

President's Address: "Give Out of What You Have, Not Out of What You Haven't"



Often our jobs or careers are a mixture of ups and downs, successes and failures, trials and blessings, but all are hopefully places where we grow and our characters, abilities and faith are refined.

If I had known before I said "yes" of all the different tasks and responsibilities that being a CDF President would entail, I most certainly would have said "no", for I felt I did not have the time, qualifications or experience necessary to do the job justice. However, what I have found to be most true is that God often doesn't call the qualified, he qualifies the called. He is the great enabler, the great team builder - just look at the eclectic bunch of followers he had; fishermen, a tax collector, a former prostitute, others who had no profession that we know of, and Paul who had even persecuted Christians. Yet God called them to do extraordinary things even though they were ordinary people who had their faults and failings, self-doubt and flaws. What God *did* see in each of them was their hearts and a willingness to make themselves available for Him.

In the same way God has provided a wonderful CDF Council team to support the work of the Fellowship. They each bring something to Council and are a great support and encouragement to me in my role too. In areas where I am weakest, each Council member brings something different to Council so collectively we function well as a body. In additional areas where I am weak or lacking, I intentionally seek wise counsel in the form of past presidents and the leaders of other Christian professional work-placed groups, for this is not a job any of us could or should do on our own, and is only possible because "My grace is sufficient for you, for my power is made perfect in weakness" says the Lord (2 Corinthians 12:9).

All each of us can give is out of what we have, not what we don't have. One of my church leaders reminded me of the story of the boy who, in the face of 5000 hungry people to feed, offered up what he had: two fish and five loaves; a totally inadequate supply of food for this huge

crowd. We too can be daunted by the task or need we perceive or see, and often feel inadequate or overwhelmed. This young boy was courageous, trusting that what little he had to give could make at least some difference. And boy what a difference his offering made! Jesus took this willing offering, blessed it and multiplied it so that all were well fed, and what was more, there were twelve baskets of food left over. For you see, we can't out-give God; He is generous and gracious and so pleased when we give of ourselves to Him and His purposes.

So, I can give testimony to this, that God has taken what each of us on Council can give of our time and skills, and He has blessed and multiplied them so that we are starting to see the fruits of our labours, blessed by the grace of the Holy Spirit. We are seeing growth in our regional groups, our membership is now growing not declining (especially in the area of students and newly qualified graduates), we are engaging with our profession and membership more through our social media posts, emails, Zoom events and conferences.

We have a firm foundation of a new constitution and robust policies to bring to you at our EGM and AGM in October, and we are providing for the inclusion of Christian Overseas Registrants, who are here in the UK, into our Christian Dental Family.

These are exciting times and I am privileged to be in a position to see the hand of God moving in and amongst our members. There is plenty still to do, for we and CDF are all a work in progress.

Dentistry has always been a calling for me, as it has been for many of you too. I have always discerned my calling to be where my passion, and God's needs, purposes or

continued overleaf..

the places where He is working, coincide. So whatever circumstances you find yourself in, take time to reflect on where or what your passion is (not necessarily what your qualifications or experiences are) and lift your gaze to see where God has a need, a purpose or is working, and say “here I am Lord, send me”. I promise if you do this you will have the best of adventures with Jesus and others by your side, and see so much more than you hope for or imagine might be possible.

Karen Paterson
CDF President

CDF Member News

CDF member Prof. Raman Bedi has been elected the new Vice President-President Elect of the World Federation of Public Health Associations (WFPHA).

The WFPHA is an international organisation that represents and serves public health professionals worldwide, advocating for global health, facilitating the exchange of knowledge and promoting best practices in public health. On behalf of CDF we would like to congratulate Raman on this appointment. Let's be praying for him in this new position.

