

President's Address: Living Out Our Faith in a Changing World



“As his followers, we’re invited to join in God’s work to heal and restore all that has been damaged and broken by sin.”

In a world that is ever-changing, we worship a God who does not change. How do we reconcile expressing our faith in a way that is relevant, cultural and topical while remaining true to godly character, Christ-like behaviour and the wisdom of the Holy Spirit? A weekly email I receive from the London Institute for Contemporary Christianity (LICC) often addresses relevant, cultural and topical issues, helping us navigate our changing world while staying grounded in the unchanging God and His word.

Reflecting on 2024, we have witnessed significant events: the UK and US elections, unrest and rioting on our streets, ongoing wars in the Middle East and Ukraine and a global climate crisis causing misery and destruction. These challenges remind us of the issues Jesus and His disciples faced. As we navigate these times, we must learn from God and His word to guide us.

Sadly, fewer households regularly read the Bible, making it even more vital for Christians to embody Scripture in their lives. We are often the only version of the Bible others may encounter. As Sophie Sanders from LICC stated,

“As His followers, we’re invited to join in God’s work to heal and restore all that has been damaged and broken by sin – to be redemptive culture-makers who proclaim the good news of Jesus’ rule and reign through our words and actions. In doing so, we participate in and evidence the work of our Saviour who was sent to ‘proclaim freedom for the prisoners and recovery of sight to the blind, [and] to set the oppressed free.’ (Luke 4:18-19). It’s a huge privilege and a huge responsibility.”

God is unchanging and faithful, yet alive, relevant and responsive to our ever-changing world. We must strive to be the same. Consider how you might speak for the voiceless, stand up for the oppressed, or advocate for the alien and orphan. How can we be peacemakers during conflict, offering healing in broken relationships, or exemplify

forgiveness? We are called to live out God’s love in ways that reflect the teachings of Luke’s gospel.

Faith is integral to our lives, not something we leave behind at church on Sunday or at the practice, clinic or meeting room door as we enter. It is part of our DNA and should manifest in our work and private lives. How can we inspire hope, show love and be instruments of good within an imperfect system? This is particularly relevant for Christians in the dental profession, where challenges abound.

The Christian Dental Fellowship (CDF) faces the ongoing challenge of being an active Christian influence in the profession. How do we engage with those outside of CDF and represent Christ in all we do? How do we equip and support our members to do the same in their unique contexts? We must seek God’s wisdom and step out in faith as He leads.

Two key areas of focus for CDF at this time are supporting students and new graduates, and welcoming international dental graduates (IDGs):

1. **Students and New Graduates:** These members are the future of CDF. To support them, we have appointed Alistair Bartlett as our first Student and Newly Qualified Graduate Coordinator on Council. Alistair has made great strides in connecting with students and new graduates, championing their needs and aspirations. We are also seeking a student representative and a new graduate representative to further shape the future of CDF. If you’re interested, contact Alistair at studentsandgrads@cdf-uk.org

2. **International Dental Graduates:** Many Christian IDGs in the UK face a lonely

continued overleaf..



and challenging path while preparing for the Overseas Registration Exam (ORE) and registering with the GDC. As their Christian family, we aim to welcome and support them. Vice President Raman Bedi and Prince Thomas are leading our

outreach in this area. If you are an IDG or know someone who might benefit, or would like to get involved in this area, please contact Raman or Prince via the CDF administrator at cdfadmin@cdf-uk.org

Both groups have pastoral needs that CDF is uniquely positioned to address through our regional groups, monthly Zoom prayer sessions and dedicated WhatsApp and Zoom groups. These seek to support, equip, and advocate for these members, expressing our DNA as an active Christian influence in the profession.

We are called to be redemptive culture-makers, living out the love and hope of Christ in our lives and work. As we reflect on the challenges and changes around us, let us commit to embodying God's unchanging truth and grace in an ever-changing world.

