

Growing in God's Garden



produce fruit, be that flowers, foliage or fruit and veg. Two ways to get the most out of your garden and plants is to prune at the appropriate time, often in preparation for the next season, and then train and support plants in the way you want them to grow when the new growth appears and sprouts. Gardening wisdom would say that branches that do not bear fruit are removed or pruned, so that the plant can direct its resources to the branches that are bearing fruit (and hence not waste limited resources on branches that do not produce fruit). In addition, any branches that are damaged or diseased are also removed, and they are burnt so they don't contaminate other plants in the garden. Each plant in the garden will have its own God-given DNA and habit, bearing the fruit that it was designed to produce.

To be most fruitful, we too, individually and as CDF, must allow ourselves to be pruned and purified by God's word to us, being attentive to words of encouragement, challenge and correction. We have been writing down some of the devotions given to us in the Saturday morning prayer meetings; many have been very poignant and challenging, whilst also being helpful and encouraging, and we consider these with reference to CDF's aims and purposes as set out in our constitution.

Also, just as how for the plant, staying attached and fed by the main plant is vital, we too must remain in God and be connected to the vine if we are to bear fruit, much fruit, and fruit that will last. To be pruned sounds ruthless and harsh, even painful, but it is necessary. Some fruit trees self-prune, such as apple and pear trees. This is when the tree drops some of its fruit from a large bunch of apples or pears, so that, rather than lots

continued over...

As CDF Council we had the wonderful opportunity in July to get away and retreat together at Swans Meadow in Norfolk. Vicky Graham brought us these verses from John 15 as the theme for our retreat, for reflection and consideration, and so I thought I would share my own personal thoughts on the passage of Jesus the True Vine:

"I am the true grapevine, and my Father is the gardener. He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. You have already been pruned and purified by the message I have given you. Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me..." (John 15: 1-4, continuing to verse 16)

There were a few gardeners on the retreat and their collective knowledge and expertise was helpful in explaining the imagery of the vine, the gardener and the wisdom of pruning. Jesus is the vine.

God is the head gardener and we are the appointed under-gardeners for our patch of God's garden. CDF is part of the vine in the garden and therefore under the ownership and direction of the head gardener. The purpose of gardening is to



of small fruit, there are fewer but larger and better fruits. Self-awareness will mean we need to be attentive to what is happening so we can self-prune where needed and not spread ourselves too thinly. Sometimes the gardener is required to prune too, if we are not attentive enough to do this ourselves.

Furthermore, sometimes ideas and activities can be good in nature but not necessarily right. As CDF Council we need, and pray for, wisdom and discernment in this area so as not to get side-tracked by activities that may not be right, even if they are good. There is much that is good in God's garden, however, as CDF, we need to look through the picture frame or lens given to us, as laid out in our aims and purposes, as to what part of the garden we are called to tend and minister to as his under-gardeners.



This is where and when it is helpful to remind ourselves of what the DNA of CDF is, and what we are called to. Whilst our aims and purposes are steadfast, the way we meet them may change over time as we respond to needs, the dental

profession, technology, and the dynamic and living word of God. Much in the same way as an espalier fruit tree is pruned and trained so that it is in the optimal shape to bear fruit that ripens and can be harvested, we seek godly discernment in where to set new initiatives and support structures to build up the fellowship and wider dental profession.

Indeed, we are all chosen and appointed to go and bear fruit, fruit that will last. Remaining in the vine will bring the fruit of overflowing joy, abounding love, friendship and partnership, fellowship and knowledge. For each of us as individuals, I believe in blossoming where we are planted. So wherever God has planted you for this season of time, remain in the vine, blossom, be fruitful, and do all this whilst loving one another.

Karen Paterson CDF President

Snapshots

CDF member Frances Vose kindly agreed to be interviewed for this edition.

What is your job?

I am a dentist in general practice in a large village in West Yorkshire. I have my own small fully private practice with two fabulous associates and two part-time hygienists. I'm not a very 'detail person' so my (non-dentist) husband, Jason, does all the finance and employment side of running the practice and I manage the staff and day-to-day running of the practice. I now only work two days a week in my effort to 'wind down' (it's not working!)

What does your surgery window look out on?

