arrive no earlier than 5pm

5pm	Reception open for arrivals
6pm	Meal together
7.30pm	Evening worship with talk
9pm	Hot drinks together
9.30pm	Night prayers

saturday - day visitors arrive from 9am

8.30am	Breakfast
9am	Coffee
9.30am	Morning worship and talk
11am	Coffee
11.30am	Talk
1pm	Lunch
2pm	Talk
3pm	Afternoon activities, including a walk, sports in the barn, chat and chill, and supervised swimming for children & youth.
4pm	Tea & cake
5.30pm	Evening BBQ
7pm	Entertainment with comedian Andy Kind
9pm	Hot drinks together
9.30pm	Night prayers

Groups for children and youth run from 10am-12.30pm and 2pm-3pm.

sunday - day visitors arrive from 9am

8.30am	Breakfast
9am	Coffee
9.30am	Morning worship (preacher Andy Kind)
12pm	Light lunch

Dave Preece



Dave was born and raised in sunny Sussex and since then has lived across the south of England including Oxford, Surrey (twice), and Bristol. Before training to be a church leader he taught in London. He and his family moved to Saxmundham, Suffolk in 2021 for him to become the rector there having never set foot in Suffolk before. Dave is passionate about mission and seeing people transformed through the love of God and the power of the Holy Spirit. He grew up going to Spring Harvest and making the annual pilgrimage to the New Wine summer gathering. When he's not leading the church Dave is found with his wife, two daughters, and their dog at the beach either in or on the water.

At Refresh Dave is keen to explore how we look after our own spiritual refreshment through applying ancient spiritual practises to our modern contexts, what that means in community, and how God fills us up and sends us out into the world.

Andy Kind



Andy Kind is a comedian, preacher and writer.

Described by The Scotsman as 'Terrific' and by the Yorkshire Times as 'Tossing out comic gems in an almost profligate manner', Andy's stand-up style is the joyful ranting of a redeemed alpha male. He has been featured on BBC1, ITV and Channel 4, while he's had jokes featured on Dave's One Night Stand and Live at the Apollo.

In April 2011, Andy's first book, Stand Up and Deliver: a nervous rookie on the comedy circuit was published by Lion Hudson. The sequel, The Gig Delusion, was released by McKnight and Bishop exactly two years later. The Unfortunate Adventures of Tom Hillingthwaite followed in 2015.

In late 2016, Andy agreed to preach at a church in Bedford, having initially refused on the basis that he didn't want to. The exhilaration he felt on that Sunday morning surpassed anything from over a decade in comedy, and his first love is now preaching the Gospel.

Find out more about him on his website: andykind.co.uk

Vauxhall Christian Trust

The site for Refresh is set within lovely farmland countryside, with extensive views over fields and woodland. There's a large lake, plenty of space for tents, and a big playing area. There are fantastic facilities across the site, including a swimming pool (available for supervised use by children & youth on Saturday afternoon), a games room, wooden cabins with bunk beds, and modern showers and toilets.

Find out more on the website: www.vauxhallchristiantrust.com

The site is easily accessed by road, with links from the A12 and A14. Use the postcode CO7 6QQ to find it.