Karen Paterson
CDF President



Snapshots



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

What is your job? I am a passionate dentist from Kerala, India, a land known for its vibrant cultures and exceptional doctors. I completed my dental education in Kerala which has greatly influenced my approach to patient care. For the past year I have been working as a dental therapist in Belfast, Northern Ireland. In my role, I provide a wide range of services including preventative care, dental hygiene treatments, and minor restorative procedures. I am

deeply committed to delivering high-quality dental care, blending my expertise with empathy and a sense of spiritual care. My diverse background allows me to connect with individuals from all walks of life, making me an approachable and compassionate part of the dental team in Belfast.

What does your surgery window look out on? My surgery window opens up to the vibrant city of Belfast, a place rich in history and contrasts. I work in different practices and each window I work from tells its own story, offering a different lens on life, each telling its own story about the human experience. Sometimes I see desperate people struggling to meet their needs or caught up in the hustle of their daily lives. At other times I witness individuals in moments of excess, such as those caught in the throes of drunkenness, wasting the potential of their time. It's a constant reminder that life is fragile and fleeting. But every window also reflects resilience, hope, and the endless stories unfolding all around me. Each window brings a different perspective on the world, but they all highlight the complexity of the human journey. And through these varying views, I am reminded of the

goodness of God in my life and the lives of others. Even in the midst of hardship, I see His grace and the incredible beauty of how we are all marvellously made by Him. Whether it's a moment of despair or hope, each window tells a story, revealing how, despite everything, we are all part of God's greater plan.

What are some of the things you enjoy about your work and what are some of the challenges? One of the most rewarding aspects of my work as a dentist is bringing new smiles to my patients. It's a small thing but it has such a profound impact on their lives. When patients express their gratitude, whether it's a heartfelt hug or a simple gift of chocolates, it reminds me of the difference I can make. Many come to me not only for treatment but for emotional support, seeking reassurance and care. Being able to listen to them, to counsel them, and to help them break certain habits is deeply fulfilling. I often motivate and encourage young teenagers to find their goals and pursue them, helping them realize their potential for success. My hope is that all my patients leave not only with better dental health but also with the inspiration to lead healthier, more

meaningful lives. For me, dentistry is more than just a profession - it's an opportunity to bring people closer to God. Through every interaction, treatment and act of care, I aim to share and express God's love. I believe that, through us, patients can experience the touch of God, feel His love and be reminded of their worth and potential.

Despite the rewards, there are certainly challenges in my work. One of the biggest frustrations is the lack of NHS appointments for patients, particularly those who need urgent care but can't access it due to system constraints. Another emotional challenge is working with patients who are mentally and emotionally traumatised, particularly those who have lost their teeth, especially front teeth. For many, their smile is a core part of their identity, and not being able to smile for years can take a toll on their self-esteem. It's even more difficult knowing that most of the treatments they need take a long time under the NHS, leaving them with limited options. It's tough to see their pain and not always be able to provide the help they need, which can feel like a constant source of heartache in this profession.

How does your Christian faith impact your work day-to-day? My Christian faith deeply influences every aspect of my work, guiding how I interact with my patients and approach my role as a dentist. Each day I strive to treat my patients with kindness, compassion, and respect, seeing them not just as individuals needing dental care but as people made in God's image, deserving of dignity and care. In many ways I view my work as the best platform to proclaim, express, and show God's love. It's not just about the procedures or treatments; it's about creating an environment where my patients feel God's presence through the care they receive. I aim to reflect God's love in all that I do, whether that's through a simple smile, a word of encouragement or the extra time and attention I give to my patients. Additionally I believe that the wisdom of the Holy Spirit plays a crucial role in my work. Whether I'm making decisions about a treatment plan or comforting a patient in need, I ask for guidance and trust that the Holy Spirit will lead me to make the best choices.

This divine wisdom helps me approach each situation with patience, empathy, and clarity, ensuring that I am productive and effective in my role as a child of God.

