

But just say the word, and my servant will be healed. Matt 8:8



The era of COVID has familiarised us to the concept of telephone triaging. The phrase: “Thanks for contacting us, please leave your name and number and we will contact you shortly” has probably become the most open-ended, ambiguous statement of recent times. On the contrary, a call-back from them increases our confidence in their service quality. The power of a ‘word that is honoured’ has an unparalleled effect in reassuring trust.

In the headlined verse, we see a Roman centurion humbling himself, acknowledging Jesus’s authority over a seemingly impossible situation by asking for help to heal his paralysed servant remotely. We don’t hear about him again, but it is not difficult to imagine that the centurion’s outlook on Jesus’s ability was positively reinforced after this incident

because we read that the servant was healed “that very hour” (Matt 8:13).

This miraculous healing prompted by an act of faith would have had a remarkable ripple-effect not only in the household of the centurion and his servant but also on the lives of the company of Roman soldiers under his command and their acquaintances. Jesus still continues to demonstrate that ripple-effect through the Holy Spirit which dwells in lives of His surrendered modern-day disciples, as often as we allow Him to do so. The Spirit will manifest himself through our lives, not for our good alone, but for the benefit of those around us as well. Today the Holy Spirit equips believers because He has given each of His servants a task.

This extended period of uncertainty has highlighted an often-repeated Biblical

truth that the well-being of our neighbour has a direct impact on our well-being. There couldn't be a more opportune time to ask God for the revelation of our individual tasks to create a ripple-effect in the lives of the people with whom we are in touch with. As He progressively reveals His ways to us, we will develop a deeper level of trust in Him. This trust, in turn propels us to obedience and aligns our steps in line with His will. How quickly it happens depends upon how completely we yield ourselves to the Holy Spirit's activity. Jesus can bring life into any person, society, or culture no matter how hard or how hostile we perceive it to be.

How is the presence of the Holy Spirit in our lives benefiting those around us? Do we portray a positively reinforced image of Christ in our workplace?

As practising dentists, we might have come out of many ‘sticky’ situations as a result of unseen favour through prayer. Each of these situations should be seen as a ‘word that is honoured’ and positively reinforce the power of risen Christ in our lives, spurring us on to be an active extension of God’s body within our spheres of influence.

“The centurion replied, “Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed.” (Matt 8:8)



Prince Thomas
CDF President

My Trip to Mandritsara, Madagascar.

Unfortunately, one of the consequences of the pandemic has been that no one has been able to enjoy overseas trips offering dental treatment in far flung places. This has also meant that there haven't been any reports to include in Three-in-One. Here is a report from Debbie Hardyman about her trip to Madagascar in 2018.

Tracey Dalby CDF Three-in-One Editor.

Mandritsara is a town in a remote part of Northern Madagascar. It is hard to get to, unless you are fortunate enough to get a Helimission helicopter or MAF plane to it. The only reason it gets a mention in any guide book is that it has one of the best hospitals in the country. This is because nearly 30 years ago David and Jane Mann were called to go as pioneer missionaries to set up a medical service in a regional centre where there was only a small government clinic. Alan Vogt was their dentist and he treated the Mann family of four children whenever they were back in the UK!



Map of Madagascar

Good News Hospital (HVM) was set up and alongside it a Community Health outreach team, a school and a radio station. It is distinctive in being set up and run collaboratively with Malagasy believers and that the work and the overtly Christian outreach are done simultaneously. The hospital does everything a small general hospital would be expected to do, including the lab tests, surgery, a maternity unit and both out-patients and in-patients. They also do specialist eye surgery and complex fistula surgery.

The medical staff are a mix of British and Malagasy and every day begins with the outpatients meeting in the open waiting area and hearing the gospel and singing. Afterwards the staff split off into prayer groups, depending on their speciality, and then the day begins.

