

CDF Three-in-One

CHRISTIAN DENTAL FELLOWSHIP

Newsletter of the Christian Dental Fellowship

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



"I waited patiently for the Lord".

Psalm 40:1

We all spend time waiting.

Waiting for someone

Waiting for something, waiting for an event, waiting....

Daily, we may wait for the bus or the train to take us to work, we wait to begin the day's work, we wait while the surgery is made ready for the next patient. Wait for the next patient to come from the waiting room, wait while the clinical record updates. Wait for the patient who has called up for an emergency appointment.

Wait while the computer updates install. Wait until it is time to lock up at the end of the day and go home. Busy, busy, busy waiting.

In life we are constantly waiting for something; that next thing. We eagerly anticipate passing a diploma or completing a degree, starting that new or different job, the birth of a child, the arrival of a rarely seen family member, a long-anticipated holiday. I admit I am impatient and all too keen for time to pass quickly.

I have found myself reflecting on my waiting and thinking that in some ways it is a waste of time, an unnecessary or a useless activity and wonder if it possible to wait well? If a friend calls me, and needs my help but is not quite sure when she will need me, how can I use my time sensibly and well without wasting it?

I can use the pauses in my day to acknowledge God, to be thankful for who He is and what He has done for me. The disciples in the midst of a storm on the Sea of Galilee called out; *"Lord save us we are going to drown!"* (Matthew 8:25)

I too, can breathe up an "arrow" prayer, "Lord help me make the right decision", "Lord, help me to care for this person as you would care for them".

My mind has been filled with ideas for this article for many weeks; I have prepared notes, jotted down quotes and selected Bible verses. I have waited for the right time to begin. Now I am prepared and ready to write... Advent and Christmas are behind and Tracey must have my completed article by the end of the week ready for publication in a few weeks' time.

Advent has reminded me, once again, that I need to be ready and waiting, prepared for the return of Jesus Christ in His amazing glory. Nobody can create that readiness for me, I need to do it for myself. During advent I re-read the story in Matthew's gospel of the ten bridesmaids who went out to meet the bridegroom; five were sensible and five were foolish. The foolish ones took only their lamps and five wise ones brought both lamps and oil to replenish them. They waited into the night for the bridegroom and by the time he arrived the foolish ones had run out of oil. They went to buy more and missed the bridegroom. It was too late.

When this article is published it is likely that we will still be waiting for Jesus to return in glory. Joyce Huggett writes in her book, *Approaching Christmas, "When Jesus does return He will be looking for those who though busy and active are waiting for him with eagerness and trusting in him for their salvation."* I believe this encourages me to wait actively, reading my Bible, drawing closer to and listening to God. Working where He has led me to serve and work, perhaps supporting and campaigning on behalf of those who have no voice, who are oppressed, trafficked or victims of war or violence.

In these past months, I have been reading much about life's journey in midlife. In midlife there is inevitable change. Life changes often unannounced and unwanted, change winds swirl around and those things that were certain become uncertain. Early on in my life, perhaps my first half of life, I was occupied building things; my life, my

continued over...

career, my home and my family. Now, as I reach midlife, a kind of “half-time”, the emphasis is changing from building to filling. I am discovering that God has a plan for my second half of life, a good plan but, as yet I don’t know what it looks like. He has shown me that there are things that I must let go of for me to move towards becoming the person He wants me to be. I must not rush ahead, but be patient. I have to wait for God to show me

those things as I seek out new ways to discover that I am his cherished daughter whom he loves unconditionally.

I am discovering that this waiting can be both passive and active, akin to listening. It can involve elements of stillness and quiet alongside times of increased activity. It links ideas of readiness and preparedness. I am not rendered helpless in the midst of troubles and difficulties,

but realise that times are changing. I believe that this creative, cathartic and active waiting can inspire and initiate for me a renewed vision of God and a fresh sense of purpose and being as I step out into my second half of life. My prayer is that wherever you are in your life your waiting may bring you joy and fulfilment.

“Be still and know that I am God”
(Psalm 46:10)

CDF Council - New Members

At the CDF AGM in October at the annual conference, we elected three new members to join the council. Here they introduce themselves.

