

From the President's Kitchen Table Connected to God, connected to each other and connected to CDF - Prayer



Confetti. I love throwing confetti at weddings! I also love creating confetti from rose petals that I have gathered from my garden and dried. As I write, my room is infused with the fragrance of drying rose petals. The perfume fills the whole house, possibly because there are rose petals drying on every available surface!

When my son, Bob married Helen I prepared rose petal confetti and packed it into tiny boxes on which was written, "Handpicked rose petal confetti from Bob's garden in Cumbria". Now each year I gather rose petals to make confetti to give away to friends and family. I have come to love the process of picking, laying out the petals by colour, turning them to dry evenly, bagging and boxing. Later in the year I can remind myself of summer by opening a box and smelling the heady scent.

Paul writes to the Corinthians; *"for we are to God the pleasing aroma of Christ... an aroma that brings life"* (2 Corinthians 2:15-16). True prayer is fragrant to God. For us as Christians, we could imagine

our hearts like altars from which fragrance rises up to God. Revelation 5:8 describes *"golden bowls of incense, which are the prayers of God's people"*. As we pray, our prayers are holy fragrances rising up to God; none lost but all preserved in His golden bowls, sacred and treasured. A very beautiful thought indeed.

Our prayers are so very precious to God. He desires that we will pray every part of our life to him. *"Come Holy Ghost our hearts inspire and lighten with celestial fire;"* is the first line of a much-loved hymn attributed to the priest, Rabanus Maurus (c776-856). God is interested in our hearts; He sees and cares about our struggles.

In Hebrew, the word for heart includes our emotions, mind, conscience and will in other words, all aspects of us as a person. So, when we sing or say "Come Holy Spirit," we are inviting God, through His Spirit into every part of our life. We are asking God for an increased sense of His presence. We are offering up our life to Him and recognising that we depend on Him completely.

Society often labels habits as either good or bad. The good usually bringing



benefits. Those who play a fair amount of sport, run regularly or swim distances become fit. Those who spend time practising their music become proficient musicians; their music bringing blessing to others.

Christians who practise holy habits draw closer to God. We can transform and shape our lives by developing Godly habits. Andy Rider in his book "Watching, Waiting, Walking", offers three simple steps to transform our lives:

1. Watching over our life and doctrine
2. Waiting on God in prayer
3. Walking our life with God.

Jesus asked Peter to *"watch and pray that you will not fall into temptation"*, (Matthew 26:41). God is showing us that He wants us to work at the holy habit of prayer, watching and praying; drawing ever closer to Him.

At times I may be tempted to drop my "holy habits", I may feel uninspired, more burdened with the weight of responsibility than filled with joy. An unwilling labourer rather than a joyful servant. Perhaps I may even try to will God into my heart by determination or self-discipline, reading "spiritual books" when I could be seeking Him through His word and prayer. I feel that my prayers appear to have been lost and remain unanswered, seemingly floating off into the air and forgotten. Except, they are not forgotten by God but treasured in His golden bowls: caught and preserved, sacredly treasured and waiting to be answered by Him in His perfect timing.

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My first job after qualifying from dental school was on the second floor of an old Victorian building in the South Cumbrian town of Barrow-in-Furness. This was before the introduction of VT or Foundation training. Fortunately for me the Principal of the practice was a wise person who did not “throw me in at the deep end” with a full book right from day one as happened to some of my contemporaries. Despite this I still had to learn fast to survive, to care for all ages and carry out all treatments in the allotted time, coping with the anxious and the angry alike.

Anxious patients described their feelings of dread as they ascended the wide Victorian staircase to our floor; the ever stronger “smell of the dentist,” as they put it, the higher they climbed. Not very complimentary! Eugenol, that pale yellow, aromatic oily liquid extracted from certain highly scented essential oils especially clove oil, nutmeg, cinnamon, basil and bay leaf was the source. Even now, although used much less, hints of

those extracts can still conjure up fear for some.

I believe that, as Christian dentists caring for anxious patients, we can be the fragrance of God. We can, with patience and care, help them receive the care they desperately need. God overcomes fear and brings peace. We don't need to say, only to pray.

Dentistry is a highly stressful profession. We must seek rest and relaxation to perform our job well and look after ourselves properly. Psalm 46:10 could be translated, “*be at leisure and see that I am God.*” Leisure is free time, time beyond the limits of work or duty, time to put back what the day has taken out, to rebalance. It is not a luxury or an optional extra, but a necessity.