My surgery window looks out onto the side wall of a pharmacy next door (stunning!!), and to the car park which we share with them and a GP surgery. It's not the best view but sometimes exciting things can happen in the car park... However, my staff room window looks out onto the moors and hills, so an altogether more pleasing aspect of the practice.

What are some of the things you enjoy about your work, and what are some of the challenges?

I enjoy seeing patients who have been with me for some time, especially those

who have really improved their oral health. And when they say they love coming to see you - it makes your day. I enjoy improving people's smiles and there's always a good feeling to be had from a successful tricky extraction! My challenges are mainly practice-related... equipment breakdown, staff absences, soaring costs of compliance and materials and trying to not pass it all on to patients. And trying to organise a staff Christmas night out!

How does your Christian faith impact your work day-to-day?

I would say that my Christian faith impacts my work in so many ways, many of which are subtle underlying actions that you may not be aware of; how you treat your patients and staff, making decisions that sometimes go against the worldly view. We try to pay our staff well, look after their welfare, and keep patient fees low. On occasion, these actions and words get noticed, and it makes you realise that you are actually living out your faith. Many times in a week I will shoot up an arrow prayer when something is not going quite right in a patient's mouth, to help me get that band on that lower 7, or get out that

stubborn root, or give me more grace to be nice to the grumbling patient!

Do you have a particular Bible verse or song that God has been using to speak to you recently?

As a dentist, I have to remind myself (many times!) that any success comes from God, and in times of stress (of which there are numerous!) we can turn to him. This verse sums it all up for me: "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." (1 Peter 5:6-7)

How can we pray for you and others in your particular area of dentistry?

General practice is under a lot of stress at the moment, with patients not being able to access NHS care, and the system is overwhelmed. Prayer is needed for the whole of NHS dentistry, so that those who need it can access it. General practitioners like myself are under a lot of pressure with increasing numbers of patients, at the same time as staffing crises in nurses leaving the profession. Thank you for praying for us.

Testimonies: She Did What She Could

It was Monday morning when our receptionist, Jill*, came rushing into my surgery, red-faced and flustered: “There’s a woman in the waiting room causing trouble. She’s a registered patient but has failed loads of appointments. I told her that she wouldn’t be seen unless she paid her failed appointment fees, but she won’t pay and refused to leave without seeing a dentist. Can you get rid of her?”

I was a locum and had only been in the practice for a few weeks. In the waiting room sat an attractive young woman in floods of tears. At least she seemed attractive until I realised that she was missing her upper incisors. Jill was clearly annoyed when I invited the lady into my surgery, and I heard her mutter, “I’m not paid enough to take this abuse. For fourteen pounds an hour, I can get a job as a cleaner.”

I put my hand on the patient’s shoulder and asked in my most conciliatory tone, “Are you okay? You seem to be upset.” Between sobs, Ann* told me that she was in pain and had not slept the night before. She had failed three previous dental appointments due to family problems. Her daughter had developed mental health problems during Covid and was self-harming. Ann had given up her job to care for the child. With Covid backlogs, the family hadn’t yet received any mental health support. Meanwhile, Ann’s denture had broken beyond repair. She covered her mouth as she spoke telling me that she had been quoted £750 for a new denture. Jill had explained that we could only make

dentures privately because of a lack of NHS laboratories. Ann had called other practices, only to hear the same story repeated. She didn’t have money to pay her FTA fees, never mind £750 for a new denture. She was in emotional and physical pain, ashamed and embarrassed.

Days like Tuesday are becoming more frequent, and it is tough to work out the most compassionate and ethical way forward. As Christian dentists, we start our careers with high hopes of making a difference in the lives of our patients, by relieving pain, improving function, and restoring confidence. We care that they might be able to access affordable and quality care. But we live in a broken world and function within a broken system.