Ian Harris Vice-President



This February I will complete twenty years as a Consultant in Restorative Dentistry at the Charles Clifford Dental Hospital in

Sheffield – something of a milestone! My special interests are managing challenging endodontic problems and treating young people with hypodontia, in collaboration with my orthodontic colleagues.

I have been a member of CDF since I became a Christian in 1985 and I love CDF conferences so much that I have only missed two in the last 32 years! I was honoured to serve as CDF President between 2006 and 2009 and I am delighted to have been invited back onto Council to serve as a Vice President.

I met my wife, Jenny, whilst we were both dental students at Guy’s in the mid-1980s. We have two grown up sons, Jamie and Nick, who were CDF conference-regulars until very recently. Both boys are now at university and we are still adjusting to

being ‘empty-nesters’.

When not doing dentistry, my duties as PCC secretary at our local church keep me busy but I manage to fit in plenty of singing (Jenny would say far too much singing!) in my local barbershop chorus – fantastic for stress-busting!

Martyn Green Vice-President



I joined CDF as a student in Cardiff in the 70s and qualified in 1978. I worked as an associate in general

practice in Newport immediately after graduation and then, in November 1979, worked in the Dental Unit in Kisumu, Kenya having seen the vacancy advertised in Newsround. It was during my two years in Kenya I met and married Sue Prunier who was teaching at St Andrew’s School, Turi. We returned to the UK to Wimborne. At a CDF Conference in Herne Bay we met Jack Halestrap who subsequently offered to sell me his practice in Tiverton where I would be working with two other CDF members.

Sue and I moved with Ed who was two-years-old, in November 1984 and Tom was born in December, Jemima arrived in July 1987. We still live in the same house and

attend the same Anglican church (St George and St Paul) where at least five other Christian dentists worship, some of whom are CDF members! During this time I have been CDF Missionary Secretary and was CDF President after Stuart Gerrish and before Ian Harris.

During my dental career I have been very involved with Foundation Training since 1990, as a Trainer, VT Adviser, Regional Adviser and Associate Postgraduate Dental Dean (DF1) in the South West Region. This opened other doors and I was a member and chair of the GDC Fitness to Practice Panel for ten years and am a Non-Executive Director of Dentists’ Provident Ltd. I retired from dental practice in September 2013, but I sit as a chair of the GMC Medical Practitioners Tribunal Service now and as a dental member of the First-Tier Tribunal Primary Health Lists. I am a member of the GDC Statutory Panellists Assurance Committee (which was called the Appointments Committee) and a lay member of the Institute of Chartered Accountants of England and Wales (ICAEW) Probate Committee. I have been involved with Bridge2Aid from the beginning and have been an Adviser for the charity for some time. I had a great trip to Mwanza in 2017 to observe the work in Tanzania, I even remembered some of my long-forgotten Swahili.

I enjoy walking, especially on Exmoor and the Pembrokeshire coast path and am a member of a ‘Blokes’ walking group. I



Dates for your diary

South West Regional Group

Saturday 28 February at Martyn & Sue Green's house. Come at 12.30 for lunch followed by a chance to hear from Neil & Jane MacDonald about what they are doing. Depending on the weather we might have a walk at Knightshayes Court followed by tea back in Tivvy!

For more information contact Martyn via Sarah Felton (cdf.sarahfelton@gmail.com).

Wessex Regional Group

Saturday March 3rd 2018 1.30-5pm

Bransgore, Hampshire

For more information contact Chris Gollings via Sarah Felton (cdf.sarahfelton@gmail.com).

Christian Dental Fellowship - Scottish Conference

Saturday 10th March 2018

Letham St. Mark's Church of Scotland, Perth (www.lethamstmarks.org.uk)

Theme: "Knowing who you are - Living out your New Identity"

Speaker: Paul Rees, Lead Pastor, Charlotte Chapel, Edinburgh

CDF Annual Family Conference

12th – 14th October 2018

Hothorpe Hall, Leicestershire

have played golf since I was twelve-years-old and was a member of Kisumu golf club where you get a free drop if your ball lands within dangerous proximity of a hippopotamus, crocodile, python or safari ant! I am not much better than when I started but still try! I have had a life-long interest in natural history, especially Coleoptera (beetles). My mobile phone has a picture of *Lucanus cervus* on its cover – you can Google that if you are still reading this! Sue and I try to go to concerts of classical music whenever possible and I am chair of the East Devon Choral Society and sing with the basses. It is very helpful of the GDC and GMC to be close to various concert venues such as Wigmore Hall and the Bridgewater Hall!