The writer, Tony Horsfall, defines leisure under three headings: relaxation, recreation and play. Relaxation helps us re-energise; for example, sleeping, reading a novel or watching a film. Recreation is possible as we recover

energy and includes sport, making music, gardening or fishing. Finally play becomes possible when we can have fun and laugh; perhaps playing games, going for a picnic or just being with friends. We need all three to become more ourselves.

CDF Conference and Regional meetings are times when we are able to meet up with fellow Christian dentists and their families, to relax and be refreshed, to recharge with recreation and to have fun; to play not work. We can share our problems and learn from our colleagues, returning to the challenge and unpredictability of work invigorated, relaxed and revitalised. We can face the storms of life feeling God's calm around us.

Susie Matthew
CDF President

Ref:

1. Tony Horsfall, Working From a Place of Rest; Jesus and the Key to Sustaining Ministry, BRF, 2010
2. Andy Rider, Watching, Waiting, Walking- A pattern of prayer and a path for disciples, SPCK, 2012

Regional Group Meetings



Midlands Regional Group

On April 7th this year we held a CDF regional meeting, combining the East, West and North Midlands areas.

We were blessed with good weather, so after enjoying a walk around Wollaton

Park in Nottingham in the morning we moved onto a shared lunch at my house. Following that we were blessed with two talks. One was from Liz Lomax, following her trip to Nepal in March, providing emergency dental care to remote rural areas, unserved by dental personnel.

The trip was organised by Andrew Bottomley who previously worked in Nepal.

For our second talk, I spoke about my time with Smile Train working with the Giles in Kimilili, Kenya, in March. I was privileged to join the team who carried out cleft lip and palate surgery for free. This surgery is life-changing for many patients, who without it, will always be excluded and ridiculed, with eating and speech difficulties.

It was lovely to meet up with old friends and make some new ones too, so a big thank you to all who attended and contributed. And as always, it was good to encourage one another in whatever work we find ourselves in and in our personal lives.

Karen Paterson
East Midlands Regional Rep



Northern Ireland Regional Group

It was really encouraging to see so many new (and old!) faces at this year's NI CDF evening. Thirty-four dentists, spouses and children came along from all stages of life and varying ages – from foundation to retirement and from all corners of NI and Republic of Ireland. It was great to see a range of backgrounds represented, including hospital, teaching, maxfax, orthodontic and general practice as well as a few doctors, all keen to hear more about Mercy Ships.

We met on a warm sunny evening in Ballymena, very kindly hosted by Kennedy

Orthodontics in their bright modern purpose-built surgery. After tea, coffee, cold drinks and nibbles in the spacious upstairs area, we moved into the conference room to hear Peter Crooks share about his trip to Cameroon to serve on Mercy Ships. We were privileged to get a glimpse into life on the ship, daily routines and the dedication of the crew giving blood for transfusions and caring so sacrificially and compassionately for patients onboard. We reflected on the recent BBC NI 'True North' documentary about NI volunteers on Mercy Ships and discussed opportunities for serving onboard, as well as practicalities of triage

and the dental clinic onshore and the 'Hope Centre' in Douala. Photos and videos of life-saving and life-changing surgery were inspirational and we remember Peter as he prepares to return to Mercy Ships in the autumn at their next port - Guinea. We also think of Cillian and Niamh who came along to plan for their time on Mercy Ships in Guinea in September.

Special thanks to Peter for such a moving and challenging presentation about his experience on Mercy Ships and dentistry in Cameroon and to David Kennedy for generously hosting our meeting in such beautiful premises.

Helen Douglas



South West Regional Group

This year the SW Regional day was held on Saturday 24th February at the home of Sue and Martyn Green in Tiverton. As

ever, Sue and Martyn's hospitality was outstanding and it was a true blessing to be able to meet with around twenty other Christian dentists, both retired and practising, at their beautiful home. An



informal lunch set the scene for many discussions with old friends and new colleagues attending for the first time.

The main focus of the day was to learn about Neil and Jane's time in the Far East and support them in prayer before they travel back to continue their work at the University there. They gave an illuminating presentation that sparked many questions, leaving us in no doubt about the challenges that lay ahead for them.

After the talk, afternoon tea was served with cake allowing further opportunity to chat. A group photo, as seen here, was taken just before we all departed for home. For some it was a good three or four hours round trip.