I returned home that evening questioning my ability to make a difference. Then I opened my Bible to Mark 14:1-9, the story of Mary of Bethany. She was the one who anointed Jesus’ feet with expensive perfume six days before his burial:

“While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head. Some of those present were saying indignantly to one another, “Why this waste of perfume? It could have been sold for more than a year’s wages and the money given to the poor.” And they rebuked her harshly. “Leave her alone,” said Jesus. “Why are you bothering her? She has done a beautiful thing to me. The poor you will always have with you, and

you can help them any time you want. But you will not always have me. She did what she could. She poured perfume on my body beforehand to prepare for my burial. Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her.” (Mark 14:1-9, NIV)

The words “*She Did What She Could*” spoke into my heart. Mary couldn’t take the cup of suffering away from her Lord, but she did what she could, and Jesus said, “*She has done a beautiful thing to me.*”

As I reflected on my day, I realised that I might not have been able to change the system to provide Ann with the treatment she deserved, or Jill with a decent wage and better working conditions. But in the end, I got Ann out of pain and onto the student clinic list at our local dental school. We waived her missed appointment fees. I comforted her and listened to her story while praying silently for her family. I would continue to pray that both Ann and her daughter find salvation and fullness of life in Jesus. When she left, I took time to encourage Jill that she is a fantastic receptionist and that I appreciate all that she does. It wasn’t much, but I did what I could.

“*I did what I could*” provides overwhelmed people like us, who long to make a difference, with a realistic response to the seemingly un-meetable needs around us. It is our love for Christ in action, and it is a beautiful thing.

Lynne Smith

**Names and details have been changed for anonymity*

Questions for CDF members

With regards to the location of conference venues, would you attend a CDF annual residential conference which was further north than Sheffield?

CDF makes a one-off gift to a guest charity from the annual conference giving. Do you have a nomination for the 2024 guest charity?

Would you prefer to receive the Three-in-One magazine and/ or the prayer calendar digitally rather than in paper format?

There is the option to receive the prayer calendar as a daily email direct to your inbox each morning. If you would like to sign up for this, let us know.

Please scan the QR code which will take you to a google form where you can submit your answers directly. Alternatively, you can email cdfadmin@cdf-uk.org with your responses or post them to the CDF administrator. Thank you.



CDF Annual Family Conference October 2023



The Hayes Conference Centre lies in the village of Swanwick, Derbyshire, some five miles from J28 of the M1, and it was here from 5pm on Friday 13th October 2023 that just over 100 folk – dentists, working and retired, dcps, their partners and children - met for the 71st CDF family conference (my 33rd consecutive having joined CDF as a student in 1990). Mention should be made of the attendance of Alan Vogt, a founder member from south London, still actively sharing Jesus with his neighbours.

Having driven through a band of heavy rain in Leicestershire and broken my journey at Loughborough to visit a friend known from uni days, I arrived around 5:15pm to be cheerfully greeted by our hostess Vicky. With minimum fuss I was soon checking out a comfortable en-suite bedroom on the second floor of the lakeside block conveniently adjacent to the lift. From the window I watched the sun set into a clear sky.

Dinner was served at 7pm and already I had met with a number of familiar faces as well as some new ones. 8pm found us gathered in the main hall for welcoming prayer by Karen Paterson our President, the introduction of CDF Council and

Mission Partners. The music team led us in a rousing rendering of *Great is Thy Faithfulness* preceded by a reading from Psalm 107 by Frances. Brian Rushaju, a dentist from Kampala in Uganda, spoke of his desire to reach out to the 800,000 refugees pouring into his country through the work of R.U.N Dental (Reaching Unreached dental Needs).

Pete Saner our main speaker then introduced the theme of the weekend, “The Kingdom of God and the business of dentistry.” Pete gave an autobiographical context to his message; graduating from Newcastle Dental School he always felt called to work in the church as well as in dentistry. This he did effectively in East Lothian working as a special care dentist in the community service, taking a year for Bible training, church planting etc.

Then he moved to Worthing in the south of England where, inspired by a prophetic word, “do what you’ve got in your heart to do or live with regret for the rest of your life,” he set up a private practice and then took on a second one nearby, acquiring massive debt at the time of covid. This led to a time of testing, feelings of failure and self-examination.

Having shared this, Pete opened up the subject of the first talk which was to inform the rest of the talks: “Who am I?” Taking the text Galatians 2:20, Pete talked us through not seeing ourselves as working separately for dentistry or the church (and thus being pulled in two directions leading to stress and burnout), but to be a whole person with our identity totally with and in the Messiah. That God chose us because He loves us without any merit on our part - enough for Jesus to go to the cross where the sin problem was dealt with once and for all, the resurrection ushering in the new age of the kingdom of God, living in tension with the old age of a sinful world, being in Christ - means we have all the resources to live out God’s great purpose for our lives.

