



Christian  
Dental  
Fellowship

# Three-in-One

Newsletter of the Christian Dental Fellowship

## Apart From Me, You Can Do Nothing



**Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.**

**I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.**

**If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.**

**John 15:4-5, 7-8**

These familiar words from John 15 remind us that if we want our lives to be fruitful and bring glory to God, we must endeavour to stay close to Jesus. The fruit may be in sharing God's love and the message of salvation with others or it may be the development of our characters as detailed in Galatians - *the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control* (5:22). However we wish to look at it, the

message is clear- it is God's will that we remain dependent upon Him. Like many other simple teachings, it's easier understood than lived out! We like to feel in control and independent and don't like it when we have to ask for help. We easily fall into the trap of feeling that we can do things our way; surely it doesn't mean we can do NOTHING without Him? The teaching here is that nothing we do outside of Him is counted as worthwhile. That requires us to sit up and take stock of what we do and how. In our busy world, it's a reminder to do a regular check that we are where and being what God has called us to be.

As followers of Christ, being dependent upon the almighty all-powerful God seems fair enough but it also struck me recently that He calls us to be **interdependent**. That is to function as the body of Christ and to 'bear one another's burdens' (Gal 6:2); to help each other along our faith journey. Certainly shared experiences strengthen our relationships with each other as we learn to trust in God's provision. As healthcare

professionals, we are happy with the concept of looking after others to the best of our ability, showing the compassion and love of Christ as we work. However, when it is our turn to ask for help, we often find this very difficult. It takes a lot of courage for a member of a caring profession to admit to themselves, let alone others, that they need help. It's a big step.

Recent 'wellbeing' research carried out by the British Dental Association has reported dentists generally feel more dissatisfied with life and have higher levels of anxiety than the wider population. I noted that even my local LDC has now started a 'Practitioner Advice and Support Scheme'. It is widely recognised that, as a profession we tend to be overstressed as well as over-stressed as well as over-worked; we need all the help we can get from each other and the Lord!

For a number of years, for CDF members we have been able to offer a 'pastoral care' support service from within our membership. Sometimes just to know that someone understands, has 'been there', survived (and maybe even got the T-shirt!) can bring support and encouragement. Added to that we have access to our Father in Heaven who encourages us to ask for help and sustains us in our weakness. This is not a counselling or formal mentoring service, more of an opportunity to allow someone maybe older and wiser (but not necessarily!) to come alongside.

At the moment we have an exciting opportunity to extend this service to the profession through the BDA Benevolent (BDA Ben) fund. The details of how this could work in practice are still under discussion with the BDA Ben fund and the CDF council. Like our present 'pastoral care' service for members, the  
*continued over...*

idea is to offer to come alongside and offer a listening ear, support and encouragement.

The BDA Ben fund is available for all dentists registered in the UK and their dependants who find themselves in financial difficulty. For many years CDF has donated 12.5% of conference giving to the BDA Ben fund and we have been invited to join with them at their AGM. The trustees of the fund discussed their concern that many of their clients were lonely and in need of emotional support as well as financial. Since then Karen and I have been exploring how and if CDF can work with the Ben fund to help bring the light of Christ to those in our profession going through dark times following our command to 'love our neighbour' and 'weep with those that weep'. The idea, in principle, was well received at our conference in November. For this to become a reality there needs to be sufficient support from the whole Fellowship. It will be made clear that we are offering this service as Christians but the understanding that it is not intended as a forum to share our faith or to offer prayer until invited to do so. In reality, we expect that we need a few CDF members who would be happy to pick the phone up now and again to make

contact and offer support, hopefully building a relationship. As a Fellowship, we are blessed with a wealth of wisdom. If you feel this is something you would be happy to help with, then I would love to hear from you. For this to progress, we need to have a volunteer base upon which to call. Please, if you have some time to spare, prayerfully consider if this is something which God is calling you to be involved in. I would appreciate any feedback regarding this venture as I need to get back to the Ben fund trustees in the next few weeks to discuss if this is something with which we can go ahead.