Malcolm Prideux

Mission Partner Update

Another year has passed, and it has been my privilege to keep in touch with our Mission Partners on your behalf.

This report contains news of what is happening with many of our Mission Partners. For those working in more sensitive parts of the world, updates will be available at conference, when there will also be an opportunity to meet several of our partners in person.

Many of our partners welcome correspondence from CDF friends or can send reports directly to you if you are interested. Please contact me via Sarah Felton (cdf.sarahfelton@gmail.com) to put you in touch.

Tony & Ann Giles **Kimilli**

We very much appreciate the support CDF gives! In the last year we have taken cleft lip and palate surgical training teams under the umbrella of The Smile Train to EFSTH, in Banjul, The Gambia and to Dreamland Mission Hospital in Kimilili, Western Kenya twice (See article on page 6). We have also spent a month with an Oral & Maxillofacial training team at Hope Medical Centre (www.hopeguinea.org) in N'zao, Guinea once, with a brief visit to Simon and Grace Stretton Downes in Monrovia, Liberia.



Tony & Ann Giles

Our teams have been independent of Mercy Ships for the last two years but as usual we have majored on training local



Tony is no longer necessary as Dr Jean Faya Yaradouno can do it all

staff. UK and Norwegian volunteers wishing to learn cleft surgery or renew their skills have joined our teams, notably Desmond Tham, who has been with us in Guinea and Kenya, and Sam Appiah-Anane and Karen Paterson who joined us this year in Kenya. This is so encouraging for us.

Inspired by our work on board the Mercy Ships, we work with the “two hands” of the gospel, aiming to meet both physical needs and spiritual needs, aware that all of us are not simply biological computers but spiritual beings loved by our Creator. Although we have been working in Africa on and off for over 22 years, we find ourselves learning new things each year and it is always an emotional rollercoaster.

We do find ourselves looking for anaesthetists with paediatric experience to volunteer with us. If you know of anyone who might be interested, please point them in our direction!

Lynne & Keith Smith **Burkina Faso**

In 2008 I married Keith Smith, a missionary working in Burkina Faso. He turned my world upside down as I found myself living in a mud hut on the edge of the desert. I can honestly say that Dentistry kept me sane! I found myself completely out of my depth, but one thing I could do with limited language was to extract teeth. In our province of 300,000

people there was no dentist. Our yard became a waiting room where people turned up night and day.

One day a young man showed up in our yard with his wife and two small children. The lady smelled terrible and was covered in flies. She had the largest facial swelling I have ever seen and two large cutaneous fistulae with pus pouring out. Her children were malnourished. Her husband, Sambo, gagged every time he went near her. She had been ill for over a year and her parents had taken her to various witch doctors without success. Finally, resigned that she would die, they gave her back to him. Keith knew the young man as several years before he had led his father to Christ. Sadly, the dad had passed away. Sambo being the only son was taken out of school and with very little education had to support his family. He was now a man with a family of his own. I was so mad at Sambo. How dare he let his wife get into this state? I took out his wife's bad teeth, cleaned out the wound, dressed her face, washed her, gave her new clothes and arranged for her to stay close to our yard while we cleaned the wound daily. She recovered, went home and that was that.



Sambo receiving his graduation certificate

Several years later we were evacuated from the north of the country and settled further south. Where we now live there is one dentist for 500,000 people. I saw the importance of training two dental teams: one for our area and one for the north. I asked the church to find people with

compassion for the sick, a passion for the gospel and who would not faint at the sight of blood! Sambo was one of those volunteers. He had at that point been walking with the Lord for two years. The first thing that struck me about him was his humility. He is a quiet, thoughtful man with a deep love for the Lord. He is a walking testimony to the transforming grace of Jesus. His wife has also come to know Jesus and she helps with the children's ministry in their local church. They have a good marriage. He has a



Working in the villages

natural gift for dental work and is the best of my six dental workers. After three years training he graduated as a Dental Auxiliary in February. He now uses his skills to give him access into unreached villages, to preach the gospel and heal the sick.

In July I travelled to Northern Kenya with Sambo. We had been invited by a missionary friend to do some dental clinics and evangelism in unreached villages. I'm sure Sambo never imagined what God would do in his life. And I know that God is going to work through him to reach many more souls with his dental skills and the good news of Jesus.