The evening finished for some around a fire pit toasting marshmallows. Others chatted at the bar. I went to my room to prepare for an early start the next day.

Saturday dawned, the first heavy frost of the year. 7:30am was well-attended prayers led by Susie and Margaret, reading from Psalm 105:1-5 and praying God’s presence to be with us throughout the weekend. After the usual English breakfast, Tony and Ann Giles opened the first session giving an update on their interaction via Whatsapp with Simon and Grace Stretton-Downes at ELWA, Liberia and their own interest in N’Zao and Gueasso clinics in Guinea and particularly of gospel outreach to Kono and Koniake tribes. They plan a trip for January 2024. Lynne Smith then spoke of the work of the dental teams in West Africa, making the



point that just 40 people can affect a whole country for the gospel; “the future of mission is local people solving local problems.”

Pete’s second talk was entitled, “Why am I here?”, opening with the premise that theology shapes all we do. Pete developed his theme that evangelical thinking often leads to Christians living stressful lives because of the separation of work and church causing us to live in two unconnected worlds. Pete spent some time looking at how to reconcile these two worlds and produced a theology of one view of what God is about in the world. He told us how he had set himself a goal as a practice owner: “To bring the blessing of God, His peace and His order, to the community where God has placed me, through excellent care in every way that the patients connect with my practice.” He spoke from Genesis 2:4-15 to say that it is only through the redemptive work of Jesus on the cross that we can bring God’s glory, honour and dominion back into the world through our everyday lives, thus affecting our workplace and community.

After coffee Raman Bedi presented the Global Child Dental Fund as CDF’s guest charity. In a few months’ time GCDF will be incorporated into a larger organisation more able to meet future challenges in health partnership settings.

Pete’s third talk, “What time is it?” followed before lunch. In this talk, Pete took an eschatological view with the premise that life is not merely filling in time until we get to heaven, but that God is doing something with us right now. He urged us not to wait for a golden age to come when all is put right, but to bring heaven into the present moment, in the light of the cross and the resurrection of Jesus.

After lunch there was an NHS forum for those in general practice to share their thoughts and concerns, and what CDF’s role could be. At 4pm we had the option of attending the clinical lecture, “Fit to Serve” by Martyn Green, looking at the work of the GDC from referral to sanction. CPD was available. For non-dental spouses or retired folk like myself, Susie led a group looking at how we can be re-purposed in



retirement. It was good to hear that most of the group felt fulfilled in their community and church life.

The EGM was called to discuss the wording of the constitution and to make sure it met with the current charity commission requirements. The AGM followed. In the re-election of Council members, Lynne Smith was affirmed as our Connect Worker and the Mission Partner Secretary role became available, a relational role to support our mission partners, as did the Secretary post from 2025. Please prayerfully consider if you could serve in one of these posts. After the evening meal we were entertained for an hour by the Oakie Doakie acapella group.

Sunday began with mission partner prayers led by Lynne who gave a reflection on Genesis 1:1-4 concluding that we are called to obedience so that God can bless the nations through us. The Sunday sessions started with a video from Madagascar where Debbie Hardyman (daughter of Les Manderson, former CDF president) is setting up a dental clinic, struggling a little with language-learning, with husband Julian. Neil and Jane followed reflecting on Psalm 105, showing God’s glory in the work without using words.

In his final talk entitled, “What are we going to do?”, Pete exhorted us to hear God for ourselves and His call on our lives. Our role is to be like Jesus; King, serving the world and having dominion not domination; Priest, leading people into the presence of God and creating an environment for God to bring blessing and mercy to the whole world; and Prophet, sitting in the council of God and even

shaping God’s thoughts (Amos 7:2-3). Pete concluded that the role of CDF is to lead the profession, to shape history and the system, to offer solutions to problems and to make the world better as a result of us being in it.

After coffee came a group photo, then live Zoom to ELWA Monrovia Liberia with Simon and Grace, Eddie, Renju and Serin (newly-appointed dentists from India) and their two young boys. James and Anna Hunter and their two young children were then introduced as possible intended successors to Simon and Grace some time in 2025, God willing. Then came family worship and communion led by Rev. Andrew Fordyce. The children and Youth Worker Emma Perkins gave us an enthusiastic interpretation of the creation story, and Toby read Psalm 139 in the CDF Youth Translation, which you can read for yourselves in the last page of this magazine.

