

Almost all of the 24 participants plus 7 Staff people arrived on Thursday evening for dinner and welcome. HDH-booklets including reading material, notepages and questions for discussions were handed out.

In the early mornings before 7 am we had some morning sports like Qi Gong, Yoga or movements to an oral story, to break free from all sleepiness. After family pledge and a morning service video, participants split in groups with around 5 people to read and discuss HDH until breakfast.

On the first full day a report on the Seunghwa of True Father was given by 2nd Generation who travelled to Korea. After a refreshing break an informative presentation on the current situation of each of the True Children followed. In the afternoon we visited a forest where everyone was able to climb over adventurous rope- and bridge constructions from tree to tree, back and forth being secured on two spring catches after a safety introduction of the observing staff.

After a tranquil barbeque and free time one of the Leaders of our National Trinity, Fritz Piepenburg, gave his life testimony focusing on his missionary years in Yemen and Peru and further interesting details of his life.

On Saturday morning discussions took place, addressing the issue, that 2nd Generation feel reluctant taking on leadership and responsibility in our movement. We were able to have a critical reflection on why 2nd Gen. feel this way and came to a few conclusions regarding the relationship between 1st and 2nd Gen. and the leadership style in our movement in general.

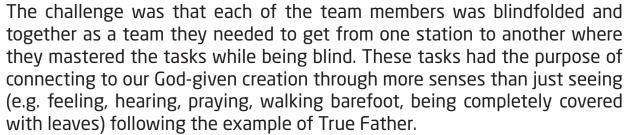
Afterwards we had a short session of expressing our creativity by carving pumpkin-faces.

The afternoon activity consisted of "The Refresh Games", where relaxing tasks in the forest needed to be completed by groups of around six people.









After lunch two presentations were given by our other two Leaders of the National Trinity. The first one given by Dieter Schmidt was on 'Faith and Responsibility'; tackling questions like "Do we think about what our responsibility for our university or nation is?" Also interesting was the question: "What does God believe in?" He also has absolute faith in his creation, absolute love for it and follows the laws of it absolutely as well. Deeds (responsibility) without faith is dead and vice versa. For good leadership a sincere and pure heart is needed which needs to be placed into God's hands.

Afterwards Christian Hausmann shared his experiences about the work of UPF and his involvement in the Christian Democratic Union-Party (CDU). He pointed out the importance of putting the known truth into action and that is why he sees the necessity of interreligious work of UPF and work in political parties, because these are the places where people go, who take up responsibility for the society. 2nd Generation could contribute more in such parties, which would need people like us with a sense for ethics and responsibility. Inspiring was, that he described UPF as a place where people from various cultural and religious backgrounds meet on a very human level – and not only on an academic one.

In the evening, time was given for an open round of Q&As, answered by the couple of Dieter and Anna Schmidt. Here, among others, different aspects of the death of True Father, the affair of In Jin Nim and the current conflict of the ESGD and European HQ were addressed.







On the last night a "Funky Fresh" surprise party was held with alcohol-free cocktails, snacks, karaoke, games and good conversations.

Before cleaning up and departing, a last discussion about freedom was scheduled. Again in new groups participants talked about how free they feel in their church, society and family.

REFLECTIONS BY THE PARTICIPANTS

Annika: "The REFRESH Workshop was a good opportunity for me to fill up my "spiritual battery". Especially the lectures on "Faith & Responsibility" I found inspiring, because currently our faith is challenged. But we can decide ourselves if we want to be pulled away by this tornado or if we want to remain at the wind still point - in the eye of the tornado (together with God and True Parents).

Furthermore, I liked that we could discuss adequate questions after each HDH-session. The sharing with other CARPies was interesting and valuable to me.

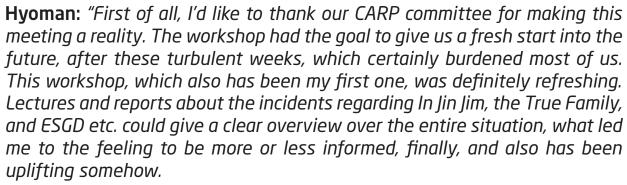
On the whole I can say that I feel "refreshed" after this workshop. The CARP Committee did a good job and integrated the motto well, be it with the refreshing glass for home, the workshop-song "Refresh my Heart" etc. Thank you very much for the great time!"

Karl-Martin: "The CARP Refresh Workshop was my first real CARP Workshop and it really pleased me. One could really feel the difference to a HARP Workshop. Already after HDH there was – in contrast to the so familiarized HARP workshops– as much time to discuss as to read. In general one had more opportunities to outline personal opinions. I am very glad I went to the workshop, alone for one reason, because I got to know many new CARP-faces. As a final word I would say the workshop was short but beautiful and I am definitely in the next workshop! ;D"









Of course you could very much talk about the lectures and other things in the discussion groups and also during free time. Very impressive was the openness with which we were able to share our personal opinions. Critique or doubt was no taboo but rather welcomed.

Additionally enriching were the lectures by the National Trinity. It is somehow funny to see how strong these three discern in faith and character, but complement each other.

We also had the opportunity to get our questions answered by Dieter and Anna Schmidt in an open round.

All summed up I am very happy to have been at the meeting. Although there still might be some certain questions unanswered, it was very nice to meet with ones brothers and sisters, and to hang out well with them once more."