Once again Tracey has put together a great magazine. This edition has many interesting opportunities for service overseas both long or short term. However, for those for whom this is not a possible option at the moment, there are many ways to serve in our profession here in the UK. You will find many opportunities detailed within CDF to consider. We have regional reps vacancies for East Yorkshire/Humberside and South Wales if you feel able to offer support and friendship at a local level. In addition, help is always welcome with the student work. Nicholas Clifford has now had to step down as student rep due to extra

work commitments. I wish to take this opportunity to thank him and others who have helped with promoting CDF to students and provided their support. We now have Stanley Parikh on council to coordinate the student work but we also need some newly qualified dentists to help him with this and bring the average age of Council down! Help with website design and Facebook are also needed alongside help with worship at conference. If you are skilled in any of these areas, I'd love to hear from you. So, as you review if there is anything you are trying to do without being attached to the vine, there is much in this edition to consider getting involved in either in prayer or in volunteering.

I've been reading about Abram's call a lot recently and share with you that God's promise to bless Abram was for a purpose (Genesis 12:2-3).

I pray that we each and as a Fellowship know God's blessing and we will be a blessing to others.

*God Bless*



**Victoria Rushton**  
CDF President



## Volunteering in Madagascar with Mercy Ships

Mercy Ships dental volunteers are making a big difference for patients in

Madagascar who have no dental care available. Since screening began in January to March 2015, over 3,700 patients have been treated, with over 12,500 procedures given, as well as hygiene services. There is such a lack of dental care in this island, that the lines of patients continue, with around 600-800 screened weekly. Dental volunteers work at the Mercy Ships dental clinic on land, often in hot and dusty conditions and are usually accommodated on our air-conditioned hospital-ship, the *Africa Mercy* with its own on board "Town Square" including Starbucks, bank, shop, internet café and international lounge.

Mercy Ships has volunteering vacancies between August 2015 and May 2016 for Dental Assistants and Dentists who would give anything from two weeks to longer, according to availability.

Volunteers must be fully qualified and experienced.

There is also a need for a long term Lead Dentist, who can give around two years - available from June 2015. Our Lead Dentist provides professional guidance and medical support to the Dental Team, ensuring quality patient and crew care is administered; and working in collaboration with the Dental Team Supervisor to develop and achieve goals. Applicants must be licensed in their home nation with two years' experience and should have good communication and organisational skills – fluent in English and preferably with conversational French, and will need an International drivers' licence; and will join the Mercy Ships On Boarding program, at the beginning of their placement.

The *Africa Mercy* will return to Madagascar for a second field service from August 2015 to June 2016.

To find out more about these and other professional volunteering vacancies, visit [www.mercyships.org/opportunities](http://www.mercyships.org/opportunities).

# Andrew Rossiter 1956 - 2014



**As many of you will have heard, Andy sadly passed away in November last year, after battling with bowel cancer for quite a while. I am sure many of you will have crossed paths with Andy in many different ways, but I would like to briefly tell you how I 'bumped into' him, and the man I came to know.**

"Are you working on the Anastasis?" I asked the man with the 'Mercy Ships' baseball cap, as I tried to get my bag out of the overhead locker, having just landed at Brussels airport to catch my connecting flight to Lomé, Togo. The guy cheerfully said he was and proceeded to tell me what a great charity Mercy Ships was. "How long are you out for?" I asked. "Two weeks" was the reply. "Same as me. What are you doing on the ship?" "I'm a dentist. I'll be working in the dental clinic". Snap! Not only that, but he was going to be my cabin mate for the next two weeks. Over those two weeks Andy showed me all the ropes for life on the Anastasis. He was a fabulous ambassador for the ship and the work of Mercy Ships. Although the work was challenging, mainly because of the heat, Andy was always there with a helping hand. Our friendship grew and at the end of the two weeks it was decided we would arrange to come out again together to work in the Mercy Ship's dental clinic. In fact we did another four visits together in Sierra Leone, and Liberia.

It turned out we both had a keen sense of humour and introduced Mercy Ships to the likes of 'Comic Relief day', a mischievous teddy bear and aardvark and 'ship golf' - impression trays Sellotaped to the end of sticks make very good putters!

