

Let His Light Shine



Like many, I dislike the cold, dark, winter months. Whether we suffer from Seasonal Affective Disorder or not, we all recognise that light sunny days make ourselves and our patients feel in a brighter mood.

However, whatever the season or weather, we are called to be light to all those we have contact with; not always an easy task, especially when patients try our patience in the run up to the Christmas holiday season! I find some of the images used around Christmas can be helpful in visualising just how effective a small amount of light can be in the darkness. One of the services I attended over the Christmas period was called a 'Light of the World' service and involves a single candle providing the flame to light everyone's candle in turn as the whole church is otherwise dark. There is then a procession to the altar to see a static enactment of the nativity as the whole congregation sing Christmas carols; a very special service full of Christian symbolism for those who look for it. Interestingly this is the one service of the year which fills the church and many return over the years, bringing the next generation with them. The Christmas

season provides us with many illustrations of light dispelling darkness and is often a time when we remind ourselves of the opening words of John's gospel:

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood it.

John 1:1-5

John returns to this theme in his first letter:

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

1 John 1:5-7

Profound words indeed, especially when we consider these are attributed to the apostle John, considered to be a cousin

of Jesus. Together with his brother James, they shared in some of Jesus' most trying times and yet John declares Jesus to be God and the light of the world.

Interestingly, James was the first Apostle to be martyred and John the only one to die peacefully of old age in Ephesus.

I don't know about you, but I'm not sure I'm always 'sweetness and light' or indeed showing the love of the light of the world to my nearest and dearest let alone to difficult patients. So how can we be light in a dark world? For me, I think the answer lies partly in the liturgy of the communion service: "May we whom the Spirit lights give light to the world."

However keeping in step with the spirit requires us to take time to be still, to recharge and draw upon God's strength and grace, rather than to struggle on. Coming back to some of the symbolism most of us relate to in our daily working lives, I feel it's the difference between fibre optics to help us see more clearly and struggling on without. Yes, it is possible to do great restorative dentistry without the extra light, but so much easier with the additional illumination!

So the challenge to each of us at the beginning of a new year is to seek out quiet times of reflection with God amidst our ever busy lives. Perhaps this is the year for a retreat, whether it is a half day or a week away, just to refocus on our wonderful Saviour, who gives us strength to be light in this world.

In the words of a seasonal hymn:

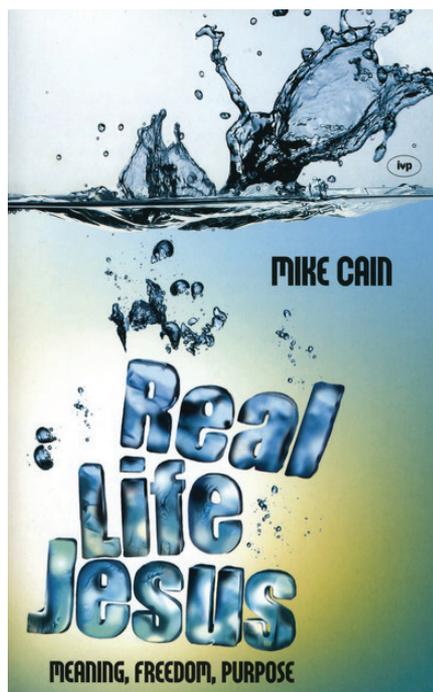
O hush the noise, ye men of strife, and hear the angels sing.

I wish you all a very happy year full of light, peace and joy.

Victoria Rushton
President



Book Review: REAL LIFE JESUS - Mike Cain



“Rarely have I enjoyed a book so much!” says Roger Carswell - a recommendation indeed! He goes on: “The convinced will be enthralled, the sceptic will be challenged to rethink and the indifferent will be stirred.”

Mike Cain, a vicar in Bristol, takes us through the teaching of John’s gospel without religious jargon. He overflows with warmth and humanity as he gives us an insight into the life Jesus wants to restore in us. He uses homely illustrations such as: cleaning the garden shed; his wife’s aversion to oranges; going to watch ballet for the first time; getting to know the man in the flat upstairs; packing for your holidays; fly fishing; visiting a friend in a City of London bank and so on. “He writes with humour but not flippancy-no attempt is made to soften the importance of a person’s response to Jesus” says Rico Tice of All Souls Church, Langham Place, London.