CDF member Prof. John Gibson, founder and CEO of The Canmore Trust, has received the President's Award from the College of General Dentistry for his work in suicide prevention and postvention (the provision of support after someone dies by suicide). The Canmore Trust collaborates with communities, workplaces, schools and higher education institutions affected by suicide, and offers support to individuals struggling with mental health. CDF congratulates John on the recognition of his work with The Canmore Trust and the increased awareness the award brings to the charity. If you would like to find out more about The Canmore Trust please go to www.thecanmoretrust.co.uk or scan the QR code for more details.



Report from the CDF London Half Day Conference, April 2024

The vision for holding our first London Day Conference since my student days in the early nineties came about at the regional group lunch on the Saturday of the Annual Family Conference back in 2023. Karen Paterson had kindly been offered the use of the Christian Medical Fellowship headquarters on Marshalsea Road by Borough Tube SE1 as a potential venue for a Saturday meeting in the Spring of 2024. This was to be a collaboration between London North, London & Southeast and Thames Valley regional groups, represented by myself, Michael Lee of Weybridge Dental and Elenza Jacob respectively. We felt that it would be a good opportunity to gather together for fellowship as well as to raise awareness of CDF among students and non-members particularly. The event was open to members and non-members alike, from students to retirees and from all fields of dentistry.

The main theme of the conference was, “Is there more to my career than NHS dentistry?”, and a variety of speakers from different dental backgrounds spoke on how God had led them to their career choice and along their career path. Lynne spoke in a video of how knowing Jesus affected her whole outlook on her career and Jacqui spoke about her experiences of being a dental nurse on the Mercy Ships. A common theme was that being a Christian meant there was more to a career than seeking material

wealth and comfort. Andrew, speaking on Community Dentistry, had worked in Nepal; Charlotte, speaking on Special Care Dentistry, had more recently done a study in Liberia on dental needs of school children. Raman and Jenny both hold significant roles influencing International Dentistry, and spoke on dental politics, and academia and Dental Public Health respectively. As well as hosting the conference, Michael, originally from Australia, spoke of his experiences of working with NHS/private platforms in the UK.

We then had a lively discussion ranging around a wide range of subjects including “How do we live for Jesus at work?” as well as a Q&A time. Members of the planning committee brought a plenitude of cake sufficient for lunch and the break and to take home! Emma oversaw the registration of the thirty or so delegates and John Elkin kindly brought a stand and literature from Dentaid The Dental Charity. The conference closed with prayer, and it was good that a number of folk who were going through difficult circumstances were able to share and be prayed for and gain helpful advice.

Thank you to everyone who made this day possible. We hope to hold a similar London gathering in the Autumn.

Jonathan Longhurst
Regional Rep for London North



Snapshots



A feature looking at the difference Jesus makes to our work in dentistry. CDF member Janice Eatough kindly agreed to be interviewed for this edition.

What is your job? I'm a Senior Dental Officer working in Staffordshire Community Dental Service (CDS), part of Midlands Partnership University Foundation Trust. If your knowledge of Midlands geography is a little hazy, Staffordshire is about halfway between Birmingham and Manchester around Keele Services on the M6, and if theme parks are your thing then knowing we occasionally get a dental trauma patient from Alton Towers might help you place us! I joined as the clinical lead for Dental Access and whilst providing urgent dental care to patients without a regular GDP is still part of my role, over the last 23 years it has expanded to include regular care for special care patients, provision of sedation to adults and children referred into our service, and paediatric general anaesthetic extraction lists. Over the course of the week I work in three of the five sites we have across North Staffordshire and Stoke-on-Trent, and on alternate weeks I also work at the Royal Stoke University Hospital.

What does your surgery window look out on? As I work in different surgeries in different clinics across the week you might think my surgery view depends on

which day it is. However, most of the surgery windows are part frosted and overlook Health Centre car parks so usually there is only a view of the sky!