I am delighted to be back on Council. Sue and I have been to every CDF Conference since 1982 apart from two, and we and our children have made some very good friends over the years. CDF is an important part of our lives.



Kirsty Gayton CDF Secretary



I qualified as a dentist from Sheffield in 2002 and had already started coming to CDF conference as a student. I enjoyed the chance to

meet other dentists at all stages of life and be encouraged in my faith. We were fortunate to have a strong Christian dental group at Sheffield, meeting regularly with staff and students. Here I also met my husband Ed, whom I married in 2001!

Since qualification I have worked mostly in general practice in Lincoln. In 2013, Ed and I bought a practice in Sleaford, Lincolnshire. I find that owning a practice is incredibly demanding but also a great way to live out your faith and be able to steer things in a Godly direction.

We have two boys, Stephen and James (11 and 9), who are also very passionate about CDF because they love coming to Hothorpe Hall for the conferences!

I have enjoyed being a fairly passive member of CDF for many years and look forward to serving on Council as Secretary, as well as getting to know a terrific group of dentists more!

Outreach in Nepal



Dentaid equipment for Tansen Prison

In the 1980s, my wife and I worked in Nepal for the United Mission to Nepal, seconded from the Baptist Missionary Society and Finnish Evangelical Lutheran Mission. We were based in Tansen Hospital in the West of Nepal and I worked in the hospital Dental Department and in the Community Health programme. The support we had from CDF during those years was very much appreciated.

Having been a supporter of Dentaid since it started in the mid-1990s I was delighted to be able to make a return visit to Nepal with them in 2016. I was asked to lead a



A road near the Tibetan border

Dentaid team of eight dental professionals in October 2017. Our first camp was near the Tibetan border NE of Kathmandu and getting there involved twelve hours on roads that the four-wheel vehicles we were in struggled with at times. We had two busy days of clinics in an area very underserved by dental facilities which went very well. While the local authorities were very happy with the service we offered it became apparent that not all in authority appreciated our presence. CDF Conference was taking place at that very time and it was wonderful to be able to communicate our need for prayer and have the assurance that the folk there were supporting us in that way.

We were also able to spend some time in Tansen. For over a decade I had been in email contact with the Nepali Christian dentist running the dental department and I had the privilege of meeting him last year and again on this trip. Roshan is married to the daughter of friends and colleagues we worked with in Tansen in the 80s. His wife, Esther, was one of the girls in the Sunday School. While in Tansen we spent a day in the local prison. Dentaid had donated dental equipment for Roshan to use in the prison when he runs clinics there. First, we distributed gifts to the eight children incarcerated

with their mothers including one three-year-old girl that was born in the prison. Then we were able to distribute toothpaste and toothbrushes to the children, prisoners and prison guards after Roshan had given oral health education (OHE) talks. The children, prisoners and guards were offered fluoride varnish applications and most accepted. Our next day was spent in a school a couple of hours from Tansen, the four-wheel, jeep drive being much more comfortable this time. Over 400 children and staff were given OHE, a toothbrush and toothpaste and fluoride varnish applications. Roshan is making return trips to follow up the OHE and replace the tooth brushes and tooth paste with a grant from Dentaid. Though we were not able to do as much dental treatment as we had hoped it was a huge privilege to see the work that Roshan is doing and to be able to support and encourage him and the other Nepali dentists we met who are doing what they can with very limited facilities. It was also very evident how much the prison staff and inmates, school staff and local authorities were grateful for our presence.

Those CDF members who use the prayer calendar will have prayed for Roshan and his work but won't really know much about this dynamic and energetic Christian with a very ambitious vision for ministry through his work and out of work activities, so I asked him to tell his own story and he now continues this article.