I came across this wonderful work when one of the Mann's daughters, Rebecca, came to the church where my husband is pastor, Eden Baptist Church, Cambridge. My daughter was in the youth group Rebecca helps run and was immediately interested as her grandfather (my father-in-law) was born in Madagascar where his parents were long-time missionaries. She went out for two summers helping in the school and with the missionary children. Whilst there, she chatted with a surgeon and anaesthetist Matt Sherratt. On discovering that I am a dentist he asked if I would go out and teach him the rudiments of simple dentistry and better local anaesthetic and exodontia techniques.

After discussion, planning and asking CDF to help with finances and getting practical help from Dentaaid, I went out in July 2018. Getting all the dental materials (white powder!) and suspicious medicaments through customs was a bit nerve wracking, but taking a mountain of knitted, lurid bears for the maternity hospital and packing them around the forceps etc possibly helped!

I spent only a short, but intense, week working with Matt and teaching some of the medics local anaesthetic techniques and the principles of extractions. I saw over 50 patients who came from all levels of the hospital staff; from cleaners to maintenance men to nurses, teachers, doctors and the occasional out-patient.

I was also able to advise the occasional missionary whose nearest dentist is a 24-hour bus journey away, in the capital Antananarivo. (Tana for short.)

The highlight was meeting the people, although communication was sometimes

hard if they only spoke the local dialect and sadly my French is limited and my Malagasy non-existent. Matt was a great interpreter and when he wasn't there the French-speaking, local Nurse Madame Pirette managed wonderfully. I also managed to effectively train my daughter as a dental nurse in the last couple of days. The warm relationships between the staff were obvious and a real witness. Every staff member has to be a believer, and I think it really shone through their interactions.



The packing with bears protecting the equipment!

The equipment was always likely to be a struggle as it had all been put away in a container after the Malagasy dentist left five years ago. It was in a room with a sink, but which was otherwise an office. The nurse had kindly put a tablecloth on the only work surface, a wooden desk. The autoclave worked but, to cool things for re-use, I found them being rinsed in well water! The compressed air was leaking profusely from the unit initially, but a Dutch engineer, Rutgar, arrived the day I started work and he was able to fix it. He also fixed the light, although head torches do a good job I discovered. The X-ray machine did a fine job, although all the images were opaque and to see them you had to point them to the ground! (I never worked that out...) The suction machine was fixed on day four, but I discovered all the patients had a great



Teaching at the weekly staff meeting.

aim when spitting in a bucket during any treatment before that point. There were no wipes, sprays or disposable bibs or cups. Alcohol and gauze was adequate. I had to ask for clean, filtered water for rinsing and syringing (the fast speed drill had no water coming through) and it was brought in an old Coke bottle, which was amusing!

I had been told by an ex-missionary any extractions were likely to be of periodontally compromised teeth or of those that had suffered repeated infections and so they would be relatively easy. Unfortunately I found retained roots that were really tough to remove and I was grateful for very stoical patients with a high tolerance! It was hard not to be able to reassure them in a language they understood well, if at all. One young, healthy man convinced me, against my better judgement, to remove rather than restore his lower molar and I found my self battling with what appeared to be a tooth ankylosed into his mandible. He no doubt regretted his choice, as I regretted going along with it!

I did see one case that is a mystery to me. A young 18-month-old child was brought in from a village who was generally unwell with a systemic illness. He had a temperature and was not eating or drinking and was very poorly. He also had some white, almost fibrous tissue, apparently coming down from the area where an upper molar would erupt and which was adherent. No-one had any idea what it was and thought the new dentist was sure to have an idea. I did manage to pull some of it off and we sent it to the capital, Tana, for pathology testing, but I never heard the results. We gave the child antibiotics and saw him on my final day when he was much better and the mouth

looked normal. Maybe you can let me know if you have an idea of a diagnosis?

