

“Let us go over to the other side of the lake.”



It was not so long ago that our country was entangled between the opposing views on Brexit. And all of a sudden we find ourselves involuntarily enveloped in the grip of a new strain of virus. As I am writing this article an invisible chunk of RNA called Covid-19, has twisted our arms to restrict the normal rhythm of life and even the way we practice dentistry. Nevertheless, it has held an invisible scanner on us to let us see where we are in the spectrum of fear versus faith.

I am reminded of another incident from the Bible where the disciples were tested in their choice between fear and faith. The man who said “I am the truth” (John 14:6) was the one who told his dear disciples “Let’s go over to the other side of the lake” (Luke 8:22) and He expected them to take Him at face value. Instead, the disciples who had in-depth knowledge about the sea allowed their circumstances to convince themselves that their “truth” was imminent death. They had allowed fear to override their faith in the “Truth” who was with them, *consciously* sleeping in the back of their boat!

When the whole world acknowledges that we are in uncharted waters, battered by the storms of uncertainty, this Bible incident should remind us that we can override our fear and still take our confidence from the “Truth” who is present in our boat.

The famous Christian apologist and evangelist Ravi Zacharias says: “Faith is the means, but it’s the object of your faith that we need to focus on”. Has not Christ Himself told us that *“in this world you will have troubles”*? He then tells us: *“But take heart! I have overcome the world”* (John 16:33)

Then He arose and rebuked the wind, and said to the sea, “Peace, be still!” And the wind ceased and there was a great calm (Mark 4:39). When Jesus spoke, the disciples saw the real truth of their situation. There was absolute calm. The disciples had seen Jesus perform other miracles, but they had not yet witnessed His power over nature in such a dimension. This biblical incident of Jesus calming the storm reaffirms that we are **overcomers** when we believe that Christ Himself is in the midst of our situation.

He is still Lord over nature.

It is pertinent to note that the gospel writer observes in Mark 4:36 *“And other little boats were also with Him”*. Isn’t it a sombre thought that the presence of Jesus in one boat had averted the great danger to those other boats around as well? Let’s pray that the obvious presence of Jesus in our life will be the reason for warding off danger in the lives of others around us during a crisis. I was challenged by reading the newsletter from Asha Kiran Hospital - a modestly equipped Christian mission hospital in Orissa, India, who serve tribal groups and people below the poverty line. They write *Is it not now, when we are stripped of other ‘props’ that we can really demonstrate that it is “Christ in us, the hope of glory?”*

Dr. Richard Blackaby, former president of the Canadian Southern Baptist Theological Seminary comments; “When a new and frightening situation comes upon us, we too panic and say, “Lord save me, I am perishing!” God will remind us of His provision saying “I can handle this situation too, and you will know more of me because of it.”

In the meantime, are we able to see our position in the spectrum of fear versus faith under the light of our current situation?

“Where is your faith?” He asked His disciples.

In fear and amazement, they asked one another, “Who is this? He commands even the winds and the water, and they obey him.” (Luke 8:25)

Prince Thomas
CDF President

My response to Covid-19



When coronavirus first hit the headlines I'm sure like me you went into a spin thinking What does this mean for me, my family and my job?"

Then the emails from various organisations like ASDA and the banks started to arrive about what their response to Covid-19 was.

It was then that I started to think further afield and asked myself the question "What should my response be? What should CDF's response be?"

I was then reminded of a conversation I had had with a close friend and ex-church minister of mine, called Ruth. This conversation had taken place back at the start of February 2020, long before the first case of Covid-19 had arrived in the UK. In this conversation I was exploring with Ruth a sense of calling that I felt I had about pastoral work in general and in dentistry in particular.

When Covid-19 appeared in our midst, I felt that this was, as CDF, our "Esther" moment, "For such a time as this". CDF was in a position to be able to reach out and unite, equip, encourage and support in practical and spiritual ways our members, and even beyond to others in the dental profession. And in doing so, fulfilling our mission statement in a new and challenging way.