He begins with the illustration of forty whales that were lying stranded on Darlington Beach, Tasmania. Without intervention the results would be fatal.

Andrew Irvine, a marine conservation officer knows he must act fast. Someone gets a hose and begins to spray the whales with seawater. They gradually heave them up and slide hessian mats under them and slowly drag them back to the sea. At last the whale flips his tail and swims off into the ocean. He is back where he belongs!

The author goes on to speak of stranded men and women. We are made for God. He created us to enjoy his love and reflect his ways on earth, free to be truly human. But as the whale has crashed out of the ocean, humankind has walked out on God. Jesus has come to restore us to the life we were created for.

He deals with the often-given comment “Oh, I’m not the religious type.” Mike says: “Faith is about looking at the evidence, not leaping in the dark.” He goes on to state “God has a face”, summed up in the four words that changed his life: “The Word became flesh”. Relationship is at the very heart of who He is: one of us.

We read how to get into the Kingdom, based on Jesus’ conversation with Nicodemus and we go on in the next chapter of John’s gospel to see who gets into the Kingdom, illustrated by the conversation with the Samaritan woman. We continue through the gospel, bringing out wonderful lessons from the man healed at the pool, the Good Shepherd, the Servant King, and the resurrection.

Jonathan Fletcher of Emmanuel Church, Wimbledon writes:” I defy even the hardest atheist or most uninterested agnostic not to be gripped and absorbed immediately by this book.”

A book to read and pass on to others!

Alan Vogt

Real Life Jesus Mike Cain £8.99
ISBN 978-1-84474-218-9

Bridge2Aid Urgent Appeal



Bridge2Aid need urgent help. Due to circumstances beyond their control they need to raise at least £50,000 by the end of March. This is because two things have happened which have resulted in a financial challenge. They have been the victim of a financial fraud in Tanzania and have also had a significant drop in funds from their main corporate sponsor.

While they are doing everything in their power to rectify the situation by raising additional funds and working with the bank and other authorities in Tanzania to retrieve the stolen funds, they are still in need of help to continue the work they are doing in East Africa. They have plans in place to continue their work and have not only a committed and gifted team but also hundreds of volunteers ready to deliver both pain relief and training which would result in access to emergency dentistry for more than three million people over the next three years.

If you feel you would like to donate, visit their website at www.bridge2aid.org.

Date for your diary

Don’t forget that this year’s CDF Annual Family Conference is being held 14 -16 November 2014 at Hothorpe Hall, Theddingworth, Leicestershire LE17 6QX

This is sure to be a weekend full of fellowship and laughter along with excellent teaching in a beautiful setting. Booking information will be available soon. Make sure that you don’t miss out!

New Year, New Challenge?



Did you make plenty of New Year's resolutions back in January? According to Time magazine, the top ten resolutions made in 2013 were:

1. Lose weight and get fit
2. Quit smoking
3. Learn something new
4. Eat healthily
5. Get out of debt and start saving
6. Spend more time with family
7. Travel to new places
8. Be less stressed
9. Volunteer
10. Drink less

I'm not sure how many of them correspond with resolutions you have made, but if you are looking for a challenge this year and you had resolved to travel to new places or volunteer, how about considering some of these opportunities?

VOLUNTEERS NEEDED IN FIJI – MARINE REACH

Marine Reach is the mercy ministry part of Youth With a Mission (YWAM), a Christian organization and are dedicated to linking resources to needs. They have been operating in Fiji since 2002 to provide dental, optical and medical services to remote Fijian villages. In Fiji there are huge medical and particularly dental needs in the face of a changing diet and

lifestyle. The growing diabetic, cardiovascular and dental problems are having an impact across both the Fijian and Indo-Fijian population. The limited health resources and cost of access to these resources is a reality for most people especially those living in remote areas. Marine Reach run two week medical and dental mission trips throughout the year to provide free access to medical and dental care to those in most need. Want to see the 'real' Fiji and use your clinical skills and resources to share God's love? Then they have several opportunities for you. If you enjoy meeting new people, want the challenge of working in a different culture with limited resources and want to use your clinical skills to make a difference then we can use you.