"I came to know about Jesus when I was in a Seventh Day Adventist School in India. From all that I heard and read from the Bible, I compared the life of Jesus with many other gods and goddesses that I used to worship. I had lots of questions about Hinduism and the rituals that I was involved in but no one could answer me. I finished my school and came back to Nepal. In those days there were no dental schools in Nepal, so my parents sent me to Ukraine to study medicine. While I was taking intensive Russian Language classes in Kharkov, I started looking for a

fellowship and found a non-denominational Russian church. Here I started to understand and that the Word that I heard while I was in India was working in my life. I joined the Sunday school to begin with because I did not know much of the Russian language. I thought then that I was a Christian because I was at regular fellowship, reading the Bible and praying too. One day I ended up in a conversation with one brother from the church about John 14:6:

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

He invited me for lunch and thought I was a Christian from Nepal. I did not completely agree with John 14:6. I thought Christ was one of the best ways out of many. Then, I had an opportunity to watch the JESUS movie in Russian. I was deeply touched by the pictures where Jesus' pain was demonstrated and then I realized that the pain and suffering was for me to be set free from the bondage of sin. So in April 1996 the Lord chose me. I repented of my sins and received Jesus in my heart as my personal Saviour and Lord. God made me a new creation and changed my sinful life. I no longer knew about Him but knew Him personally. It was a moment when I realised that all my sins are forgiven. Praise the Lord! I then had

ample opportunities to attend Russian youth Christian camps and discipleship training during my summer and winter vacations. I understood that a Christian life must always be with a purpose and it is essential to have spiritual growth which takes place mainly by regular conversation with God and study of the Scripture. It is a purposeful life. I was then in my final year at dental school.



Esther, Rachana, Rachit and Roshan Kharel

I was the happiest person to be away from Kathmandu and my parents the saddest! My parents were sad because I wasn't practising dentistry in Kathmandu and I also declined to marry a Hindu girl they had chosen. Their hope was that I would stay with them but I was convinced them that I was going Tansen for a year or two. Well, I believed then and believe to this day that it is God's calling for me to be in Tansen.

I came to Tansen hospital in 2000 and joined the Tansen Church for fellowship. I still had a challenge to find a "Sister in Christ" which God worked amazingly and provided me with one. I met Esther at Tansen Church while she was at Tansen Nursing School. I knew that this girl would be a perfect wife because she loved the Lord with all her heart and has a vision to serve Him. I also saw her concern for lost souls. One day Esther, her brother and I went for a walk and on the way back I proposed to her as we were walking. We got married on 4th May, 2001 and God blessed us with a son, Rachit now 15-years-old and our daughter, Rachana will be 8-years-old soon. Praise the Lord! We are still in Tansen. Esther works as a tutor in the nursing school here. She used to work in Tansen Mission hospital in the maternity ward.

Esther and I now serve in Tansen Church and go out for outreach ministry along with health camps. We also get opportunities to visit different schools for school health programmes; churches to conduct purity classes and marriage seminars; villages and to the prison to run health camps. We believe if we were living in Kathmandu, we would not have had these blessings of being involved in the outreach ministries along with my regular work in the dental department in Tansen and Esther's work in the nursing school.

Our prayer requests:

- Please pray for our marriage that Esther and I will continue to shine His light from our marriage and God's wisdom as we raise our children.
- Finance for our son Rachit as we have put him in a Christian School in India. He wants to be a teacher/psychologist in future.
- Strength for Esther and me. We are involved in different ministries and our roles in the nursing school and hospital respectively.

Thank you."

Please do pray for Roshan and Esther. His prison and other outreach work is done in what little spare time he has.

Stuart Little



Toothbrush and toothpaste distribution

Ugandan Adventures



Barbara with a young patient

Barbara Koffman is a CDF member who has been working with Dentaaid as their Ugandan representative for many years. She has recently retired and so we asked her what she has been up to and what her plans are for the future.

Barbara was born in Hale, Cheshire in October 1950. Her father, John, was an officer with the Ambulance Service long before they were called paramedics and her mother, Betty, was a nurse. She attended Altrincham County Grammar School for girls. Along with the usual curriculum she also had lessons in elocution and deportment.