As CDF, we seek to provide an active Christian influence in the dental profession by:

- Uniting and equipping Christians working in the dental profession to live out their Christian faith in life and at work.
- Encouraging and supporting dental students and dental care professionals in their training and those who have recently qualified.
- Offering practical and spiritual support to Mission Partners throughout the world, helping to meet specific needs.

So, by the grace and mercy of God, and the help and support of many, our immature pastoral care scheme has grown up almost overnight.

Our ministry in pastoral care must be founded on prayer.

In the midst of this pandemic, we don't retreat! We run to the front, understanding:

"We are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Eph. 2:10).

As we serve our family, friends and dental colleagues, Paul tells us:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Phil. 4:6).

Here at the Christian Dental Fellowship, we seek to help and support any colleagues in the dental profession who wish to talk about the challenges they are facing in their personal and professional life where we can, with friendship and sign-posting to professional services and groups.

We are not a counselling or professional listening service, however, we are happy to hear about your concerns, encourage, signpost where appropriate and pray when requested with you or for you.

We also have a prayer team which is very happy to pray for specific prayer needs. Please email us with any prayer requests that we can pass onto the prayer team.

If you would like to get in contact with the Pastoral Care or prayer team at Christian Dental Fellowship, then please email us at christiantdentalfellowship@gmail.com.

The challenge for us all is our physical but also our emotional, mental and spiritual wellbeing. And so I'm learning new rhythms of prayer; delving much more into the Psalms as they have suddenly

come alive with the heavy heart of searching for God in the valley of the shadow of death; in longing for and finding refuge under the shadows of His wings; in being still and knowing that He is God, and I'm not. It's okay not to be okay at times and those who wait on the Lord shall rise up on wings like eagles, they will run and not grow weary and walk and will not faint. (Isaiah 40:31)

So as I look to be redeployed in an Urgent Dental Centre, I am trying to hold onto these verses,

"My grace is all you need. My power works best in weakness." (2 Corinthians 12:9)

Karen Paterson,
CDF Pastoral Care
Co-ordinator



Save the Date

CDF Annual Conference

16th – 18th October, 2020

Hothorpe Hall, Leicestershire

Our speaker at this year's conference is Ruth Perrin. She is an associate member at King's Church Durham and Research Fellow at St John's College, Durham. She speaks widely delivering leadership training and Bible teaching. Ruth lives in Durham, is a very cool aunty, enjoys gardening, hosting epic dinner parties and international travel (having visited 26 countries so far) Her guilty pleasure is the Netflix series Stranger Things.



Covid-19 The view from my kitchen table

I am writing this in Easter Season, the time to celebrate the risen Lord Jesus Christ. A time to be hopeful. When asked to write a couple of paragraphs on Covid-19 from Cumbria I thought it would be easy; instead it was difficult. This is also Covid-19 season. My own resources don't seem adequate and I can only turn to Jesus, the Living God. So, after much writing and rewriting here goes.

There is a time for everything, and a season for every activity under the heavens (Ecclesiastes 3:1)

I finished a job yesterday morning. In my home are many unfinished tasks and projects so it was a delight to finish one. The job was reorganising family photograph albums into date order. How satisfying to then choose a picture to WhatsApp my son on his 30th birthday. Sadly, we could not celebrate with him,

nor could I send him his birthday book since the post-room in his accommodation is closed. Like everyone else, we settled for a virtual birthday instead and decided I could read the book on his behalf!

Coronavirus has interrupted our lives in ways that we could scarcely have imagined. The enforced stay at home advice and social distancing has surprisingly given me the precious gift of time, but how can I make the most of it? My household is under the strictest isolating measures and I find myself in a new role as "the person who can go out". It puzzles me how much time tasks take in lock-down; queuing for a prescription, waiting to enter the supermarket or Zooming colleagues, friends and family. I was never a great shopper, but I have managed to avoid returning with the wrong sort of fish, chocolate or drinks so far!

God interrupts our lives in extraordinary ways. Many of us know times when He has stopped us in our tracks with our lives

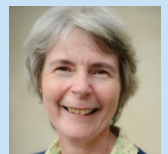
taking an unexpected or new direction. In my new direction, I am discovering that God loves me for who I am (his beloved daughter), not for what I do or achieve.