Then all of a sudden conference was over, goodbyes were said over lunch (not feeling too well I took off before lunch, improving over the two hour trip back down the M1 to Milton Keynes, buoyed up by friendships renewed). Conference giving raised over £6000; 50% to Mission Partners, 25% to ELWA Therapy School and 25% to the Global Child Dental Fund.

For our next annual conference we will be at High Leigh in Hertfordshire from the 8-10th November. The main speaker will be Amy Boucher Pye on the prayers of Jesus, with Dr. Charlotte Curl, a special care dentist, as the clinical speaker.

Jonathan Longhurst

Elective in Ghana Q&A



Figure 1: Author at Oral Health Education workshop, Cape Coast

Hello, my name is Yaa, and I'm currently in my final year of study at the University of Dundee. This summer was an incredible journey for me, thanks to the support from CDF. I had the privilege of embarking on a three-week dental elective at the Cape Coast Teaching Hospital (CCTH) in Ghana.

This placement was organised by Global Medical Projects. On weekdays, I worked closely with a great dental team, providing the community with a wide range of dental treatments. On weekends, I connected with the Ghanaian Christian Medical and Dental Fellowship (GCMDF), where we donated essentials including toothbrushing kits, and delivered crucial Oral Health Education to the community. In the moments when I wasn't working, I embraced the chance to explore the city of Cape Coast with fellow students, and reconnected with family in Ghana. This experience was nothing short of transformative, and I'm excited to bring back the knowledge and positivity I gained to my final year of studies and beyond.

Which was your favourite part of your elective and which part was the most challenging?

My favourite part of this elective was gaining profound insights into the practice of dentistry in Ghana. Despite the

challenges they faced in terms of limitations in resources, the dental team radiated passion and genuine care for the constant influx of patients. I found immense satisfaction in contributing by assisting with procedures, learning new skills, and connecting with patients at the hospital. Seeing patients who would come in presenting with pain leave with a smile on their faces was rewarding. I was also touched by the vibrant Ghanaian culture. Everywhere I went, people exuded optimism and warmth, whether it was in the bustling food markets or the spirited gatherings at church.

Furthermore, I enjoyed collaborating with the GCMDF students to deliver an oral health education workshop to children and parents. It was a joy highlighting the importance of oral health, elaborating on healthy oral habits, and providing oral hygiene tools – toothbrushes and toothpaste.

However, it was eye-opening to witness how limited resources in dentistry can profoundly affect the community's health. For instance, I had never encountered severe cases of Ludwig's angina in the UK, yet I saw four of such cases there. One case stood out to me where the patient required a tracheostomy due to obstructed airways. Witnessing such severe spread of odontogenic infections underscored the gaps in healthcare, including a recurrent underlying theme of the need for improved oral health education and addressing the challenges patients face in dentistry such as difficulty paying for dental care or accessing dental care. These experiences reinforced my belief that there is so much more that can be done to ensure access to quality dental care for everyone, regardless of the obstacles they may encounter. This inspired me to collaborate with the medical and dental students to provide oral health education.



Figure 2: Author with CCTH dental team



Figure 3: Author at Cape Coast beach

What did you learn about yourself while you were there?

This trip taught me that when faced with challenges, I must lean on God. Even though I am from Ghana, I hadn't visited the country for over a decade. This elective presented an opportunity to see a different side of Ghana and make a positive impact in the community through dentistry and faith. This trip reinforced my passion for dentistry and my vision to help provide avenues for others to improve their oral health. I saw that in Ghana, not everyone has the same access to dental care, and that inspired me to want to contribute positively.

What did you learn about God?

Being in Ghana served as a continuous reminder of the goodness of God. Ghana is predominantly a Christian country, and the people there openly express their faith in God. Everywhere I turned, there were signs proclaiming God's presence, such as businesses with names like "God's Grace Salon" or slogans at the back of taxis saying, "God is great." One Bible scripture that captures this sentiment is Matthew 10:29-31, which says, "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows." This scripture beautifully illustrates the idea that God cares for each and every soul on this Earth, just as He watches over even the smallest creatures like sparrows. It's a

powerful reminder of His omnipresent love and care.