What are some of the things you enjoy about your work and what are some of the challenges? The dentistry I do could be summarised as simple treatment on complex patients, so much of the challenge comes from managing anxious and vulnerable patients. I enjoy helping worried patients, who come into the surgery in pain, leave pain-free with a smile having successfully completed treatment they didn't think they would manage. I also consider it an immense privilege to walk alongside some of our patients and their families; patients who have additional needs or failing health, who struggle with huge challenges of day-to-day life, and who are unable to access dental care in general practice. Care can often be challenging particularly if the patient has dementia and the care home has sent someone with them who doesn't know why they have come or anything about their medical history. I am also blessed to work with lots of different colleagues over the course of a week – there is a wonderful range of skill and experience to tap into and it's a supportive team to be part of.

How does your Christian faith impact your work day-to-day? When I was about

13 I decided I wanted to become a dentist. I didn't really know what it involved or whether I was clever enough to achieve the grades to get into dental school, but over the years I have come to see my career as a vocation - something God has called me to and that He has equipped me to serve. Knowing that I am working for the King where He wants me to be, reminds me I am not just "wielding healing forceps" to earn enough to pay the bills. (Did I mention I quite like taking out teeth too?) Every patient, however poor their personal or oral hygiene, however confused, however anxious, however poor their language skills, however complex their medical history, however unreasonably demanding they may be, is loved by the Lord Jesus. Through the care I provide I can extend his love and healing to them. At times that can be hard and frustrating but as I seek to live my life following Him I look to His example of care for those who society often struggles to love.

Do you have a particular Bible verse or song that God has been using to speak to you recently? I don't think there is a particular "one" at the moment, but on my way into work I usually have United Christian Broadcasters (UCB2) on in the car. Many of their playlist song lyrics are lifted straight from scripture and are filled with gospel truth. Quite often there is one song from that 20 minutes of praise and worship that I leave the car humming, and which sticks around as an "earworm". As the day progresses God regularly uses this to remind me that I am His and therefore I have sufficient for whatever challenges the next patient or day brings.

How can we pray for you and others in your particular area of dentistry? With fewer folk being able to access dental care in general practice, the pressures on Community Dental Services are increasing so please pray for recruitment of staff who have a heart for the patient groups we serve. Although in Staffordshire CDS there is a relatively small turnover of staff, it has become increasingly difficult to replace staff who leave.

Watch - A Devotion on Colossians 4

Helen Douglas, CDF member and regional rep for Northern Ireland, gave this devotion at the CDF June Prayer Meeting. It is reproduced here with her kind permission.

In dentistry we're always clock-watching, trying to run on time or catch up if we've been double-booked or running late. In dental charting, we call out 'watch' if we see enamel decalcification or an early shadow which looks as if it could progress into a cavity. We make a note to 'watch' so we keep it under close review or investigate further with an x-ray.



It struck me recently how often the word 'watch' appears in the Bible. In the Psalms, such as Psalm 121, we take comfort from God's watchfulness and 24-7 protection. Old Testament prophets were spiritual 'watchmen', warning Israel of God's judgement. There are many references to watchmen stationed on city walls or hills to keep an eye out for physical threats, enemy attacks and in the New Testament, guarding sheep. Leaders in particular are called to be watchful and guard against false teaching, but this applies to all believers too; the Gospels and New Testament letters are full of instructions for every believer to be 'watchful', alert to dangers and blessings, awaiting Christ's return and attentiveness to opportunities to do good.

In Malawi we stayed with a nurse from England who employed a night watchman after her home was burgled. We made his flask of tea every evening with eight spoons of sugar (as is local custom!) to help him stay awake, but we would often hear his snoring on the other side of the

bedroom window. It's not easy keeping watch; we are weak and human. Exhaustion, busyness and distractions all threaten what appears to be a passive, sedentary job of literally doing nothing, when in actual fact, keeping watch is very much active, with a focus on staying alert and vigilant, with a readiness to respond at the right time. In the Garden of Gethsemane Jesus asked his disciples, "Stay here and keep watch with me" (Matthew 26:38) as He prayed and poured out His heart in His darkest hour. He found them sleeping more than once, and beseeched them, "Watch and pray so that you will not fall into temptation" (Matthew 26:41). Watchfulness in prayer is not just about physically staying awake – God knows we need sleep and rest and invites us to enjoy resting in His presence – but more to nurture a spiritual alertness to what He is doing, intentionally seeking His face and wisdom and vigilance interpreting the world around us, like the men of Issachar who understood the times and what Israel should do.