I hope I did more good than harm in the short time I was there. I certainly loved the people and was massively impressed by the dogged service of the missionaries and their families. I think the one aspect I was struck by was how beautiful the surroundings are but how dull the living conditions. There was literally nothing to do. This is fine in the short-term but having no leisure opportunities must be hard in the long-term. I gather short-termers are passed around for meals as a kind of entertainment! The women often ran together in a small group at daybreak to get off the compound and get exercise. The children have goats to play with and do a mixture of local school and home-schooling with a British teacher, Naomi Coleman.



Treating staff.

As I write we have heard that two of the long-term British families are coming back, and a Swiss couple are also leaving and the lead maintenance man, a Malagasy, is now in Tana for his children's education. It is hard not to worry about the future of the Good News Hospital when you look at those facts. However, when you look back at all that has been achieved by faithful servants it is clearly a project that has been blessed by God and I can only pray and entrust it to Him.

My husband spoke during the week to the pastors and leaders of local churches at the Mandritsara Baptist Church conference. We expected 30 or so to come, but 111 turned up and a gifted translator worked hard with Julian over the week and I believe it was blessed time. The leaders have sprung from the one main Baptist church growing into more than 60 churches in the vicinity. This

was often due to the Community Health teams going out into remote villages. Sometimes they get a request to go to a distant village and are expressly asked not just to bring better health but to tell them of the Jesus that has made such a difference in another village. Many people have been delivered from lives in the grip of ancestor worship and fear of spirits to a life of joy and peace. Apparently the children of Christian families often do better academically, and get into tertiary education in a way others don't. Not that that is everything, but it shows it makes a radical difference.



The entrance to the Good News Hospital, Mandritsara, Madagascar

The main church has grown from a congregation of 25 to 500 over the last 25 years and is a shining example of what God is able to do with us when we respond to His call and work faithfully and prayerfully together in love and respect. Equally the hospital had grown from nothing to a vibrant community of Christian staff and their families. And from it a thriving school and a radio station and the essential Community Health Team.

Can I ask you to momentarily stop and pray for God to bless the work of the Good News Hospital, Mandritsara?

- That new staff would be found to replace those leaving (who include the overall project leader, Mat Linley).
- That the remaining staff would not become discouraged or lonely.
- That the work would continue and people would be healed and saved.

If you want to follow the work the web site is mandritsara.org.uk/the-good-news-hospital. If you want to give the details are on the site.

Debbie Hardyman

Introducing Jacqui - CDF DCP Rep



Hello, I'm Jacqui Knowles; CDF's new DCP rep! I was kindly asked to consider this role a few months ago, and although extremely inadequate in my own strength I have agreed to give it a go with the Lord's enabling. I am not a stranger to CDF as some of you might know. Since I was a child, I have attended the CDF conferences with my parents, Ian and Lesley Knowles and my brother and sister Richard and Rachel, little knowing one day I would be a part of CDF in my own right. I used to enjoy the conferences and the children's work and meeting up with those other "dentists' kids" each year. So now here I am, a dental nurse myself, since 1995, and part of you all again.

I am very thankful to you all for your support for me both financially and prayerfully as I worked with Mercy Ships Dental team in West Africa for three years, coming back just before Covid struck at the end of 2019. I was privileged to have been able to serve with Mercy Ships in Guinea, Benin, Cameroon, Madagascar and Senegal and have some wonderful memories of all that I was enabled to see and experience.

Currently I live in Leamington Spa and on returning from Mercy Ships I was blessed to find a job in a private practice in which I had previously done some temporary work in my holidays from the ship. It is a great team, but has been a massive adjustment and very steep learning curve especially with all the extra Covid procedures too. But with the Lord's faithfulness I am getting through.

It is a privilege to have been asked to take on this role. I believe I am the first person to take the role and so it will be very much a journey as to the way that will serve CDF and DCPs the best. From my own experience I know the dental nurse role can be very stressful and intense; at times I have felt the pressure to give it all up, but at the same time, it is where the Lord has placed me. As nurses especially, I think we are in a good position to be a witness to many. We work so closely of course with the dentist, other nurses and hygienists,

not to mention the admin staff.