Andy had many interests apart from dentistry, including playing and teaching the guitar, skiing and rugby (well he was Welsh!) As with all things Andy undertook, he put 110% into all these areas. I regularly found him hiding in a corner with another member of the crew, going through basic chords on the guitar to get them started. He was also a major part of the highly successful Monmouth Music Festival, where he lived.

Sadly, the news of Andy passing away did not come as too much of a surprise as the number of hospital visits and the level of treatment had slowly increased over the previous year. He had also put a message on his Facebook page saying that he had found peace with his 'situation', knew where he wanted to be laid to rest and was in the Lord's hands. It was a very sad message, yet at the same time had a sense of joy of his faith in the Lord.

I had the privilege of being able to attend his funeral service in Monmouth. It came as no surprise that the church was packed. I heard even more about his life and faith including some amusing anecdotes of his time as an army dentist in Germany. But the 'highlight' of the service was when his pastor read out what Andy thought about life and death:

"It's like a light bulb that has to be turned off ..... because it's dawn."

Probably the best ever 'down to earth' explanation of 1 Corinthians 15:55 I've ever heard - "Where, O death, is your victory? Where, O death, is your sting?"

God bless you Andy.

**Neil Harris**

## Two-Week Volunteering Opportunities Aboard 'Amazon Hope' and 'Jubilee Hope' Boats



Calling all dentists and other healthcare professionals. Want to use your skills on a two-week trip of a life time along the Amazon River in Peru? Want to put your faith in action as you reach out to provide dental care to communities who rarely see a dentist? Sign up now to be part of Vine Trust's volunteering teams working aboard the 'Amazon Hope' medical boat, providing vital healthcare for isolated communities. With two trips leaving each month, there are opportunities throughout the year to serve. This year, Vine Trust are also launching our third medical boat, 'Jubilee Hope' on Lake Victoria, providing a similar service for the hundreds of island communities across the Tanzanian stretch of the Lake. To find out more about Vine Trust's work and to volunteer, visit [www.vinetrust.org/volunteer/medical\\_teams](http://www.vinetrust.org/volunteer/medical_teams) or contact [health@vinetrust.org](mailto:health@vinetrust.org) for more information.

## Christian Dental College, Ludhiana

CDC Ludhiana are in urgent need of these back volumes of journals. If you have these journals and could donate them it would be a great help. The journals are required for the accreditation of their post graduate programme.

- British Journal of Oral and Maxillofacial Surgery - 2006 - 2104 (all issues required)
- International Journal of Oral & Maxillofacial Surgery - 2006 - 2010, 2103 (all issues required)
- International Journal of Prosthodontics - 2006 - 2012 (all issues)
- Dental Materials - 2006 - 2014 (all issues)

For more details please contact John Clark

# Marine Reach Fiji - Molars and Manicures



**Fiji is surely every beach bum's vision of Nirvana. Palm fringed beaches, fish packed reefs and smiling locals. (*Lonely Planet Travel Guide*)**

My wife Angela and I were bound for Fiji, not for an exotic beach holiday but to join a medical team whose aim was to help alleviate some of the health needs on the main island of Viti Levu. The trip was organised by Marine Reach Fiji. The group met at the organisation's base in Lautoka (Fiji's second largest city) on the main island of Viti Levu. There were two doctors, four dentists, five nurses and other support staff who had travelled from various countries. The team had been invited to visit two villages up in the western hills of Viti Levu but Mother Nature prevented us visiting the second village.



Leaving Lautoka we piled into the back of a couple of trucks and travelled to the village which was to be our home for the next ten days. After the official welcoming ceremony (where we all wore skirts - Fijian traditional dress!) we set up the clinic in the local community hall. Two local village

homes were to be our living quarters as well as the annexe of the community hall. A lovely Fijian couple did our catering, producing meals for the two dozen or so of us on a two ring gas burner. This was supplemented by dishes cooked for us by the village ladies. We lived as a close knit community. Bathroom facilities were basic and with a water shortage, the buckets were well used! The cocks crowed long before dawn so breakfast was early and after a short planning meeting and morning prayers and worship done, the day started in earnest.