Colossians 4:2-6, which in my Bible is titled 'Further Instructions', reads like a summary of all that's gone before. Paul's letter to the Colossians is so relevant for

today and was written to address the hotch-potch of false teaching and highlight the supremacy of Christ as Creator, Redeemer, Sanctifier and Sustainer, that we are complete in Christ. Chapters 3 and 4 are loaded with practical wisdom for Christian living in the home and workplace, culminating in Colossians 3:23: "Whatever you do, work at it with all your heart, as working for the Lord, not for men...It is the Lord Christ you are serving." If ever there was a verse to motivate us when we feel discouraged or frustrated in our work, whether dentistry or washing dishes, Who we are serving while we do it makes seemingly secular everyday tasks sacred. Our work is worship if we do it with all our heart, abiding in Him through watchful prayer, as A.W. Tozer says "in habitual conscious communion"ⁱ or what Dallas Willard calls "the with-God life".ⁱⁱ

But how do we practise the presence of God in dentistry like Brother Lawrence did peeling potatoes in the monastery kitchen? He apparently dreaded his work in the kitchen until he experienced a supernatural peace come upon him as he practised the presence of God.ⁱⁱⁱ I don't think we'd be human if we've never woken up with a sense of dread going into work, hopefully not every morning – maybe it's an RQIA/CQC inspection or difficult situation ahead, but Paul describes in his letters how continual communion with God throughout the day means we can know His indwelling peace, surpassing all understanding no matter what circumstances we find ourselves in.

So let's read Colossians 4:2-6. Verse two, "Devote yourselves", or "continue steadfastly" in prayer - two words in English but in Greek it's only one word, *proskartereo*, which means "to adhere, stick, persevere, hold on."^{iv} Paul is saying we need a gritty determination not to give up, to be committed to prayer - present tense - like an ongoing dialogue, as in 1 Thessalonians 5:17: "pray without ceasing". Like breathing in and out, prayer is our very life breath that is to be so natural in all we do, wherever we are.

Our English word ‘prayer’ comes from the Latin ‘precarius’ – we pray because life is precarious.^v

“Being watchful” means we are to be ‘first noticers’ or ‘first responders’.^{vi} Like CPR training, we must be alert to danger, recognising warning signs, assessing the situation and being prepared to respond, even when we’re least expecting it. Being equipped for spiritual battle means being on guard for the world, the flesh and the devil, whatever a day brings. If we are watchful in prayer, we can monitor vital signs and notice when our heart goes out of rhythm or something apparently comes out of nowhere which would otherwise go unseen.

Paul urges us to be “watchful” in an eschatological sense, seeing people and situations from an eternal perspective. How do we ‘watch’ for Him at work in our work? Paul explains in the first few verses of Colossians 3 – “Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.” Then verse 15, “Let the peace of Christ rule in your hearts” – literally ‘umpire over’, so our hearts and minds are recalibrated to His. Thankfulness seems to be crucial in this recalibration process; notice the frequency of “be thankful” in chapter 3 at the end of verse 15 then verse 16, “Let the word of Christ dwell in you...with gratitude in your hearts to God”. Verse 17 - “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.”



So when we read Colossians 4:2, “Devote yourselves to prayer, being watchful and thankful”, we’re invited into this interactive way of life with God where we are consciously attentive to delight in His presence and what He is doing in the present, noticing and thanking Him for all He has done in the past and being watchful to anticipate how He will be at work in the days ahead. Even modern psychology extols the benefits of an attitude of gratitude – what if we woke today with only what we thanked God for yesterday? But being watchful and thankful is so much more than positive thinking or counting our blessings.