I would like to encourage DCPs in their walk with Christ and in their subsequent witness at work, especially in those stressful moments. To have courage to take those opportunities that come our way to speak of Christ, and strength to be that witness, swimming against the tide of the culture around us. If we do not reach our colleagues, who will? Please join me in prayer that I might be able to find those DCPs who are believers and encourage them in their Christian walk, and that we would be used to draw those around us to Christ in this unique mission field. I'm looking forward to working with you all.

If any of you know Christian DCPs who may be encouraged by joining up with me in this outreach or need that encouragement of a fellow believer please don't hesitate to pass on my details. I can be contacted via Karen Silcox (cdfadmin@cdf-uk.org).

An exhortation to us all:

"Follow God's example, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God." Ephesians 5 1-2

Jacqui Knowles
CDF DCP Rep

Save the Date!

The next CDF Annual Conference is 4th-6th November 2022 at HIGH LEIGH in Hertfordshire.

Our speaker will be Ruth Perrin.



An Unchanging God in a Changeable World - CDF Conference 6th November 2021

**CHRISTIAN DENTAL FELLOWSHIP
ONLINE CONFERENCE**

SATURDAY 6th NOVEMBER
10am-1pm

ADAPTING TO CHANGE
Celebrating an Unchangeable God in a Changing World

All Christians involved in dentistry are invited to join CDF members as we meet for our second online conference.

Bible talks; Worship; Seminars; Mission Partner Updates; Regional Groups - all from the comfort of your own home!



Registration before 5th November 2021 essential for your FREE place
www.cdf-uk.org/events/online-conference-2021



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GRACE FAITH TRUTH PEACE

Small print: Tea and coffee not provided but you may want something to hand for our agape meal

The speaker at our online conference in November was Reverend Steven Cullis who talked about how our God is unchangeable. We are currently living in extraordinary times with the pandemic, lockdowns, vaccine roll outs. It is highly unlikely that if we had tried to guess back in early 2019 what lay ahead of us we would have guessed what was coming in the near future but in these times there are lessons to learn. So, what are these lessons? What does it mean to follow Jesus?

Despite the changing and challenging times, we have an unchanging God. Mountains are unchanging but are also remote, distant and cold. The stars are constant, removed and distanced. But God is not cold or distant, despite being unchanging.

In the first talk Steve reminded us of the story of Moses in the wilderness after they had fled from the oppression of

Pharaoh through the miraculous parting of the Red Sea. The people however aren't exultant in their freedom they are moaning. In Exodus 16:1-5 we hear of the people complaining to God instead of being grateful. Exodus 16:9-16 tells us that God heard their complaints and provided quail and manna.

People are changeable, fickle, forgetful of how bad things were and what God has done for us. But Jesus is unchanging:

"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8

"I will never fail you. I will never abandon you." Hebrews 13:5

"The Lord is my helper, so I will have no fear. What can mere people do to me?" Hebrews 13:6

Here Hebrews tells us that God and His character is unchanging; loyal, constant, loving despite our flaws and failings. God is our provider, through all time and in all circumstances and needs, physical and spiritual.

So, the Israelites needed to learn to trust God, and so do we, for His promises, grace, love and provision are unchanging. They needed to trust God for the future as they looked back at God's hand on Israel through history. We too need to trust as we are joined into the story of Jesus; His story. God has provided salvation for us through Jesus, God is with us – Emmanuel – for all time, all future.

So, we also have a choice: be ungrateful and angry or trust and be grateful. We can acknowledge and tell God about our anxieties, needs, bringing them to Him,

for He knows our needs, where we've been and where we're going. Psalm 139 reassures us that God seeks us out and guides us:

"If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me."

Psalm 139:9-19

In summary, God is unchanging, our provider, for that is His nature and character. It is who God is.