Simon & Grace Stretton-Downes **Liberia**

Eddie is our lead Dental Practitioner with six months of formal training in India and is currently also the Clinic Administrator. His application to join Nairobi Dental School for the five-year BDS course has been successful. In anticipation, we recently advertised for a Clinic Manager to cover all the non-clinical stuff that Eddie



Simon & Grace

does now – personnel, administration, finance, supply purchasing, sorting out maintenance issues, etc – that Simon certainly doesn't want to add to his plate. It was with great rejoicing and relief, that following interviews last week, we appointed Lorenzo to be the new Clinic Manager. He currently works in the main ELWA office here on the compound.

Simon is currently training Archie and Daniel to do extractions. Melvina, a Swiss dentist, has also joined us recently. This will free up more time for Simon to train more people. There are also plenty of clinical challenges in the form of broken jaws and significant tumours, cysts, osteomyelitis etc to keep me busy!



Melvina and her family

Please continue to pray for our general health and well-being, especially for Grace after her recent fall.

We are looking forward to being at the conference in October.

Andy & Eira Patching **NW Zambia**

Andy has spent most of his career working in northern Zambia, initially based in Ndola in the Copperbelt where

he met and married Eira, a white Zambian widow, complete with four step-daughters who are now grown up and some have children of their own.

For many years Andy serviced remote mission stations and schools with a dedicated dental caravan based on a Ford 350 truck and fully equipped trailer. He was able to carry out a full range of dental treatments including routine dentistry, prosthetics and orthodontics for missionaries, their children and Zambians alike. When I went out to stay in July 1999 they were developing the Isubilo project which they ran for over ten years, ministering to the HIV and AIDS victims of Ndola. This work was recently handed over to Operation Mobilisation. They are now based in the NW of Zambia, of retirement age and dependant on the Lord for funds. They have resurrected the mission maternity hospital and provide a basic, albeit unregistered, weekly dental service doing mostly extractions with the help of Kangelu, an assistant in training. They also run a retreat and welcome visitors seeking rest, in the remote lakeside beauty that is Sachibondu.

For many years Andy was assisted by Elastus Chonde. However on moving to Sachibondu in 2013 Chonde stayed on in Ndola with his family and for a while worked for Global Child Dental Fund (GCDF) under Raman Bedi. He was able to put his daughter Eira into nursing school in Zambia and sent his son Andy to China to study medicine, but is currently not receiving any funding other than with what he makes using the mobile unit now static on the Isubilo site, which needs some repairs and upgrading and is finding life tough financially,

STOP PRESS: Andy has a broken left leg and right wrist in plaster after a motorbike accident. Please pray for swift healing.

Jonathan Longhurst
CDF Mission Partner Secretary

My adventures with Smile Train in Kenya



Dreamlands Hospital

Earlier this year in March, I had the privilege of being part of a Smile Train team, visiting the Dreamland Mission Hospital in Kimilili, Western Kenya.

The team was made up of Tony and Ann Giles, a Maxillo-Facial surgeon and a theatre nurse, and Sue and Michael Carter, nurse/midwife and Anaesthetist, John Parker, a GP, Sam Appiahane, an oral surgeon and myself, an oral surgeon. We stayed at the ICFEM guesthouse, where we were well looked after for the three-week duration of the trip.



Smile Train Team

Each morning, after devotions and prayers, we would have a hearty breakfast before walking the two miles to the hospital along the rural lanes and through one of the villages, greeting locals along the way.

The road at times was very muddy following the almost daily rain and

thunder storms, so the walk to and from the hospital became an interesting exercise, but the coolness of the morning and the calmness at the end of each day as we walked home, was a relief and a chance to talk with other members of the team or just prepare for the day or reflect on the way home.