We learn in Colossians 4:3 that Paul is imprisoned or under house arrest, “in chains” for proclaiming the Gospel. He asks for prayer, not for the door to be opened so he could be released, but that “God may open a door for our message.” Even in the most bleak, restrictive circumstances, Paul is eager to see how God might use it as an opportunity. Do we let our environment restrict our expectations for God to work? When we open the surgery door or the waiting room door, are we open to how God might be at work?

Paul’s sense of Christ’s imminent return is palpable throughout his letters, shaping how he views these light and momentary troubles being outweighed by an eternal glory. So how can we be ‘watchful’, eagerly anticipating Jesus coming back, and alert to “make the most of every opportunity”? As Colossians 4:5 says, “Be wise in the way you act towards outsiders” because whether we realise it or not, people are ‘watching’ us – for good and for bad, our lives are the only Bibles some people will ever read. So we must ‘keep watch’ of what we say, how we say it and what we do, knowing who we are and Whose we are as described in Colossians 3:12.

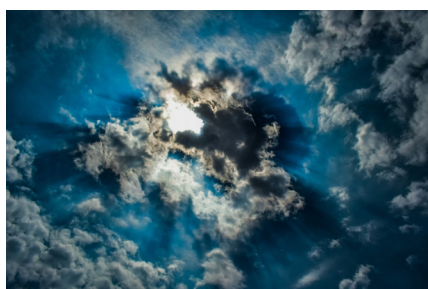
There are two Greek words for time; ‘chronos’, as our watches and clocks tell the time, and ‘kairos’, the word used in Colossians 4:5 for “opportunity”, meaning ‘appointed time in the purpose of God’.^{vii} In dentistry we are trained to watch ‘chronos’, to keep to the time on the clock, but do we watch out for

‘kairos’, those apparent interruptions of the day that God has planned to be salt and light wherever He has placed us that somehow flavours our conversations like the salt in verse six: “Let your conversation always be full of grace, seasoned with salt so that you may know how to answer everyone”? Those conversations while we’re waiting for the local anaesthetic to work or making seemingly small talk about the news or weather to put a patient at ease lead to opportunities of deeper interaction, so let’s be ‘watchful’ for divine appointments during a day of apparently normal dental appointments.



Being ‘watchful’ implies looking out for something which would otherwise be hidden - there’s a wonder in watching in the spiritual life that we don’t want to miss, because as His disciples we are engaged in Kingdom work with Almighty God Himself, Creator of the universe. We are learning to hear His voice and discern His hand at work. Jesus says in John 15:15, “I no longer call you servants because a servant does not know his master’s business. Instead, I have called you friends for everything I learned from my Father, I have made known to you.” So let’s intentionally ‘watch’ in wonder and expectation to proclaim the message which Paul succinctly describes in verse three as “the mystery of Christ.” This Greek word ‘mysterion’ appears 21 times in Paul’s letters out of a total of 27 New Testament occurrences.^{viii} It points to Christ’s sacrifice on the cross and salvation of humanity, reconciling or resetting all things to the original creation order, decreed before the ages and kept hidden from the rulers of this world (1 Corinthians 2:7-8) but miraculously revealed to us in the here and now by His Spirit.

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Paul refers to this divine inheritance in Colossians 1:27: “God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.” Colossians 3:3 says, “For you died and your life is now

hidden with Christ in God”, then verse 4, “Christ who is your life” - the Greek word for life here is ‘zoe’, meaning spiritual life, salvation in Jesus Christ, not simply ‘bios’ which means merely being alive in a biological sense. Jesus came into the world so we could know abundant life to the full and enjoy our ultimate purpose and fulfilment in Him. Nicky Gumbel refers to ‘zoe’ as ‘the high definition life’.^{ix}

Watching television in HD produces a richer, bolder, more vibrant picture in full colour, so let’s intentionally choose to ‘watch’ with our hearts and minds set in tune with His, and the eyes of our hearts open and fixed on Him.