Today I believe I have a God-given opportunity to listen, to pray and to seek His glorious face. My prayer for myself is that God plants in my heart the desire to do the things He desires for me.

My prayer for everyone is that God, through this interruption, will come into many lives in new and powerful ways. Amen.

"Therefore, I urge you, brothers, in view of God's mercy, to offer our bodies as living sacrifices holy and pleasing to God-which is your spiritual worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will." (Romans 12:1-2)

Susie Matthew
Immediate Past President



Covid-19 A Foundation Dentist's View

At the halfway mark through Foundation Training Year, newly qualified dentists were in the midst of 'learning the ropes' of working in General Practice, when the COVID-19 pandemic hit the UK. After a few weeks of uncertainty, and much speculation over what lay ahead, we are now having to adapt to new roles, and a different way of serving our National Health Service. Not your typical Foundation Training Year.

From the 20th March, our practice officially ceased all face-to-face treatments with patients. I now attend practice two days per week, triaging patients over the telephone. Remote examination has presented something of a challenge, especially with patients who have not attended for treatment in quite some time. Although difficult at times,

this experience of taking on a new role within the practice has been rewarding.

We are trying to keep in contact with as many patients as possible, phoning each one who had a cancelled appointment. I think many appreciate this courtesy call. I have never experienced toothache, but I imagine when you are stuck in your own home not doing a lot, then the pain would become unbearable and all you could think about. I seem to be taking calls from the same people, with symptoms of pulpitis just getting worse, leaving people increasingly frustrated. Just this week, I have received confirmation of the Urgent Dental Care Centres which are to be set up in the local area. We will refer to these centres if we feel that our patients require urgent dental treatment. On the flip side, there are lots of other patients with simple problems, that they didn't even realise they could resolve at home themselves. I have really had to put my 'resourceful hat' on.

Although none of us have experienced this kind of thing before, as Christians we

can turn to our faith to seek comfort and reassurance during this time. Romans 12:2 says "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will". Now is the perfect time for us to be giving our concerns to God, letting Him carry out His work in us, renewing and refreshing us in His love. Trying to be an example to those around you, through your words and actions, demonstrating the peace that Christ gives us.

I am now applying for an associate job for September, and the recruitment is still going ahead to a certain extent. I am having telephone interviews and being sent photographs and virtual tours of practices. Of course, I feel anxious as I transition to an associate role, however I am reassured that I have developed key skills which will be valuable to any practice post Covid-19.

Catherine Gough

News From Liberia

Simon & Grace Stretton-Downes are working in Health Ministries with Serving In Mission (SIM) at ELWA hospital in Liberia. They arrived in July 2017 and hoping to serve there for the next few years. Here they tell us how the Corona virus is affecting their work.



How much has changed in just a few weeks. The window for deciding whether or not we should remain in Liberia was brief. Following discussions with our Team Director we decided to remain here. Within a few days all regular flights in and out of Liberia had been cancelled.

In preparation for what might come, Brace and I helped, along with others, to set up things in our hospital for dealing with the Covid-19 virus. Cleaning the female ward,



which has been repurposed into a Respiratory Unit and helped set up partitions in a large tent which is being used as a screening clinic.

The following is a press release from ELWA hospital on 4th April 2020:

In the early morning of April 2nd, 2020 the patient, a 72-year-old male, presented to the ELWA Hospital Emergency Room. After a screening by a

healthcare provider, the patient was transferred to ELWA Hospital's newly converted Respiratory Treatment Unit for oxygen

treatment, patient care and monitoring.

The County Health team was contacted and in cooperation with the Ministry Of Health the patient was tested for coronavirus infection. While awaiting the result of the laboratory test, the patient expired on April 3rd, 2020. ELWA Hospital was informed of the Covid-19 positive test result on Saturday, April 4th 2020.

This is the process of the treatment and testing here at present. Since then, as in many other countries, the virus has spread in the community. Numbers may be small right now, but we don't have many resources for a large number of serious cases. The Respiratory Treatment Unit has twenty beds.

President George Weah announced a State of Emergency and further restrictions to begin on Good Friday, 10th April. Many are re-living the fears and memories of the Ebola outbreak of 2014-15.