In the second talk Steve asked us how can we celebrate the unchanging nature of God?

"Whatever you do in word or deed, do it all in the name of Jesus."

Colossians 3:17

But what does it mean to do things "In the name of Jesus"?

- It is through Jesus, with His authority and accompanying power.
- God sees us in the same way He sees Jesus; as a child of God.
- actions and behaviour, our attitudes and values are in the same style as Jesus.
- Our response should be the same as His: Your will, not mine.

Steve asked the question: What would a day look like if our words, tone and action were equal to the style of Jesus? That should be the gold standard to aim for in our attitude. Our tone and body language are as important as the words we speak. Maybe this world will look more like heaven if this world styled itself on Jesus and lived like Jesus did, and we did all things in the name of Jesus.

Steve referred to Colossians 3:1-16 as an instruction and guidance as to how to live in the style and power of Jesus. There is no better way to celebrate God being unchangeable than by living as Jesus did, letting God's light shine through us.

Karen Paterson

Dental Conference Break Out Rooms

One of the bonuses of having an online conference was that we could use break out rooms so that people could chat together. There were a number of break out rooms covering different topics which people could choose to join. Here is some feedback on what went on in different rooms.

Juggling Work and Family Life

At the CDF online conference in November 2021, Cathy Fordyce and I were asked by Vicky Graham to lead a twenty-minute discussion group about the challenges of working as a dentist and raising a family. We had about five other members join our group. While we had some ice-breaker questions prepared we didn't need them in the end as conversation flowed with much laughter as well! It was great to spend time with dentists facing the same sort of challenges.

One of the things that repeatedly came up was the difficulty of being at your best with patients and staff at work, then returning home to look after children when all you want is some peace and quiet! This is probably the norm for all parents but I think as healthcare professionals dealing with patients face-to-face all day, we are particularly at risk of feeling "burnt out" by the evening. Especially so if we are introverts. We chatted about how the lockdowns had changed our attitudes to what we do with our free time. Focussing on less extra-curricular activities and rushing about and having more time at home can be a very good thing for the family. Those of us with teenagers felt that the children need us present even more in the older years, be that ferrying them about or helping with difficult homework. There is also the issue of them going to bed later and later so it can be hard to carve out time in the evening without them hanging around.

While it was lovely to have just a few people in our group, I am mindful of the absence of other members who are in the same position but didn't come to the conference. This is probably a reflection of what I've outlined above.

I spent quite a bit of time brainstorming about this topic and thought it might be helpful to share the outline of what I came up with. The two questions I thought about were:

- 1) How can we be salt and light at home and in the workplace?
- 2) How can we help ourselves to thrive as dentists/practice owners and as parents?

How we can be salt and light

Dentist	Workplace	Parent
Money- don't worship it above patient care. * There is a temptation to chase this and others around us/corporates may have different values to us	Model to others what we care about and our values. Safeguard our own values	Model good relationships including good marriage
If you're the principal- set the culture and ethics of your practice. Your staff will model this from you	Guard against moaning, complaining and gossip **	Make Sundays a special day with time carved out for God. This may look different for each family.
Consider using your gifts for voluntary work at home, abroad, for CDF!	How we treat our staff- as owners, as associates or employees. Are we being Christ-like?	Encourage Christian service as children get older
Don't make an idol out of the job: God has made us for His own first and foremost. If our self-worth is defined by our profession, we will have difficulty if we can't do it any more e.g. health reasons or when retiring	Provide pastoral care to staff	Value family time and find a balance that works.
	Value others-say thank you to your staff at the end of the day	

* "Whoever has money never has enough; whoever loves wealth is never satisfied with their income." Ecclesiastes 5:10

** "Do everything without complaining and arguing, so that no one can criticize

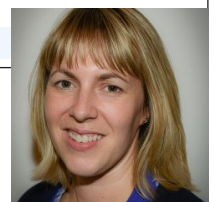
you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people." Philippians 2:14-16