- i A.W. Tozer, *The Pursuit of God: The Human Thirst for the Divine*, 2015, Moody Publishers
- ii Dallas Willard, *The Spirit of the Disciplines*, 1996, Hodder and Stoughton
- iii Brother Lawrence, *The Practice of the Presence of God*, 2004, Hendrickson Publishers Inc
- iv Strong’s Concordance, G4242
- v Pete Greig, *How to Pray: A Simple Guide for Normal People*, 2019, NavPress
- vi <https://www.ucb.co.uk/word-for-today/133803>
- vii Strong’s Concordance, G2540
- viii Strong’s Concordance, G3466
- ix <https://bible.alpha.org/en/classic/129/>

Letter from the Honorary Treasurer

Dear Friends,

First of all I would like to thank you for your generosity and financial support for the CDF and the work it does. Through your help we have been able to:

- Support four overseas mission partners
- Produce the Three-in-One magazine and prayer diary
- Organise pastoral support, regional meetings and national conference
- Engage a CDF Connect Worker to develop the work of CDF particularly alongside students

In 2023 – 24 the total receipts of the Fellowship increased to £82,567, which included £11,056 in subscriptions and £42,940 in donations. We were able to give £45,300 to our mission partners and elective support, and £3,419 to support our Home Mission/Connect worker. We praise God for your generosity and for the ability to support our mission partners.

However, the running costs of the Fellowship have increased to £14,131 per year, in line with general inflation. It has been several years since we increased our subscription rates, and Council asked me to review them, together with the membership categories. We have seen an increase in numbers of overseas

dentists training or retraining in the UK, together with refugees and asylum seekers. There has been an increase in the number of retired members. In addition we are hoping to engage more with students, young dentists and Dental Care Professionals, and we wanted our membership categories, policies and subscription rates to reflect this. We have recommended some minor changes, which Council has agreed to bring to our AGM in October. If approved they will apply to new members after the AGM and to existing members from the 1st of October 2024. We are proposing an increase in subscription rates of approximately 10% to reflect inflation over the past 5 years. The rate for retired members has risen by more than 10% - but please see the note below about those in financial hardship.

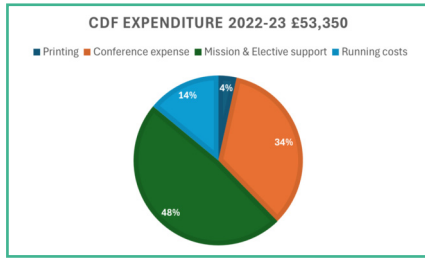
We are thankful to the many CDF members who give donations in addition to their subscriptions. These can be made to the general fund (unrestricted) or specifically towards mission partners (restricted fund). They are crucial to our support for our mission partners and the growing outreach work of CDF. They can be Gift Aided, adding additional resources to the Fellowship. If you have not completed a Gift Aid form, please email cdfadmin@cdf-uk.org

Membership – subject to approval of our new constitution at the AGM in October

Full membership of the Fellowship is open to all members of the dental team who are registered with the General Dental Council and are entitled to practice in the United Kingdom. Retired members of the dental team who have previously been registered with the GDC can also be full members.

Associate membership of the Fellowship is open to the following individuals currently residing in the UK:

- Students undertaking a programme within the UK leading to registration with the GDC
- Members of the Dental Team registered with a regulatory body outside the UK
- Any other person working in the business of dentistry within the UK (e.g. those in dental supply companies or Dentaid)
- Other persons may be accepted subject to Council’s approval, for example overseas registrants resident in the UK who are not active in the business of dentistry, and friends of CDF such as members of the Christian Medical Fellowship



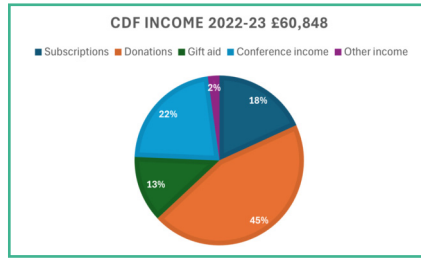
We would encourage Christians registered with an overseas regulatory body, and resident outside the UK, to be members of their local dental fellowship and/or the International Christian Medical and Dental Association. We have increased our budgeted giving to ICMDA to £3000 p.a., recognising the work they do with our brother and sister Christian Dentists outside the UK.