Do you have a particular Bible verse or song that God has been using to speak to you recently? Yes, there is one Bible verse that has been especially meaningful to me recently. It's Jeremiah 29:11, which says: *"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 a hope and a future."* This verse reminds me that, no matter the challenges I face in my work or in life, God has a purpose for me, and His plans are always for my good. It's a reminder that even in the tough or uncertain moments, I can trust that God is guiding me toward a future filled with hope.

A song that has been resonating with me recently is *In The Room* by Maverick City. The lyrics, *"He is in the room, healing hearts, lifting burdens, He is in the room,"* have reminded me of God's constant presence and the power He has to heal, restore and guide us through any situation. This song has been especially comforting in those moments when I feel stressed or unsure, knowing that God is present with me in every part of my day, working in ways that I may not always see but can always trust.



Scan to hear 'In the Room'

Both this verse and song have been sources of encouragement, reminding me that God's presence and faithfulness are with me in every moment, whether I'm working with a patient or navigating the challenges of life.

How can we pray for you and others in your particular area of dentistry? There are several ways you can pray for me and others in the field of dentistry:

1. God's wisdom and guidance: for clear direction in patient care and decision-making.
2. Compassion and love for patients: that through our work, patients experience God's love and healing.

3. Deliverance for patients: for freedom from addictions and healing in their lives.

4. Strength for fellow colleagues: for endurance and support as we serve in this demanding field.

5. Impacting lives and reaching souls: that our work would bring many souls closer to Jesus.

6. Advancing God's kingdom: that we continue to use dentistry as a platform to serve God's purpose.

My motto in life is: *"Save at least one single soul for Jesus."* I believe that through dentistry, we can make a lasting impact on lives and bring people closer to Christ. Thank you for your support and prayers!

Save The Date!

The CDF Annual Residential Conference 2025 will be from 17th-19th October at Highgate House Christian Conference Centre, Creton, Northamptonshire. Families welcome.



Date for your Diary

The CDF Scotland Day Conference will be on Saturday 8th March 2025 at the Madoch Centre, Perth, Scotland. For more details go to the events page at www.cdf-uk.org/events

Correction

In the Winter edition of the *Three-in-One*, the Top Three Tips article incorrectly referred to Prince Thomas as a "Specialist in Prosthodontics." While Prince is a registered Prosthodontics Specialist in India, in the UK he is a dentist with a special interest in prosthodontics. Apologies for the oversight.

CDF Annual Family Conference November 2024

"How good and pleasant it is when God's people live together in unity! It is like precious oil poured on the head, running down on Aaron's beard, down on the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore." Psalm 133:1-3 (NIV)



The CDF Annual Conference at High Leigh Conference Centre, Hertfordshire, was a wonderful time of unity, learning, and worship. With a large attendance, including programs for adults and children, it was an opportunity to refuel both spiritually and clinically. The weekend provided moments of reflection, connection with old and new friends, and updates on God's work through CDF. The conference began with a heartfelt session by Barrie Lawrence, whose deep faith and humour brought to life stories of God's work in his life. Despite being in his eighties, Barrie continues to glorify God through his writings, some of which have been translated into languages such as Persian. Many attendees explored his books, and I personally chose *The Curious Case of the Constipated Cat*, which I am thoroughly enjoying. From the very first day, we were uplifted by a time of praise and worship, led by musically talented members. We are thankful to the Lord for their gifts and dedication.

Updates from Mission Partners

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very

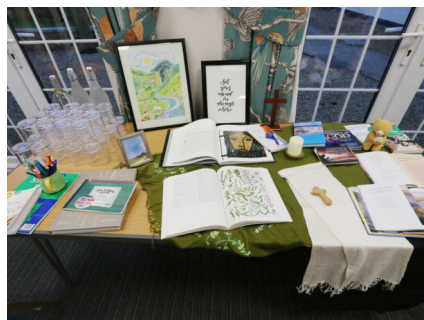


end of the age." Matthew 28:19-20

Throughout Saturday and Sunday we were blessed to hear updates from our mission partners, highlighting the incredible ways God is working across the globe:

- Dentaid The Dental Charity (John Elkins):

John shared how Dentaid's 11 mobile units are serving vulnerable groups in the UK, including homeless individuals, immigrants and victims of domestic violence. They have partnered with Macmillan and NHS Hampshire to provide dental care to patients eligible for free treatment but who are unable to access it. Internationally, Dentaid continues its impactful work in Cambodia, Uganda and beyond, while their BrightBites program aims to reach 30,000 schoolchildren annually. They are aiming to educate children about oral health and prevention.