In essence, Ghana served as a profound reminder that God's presence is ever-present and that His blessings are abundant. God paved the way for me to be a vessel of His love and grace in the lives of others. As Psalm 34:1 encourages us to do, "I will extol the Lord at all times; His praise will always be on my lips."



Figure 4: Author at Kakum Canopy Walk

What is one thing you want to remember from your elective?

Although this elective held some challenging aspects, I want to treasure how wonderfully uplifting this experience was for me. It was heartwarming to see

how selflessly the dental team at CCTH cared for the community's oral health, and it inspired me to contribute by educating others about the importance of oral health.

One of the most uplifting parts of my experience was visiting Cape Coast School for the Deaf and Blind with the GCMDF. We donated essentials including toothbrushing kits, explored the life of Jesus and the gospel message, and shared moments of praise and worship. It reminded me of this verse: "Let everything that has breath praise the Lord." (Psalm 150:6). Seeing the students worship God with all their hearts in all their abilities, showed me the boundless nature of praise.

Moreover, the simple pleasures of lounging on the beach, feeling the warmth of the sun and savouring delicious food were incredibly enjoyable. In the end, this experience was very positive, and I am grateful.

How can we pray for the place where you did your elective?

Ghana is a place where people are usually happy and have strong faith in God. But there's a big problem, especially when it comes to the government, finances and resources. Many young people in Ghana are worried about their future because there aren't enough jobs, and many are leaving the country. I talked to some students my age, and they told me how anxious they feel because they can't see things getting better. This economic stress doesn't only affect the people; it also impacts things like healthcare, including dentistry. Therefore, please pray that Ghana's love for God stays strong. Their faith has helped them through tough times, and we hope it continues to do so. Pray for God to provide ways to inspire and give hope to the people, especially the youth. It's essential that they have reasons to believe in a better future. Pray that opportunities for education, jobs, and good leaders arise, so the young people can see a brighter tomorrow.

Yaa Agyei-Akwa

5th Year Dental Student, Dundee

Psalm 139

Psalm 139: 1-6, 13-14 (NIV)

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain... For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.



Psalm 139: 1-6, 13-14 (CDF Youth Translation)

You have followed me and you have interviewed me. You know when I'm sleeping and when I'm waking. You identify me. You know what I'm thinking before I say it – and from far away. You know everything I'm doing. You know me inside out, and from my fingers to my toes. Before I say something, you know what I'll say. God, you are with me – helping the Spirit in and the sin out. You're like my maths teacher! You know everything and you teach me! You're like my guardian angel and my shepherd. This. Is. Mind-blowing! You made me like a Lego model, like a sower of seeds. You planted me and grew me out of dirt. You know every cell, every proton, electron, neutron – all of it! You carefully animated us – your illusion made real! We are awesome – because you are! Thank you! Amen!

Psalm 139 as paraphrased by the children and youth at this year's family conference, under the direction of Emma Perkins our fantastic Youth Worker.

Regional Groups

CDF has regional groups in every part of the UK.

CDF has regional groups in every part of the UK. Regional groups give us the opportunity to meet together regularly in a more local setting and are an excellent source of support and fellowship. Some groups meet face-to-face and others meet on Zoom. To find out more about your nearest regional group, please contact the CDF administrator cdfadmin@cdf-uk.org



Ad hoc 'regional gathering' in Tenby following a chance meeting at a bus stop

Why I Like Coming to CDF Conference

At CDF conference there are lots of people whom you can make friends with; everybody is extremely nice.

The facilities are very good, catering from a sports centre to other fun leisure activities like table football. The food is very good and one can eat to their heart's content. The plentiful food is very nourishing for an athlete like myself. I also enjoy the weather up north! The weather during October time is very cold and crisp which is enjoyable for walks around the spacious grounds. These are meticulously maintained by the staff. The sufficient free time allows flexibility when it comes to doing one's homework or



Joel with the friends he made at conference

playing with your friends. I like CDF conference and I think that you should come as well!

Joel (age 14)

Save the Date!

The CDF Annual Residential Conference 2024 will be from 8th - 10th November at High Leigh Conference Centre in Hoddesdon, Hertfordshire. Families welcome.



Deadline for the next issue of Three-in-One is 1st January 2024. Please send contributions to Naomi Wilson: editor@cdf-uk.org

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