Whilst our team of Doctors and Nurses (mostly local staff) are working directly with suspected and actual Covid-19 patients, Grace has been helping support them. Making up bleach is just one role. She hopes to help out in the Outpatient Clinic which is low on local nurses who have been moved to the Respiratory Unit.

Trinity Dental Clinic currently remains open, but we are only seeing patients in pain. Matilda, our Dental Nurse Practitioner, has been asked to stay at home because she is pregnant and my dental colleague, Melvina and her family have returned to Switzerland, so most of the extractions are being carried out by Archie, Daniel and Wannie, who I have trained. I am helping with this as well as reviewing other essential patients, such as those we are treating with broken jaws.

We have just heard that there will be no public transport available. How will staff, or patients, get to the hospital? We were glad to find fuel to fill up our car and visit the supermarket just this week and we have freedom of movement on our compound whilst at the same time doing all the social distancing stuff we are all becoming familiar with.

In the midst of global upheaval and uncertainty we are glad to celebrate Easter and remember our Hope – a hope which has not changed, which is a Rock of certainty in the middle of all this sea of uncertainty and fear. Jesus the Saviour who died to save us and to give us a hope and a future.

Simon & Grace Stretton-Downes



Being a practice owner in Coronavirus times

As I write this, we are going in to the fourth week of lockdown. My children have been off school for several weeks and I haven't seen a patient face-to-face for the same duration. The new work routine is now logging on to EXACT from home (thanks be to God for amazing technology) and trying to diagnose patients over the phone, giving antibiotics if necessary, by remote prescription. I am so missing seeing and touching patients in the flesh and am very frustrated by not being able to relieve suffering when we have all the tools, staff and skills to do this. Patients have been incredibly understanding so far.

My first concern was for my staff. I couldn't bear to think of us having to lay them off and what that would mean for their situations. The Chancellor's furlough scheme was a great relief and blessing when it was announced. At least they are taken care of for now. All my staff have been furloughed for several weeks except for the practice manager, who is a friendly reassuring voice to those patients phoning for help.

The time seems to have gone so quickly. It has taken up masses of headspace and energy to deal with each day and the challenges that come. How I miss the old daily pattern of life. I can't quite believe



Magnolia

the things I moaned about in the practice seem so trivial now. There is also the concern over how things will be when we are allowed to reopen. Will we be restricted to non-aerosol-generating procedures? Having to see less patients in a session? Wearing increased PPE? How will we sustain the practice? I worry for the viability of my own practice and those of dear colleagues. I feel frustrated that despite taking out all the various insurance policies designed to protect us during illness or a disaster in the practice, none of them are any help in this pandemic.

God's word remains the same in good and bad times. This pandemic has reminded me how much we think we are so in control over our own lives and livelihoods and trust in ourselves, yet we have seen how this can be stripped away so quickly in a matter of days. I have been reading a book called "3-minute devotions" with Charles Spurgeon. Sometimes we just

need someone else to minister to us in a few words and these are perfect for that. Amazingly, two devotions came on consecutive days as everything seemed to be crumbling. Hebrews 12 :27 says:

"The things which cannot be shaken may remain."

It talks about whatever losses we have, the rise and fall of the markets, the breaking of the banks, failure and bankruptcy, we enjoy salvation through Jesus' precious blood. Nothing can take that away from us. We remain children of God. The second day, as dentists were told to cease seeing patients face-to-face, I was challenged by 1 Corinthians 7:20

"Let every man abide in the same calling wherein he was called."

It talked about glorifying God whatever our position and through our earnestness. I was warned to "take care that you do not forsake the path of duty by leaving your occupation, and take care you do not dishonour your profession while in it."

God still wants us to continue in our professional capacity, whatever that means in this particular time. Although I don't believe it is God behind the pandemic, I do believe He can use it to bring us back to Himself and to rely on Him day by day.

Kirsty Gayton



In retirement – do we ever retire, even in Lockdown?