Being one of the dentists, I worked at one of the three mobile dental units ably helped by Angela my wife. There was decay and broken teeth galore as people couldn't afford to go to the dental clinic in Lautoka. During the ten days we worked we saw 339 patients and extracted 622 teeth. I was asked one day if I could help a guy who had fallen off a horse five years previously and had lost his speech and use of the right side of his body. The nails of his right hand were digging into the palm of his hand and the nurses could not cut them as they were so long and tough. Over a couple of sessions we managed to reduce these nails to a manageable size using my high speed drill! The patient was delighted and as a spin off we managed to convince him to exercise his hand so that at least he could partially use it in future.

General lack of medical care and education brought 478 patients to see the nurses and doctors. Impetigo and scabies were common and in one young lad's case the infection had spread into the bones of his hands and the possibility of losing his hand was high. To prevent the spread of this disease, advice was given stressing better personal and general hygiene. It was gratifying to see that by the end of our time there, bed clothes were hung out daily so that the sun and the fresh air could add their cleansing effects thereby reducing future infections. The nurses also invited the health workers from two local villages to work with them and taught them some basic routines and then left them with various items such as blood sugar testing strips and stethoscopes and cuffs for taking blood pressures.

During the day the people who were waiting for treatment (and others who had come to watch and enjoy the whole event) were ministered to by some of the team. We also had a group of enthusiastic, multinational young people join us who were taking part in Youth With a Mission's DTS (Discipleship Training School) scheme. They watched and marvelled at the work being done and went about talking and ministering to the folk and playing with the village's dozens of young children.

We also visited the local school where we were invited into each classroom to give a talk on tooth care and general hygiene. They listened attentively and showed their appreciation by singing us a song. Each child was then given a bag with toothpaste, toothbrush, stickers and colouring sheet.



It was not all work, so on the Saturday we had a day off and we were taken to a tourist attraction where we spent the day zip lining, bathing in natural pools, walking, relaxing and visiting a local waterfall. It was also great to wander through the village and the surrounding countryside just enjoying the peaceful beauty of the mountain scenery at the end of a busy day. We also spent a lovely week recovering whilst enjoying the beaches at the end of the outreach!

We felt very privileged to be part of the team and were able to spend time sharing and encouraging one another and it was lovely to see one of the team's spiritual eyes open to the claims of Christ. Did we have a good time? The answer is an emphatic 'yes'. Angela thought that working with her dentist husband was the best experience of the trip!

**Chris Evans**

# Improving Teeth in Timor-Leste

the Global Child Dental Fund's efforts to teach the nation's dental workforce



**Just one hour north from Darwin, Australia lies the island of Timor-Leste, a country whose tropical beauty hides the years of brutal conflict and devastation on its road to independence. Since it was finally declared a new country in 2002, Timor-Leste has been making significant inroads to rebuilding its entire health infrastructure.**

During the conflict, 70% of all buildings in the country were irreparably damaged and any health facilities that did still remain were - and continue to be - hampered by poor electricity and water supplies, in addition to extremely poor roads.

The progress in redeveloping Timor-Leste over the past decade has been made possible through international aid, charitable funds and volunteers from all over the world. Partnerships formed through collaboration are essential to redevelopment and capacity building as local partners on the ground can truly understand and successfully navigate the local context and culture.

Not only have impressive efforts been made towards meeting the Millennium Development Goals, but oral health and awareness also shows promise of improvement in the country.

The Global Child Dental Fund (GCDFund), a UK-based charity working to improve oral health worldwide in underserved communities, has been working on a three year project in Timor-Leste. The aim is to build dental capacity in the country through educating the current dental workforce in modern techniques of prevention and cure for

oral disease, so that one day the workforce can be self-reliant and competent in providing a good oral health service to the people of Timor-Leste.

GCDFund collaborates with a local NGO, One-2-One Timor-Leste in this capacity-building project. There is an annual conference held for the current dental workforce of Timor-Leste, which consists of approximately 30 dental therapists and three dentists. Lecturers and experts in delivering oral health in low-middle income countries fly from all over the world to teach the workforce the most effective techniques in prevention and cure. Teaching is focussed on what is possible in the local context, as the materials and equipment that are taken for granted in more developed countries are simply not feasible or affordable here.



