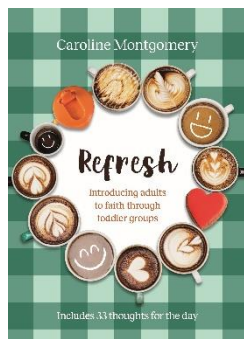


# PRESS RELEASE

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## Refresh

### Introducing adults to faith through toddler groups

Caroline Montgomery

Pb, ISBN 978 1 80039 216 8, £7.99

There are numerous groups for parents and carers to attend with their little ones, but most, if not all, are completely focused on the children and there is little (or nothing) specifically for the adults. Caroline Montgomery's new book meets that need. *Refresh* offers a tried-and-tested format for café-style meetings designed to engage with the adults at toddler groups, introducing them to faith in Jesus in a gentle, accessible and relevant way with a five-minute thought for the day. The book explains the vision, the why and the how to set up and run a Refresh group in any church setting and includes 33 thoughts for the day.

'Refresh has been such a blessing to... our community,' says Caroline. 'My heart and purpose for writing this book is to encourage and equip people to grow their own Refresh ministry in their church; to create a space in the week where families are welcomed, where the children are happy and where you can invest in refreshing the adults physically, emotionally and, most importantly, spiritually.'

### Refreshing people's lives

Started in 2011, there are many testimonies to the ways Refresh has touched people's lives:

'The connection I made through Refresh was key in inviting my family into the church community and I continue to cherish the lifelong friends I met there.'

'As a full-time mum with two little children, it was hard to find a place we all could be relaxed. Refresh offered a safe and kind place and warm atmosphere for us. Also, it was the connection point where I came out as a social person, not an isolated lonely mum. I used to have a negative view of Christians. But Refresh changed my view of them: I met so many kind, caring Christians through Refresh. My Refresh experience is one of the blessings I have in my life. I am always thankful for it.'

### About the author

Caroline Montgomery is the pioneer of Refresh. Formerly families pastor at St Stephen's Church, Twickenham, she has been married to Richard for 35 years and they have three grown-up sons. She enjoys walking, going to the gym, knitting and having coffee with friends.

For more information and to order click [here](#).

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