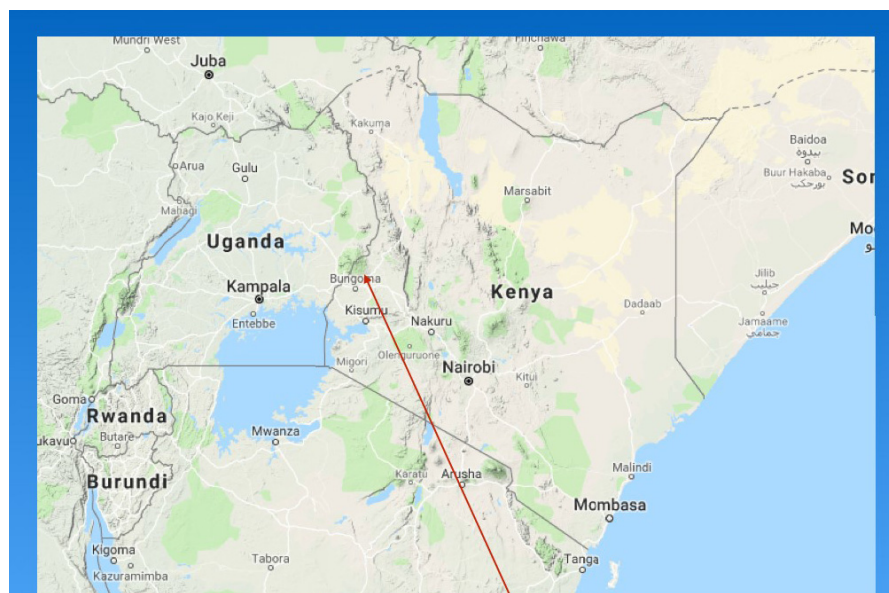
The staff at the Dreamland Hospital made us feel very welcome. For Sam and me, as newbies to the team, we were helped along with the routine of the day

by the team, getting the chance to chat with the staff as the days progressed.

The well-oiled team of Tony, Ann, Sue and Michael, plus John, flew into action along with the Kenyan team of Agnes, Sylvia, Maureen and Juliette, with screening the waiting parents and children on the first day.

On the second day, surgery began with repairs of cleft lips and palates. As a beginner to cleft lip and palate repairs this was both daunting and amazing. I'm used to surgical procedures with wisdom tooth removal and apicectomies, but I was and still am, in awe of what Tony does in such small mouths and with such precision, care and attention to detail.

The youngest lip we repaired was in a 4-month-old boy and the oldest was an 82-year-old lady, who despite her many years, was still delighted to have her lip repaired and a smile for the first time, and with it acceptance and her dignity. For the young babies, to have a cleft lip repaired means being able to eat well and suckle, and for their mothers, no more being hidden away from society.



Kimilili, in the foot hills of Mount Elgon



Unilateral lip repair on an 82-year-old lady carried out under local anaesthetic



Bilateral cleft lip and pre-maxilla pushback and bilateral lip repair on an 18-month-old boy with sickle cell disease

Palatal repairs are even more complicated and risky, but this life-changing surgery, ideally at around 12-months-old, means that speech development can start and thus language, communication and schooling can progress as normal.

The beauty of working in Kenya in a mission hospital, with committed Christians and in some cases Christian patients, is that the theatre sister, Sylvia, visited the ward early in the morning to pray with the mothers and children, then we all start the day with prayers in theatre with all the staff. Before we started surgery on each patient we would pray with or for them, praying prophetically for them to use their new lips and voices to acknowledge the work of God in their lives, and with their new mouths, to praise God.

For us operating and caring for patients, this was an opportunity to use our hands and skills as our worship to God, with thanksgiving in our hearts, for the skills God has blessed us with and the opportunity to share those skills with our Kenyan colleagues and for the benefit of

the patients. All the life-saving and life-changing surgery is free to patients and the work of Smile Train is supported by donations through the charity.

It was such a privilege to be able to do this without the politically correct constraints of the NHS in the UK, and instead in an environment where it was warmly welcomed and received, to be able to pray with patients.

There were challenges along the way too: medically, surgically, emotionally and spiritually. This is when we found our foundation in Christ needed to be strong and resilient. Our Kenyan Christian brothers and sisters supported and prayed with us through some of these difficult issues and it was good to be a team of Christians knowing that God was with us and in us.

Over our three weeks at Dreamland, we completed 34 cleft cases on 30 patients. In addition, we completed three oral surgery procedures which included a large naso-palatine cyst, a coronectomy and an excision and reconstruction of a

large exophytic carcinoma of the lower lip. Plus, Sue helped to deliver two babies by C-sections in the maternity theatre.

Once the soreness of the surgery was diminishing and the patients were ready to go home, the relief from the mothers that they could be reintegrated back into their families and villages was evident. Whilst there we also followed up patients from the previous visit of the Smile Train team, so we could see the success of previous surgical repairs, and some returning for a second stage of surgery.

The outlook for these children born with cleft lip and palates is bleak, sometimes the babies being discarded. If they are fortunate to survive, they are often hidden away and even excluded from the village. Left with unrepaired clefts, they are taunted and demonised for their deformity, struggling to thrive through malnutrition. Unable to communicate and sound as others do, they often don't make it to school or are teased if they do. Uneducated and unaccepted they are vulnerable to exploitation. So, this surgery can be life-changing and life-saving in some cases. Such, that at 82 years old, our oldest patient was delighted to at last have her lip repaired.