Who: 2 Dentists, 2 Dental Assistants, 1 Doctor and 5 nurses

When: 29 March-11 April 2014
26 July-8 August 2014
4-17 October 2014

Where: Remote Fijian villages throughout mainland Fiji

Cost: \$900 FJD (approx £300) for accommodation, registration, food, local transport, uniforms, medications, cultural protocol, supplies. Additional costs are flights and travel insurance.

If you are interested in joining them for a mission trip and would like any further information please contact Judith Anderson at judith@marinereach.com or check out their website www.marinereachfiji.com

UGANDA – EMPOWER A CHILD

More than 50% of the population of Uganda and 40% of Kenya's population is under the age of 16. In both countries over two million of those children are orphans due to war, AIDS and other diseases. One million children alone are orphaned due to the AIDS epidemic. These children are the future of Uganda, Kenya and Africa.

If the leaders of tomorrow are growing up in extreme poverty, not much will change in their future. Empower a Child believes in breaking not only the physical cycle of poverty but also the mentality of poverty in the future leaders lives. Through academic education, healthy living, vocational training, community development and spiritual discipleship EAC is reaching out to tomorrow's leaders.

There is need for two dentists to work on a medical drive in a village called 'Zirobwe' just north of Kampala for the period of the 20th July to the 10th August 2014. You will be working along-side five doctors, a nurse and the staff of Empower a Child, plus a large group of missionaries. Please contact James Welch the UK Director of Empower a Child on 07764200029, james@empower-a-child.org.uk or our websites www.empower-a-child.org.uk and www.empower-a-child.org.

UGANDA - DENTAID

Dentaid provides exciting opportunities for dental professionals to volunteer to serve the oral health care needs in developing countries and use their skills to provide some dental care and oral health education to those communities.

A key characteristic of Dentaid trips is that, where possible, we look to provide support to local dental professionals with the care that they are providing to their own communities.

Dentaid's dental volunteering trips are usually delivered in partnership with local oral health care providers or NGOs so it is our view that the primary purpose of the Dentaid volunteer is to assist local partners with their delivery of oral care services to the local community

Some opportunities with Dentaid this year include Uganda in September 2014 where there are places for the whole dental team providing a Dental Professional Mentoring Programme. Contact barbara@dentaid.org.

Meditation

CDF Conference October 2013 – Hothorpe Hall



At a recent talk that I heard at my home church in Nottingham, given by Les Norman, three questions were asked: *What is in your heart? What is in your hands? What is in your diary?*

I was challenged by these three questions.

Firstly, *What is in your heart?* We are to be imitators of Christ, to grow in character to reflect the heart of God. So what is in the heart of God? The Bible speaks of His love for us: “For God so loved the world, that he gave his only son, so that whoever believes in him shall not perish but have eternal life” John 3:16, and “You didn’t choose me. I chose you and appointed you to be my friend, go and produce lasting fruit” John 15:15.

So I was challenged to think on what was in my heart, for “Where your treasure is, there the desires of your heart will be” Matt 6:21. If you dare look at your cheque book or credit card statement and look at your discretionary spending, that may give us a clue.

Or perhaps we could ask ourselves the questions “*What has God been speaking into your life recently? What has He laid on your heart regarding others?*”.

There is a wonderful line in a well know worship song that says “*Break my heart for what breaks yours*”. If you dare ask this, then be prepared to have your heart broken, but out of this and out of compassion you might just be led to do something amazing. Such was the inspiration and foundation of World Vision and Samaritan’s Purse.

Secondly, *What is in your hands?* What gifts has God given you? Physical and spiritual? What abilities, hobbies or interests have you got that you can share with others or use to help them? It may be the very important gift of listening. We are all so much more than dentists or DCP’s. Many of the people skills we use in our jobs we can use in getting alongside friends and neighbours.

So thirdly, *What is in your diary?* This is the expression of what is in our hearts and what is in our hands. This is how we worship God, not just in words and music but in our lifestyle. Time is one of our greatest assets and a gift from God. Love is best measured in time. So how do we prioritise our time? At work and at home? Time with others, time to rejuvenate ourselves and time spent with God.