How we can thrive

Dentist	Parent
Develop yourself - doing post-grad training may come at an initial financial loss but can bring other rewards	Encourage youth groups, Christian friendships
Recognise your limits: you can always work more hours. What will make us flourish at work?	Invest in friendships that will support you and pray for you and your children
Remember self-care – it helps us look after others better and keep our empathy at work/home	Encourage children to go on Christian camps/CDF conference
Get external support- CDF, home groups- dentist or otherwise, like-minded individuals you can trust.	Prayer
There are many more options since the pandemic.	
CDF pastoral scheme	
Enjoy fellowship	

"Don't worry about anything, instead, pray about everything. Tell God what you need and thank Him for all He has done." Philippians 4:6-7

Kirsty Gayton
CDF Secretary



Retirement- Planning and Opportunities

What do you think retirement is all about?

This was a stimulating session, well attended by a mix of delegates both considering retirement and already retired.

Two broad themes emerged; the transition into retirement from dentistry- *“Out of institution”* and Building Godly resilience- *“Into God’s hands once more.”* There was no intention to offer discussion or advice on the business side of retirement, practice sales, financial planning or pensions etc since this is already widely available.

Lively introductions, moving quickly into personal testimony covered much ground exploring such questions as;

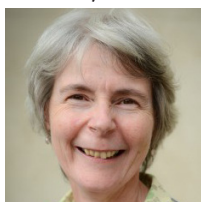
- Where is God in all this?
- How do we continue to celebrate God as our circumstances change?
- Where is God calling you next?
- Where is my framework?

Retirement could be considered as a time of re-setting our compass, of being not doing, of mid-life changes, of trusting in an unchanging God who has plans for us outside dentistry. Retirement can be a time of new beginnings and seeking God’s will as we make choices. A time of doing something for others and something for yourself.

Retirement is different for everyone, with perhaps initially signals of change, followed by plans to end well. Living through the transition may bring feelings of disorientation followed by re-orientation as we re-set our internal compasses to align with God’s will and purpose for the next stage of our lives.

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”
Colossians 3:17.

Susie Matthew



Non-Dental Break Out Group

A handful of us gathered as non-dentists in one of the breakout sessions during the 2021 virtual conference, as a sort of equivalent to break time in the bar. Zoom can be spontaneous and sometimes unpredictable, but although it is apparently technically possible to leave one breakout group and join another, I don’t think anyone did so, and certainly our little group stayed knit together in a much more focused way than would be likely in the bar – think meal-time without the distraction of food or the interjections from people leaning over from adjacent tables.

The biggest contrast with our family ‘in the flesh’ conferences was the small number of attendees who classed themselves as ‘non-dentists’. CDF conferences are usually well-spiced with partners, spouses, children, the youth team, the occasional non-dental friend and even au-pairs and parents now and then, as well as the prime cohort of students, dentists, therapists and nurses and increasingly often the most energetic of the delegates – the retired! But our virtual conferences have enabled people who have never, or not-at-all-recently, been to either the annual autumn conference or the spring/summer regional group meetings, to reconnect

with CDF members with a dialogue much more involving than the letters page of this wonderful magazine (Tracey, you love me really), or the inspiring prayer calendar which is now available online, see elsewhere in the tremendous 3in1 (OK, I do have something I want to get included in the next issue).

Anyway, we all learned a bit (more in some cases) about each other, and some of us have carried on some of the conversation in the week that followed. As if often the case, much of our chat revolved around ways to help and support others and as ever with everything CDF, there was the wisp of the Holy Spirit brightening our thoughts and mood and prayers voiced are already being somewhat answered.

What did we specifically talk about? Ah well, you can’t really eaves-drop on a zoom call, but I will say that we discussed Dentaid and one of our overseas-based mission partners, at some length, so even as non-dentists our Christianity found dental channels of expression. And, just as in a face-to-face conference, we were obliged to move on to the next item by the conference secretary (to whom I am married) long before we were done chatting. It is ever thus, at home and at conference!