Before we harshly judge such seemingly cruel behaviour towards people with cleft lips and palates in Kenya, we should know that in the UK, an unborn baby with a cleft can be aborted up to 40 weeks.

We rounded off the trip with a night at a lodge on Lake Victoria, a trip out on the lake, a swim in the pool and the most amazing array of birds to photograph. I was in heaven. I've booked my return trip for next year, such was the impact it had on me and I look forward to working alongside this amazing team of people once again. So next time you see Tony Giles and he says, "Why don't you come out and join the team?" just say "Yes". You will be truly blessed by using the blessings and gifts God has given you for others in need.

Karen Paterson

Fishermen in Poole Get a Visit From Dentaids Mobile Unit



Dentaids mobile dental unit at Poole Quay

Dentaids mobile dental unit recently went to Poole in Dorset to offer free dental treatment to fishermen in association with the Fishermen's Mission and the Seafarers' Hospital Society (SHS).

The unit parked on the quayside and volunteer dental professionals offered fishermen a dental check-up as they came ashore. Treatments included extractions, fillings, scale and polish and oral health advice. Many fishermen are not registered with a dentist and live with persistent dental pain.

"I haven't seen a dentist since I was 12 and I've become so self-conscious about the state of my teeth that I cover my mouth with my hand when I talk to people," said the first patient, Pete Williams, who had a scale and polish and filling on the mobile unit. "I would have liked to go to a dentist but if my appointment was on a good day for fishing I would have to go out to sea otherwise we'd have no money. I often work 18 hour days and fishermen don't get paid time off for dental appointments. As my teeth got worse I worried I'd need lots of visits to the dentist so I just put up with it. The mobile unit coming here has been brilliant because I can get everything done in one go."

Some of the fishermen who visited the mobile clinic said the cost of dental care was a barrier to them accessing treatment. "I was registered but I couldn't afford to keep going," said fisherman Dave Green. His nephew Dan Green who had two painful teeth extracted added: "I've had toothache for so long but I can't get to a dentist. As a fisherman I find it very hard to find time and money to look after myself. There are lots of issues affecting us like homelessness and poverty so getting to a dentist isn't ever top of the list."

"We were very pleased to provide fishermen in Poole with dental care on our mobile unit and understand some of the difficulties they face accessing treatment," said Dentaids CEO Andy Evans. "The mobile unit takes dental care right to the communities who need our help and we hope we can now repeat the project in Poole and visit other fishing communities around the country."

Dentaids mobile unit also visits homeless shelters, day centres and soup kitchens across the UK providing dental treatment for vulnerable people who find it difficult to access NHS treatment.

Your Conference Needs You!

If you are coming along to conference this year, could you help with some jobs?

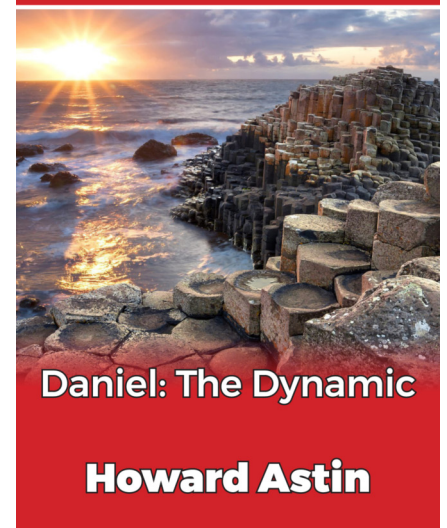
We are looking for people to join the worship team. If you have musical talents, whether hidden or not, then bring along your favourite instruments and join the team!

We always need help with the technical things too. If you think you could help with the sound or helping the presentations from our Mission Partners appear on the screen then please let us know!

Contact our Conference Organiser Frances via Sarah Felton
(cdf.sarahfelton@gmail.com)

CHRISTIAN DENTAL FELLOWSHIP CONFERENCE

12-14th October 2018
Hothorpe Hall, Theddington
Leicestershire



Daniel: The Dynamic

Howard Astin

Deadline for the next issue of Three-in-One is 1st October 2018. Please send contributions to Tracey Dalby: editor@cdf-uk.org

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