One of the most precious and privileged things we can do with our time is spend it walking with other people along the journeys of their lives, through the good and the bad.

Time spent with God speaks of our love for him. To be with Jesus requires time.

So as we pray let us remember the words of Matt 7:7

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Ask and it will be given to you - God wants us to ask, for he says “*Ask and you will receive and your joy will be complete*” and “*Ask in my name and if two or more agree on earth it will be done in heaven, and for God’s glory*” Matt 18:19.

However, do we come with a shopping list, spending lots of time talking and asking and little time listening? Jesus taught us how to pray with the *Our Father*. This is a good model to follow or even pray as it was written in Matthew’s gospel. But note the asking “*Give us today our daily bread*”, is done after worshipping God “*Hallowed be your name*”, and in the context of his will “*Your Kingdom come, your will be done, on earth as it is in heaven*”, and in the spirit of confession “*Forgive us our sins...*”, asking for His help “*Deliver us not into temptation but protect us from all evil*”, lastly recognising his sovereignty “*For yours is the kingdom the power and the glory*”.

Let us not stop here but move onto seeking God’s perspective on our

concerns and requests. Phil 4:4-7, “*Rejoice in the Lord always. I will say it again: rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus*”.

Seek and you will find - seeking earnestly takes time. What are we seeking? Peace, discernment, wisdom? We may find something we didn’t set out to seek.

God loves it when we spend the time to seek his face.

Prov 8:17 “*I love those who love me, and those who seek me, find me.*” And again in Jer 29:12-14 “*Call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you.*” declares the Lord.

So seeking is going deeper, perhaps through meditation and it will bring us closer to knowing God, his character and will; seeking, listening and following, in other words being a disciple.

During the time at CDF Conference this year, the chapel was set up for space and time with God, a quiet place for silent individual reflection and meditation. There were various stations set up to offer a diversity of opportunities to meet with God. These stations ranged from music, to pictures of his creation, to candles signifying the light of the world, and more besides.

During the free time on the Saturday afternoon, I led a meditation, based on Gideon, who was the topic of one of the talks from our speaker for the weekend, linking in with the theme of Flawed Heroes. Gideon: An Encounter with God, Judg 6: 7-24.

Meditation is a discipline and a learned skill, which is easy for any one to do but

just takes practice, so try it for yourself at home and get into the word of God, for “Thy word is a light to my path, and a lamp to my feet” Psalm 119:105.

A few tips to help you get started are to find a quiet space and set aside some time 15-30 minutes.

A prayer to begin

*Lord,
You know who I am,
How near or how far I am to you,
Draw close to me,
Let your Holy Spirit work in my life to change me.
I come before you Lord,
With all my weaknesses and worries,
Meet me where I am,
Show me what you want me to do with my life.*



Then:

- sit in a comfortable position
- empty your hands
- become conscious of your breathing
- as you breath in take in the words “The Lord”
- as you breath out let the words “is peace” flow over you and surround you.



- keep going with this even when you feel your mind won't settle
- spend the time absorbing the truth of this phrase
- keep practising

Do this for two minutes to start with, but repeat for an increasing length of time as you get more practised. If your mind wanders bring it back to concentrate on the words.

There may be a particular passage you would like to meditate on, or if not then perhaps start in the Psalms.

- Take your time
- Read the passage
- Read it again slowly
- Underline the phrases which stand out to you
- Pray
- Sit still with the words
- Picture what God is doing
- Listen to what God is saying to you
- Journal a prayer, a thought
- Encounter him in the text

This is an opportunity to hear from God, to listen to that soft quiet voice. Now is God's turn to speak - give Him the space and time to do this.

Knock and the door will be opened.

We can approach the throne of God, into his presence, with confidence. The curtain separating us from the Holy of Holies was torn in two when Jesus died. So now we can knock and enter into His presence, and sit at his feet, confident that we are presentable to Him. (Heb 10: 19-24) The high priest in the temple could only enter through the curtain once a year, but now we can enter, and at any time.

Symbolically, take off your shoes, for you are on Holy ground, leave your shopping list and agenda at the door, and come in and worship and adore then listen.