*Young dental therapists practicing restorative techniques during the Annual Conference*

Most of the country's dental therapists work rurally, predominantly extracting teeth all day. They all express a desire to reduce the number of teeth they remove in favour of educating people on how to prevent dental decay. The therapists are hungry for knowledge and support and the Annual Conference also serves to bring them together to network and share experiences.

It is hoped that messages of prevention will prevail in Timor-Leste. It was recently estimated that around 40% of the population suffered from tooth

decay, and the influx of cheap sweets and sugary drinks will only compound the problem.

The country has a very young population with over 43% being under the age of 15. Thus, the therapists have their work cut out. If they can embed messages and practices of prevention in this age group, then these young people can grow up to enjoy good oral health and lives uninterrupted by the pain of toothache. In turn, their children will likely enjoy similarly good oral health through the education of their parents.

Prevention of tooth decay is extremely simple, based around good oral hygiene practices and reducing the frequency of sugar intake. Yet, it is incredibly frustrating that millions - even billions - of people in the world still suffer from tooth decay and its associated pain and interruption to daily life.

GCDFund has multiple projects around the world reaching disadvantaged children and preventing distress from poor oral health. This is achieved through oral health education, preventative measures and programmes supporting local clinics so that children have somewhere to go if they need treatment. Ensuring good oral health will give them the chance they deserve to prosper in life and grow up to be the best that they can.

It is hoped that one day, tooth decay will no longer play such a central role of pain, fear and distress in a child's life.

We are raising funds to improve oral health in Timor-Leste. Our target of £20,000 will transform dentistry within the country and ensure childhoods free from the pain of toothache.

Any donations would be gratefully appreciated at [www.gcdfund.org/support-us](http://www.gcdfund.org/support-us)

## **Dr. Valerie Wordley**

*Valerie Wordley is a London based dentist who is the GCDFund consultant for East Timor.*

# Congo Dentist on Safari



**The year is 2012. The place is a tiny village called Mabuku in the Democratic Republic of the Congo (DRC formerly called Zaire). Today is a special day for many of the people who gather under the large mango tree in the front of the Anglican Health Centre. Today is the day that they will be rid of the tooth ache or facial pain that has disturbed, debilitated, haunted or tortured them for days, weeks, months, perhaps even years.**

The word had gone around via the African 'grape-vine': in the Saturday markets scattered along the muddy roads; in the fields digging cassava; in the tiny village churches across the mountainous region of North Kivu. *'The dental team from the Mama Wendy Dental Clinic in Butembo is coming to do a dental clinic this coming Wednesday. The muzungu (white man) dentist is coming too'.*

The dental team arrives at the village mid-morning in the Anglican 'Service Medicale' vehicle and the crowd gathers round singing songs of welcome. The team of six plus a white-haired Australian dentist clamber out of the four wheel drive and the crowd surges forward. There is much shaking of hands and laughter as old friendships are reignited and the muzungu is swamped

with well-wishers wanting to shake his hand. There are speeches from the local Pastor and then the muzungu dentist makes a speech greeting the villagers in Swahili with some of the local language Kinande thrown in. People roar with laughter.

After the formalities, the dental team led by Ringo Wanzirendi, set up the instruments for an extraction clinic on a large table on the verandah of the health centre as it is too dark to work inside the electricity-less building.

Ringo is the head dentist at the Mama Wendy Dental Clinic in the large town of Butembo 40 kilometres away, and