When she left school at 16 she enrolled as a cadet nurse in Altrincham General

Hospital where she stayed for two years before working as a dental nurse. It was while she was dental nursing that a visiting hygienist encouraged her to apply to Manchester Dental Hospital for the hygienist course.

She really enjoyed the course and even came top in the midterm exams.

She worked at Manchester Dental Hospital as the staff hygienist and also worked in a variety of private practices. Barbara says that training as a hygienist was one of her better life decisions. It has allowed her so much freedom regarding where she worked and for whom.

Barbara's first charity work was with Christian Relief Uganda (CRU). Her first trip to Uganda was in February 1996. She went with Rhona Marshall and another volunteer, Gordon. Gordon never actually came back to the UK and he is still in Uganda at the age of 83. They travelled to Kamuli to visit the orphanage there, which CRU supports. From here she went to see the local dentist who was working with a very small array of instruments and a hot water steriliser.

Barbara and Rhona used to be able to use their time to talk to the assembled crowds of people. Barbara would talk about oral hygiene and then they would stop and talk to the assembled crowd where Rhona would share the gospel. They used all sorts of equipment from balloons to

washing-up bowls in various colours to tell the story of the gospel:

- Yellow to illustrate the streets of heaven are paved with gold (Rev21:21)
- Black to illustrate our sin
- Red to illustrate the blood of Jesus who died for us
- White shows that if you confess your sins you can be washed as white as snow
- Green shows that you can grow like the plants with Jesus in your heart.

She took teams of dental volunteers to Uganda twice a year. Through this, she slowly built up contacts with other mission workers and with Ugandan dentists.

Barbara's first contact with Dentaaid was through one of the dental shows. She began to learn what Dentaaid was trying to achieve. Before her contact with Dentaaid she had been working on her own, but Dentaaid encouraged her to work alongside them as the Ugandan volunteer co-ordinator. She eventually became a part-time worker with Dentaaid but with her area of expertise staying with Uganda.

Barbara's final trip to Uganda with Dentaaid was in February 2017. She travelled with a team of two dentists, three dental therapists, a dental nurse and an assistant team leader and they were joined by five Ugandan Public Health Dental Officers (PHDOs). Their first clinics were in association with Foodstep. Foodstep are involved in supporting the children who are locked up in Kampiringisa, a rehabilitation centre for juvenile delinquents, as well as other children left there by their families. The police will also bring street children there. If no relatives are found these children can be there until they are eighteen-years-old. By setting up two Dentaaid blue chairs all the children have dental examinations with only a few needing any dental treatment or fluoride application.



Dentaaid team



Sunrise over Lake Victoria

The first real clinic the following day meant that over one hundred people could be seen. They were joined by seven local dental students who were a great asset. Five Dentaaid chairs were set up as well as an oral health department and a fluoride department. One patient, a young man had a peculiar swelling on his tongue. His medical history revealed that he had regular epileptic fits and it was presumed that repeated trauma from biting his tongue during his fits had caused the swelling. As there was a good relationship between our team and a local oral surgeon, Dr Onyango, it was possible to get him seen for an assessment. He was soon booked in for surgery the next weekend.



A Boda Boda

The team then headed for D'jusa Island but held a clinic at a remote village called Bukasa. There were already many people sitting waiting for the team when they arrived and one hundred people were registered. The clinic was set up in a church which was a very basic mud and

wood building. Once the clinic was finished they packed up and headed to the island arriving just as it was getting dark. They treated children from four schools on the island as well as people from the community.

The next destination was a prison where twenty-six prisoners were treated as well as thirty people from the local community.

In one clinic an elderly gentleman was found to have a peculiar swelling on his tongue which had been there for more than three years. It was about the size of an egg and seemed to be full of fluid. They were able to organise for him to be seen at a new Turkish owned hospital. The consultation, blood test and CT scan took five hours, but it showed that the swelling was a benign lipoma. The only oral surgeon was Dr Onyango who was based in Kampala, and although we knew that he would be well looked after, there were still logistical problems to overcome to get him there for treatment.