So come and knock and enter and sit at the feet of our Heavenly Father. Many of you may experience this when you worship, when you feel lost in wonder. This is what happens when we give due worth and worship to God, when we acknowledge Him as King and sovereign over all. It is a bit of heaven touching earth, to feel the blessing and touch of God, to see into His heart, to see the bigger picture of Life and His will for us and for his Kingdom.

So take time to knock and enter in, put it in your diary! He is our Wonderful Counsellor, Almighty God, Everlasting Father and the Prince of Peace. Isaiah 9:5-7

Karen Paterson

CDF Pastoral coordinator

My thanks to Les Norman and Rosy Russell for their help in preparing the meditation and devotion at the CDF conference, 2013.

Keep in touch with CDF

Don't forget that you can now follow CDF on Facebook. Keep up-to-date with our mission partners and connect with other CDF members. It would be great to have you join us. Like our page and have a chat with us!



The Christian Dental Fellowship

— What’s in a Name?



Peter Wagg is an associate general dental practitioner in Suffolk. He qualified from University College Hospital, London in 1979 and has had a varied professional life working in hospital as well as practice. He is currently studying for an MA in Pastoral Theology and is looking for volunteers to help him explore his dissertation subject which will look at Christianity and Dentistry.

I've been giving a lot of thought recently to what I think 'The Christian Dental Fellowship' stands for and means to people, and I would really like to hear your views. I've been to the CDF website where it states: "*CDF is a UK based, inter-denominational organization of people who are joined together by a common desire to serve Christ in their own lives, in their profession, and (through their profession) in the world*", but I'm not sure this gives me the answer I'm looking for. In the UK at least, I guess most people would define a Christian as someone who believes in Jesus as the Son of God but, beyond that, I imagine people have varying ideas about "serving Christ in their lives and profession". I presume we have a clear understanding of what Dental means; however since CDF welcomes anyone involved in dentistry, there may be different takes on that word too. Finally "fellowship", are we to treat it as a noun or a verb: is CDF an organization (noun), or is fellowship what we do (verb)?

Under "Aims" the Website states: "the principal aim of the CDF is to provide an active Christian influence in the dental profession", and under "Specific Aims" it says: "To give practical support to members who are overseas ...", and 'to help all members of the dental team to share their faith in Christ and His ethical teaching within the profession'. Twice I find the expression 'with' or 'in' the profession but nowhere is there anything specific about being a personal example or witness to members of the public. Please don't misunderstand me, I'm not advocating overt evangelism, rather what I'm thinking about is "martyrdom", from the Greek word "*martureo*" meaning to bear witness.

Simply by being Christians we are witnesses—maybe good, maybe bad—but witnesses nonetheless.

The mission statement is right to incline towards a personal element but maybe we should articulate what that means. If we are joined together by a common desire to serve Christ, what are we actually doing jointly? The Apostle Paul used the term 'ambassador' to describe a reconciling ministry: "*We implore you on Christ's behalf: Be reconciled to God*" (2 Cor 5:20), but however much we may want to say this to patients, I doubt it's what we're doing day after day in our surgeries. On the other hand, Jesus is reported saying: "*Whatever you did for one of the least of these brothers of mine you did for me*" (Matt 25:40). So we have a clear mandate for acts of kindness; indeed any act of kindness counts an act of 'service' to the King. In other words, we have a 'caring' manifesto.

"Fellowship" is defined by the 'Concise Oxford English Dictionary' (2002), as:

1. *Friendliness and companionship based on shared interest*
2. *A group of people meeting to pursue a shared interest or aim.*

As a Fellowship, we seem to be united by two shared interests: dentistry and Christianity, but in his Letter to the Philippians, Paul wrote "*I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so somehow to attain to the resurrection from the dead*" (Phil 3:10).

I incline to the view that what really unites us is the sense in which we share in Christ's sufferings. We could ask whether this suffering is mental, physical or spiritual, but since compassion means "to suffer with", I feel that it is whenever and however we suffer with or for a child of God. Paul explained to the Philippians that Christ took the form of a 'suffering' servant: "*Taking the very nature of a servant, being made in human likeness, And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross*" (Phil 2:7-8)! What I'm suggesting is that we serve Christ by assuming the vulnerability of the servant's yoke. In other words, we reach out to the world because we sense that Christ reached down for us. Fortunately, we are not powerless since we reach out in the power of the Holy Spirit and from within the solidarity of a redeemed community.