Well, three weeks into lockdown and what has changed? It's so true that people say, "When you retire you'll wonder how you ever had time to work." I am a volunteer with the local museum and tourist information centre and the Calvert Trust – a holiday centre for the disabled on Exmoor. Church meetings at various levels from parish to Diocese fill the diary. Travel to see family and friends; looking after grandchildren, the days and weeks

are full. Now suddenly the diary is empty, the grandchildren wave six feet away on the other side of the garden gate. The village is strangely quiet.

Our two dogs now get longer walks: the coastal path, the beach and paths around the village are deserted – tourists have kept away. The garden is looking cared for and seeds have been planted in the greenhouse. I'm catching up on paperwork at last! Prayer time has taken a more prominent place in the day. Phone calls to friends and church family, WhatsApp and FaceTime means we stay

connected; this has been a real blessing.

We are blessed in that we have not yet felt the serious effects of coronavirus in this village in North Devon. Fresh bread from the bakers and food from the local shops mean we can stay within the village and are sheltered from the outside world. There is a local history book titled "Out of the World and into Combe Martin" and that's how it feels here. We give thanks to God each day that we are here.

Maureen Richards
CDF Treasurer

Life under Covid-19



We read in Acts 8 about the disciples being scattered through Judea and Samaria. Saul was persecuting the Christians in

Jerusalem and the church went underground dispersing into the surrounding towns. The disciples suddenly found themselves alone and without the comfort and security of their church and fellow believers. They were undoubtedly unprepared for this new way of life.

As those of us who are GDPs, shut down our practices, and locked the door to most patients, our normal way of life was left behind. We find ourselves, instead of getting our hands in there and doing the coal face dentistry, reading daily (or twice daily) emails and updates and guidance and trying to keep apace of our constantly changing working practices. Filing and documenting and applying for grants and salaries was not what I was expecting to be doing even just a short four weeks ago. And not where my talents lie!

I have, like those early church disciples, lost my comfort and security of knowing what I'm doing (mostly!), and having a

plan and structure to the day with the appointment book. Where now is my identity, now that I am back in the home, cooking, cleaning and generally trying to be domesticated again? As I flounder around with no half hour slots (well it is private practice!) to guide me through the day, time goes by unproductively and sense of achievement plummets.



As the days and weeks go by in lockdown, I see now that I have substituted my need to care and to serve others – reasons why so many of us went into, and find reward, in the practise of dentistry. I have become heavily involved with our church's outreach of helping those are unable to do the everyday tasks we take for granted – shopping, collecting prescriptions, doing laundry etc. 'Shipley Neighbours' existed well before Covid-19, but has

emerged as a lifeline for so many more local people in recent weeks. Its not all altruism and good deeds though. I am finding time for myself (a previously longed-for pastime) to do YouTube yoga or Pilates in the mornings, running every other day, or walking in the woods just as the bluebells and wild garlic spring into flower. I am gardening with my husband, reconnecting with our young adult boys, reluctantly (for all of us!!) back in the parental nest. Day to day life has a pattern emerging, which brings its own comfort and security.

But what this all reduces down to, in the end is - amongst all the fear of loss of one's comfort zone of work, colleagues and patients, my identity is still in Christ. He is the one who made me who I am, and I am the same whatever I do most of the day. So, to sub one one serving role with another is fine – He made me to do that. To find enjoyment in being outside whatever activity I am doing, is fine. To enjoy seeing my windows shine after their annual clean is fine - just like a good old scale and polish! Which is just where we will return to and very, very soon.

PS And, as you do, we brought home an abandoned duckling on Good Friday so I am constantly mopping up poop!

Frances Vose

Tony & Ann Giles

Our Smile Train cleft lip and palate team at Dreamland Mission Hospital in Kenya was planned to be our last. Over more than five years we had trained up local staff and recently worked alongside a visiting Kenyan Maxillofacial Surgeon. He will continue treating clefts at this little Mission Hospital, which is now numerically the second busiest Cleft Centre in this country of 54 million people.

We had treated well over 300 cleft patients in total and The Smile Train Charity had planned a big leaving party for us, sponsoring 100 of our old patients to come and celebrate, with a US videographer flying in to record the event.

