

"I delight to fulfill your  
will, my God,  
for your living words are  
written upon the pages  
of my heart."

Psalms 40:7 TPT

## Previous Comments

*Have loved having space to open to God to  
receive from Him [Joy]*

*Such an incredible day. You facilitate this  
day so well. [Anna]*

*Barbara is a great host - very caring &  
sensitive. Loved the opportunity to be  
creative & also have lots of spaces to sit  
& be quiet [Karen]*

**This day will change your life**

## About the Facilitator

**Barbara Harry ...**

has a nursing and pastoral care  
background and loves to encourage people to  
meet with Yeshua, the Healer and Restorer  
of our soul.

The vision of Refreshing Days has  
been birthed out of Barbara's own journey  
from burnout and betrayal.

Barbara has facilitated a number of  
Refreshing workshops for women during the  
past 26 years, in Wellington, Auckland and  
Hamilton. A weekend Workshop was held at  
Titoki Healing Retreat Centre, Whakatane,  
Sept. 2025, to be repeated in February, 2026.

In 2023 & 2024 Barbara enjoyed facili-  
tating an online Art-in-Mission & a condensed  
Refreshing session for an international mission  
organization.

## Refreshing Streams Ministries

Portable workshops —  
day/weekend retreats for women  
or Christian leadership groups.



### Refreshing / Artisan Workshop Facilitator

Barbara Harry

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HAMILTON 3283, NZ

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**Website:** www.refreshingstreamsministries.org

## Refreshing Streams Ministries

## Refreshing Day



## Heart Matters

**Saturday**  
**1st November, 2025**

## Do you long for

- \* Time out?
- \* Inspiration?
- \* Contemplation?
- \* Company of like-minded pilgrims?
- \* Time alone with Yeshua/Jesus?

**On: Saturday, 28 June 2025**

**From: 9.45am to 3.00pm**

**At: NGARUAWAHIA**  
*[Details given on request]*

**Cost: \$35.00 or koha (No Eftpos)**

**Contact Barbara if you'd like to  
give or receive sponsorship  
(See Registration form)**

*"Come aside with Me  
and take a break."  
[Yeshua].*

[Mark 6:32 paraphrased]

## Concept of a Refreshing Day

A small group of women meet in relaxing surroundings. This is a personal journey, alongside others.

*The teachings use the image of the soul longing for THE Healer and Restorer—Yeshua /Jesus Christ. There will be opportunity for prayer ministry.*

A variety of basic artistic supplies will be available; refreshments provided. Photographs will be taken for Barbara's website, with your permission.

### CONTENT can include:

- ⇒ Inspirational talks relating to a theme
- ⇒ Creative expression
- ⇒ 'Soaking' in Yeshua/Jesus's Presence
- ⇒ Silence
- ⇒ Communion
- ⇒ Voluntary group interaction & activities
- ⇒ Barbara's parable books for purchase

*It is strongly recommended that participants  
plan to be available for the full workshop*

## What to Bring

- BYO lunch
- Bible, pen, paper & journal
- A hunger to meet with Yeshua/Jesus

### REGISTRATION Form

Name .....

Address .....

Phone No. ( ) ..... Email .....

Date of workshop ..... Amount enclosed \$ ..... via cash / internet Banking

**Westpac Bank Acc no. 03-1557-0441385-002 Account Name: Barbara J. Harry**

**Email:** office@refreshingstreamsministries.org **OR Post to:** Refreshing Streams Ministries  
33 Hart Road, RD 3  
HAMILTON, 3283, NZ

**RSVP by 1 week prior to workshop — limited numbers**

**I would like to SPONSOR \$\_\_\_\_\_ to allow others to attend a workshop via cash / internet Banking**