Jonathan Graham

CDF Monthly Prayer Meetings

CDF holds monthly prayer meetings on Zoom from 10am for an hour on the first Saturday of every month.

The upcoming dates are:

Saturday 2nd April 2022

Saturday 7th May 2022

Saturday 4th June 2022

Saturday 2nd July 2022

Zoom details can be obtained from Karen Silcox, the CDF administrator
cdfadmin@cdf-uk.org

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Letter To My Younger Self



Dear Younger Self,

Thank you for your kind letter. I am glad you are looking forward to retirement and hopefully I can offer a few thoughts to ponder.

Prayerfully planning, I took my NHS pension in June 2019, offering to my NHS employer, that I retire and return after a few weeks' break. My husband and I had trips arranged with visits to family and friends and a holiday. I was to visit Rwanda the following February and of course, I would be returning to my old part-time job as an Associate Specialist in Orthodontics at my local Hospital Trust.

So far so good, with relaxing holidays taken, visits to family enjoyed and a safe return, enriched and thoughtful after an incredible Rwandan visit, the pandemic was gaining momentum. Then, lockdown brought an unexpected turn with a sudden halt to the fledgling rhythm of my new retired life.

Throughout my work life there have always been vital, pressing targets to maintain momentum and rhythm; exams, university, the next job, requirements for specialist training, passing the necessary exams, lectures, seminars, cases to present, exams, cases to finish, a practice to set up, a practice to run, a practice to close down and so forth.

With pandemic retirement the target driven life changed; in its place, space opening and filling. Different types of space; physical, space in terms of time and soul-space, all interconnected and now part of the tapestry of my life. Challenging space. Living my "day to the full" no longer means filling it with activity, though there are times of activity and busyness, I can allow myself to open my eyes and my heart, filling myself with God and his purposes for me. Don't be fooled into thinking this is easy; an empty appointment book is a scary thing....

The skills you acquire when you work God continues to use. As co-host, for the Conference seminar on retirement, the orthodontist still in me took over, planning aims and objectives, introduction and introductions, headings, subheadings, topics, questions, timings and a summary. All neat, tidy and boxed up ready to go. Still some skills to offer then!

Challenges continue; re-training as a covid vaccinators with time in a mass vaccination site lead role, in addition to volunteering for a safeguarding role in my church, have given me a series of new and frequently difficult challenges. Once more God is drawing me out of my comfort zone on the sofa and into His service.

Academic and practical challenges have been a positive and enriching choice. Last year I completed Royal Horticultural Society Level 2 in Practical Horticulture at a local agricultural college and am working towards diploma level this year. I relish my new learning with an inspiring and varied bunch of people at a pace that is comfortable not exhausting.

Then there is the accumulated clutter of one's life to sort out. When working it was all too easy to say; *"I don't have time now but when I retire..."* and yes, you've guessed, much (most) remains un-sorted. But I can be grateful for a rich heritage and in God's time it will bring me joy not duty.

New rhythms to life and opportunities to reflect and review open up. Jesus says, *"My peace I give you..."* Daily, I ask God to help me become more aware of the peace He gives; both for myself and for those around me. God's promise in Jeremiah 29:11 is as vital to me today as it ever has been:

"For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future."

With very best wishes for your joyful and fulfilling retirement

PS. I forgot to say, I'm still waiting for that call from the hospital to return...

A prayer

Remember, and look to the Lord when you are energised

Remember, and look to the Lord when you are tired and discouraged

Remember, and look to the Lord at all times.

Our Refuge and our Strength.

Amen

Susie Matthew

Deadline for the next issue of Three-in-One is 1st April 2022. Please send contributions to Tracey Dalby: editor@cdf-uk.org

Email: cdfadmin@cdf-uk.org Website: www.cdf-uk.org

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