Membership categories

You will receive a personal letter in September stating your membership category – if this is not correct, please email our admin team. If you could be a member in more than one category (e.g. retired or DCP) we will charge you the fee for the lowest category.

The table below summarises membership categories and the proposed fees from October 2024:

- * Where two full members reside at the same postal address and only one copy of 3-in-1 is provided.
- ** For DCPs, the retired rate is the same as a registrant DCP rate.



- *** Students studying a UK dental course: BDS/Therapist/Hygienist/Dental Assistant
- **** Overseas registrants resident in the UK who are working in a Dental Team
- ***** Those working in the business of dentistry in the UK, and/or friends of CDF and/or refugees and asylum seekers with a dental background

For DCPs, the retired rate is the same as a registrant DCP rate.

Please inform us if there has been a change in your membership category (e.g. you have retired). **The Fellowship would not wish financial constraints to prohibit membership. If you require financial help with your subscription please contact our admin team.**

I hope this has made our proposed membership categories and subscription costs clear, but if you have any questions, please contact me on treasurer@cdf-uk.org

Yours faithfully

Peter Thornley
CDF Honorary Treasurer

Membership Category	Draft proposals for new constitution	Current constitution	Proposed subs 2024 £	Current subs £
Full: Dentists:	Practising	Practising	67.00	60.00
	Retired	Retired	37.00	30.00
	Post-grad =<3 yrs	Post-grad =<3 yrs	25.00	25.00
	Mission Partner	Mission Partner	0.00	0.00
	Household*	Household*	92.00	85.00
	Career break	Career break	25.00	30.00
DCPs	Practising**	Practising	16.50	15.00
Associate:	Students ***	Students	0.00	0.00
	Registered outside the UK - dental team *****		25.00	
	Those working in the business of dentistry in the UK, and/or friends of CDF*****	Those working in the business of dentistry in the UK	25.00	15.00

Laying the Foundations

“For no one can lay any foundation other than the one already laid, which is Jesus Christ...” (1 Corinthians 3:11)

I graduated from university having never done an amalgam filling. As a safe beginner, I had memorised every lump, lesion and leukoplakia that was tipped to make an appearance on our finals paper but I had no idea what dentistry was really about. My foundation year took care of that! I have been blessed with an interested and engaged supervisor who has instructed me, guided me and given me interesting patients to treat - though I suspect this may be a ploy to avoid paying their lab bills himself. Nevertheless, I would shudder when he'd poke his head around my door. When I had finished the filling or crown or impression I had been working on, he'd put on his loupes and show my work for what it was. Every flaw brought to light (1 Cor 3:13).

It seemed that for every lesson I had learnt before, I learnt something new. For every time I tried to impress with a dental-school-fresh novel technique, there would be another occasion with a raised eyebrow - “I can't believe they're still teaching you that!”. All my theory was suddenly met with and remade by reality, leaving, to my surprise, the barest foundations of NHS general practice!

Since qualifying, I have felt my journey in faith and my journey in dentistry to be in step. In my time as a Christian I have sat, looking interested, through many hours of sermons and when asked “and what do you think Paul meant in this passage?” in Bible studies, I have mostly given sensible answers. But I did not understand the foundation of faith: putting my trust in the God who died for me. The ups and downs of this year have been intense because the learning curve has been steep. Over the year, there have been times when I've not understood what God was trying to say and I've felt confused and lost as a Christian. Talking to other dentists in the CDF, I've realised I'm not alone, and talking it through in the Students and Graduates Zoom calls helped me a lot. Finally I realise God is the only thing I can trust in! Now the year is almost over and the end is in sight. With the Lord's help, I've made it - even though as one “escaping through the flames” (1 Cor 3:15)!