Is a redeemed community the faith community where I regularly worship or CDF? Maybe both since Jesus said, "*Where two or three come together in my name, there am I with them*" (Matt 18:20). As brethren in dentistry, we share a language and experience that others in the wider Christian community don't. In assuming a dental *persona* we accept a role as a clinician and advisor; one in which the fear of being "*weighed in the scales and found wanting*" can prove hard to bear. So, does CDF have a purpose beyond being a talking shop? Yes. There is a foreign mission field to support, but also one at home, and part of that role could be "speaking truth unto power"—

sharing our collective knowledge, wisdom and experience with the wider dental community and the world.

“In the beginning ...” From thoughts and sentiments, words spill over into speech or text, giving expression to our hopes, meanings and ideas. But more than embodied minds we entertain a plethora of emotions. According to Ilia Delio:

“Knowledge of God ... begins with the felt experience, a withinness that is at once real but ineffable, felt but ungraspable.”

It may begin this way, but knowledge grows through discourse with a reference group—people with similar experiences and interpretations—CDF needs to be such a reference group, where knowledge and experience can be freely shared.

Experiences in my first decades prompted me to ask existential questions which a faith community answered. Having handed my life over to Jesus I embarked on my dental career with a powerful sense of vocation. I’ve tried to live as one *“rescued from the dominion of darkness”* (Col 1:13); to *“win the respect of outsiders”* (1 Thes 4: 11); to clothe myself with *“compassion, kindness, humility, gentleness and patience”* (Col 3:12); and to not let the world *“squeeze me into its own mould”* (Rom 12:2). I’ve tried to be a link in the chain of grace, but sometimes felt like Sisyphus endlessly condemned to an impossible task. I’ve been a member of CDF since my student days but my involvement has been patchy. I used to attend conference regularly when my



children were young enough not to complain. But I sometimes came home afterwards feeling disheartened. It was all too easy to make comparisons and wind up feeling inadequate. It was so much easier to stay away and plough my own furrow.

What is community?

It can’t be easy to forge a community when we only meet face-to-face once or twice a year - pseudo-community yes, but community no. What’s the difference?

M. Scott Peck describes ‘pseudo-community’ as a ‘fake community’:

“Beware of instant community. Community making requires time as well as effort and sacrifice. It cannot be cheaply bought’. ... In pseudo-community a group attempts to purchase community cheaply by pretense. It is not an evil, conscious pretense of deliberate black lies. Rather it is an unconscious, gentle process whereby people who want to be loving attempt to be so by telling little white lies, by withholding some of the truth about themselves and their feelings in order to avoid conflict. But it is still a pretense. It is an inviting but illegitimate shortcut to nowhere.”

I expect you know the word hypocrite derives from the masks worn by Greek actors. We are adept at wearing masks but how sad when we don them for each other. How do you deal with conflict? When, for instance, your personal sense of right and wrong conflicts with the morality of the institution? Could you resist the pressure to conform or find the courage to be a whistleblower? CDF operates a mentoring scheme for just such ethical dilemmas. There was no mentoring scheme when I was struggling with the dilemma of whether to go private or not. I felt caught between a rock and a hard place and being a Christian only made my dilemma worse. Scott Peck also wrote:

“There is no way that we can live a rich life unless we are willing to suffer repeatedly, experiencing depression and despair, fear and anxiety, grief and sadness, anger and the agony of forgiving, confusion and doubt, criticism and rejection. A life lacking these emotional upheavals will not only be useless to ourselves, it will be useless to others.”

Volunteers Please!

Four years ago I sold my practice and reverted to being an associate. I enrolled on a Master’s course in Pastoral Theology and I’m now at work on my dissertation. My title is:

“How does my own experience of attempting to integrate dentistry and faith resonate with the experience of other Christian dentists?”