Then ... COVID-19! First, Kenya's President announced that all visiting foreign nationals must self-quarantine for two weeks, only three days for us as it was our 11th day there. We were afterward able to work over the weekend, ensuring all patients got treated.

Next, most flights out were cancelled, prior to total airport lockdown from midnight on March 25th. The leaving party was cancelled! Our flights were rebooked and a nurse's taxi-driver husband drove us the three-hour journey to Kisumu Airport. Our internal flight to Nairobi was only 30% full, but the plane home from Nairobi via Paris was packed. Although we were meant to leave just before midnight on March 24th, take-off was delayed for several hours, seemingly

due to a number of expat families leaving with lots of baggage. Some had come to the airport hoping to get a last-minute flight out, but found no seats available.

Once in Paris, we spent eight hours in a nearly empty Paris CDG Airport Terminal, before flying to a quiet Heathrow. Our booked coach to Luton was cancelled, but our son-in-law insisted on driving from Cardiff to take us to Bedfordshire. We arrived home 35 hours after leaving Dreamland.

We found our country was not the same! As we write, we are still self-isolating, but feeling at peace that our Lord and Saviour so obviously has kept us "under His wings". We don't know when we will get back to Africa but we know Someone who "holds eternity in the palm of His hand".

Rainbows and Recovery

'Unprecedented' - one small word to describe the huge social, economic and medical disorder the UK finds itself in at the moment; and underlying that? Uncertainty, fear, anxiety, times of rest, peace, oasis, home alone, no time alone... An emotional whirlwind. Have you, like me, found yourself asking the questions '...Why God? Where are you...?' I repeatedly grab with both hands the memory of an experience last month, 'unprecedented' for me, which I hope gives you the same measure of excitement and hope.



I headed out for my daily, pre-lockdown walk on this particular sunny afternoon with a heaviness of heart - COVID-19 was on the UK horizon. H1N1 planning several years earlier had provided time to come to terms with what this might mean. Yet emotions were flying; shock, the promised pandemic was lapping at our shores, unsettled by the waiting, fear of a virus, spreading unseen, unstoppable, anxiety about the impact of ill-health, and the physicality of death, fatigue when energy was needed for yet another change, under confidence in what my role might be. A 'godly exchange' was underway.

As I walked, the sky darkened, the rain fell. Head down, walking faster, it took a while to realise that everyone I passed was standing still, looking in the opposite direction, phones held high to the sky. Stopping, I turned. A vivid double rainbow arched high over the park, its colours and light piercing through the swirling mass of dark cloud. In the silence of the rain was a stillness and a deep sense of God's presence. Some thoughts.

Within the turbulence came an absolute conviction that pandemic would be declared. Life would be difficult, traumatic, disordered, unreal. But, as the light of the rainbow pierced through the turbulence, arching across the sky, of equal certainty was that God was very much over and in the situation. His Covenant to the earth, and we, His people, stood absolutely firm. We need have no fear, no fear of the outcome, no fear of the virus and no fear in our ability to cope. We were equipped.

Other thoughts, small seeds at the time. As His children, stop, turn and fix our eyes, and ears, on Him, godly perspective would follow. Within the chaos, was provision for rest, renewal, and healing, a time of 'resetting'. This meeting of need would not be limited to God's children, we would see his hand in many wonderful ways, some unexpected for the UK, as others turn and see him.

The sun broke through, bringing with it the assurance of recovery.

I left the park humbled, with a renewed measure of God's peace and assurance, uncertainty gone. Pandemic was declared three days later – no fear.

Since then, as the days have passed, there have been times of anxiety, stress, many whys, many tears but no fear. And within the chaos have been frequent nuggets of God's promise unfolding. With rainbows in abundance adorning our streets, in the world's eyes, a 'symbol of light after dark to uplift our spirits', there is a visual daily reminder of our Father's love, faithfulness, and recovery plan, His Kingdom unshakeable. Unprecedented times.

'Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our God is a consuming fire' Hebrews 12:28

Liz Roebuck

Thank you for your encouragement

Therefore encourage one another and build up each other, just as you are doing. (1 Thess 5:11 NRSV).