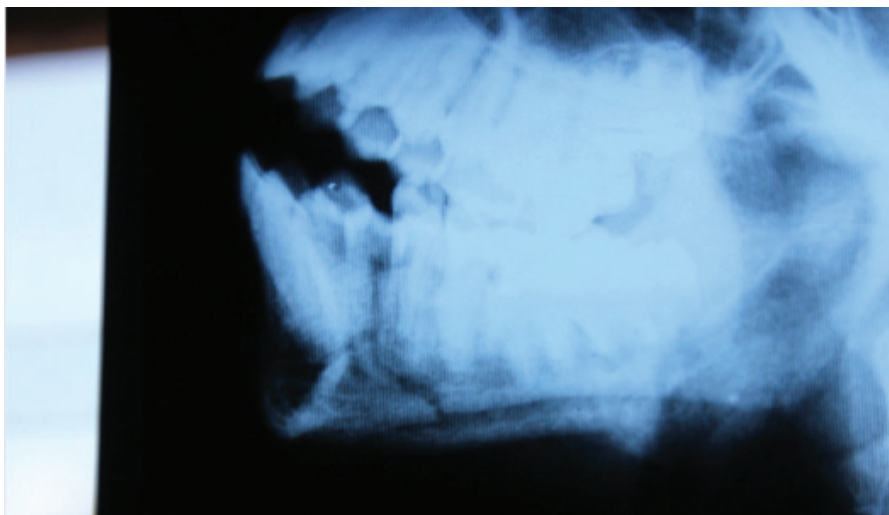
although he has no 'paper' qualifications, he is a qualified medical nurse and has done his dental training by an apprenticeship-training scheme and is an excellent practitioner of twenty years experience.

Amongst the growing numbers of colourfully-dressed men and women and scores of scruffily-dressed children waiting to be seen, is a sullen-looking teenager, his jaw jutting out painfully at an awkward angle.

A fifteen-year old is brought forward during a heavy storm which darkens the sky and sits on the wooden chair on the verandah. Ringo and the muzungu dentist examine him while the other team members get on with the basic extraction work. His jaw is dislocated but on careful examination is also possibly fractured in the region of the lower right premolars. He has been like this for four days since a friend hit him while playing 'Kung Fu'. He is really in trouble. Plans are made to bring him back to the Mama Wendy clinic in Butembo for radiographs and treatment.

The muzungu is thinking 'It's twenty years since I treated a fracture! I'm just a GP dentist back home', when Ringo says nonchalantly 'No problem - I've done forty of these. You must do something or they die.'

Back at the Mama Wendy Clinic, Ringo produces wire and arch bars, sterilises





them, relocates the mandible, and he and Constantin Drumo wire the patient up while the muzungu looks on with admiration. The patient heals and six weeks later, long after the muzungu dentist has returned to Australia, Ringo removes the wires. Ringo can do the work but he needs the qualifications. Drumo wants to upgrade his own qualifications.

Well, it is pretty obvious that I am the 'muzungu dentist'. In 1988 I began a small dental clinic in the vestry of the Anglican Church in Butembo and this work grew, with Australian Aus-Aid assistance until a three treatment room dental clinic was opened in Butembo in 1993. Health care and education were, at that time and up to the present, largely provided by the churches in Zaire/DRC although under Government oversight. Since then I have helped set up two more clinics, one in Aru in 2004 and one in Mahagi in 2010, with a fourth being built on the Uganda border at Kasindi.

But the big need is training especially for practitioners like Ringo, so that he has



formal dental qualifications as the Government becomes stricter on health care guidelines.

Bishop Titre Ande in the Diocese of Aru began a Superior Medical Training Institute with a dental faculty in October 2013. In August 2015 I will return, with my wife Wendy, as Dental Development workers with the Church Missionary Society of Australia to oversee this dental faculty and then to hand it over to Congolese leadership in two or three years' time. Ringo and Drumo happily are in the first intake of students.

We could really use some Dentaïd wheelie bins if people are able to donate and send them out for some or all of our nine students to take back to their home locations.

#### **Graham Toulmin**

*Graham Toulmin AM is an Australian dentist who, over a 42 year career, has worked in Australia, the UK and Africa. He spent four years with CMS (Anglican Church) doing pioneering dental work in Zaire (now called the Democratic Republic of the Congo) from 1987-1991 and since then has revisited DRC thirteen times. In August 2015 he and his wife Wendy return to DRC with CMS again for a period of four years as Dental Development workers to assist with dental training and the setting up of new clinics. If you are interested in supporting Graham's work by helping to provide Dentaïd wheelie bins please contact Sarah, the CDF administrator. (cdf.sarahfelton@gmail.com)*

## Listening Course

Are you interested in volunteering to help with the BDA Benevolent Fund and extending our pastoral support but don't feel that you have the relevant skills? We are thinking about organising an Acorn Trust listening course.