There was also the opportunity to make links with a new contact, Spring of Hope Ministry who specialise in helping special needs children. They used their facilities and also offered a clinic to the community. When the team arrived there were only three people waiting which was disappointing as there were also five local dental students as part of the team so there was plenty of staffing. However, they were soon swamped with patients but with the students taking charge of

crowd control, things were sorted and the three therapists did a great job working using dining chairs. Two of the team went along to the school to see the disabled children where they were able to clean their teeth and provide fluoride applications were necessary.

The next clinic was in Benda, Tororo district which was home to one of the local PHDOs, Joseph. Many people arrived but it soon became clear that the only person who could speak the local dialect was Joseph. This slowed things down until some local people were found who could help. After the clinic was finished, everyone headed to Joseph's parents' home which was a very basic and small brick house. There the team were welcomed and Barbara was presented with a turkey as a present!

For the final two days of clinics the team were based in a local Pentecostal church. The clinics treated the usual one hundred patients each day and there were also opportunities to visit a local school and a local orphanage to give oral hygiene instruction and also see if any of the children needed treatment.

At the end of the trip the team headed to Entebbe. There all the dirty scrubs could be left at Comfort Hotel where they were washed and stored ready for the next Dentaaid trip. Worming tablets were bought for everyone and all the accounts were brought up to date. All in all it was another successful mission.

Barbara retired from Dentaaid after this mission at the end of March 2017. So what is she up to nowadays? She seems to be as busy as ever. She looks after her two youngest grandsons, aged two and four for part of the week. She is also on call as a chauffeur for her eldest grandson who is finishing his BTec in Sports Science. When she isn't running around after her grandchildren she volunteers at a group run by her daughter for children with additional needs and their carers one morning a week. She also attends a ladies' Bible study group. In her own words she says, "I'm not ready to sit and knit yet!"

Tracey Dalby

Clippings from Cameroon



Jackie Knowles is a CDF member currently working on the MV Africa Mercy as a dental nurse. Here she lets us know what she has been up to.

I have been on the MV Africa Mercy in Cameroon for four months now and have known many blessings, challenges and joys. The Lord is using this time to refine me and to show me His faithfulness and how I can trust Him in everything.

The dental team is going well. Praise God for His answers to prayer in the permission from the government to change our screening site so we can reach more needy people, many of whom are from a Muslim background and become a captive audience to the gospel as they sit and wait to be seen at the clinic. Another answer to prayer is that our supervisor Max, who was stuck in the US seeking to get a visa, is back! The team is finally

complete, and we so appreciate having him back!

My friend and Cameroonian day crew Waziri is continuing to walk with the Lord and is such an encouragement to me. I was able to attend a local Baptist church with him about a month ago and since then he has not missed a service and is even asking me about baptism.

We have had a few dentists join us who have not been believers, even one who was from a Muslim background from Kuwait, and each of them have been so impressed and moved to see how the ship runs and we can only attribute that to the Lord. One dentist, who left yesterday, Ewa, from Austria, has even bought herself a Bible and intends to read it.

I have been blessed with many friendships with our Cameroonian day

crew and have had the opportunity to visit their houses, eat Cameroonian food, attend two weddings, an ordination and visit an orphanage with a local church etc. They are such a blessing to me. Please remember a 40-year-old man called a Carlos in your prayers. He has been our Cameroonian day crew with the dental team since August and has had to leave this week. Very sadly his wife has walked out on him and his four children, leaving him with the responsibility of looking after them. His wife was not a believer and has found another man. It is, of course, devastating for him and much grace and strength is needed for the family.

I have the amazing opportunity to go to Benin for five days after Christmas to visit my friends Wilfried and Nadege and their three-year-old twins whom I met during my time in Benin earlier this year. He is continuing his work among the children and families who live on the rubbish dump in Cotonou and I am very keen to renew my contacts and friendships there. It is just an hour and a half's flight away and seemed an opportunity not to be missed.

Many people left the ship before Christmas. Some for good, some for Christmas holidays with family. It is quite quiet which is actually quite nice for a change!

Pictured above is a photo from a trip to a seaside place I was able to visit a few weekends ago - Kribe. It was a real privilege to be able to go and spend a weekend away from the busyness of the ship and to build deeper friendships with some of the longer term crew.

Blessed is the Lord, the God of Israel, because he has visited and provided redemption for his people. Luke 1:68

Jacqui Knowles

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

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