I have been a member of CDF since my student days. Early in my career, I was feeling professionally lost after coming to London. I contacted the prayer secretary at that time, Alan Vogt. By letter of course! He kindly replied, by letter, and we had one follow-up phone call. Just one, yet his encouragement at that time, no doubt underpinned by prayer, has remained a blessing. Alan probably won't even remember me or the phone conversation - 30 years ago. It was unremarkable, yet particularly remarkable because other professional colleagues in London were too busy to connect with me.

I think back to that event sometimes when others now contact me for professional advice. It remains a lovely reminder that small things along the way can be a great blessing to others. What an encouragement to now pray together each Saturday and a particular joy to be online with Alan.

Be encouraged to find ways to encourage one another and those around us. Letters, cards, texts, conversations, prayers and other creative means. Our professional colleagues and leaders need lots of it in the 'dental desert' and chaos inflicted by this global pandemic. And as we pray for one another, we can both encourage and 'bear one another's burdens' (Galatians 6:2).

Jenny Gallagher

View From My Chair - Anxiety



As I am writing this, we are entering our fourth week of lockdown due to Covid-19. Suddenly our daily lives and routines

have been turned upside down and we don't know quite where we are. I feel like I am under house arrest as I try to self-isolate. Those of you who know me will be aware that I am an extrovert and so I'm struggling not having lots of people to chat to. All the technology is amazing and lets us stay in touch but I am missing hugging my nieces! For many of us there are bigger worries about our jobs, our practices, our staff.

At my Church, St Peter's Loudwater, we had been looking at Philippians since the start of the year. At the beginning of March, Danny Rodgers our vicar spoke on Philippians 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.

This was just as news regarding Covid-19 was starting to ramp up and the cases in Italy were starting to make us realise that maybe there was something bigger than we realised which was likely to impact our lives. Paul is exhorting us not to worry about anything when he was in a situation which for most of us would be more than a struggle. He was in prison,

chained to a guard 24 hours a day and heading for execution in Rome and he is telling us "Do not be anxious about anything". Danny highlighted six weapons to win our war on worry and with his permission I thought I would share them.

Weapons to Win our War on Worry

The Power of the Holy Spirit

The command not to worry is given us not just by Paul, but also by Jesus in the Sermon on the Mount in Matthew 6: 25-27.

Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?

God doesn't want to set us up to fail or feel burdened but rather to live a life free from worry and anxiety which sets up for God's best. The Holy Spirit comes alongside and is the Spirit of peace.

The Truth of God's Word

Anxiety comes from faulty thinking. The root of the word comes from having a torn or divided mind. We need to replace our faulty thinking with God's thinking remembering that God loves us and has compassion for all our situations. God is not anxious therefore He doesn't want us to worry rather find joy in Him. We need to have God's perception rather than our own and that can be found by concentration on what He says to us through the Bible.

An Attitude of Gratitude

We need to remember that God is good and I deserve nothing; being thankful to

God for what He has done for us. Gratitude and worry can't share the same heart. Ruth Graham, the wife of Billy Graham is quoted as saying:

"Gratitude dissolves doubts, reinforces faith and restores joy."

Paul's Pattern of Prayer

Paul outlines a pattern of how to pray.

- C – Come to God first
- A – Ask for God's help
- L – Leave your concerns with God
- M – Meditate on good things:

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Phil 4:8

Worship

As we lift our eyes to God, we gain a heavenly perspective to our situations. We need to spend time enjoying the presence of God.

Christian Community

Investing time in building deep relationships with each other means that we can live lives of responsibility and accountability. We are called to support each other when having problems.

Carry each other's burdens, and in this way, you will fulfil the law of Christ. Galatians 6:2.

I probably haven't done Danny justice with my precis of his sermon so I recommend you listen to the real thing! <https://tinyurl.com/y9wgkpkj>

I hope that you find it as helpful as I did. However, I still can't wait for lockdown to be eased so I can get out again and enjoy face to face time with friends and family!

Tracey Dalby
Three-in-One Editor

Deadline for the next issue of Three-in-One is 1st July 2020. Please send contributions to Tracey Dalby: editor@cdf-uk.org

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