For over 30 years Acorn has been helping churches through the development of Christian listening resources.

"Christian listening involves listening to others, to ourselves and to God. Learning to listen effectively helps us to improve relationships, grow as human beings and deepen our spirituality."

Acorn Trust website:  
[www.acornchristian.org/listening](http://www.acornchristian.org/listening)

If you are interested then please contact Victoria Rushton  
[president@cdf-uk.org](mailto:president@cdf-uk.org)

## Keep in touch with the Christian Dental Fellowship

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!



# CDF Annual Family Conference 2015

## Confident Hope – encouragement from Paul's letter to the Colossians

This year's conference is being held at Hothorpe Hall, Leicestershire from 14th -16th October. The conference is a great time to make new friends as well as catch up with old ones. If you have never been before why not think about joining us this year? Booking details are in the flyer enclosed with this edition of Three-in-One as well as on the website ([www.cdf-uk.org](http://www.cdf-uk.org)). You can find pictures of last year's conference on our Facebook page.



**Helen Azer** is the speaker at this year's conference. She will be speaking on Confident Hope – encouragement from Paul's letter to the Colossians.

Helen is Associate Minister with Heartcry for Change and also on the associate staff team at St Andrews Church, Cumnor, Oxford. She enjoys the privilege of touching people's lives at home and abroad through preaching,

teaching and prophetic prayer ministry while connecting with the bigger picture of what God is doing nationally and internationally as she travels with Heartcry and ministers in conferences, retreats and training days. She is the co-author of *Release My Frozen Assets: a look at the role of women in the church* published by Heartcry for Change.

Helen was born in England but grew up in Egypt where she lived for the first sixteen years of her life. She is half English and half Egyptian. Helen went to a German school in Cairo so from her early years developed a passion for other nations, cultures and languages. She returned to the UK with her family in 1994 to finish her schooling and went on to study History and German at Christ Church College, Oxford.

While in Germany studying the history of the Reformation, Helen felt God's call to full-time Christian ministry. She trained at Wycliffe Hall theological college, Oxford, and was ordained in 2004. Helen is called especially to train and equip the Church and has a passion to see a Church that is passionate and informed and able to respond to the challenges and opportunities presented by our multi-faith communities. Helen believes that God is calling the Church to a new reformation in these days.

Helen says that some of her favourite things are travelling, roast dinners and a glass of red wine. However, she says her pet hates are bananas, sprouts and spiders. She would love to know why did God make some people with mouths that are too small to contain all their adult teeth. This is because she has had lots of teeth removed to make room. Her claim to fame is that a dentist asked to keep one of her teeth after he had extracted it because he had never seen such long roots! Apparently it hadn't been a pleasant experience.

**Sam Appiah- Anane** is our clinical speaker this year. He is a specialist Oral Surgeon. He is married to Maria and they have two grown-up children. Sam is also a qualified barrister and was called to the Bar in July 2006. He is a member of the Liverpool Medico-Legal Society. Apparently his only fault is that he supports Manchester United!



## Thank You

Dr Jaynanie Weerartne of Sri Lanka thanks all CDF members who collected old BNFs over the years which were sent to Sri Lanka via Isaac Lewis. The BNFs have been distributed to Dental and Medical colleagues and also to Medical Libraries where students are able to borrow them to study pharmacology. Isaac is happy to receive further old copies at the CDF conference in October.

## Worship Leader

We are looking for someone who would like to lead the worship during our conference. If you are musically gifted or would like the opportunity to help then please contact Frances, the Conference Organiser

**Deadline for the next issue of Three-in-One is 10th July 2015**  
Please send contributions to Tracey Dalby: [editor@cdf-uk.org](mailto:editor@cdf-uk.org)

CDF, PO Box 12023, Colchester, CO1 9NX  
Email: [cdf.sarahfelton@gmail.com](mailto:cdf.sarahfelton@gmail.com) Website: [www.cdf-uk.org](http://www.cdf-uk.org)

Christian Dental Fellowship is a registered charity. Charity No. 261350