I need fifteen volunteers to help me. Anything you tell me will be treated in strictest confidence and you will receive a participant information sheet and consent form. I would love to hear from you if anything above resonates with you. Let me know how you came to faith and whether you think your faith makes any difference to your dentistry. I want to look at issues of care, conflict, and gender—whether you think gender issues have any bearing on faith and dentistry. Then there’s faith itself; has dentistry changed your faith perspective? Please, if you think you can help me, contact me. My e-mail address is peter@wagg353.plus.com. Alternatively, call me on 01502 478353.

Peter Wagg

Delio I. ‘The Unbearable Wholeness of Being, God Evolution and the Power of Love’. 2013 Orbis Books Maryknoll, New York.
 M. Scott Peck, *The Different Drum: the Creation of True Community – the First Step to World Peace*. 1988 Rider, Arrow Books Limited, London
 The opinions expressed in this article are those of the author and do not necessarily express those of the Christian Dental Fellowship council or their members.

Regional Group Meetings



CDF has a number of regional groups which give us the opportunity to meet together in a more local setting. At the conference in October, there was an opportunity for these groups to meet and eat lunch together and get to know one another better. There are regional groups in the following areas:

Avon and Gloucestershire
East Anglia
East Midlands
London North
London South and South East
North East
North West
Northern Ireland
Pennines East
Scotland
South Wales
South West
Thames Valley
Wessex
West Midlands

The regional groups try to meet together at least once a year. Here are details of upcoming events for some of the regions. They are an excellent source of support and fellowship with others in your area.

If you would like more information regarding the groups then please contact Iain Corran our Regional Group Co-ordinator via Sarah, the CDF administrator (cdf.sarahfelton@gmail.com.)

Saturday 1st March 2014 Annual Scottish Christian Dental Fellowship Conference

The Annual Scottish Christian Dental Fellowship Conference will be held at Letham St Mark's Church of Scotland, Rannoch Road, Letham, Perth, PH1 2HH from 9.30 am. There will be teaching by Rev David Ollerton on "Philippians 2: What does it mean to be a servant of the Servant King?" David Ollerton is a leader of *Waleswide*, an organisation which seeks to plant and support churches so that each community in Wales has a relevant expression of the gospel.

Saturday 10th May 2014 East Anglia

The East Anglia Regional Group are invited to a shared lunch at the presidential residence in Hingham, Norfolk. Tea and Coffee will be served from 10.30am. We hope to hear from Barrie Lawrence about his experience of publishing two books, with a preview of the second. Weather permitting there will also be a chance to explore historic Hingham as we share time together. Please feel free to bring any dental professionals not yet members of CDF and spouses.

RSVP and further details from victoriarushton@btinternet.com

Saturday 17th May 2014 East Midlands

The East Midlands Regional group will be meeting at Karen Paterson's house: 15a Burleigh Road, West Bridgford, Nottingham NG2 6FP from 12.30 for a

"Bring and Share" lunch. Please RSVP: karen.paterson@ntlworld.com or mob to 07941 806418

London: North

The London: North Regional group will be meeting at The Giffard Pub, Broadway Ave, Giffard Park, Milton Keynes, Buckinghamshire MK14 5QN for lunch followed by a short walk. There may be a presentation on an aspect of CDF mission work. For more details please contact Jonathan Longhurst via Sarah (cdf.sarahfelton@gmail.com)

London: South and South East

The London: South & South East regional day will start at 11am. As well as fellowship there will be a time of discussion about CDF mission work and we will share a buffet lunch together.

For more information please contact Mary Burke 193 Rosendale Road, London, SE21 8LW Tel: 020 8670 2963

Thames Valley

We will be meeting at the home of Ros Kipping in Bloxham, near Banbury. We will share lunch and are hoping to have someone talk about their visit to Uganda and the work of Christian Relief Uganda.

For more details please contact Chris Evans: drchris.evans@ntlworld.com

31st May 2014 Northern Ireland CDF Regional Day

We meet for coffee at 11am in Katesbridge where local dentist, Ivan Martin will discuss 'Holistic Spirituality - how professional dentistry can be used by the Holy Spirit' and share about his work in the community through social economy and development projects.

For more details, please e-mail Helen Douglas: hcdouglas@hotmail.com.

**Deadline for the next issue of Three-in-One is 31st March 2014.
Please send contributions to Tracey Dalby: traceydalby@hotmail.com**

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