Katie Bottomley, Foundation Dentist

South West Regional Group May Gathering



Six of us were able to meet up on Saturday 4th May in the afternoon at the National Trust property Lanhydrock House which is near Bodmin in Cornwall. Two of our group were new members so it was a great opportunity to spend time chatting and getting to know each other better while exploring this magnificent house and gardens. The weather was wonderfully kind which added to the enjoyment of the day, and accentuated the carpet of bluebells that surrounded us as we walked to the house from the car park. A trip to a National Trust property is never complete without afternoon tea. Everyone enjoyed the day out, even if it meant several hours travelling to meet up.

Malcolm Prideaux

General Notice

We are pleased to inform the Fellowship of some changes to our administrative support following approval at the last council meeting.

Naomi Wilson will be taking over our general administrative duties, having completed a successful probationary period supervised by Karen Silcox.

Karen will continue to provide financial administrative support to the Fellowship.

Please continue to direct email queries to cdfadmin@cdf-uk.org and Naomi and Karen will respond accordingly.

Midlands Regional Group June Gathering



Karen Paterson and Janice Eatough at the Midlands Regional Gathering.

*“Make every effort to keep the unity of the Spirit through the bond of peace.”
(Ephesians 4:3)*

On June 8th the Midland group came together for a lovely walk at the Attenborough Nature Centre. Given the unpredictable weather this summer, we were blessed with pleasant conditions and no rain for the entire 11-mile walk. We had a blessed time catching up with each other and sharing news about God's work in our lives. We are praying that through our regular outings and WhatsApp sharing, we continue to experience unity and feel God's presence in our lives and work.

Next time, we are planning to come closer to the West Midlands to make it easier for the West Midlands section to participate.

Nevien Markos

You are warmly invited to join us at these regional gatherings. To find out more about your nearest regional group please email cdfadmin@cdf-uk.org

Date for your Diary

“What They Didn't Teach You At Dental School”

The London Regional Group are hoping to hold another event on Saturday 19th October from 1-5pm at CMF Central Offices, 6 Marshalsea Road, London, SE1 1HL. The theme is “What They Didn't Teach You At Dental School”. All are welcome, particularly students. Tea, coffee and cake are provided (bring your own lunch). The cost will be £10-15 per student / qualified. More details to follow nearer the time.

Save The Date

The EGM/AGM will be on Saturday October 5th at 9am on Zoom, incorporating the monthly prayer meeting. More details to follow by email. If you need a hard copy of the information please write to Naomi Wilson, CDF Administrator at The Red House, 170 South View Road, Sheffield, S7 1DF.

Conference Charity of the Year 2024

Our Annual Family Conference has always been an opportunity to give financially to our mission partners and for many years also the Ben fund, UCCF and Dentaid. Over the years conference delegates have been very generous and the mission partners and others have been very blessed by your generosity. Last year, at the suggestion of a member, we opened this up to all membership regardless of their ability to attend conference and we were blown away by the generous giving in response to the amazing work many are involved with. Thank you!

For the last few years, we have changed where the funds go to allow some smaller charities to benefit from well-needed funds and to help raise their profile. So, in addition to supporting the Liberia Dental Therapy Project we have introduced the idea of a “Charity of the Year” and open up nominations for this to the whole membership. There are some guidelines to help us decide an appropriate charity fitting with CDF's aims and purposes so please feel free to suggest a suitable charity and I'll get our due diligence team on the job.

Last year Raman Bedi spoke to us about the Global Child Development Fund and the year before Ian Wilson shared with us the Bridge2Aid story, thanking CDF for their support over the years. This year we will learn more about the RUN Foundation based in Uganda from its founder Dr Brian Rushaju. Brian joined us last year and briefly introduced himself - many who spoke to him were impressed by his faith in action, so we felt this was a most suitable guest charity and we look forward to hearing more from Brian at conference this year.

Victoria Graham
Conference Secretary

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

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

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The opinions expressed in these articles are those of the authors and do not necessarily express those of the Christian Dental Fellowship council or their members

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