- Nepal (Andrew Bottomley):

Andrew's update on CHEN (Community Health and Education Nepal) revealed the growing church movement in Nepal and the miracles taking place. Dental services continue to thrive, and the construction of

daughter churches is part of the vision to serve one million Christians.

- Madagascar (Debbie Hardyman):

Through a video update from her clinic there, Debbie shared the blessings of her provisional temporary registration to work in Madagascar, which was an answer to many prayers. We continue to pray that her clinic and mission work there continue to grow and glorify the Lord.

- East and West Africa (Tony and Ann Giles):

Tony and Ann shared progress in building a maxillofacial network in Africa, highlighting the exceptional skills of Dr. Jean Faya Yaradouno and his team. Their complex surgeries, such as cleft palate repairs and tumour removals, are changing and saving lives and leading many to Christ.

- Liberia (Simon & Grace Stretton-Downes):

A video update from Simon and Grace and their team showcased the continued work of Trinity Dental Clinic and the Liberia Dental Therapy School. Seven newly graduated therapists have obtained licenses, reflecting the program's success in empowering local professionals.

We also met and prayed for James and Anna Hunter and their children, who shared their plans to begin service in Liberia.

Biblical Teaching: Luke's Gospel

We were blessed to have Rev. Dr. Trevor Reynolds lead us through a comprehensive study of sections of Luke's



Gospel. He provided a deeper understanding of its themes, unique stories to Luke's gospel, and relevance to our lives.

Unique Aspects of Luke's Gospel

- Luke as Physician and Historian:

Luke's background as a physician (Col. 4:14) and travelling companion of Paul (2 Tim. 4:11) shaped his Gospel's careful documentation and his deep concern for people. His account includes over 100 named individuals, reflecting his compassion and attention to detail and his love for people.

- Focus on Women and the Marginalized:

Luke's Gospel highlights women's stories, such as Mary, the mother of Jesus; Elizabeth, mother of John the Baptist; Mary Magdalene; and the Widow of Nain. Parables like the persistent widow emphasize God's care for the overlooked and vulnerable.

- Universal Message:

Luke's Gospel uniquely portrays the universality of Christ's mission, with stories like the Good Samaritan and the Emmaus Road illustrating God's love for all people.

Jesus Challenges Our Priorities

Dr. Reynolds focused on how Luke's Gospel calls us to examine our priorities:

1. Prayer:

Jesus teaches persistence and humility in prayer through parables like:

- a. The Persistent Widow and the Unjust Judge (Luke 18:1-8)

- b. The Pharisee and the Tax Collector (Luke 18:9-14)

- c. The Friend at Midnight (Luke 11:5-13)

We learned that prayer should be continuous, expectant, and rooted in God's grace. Prayer is the hallmark of God's chosen people, and we should trust His timing and justice, even when answers differ from our expectations.

2. Finances:

Through the parable of the Rich Fool (Luke 12:13-21), Jesus warns against the dangers of placing wealth above God's kingdom. Dr. Reynolds reminded us that true contentment comes from godliness, not material possessions, as echoed in 1 Timothy 6:6-8; "Godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content."

3. God's Will Over Earthly Ties:

The story of young Jesus in the temple (Luke 2:41-52) shows His commitment to God's work above all else. Yet, He remained respectful and submissive to His earthly parents, modeling the balance between obedience and godly priorities.

The Changing Face of Mission

During a discussion led by the CDF President, members explored ways to address new challenges in missionary work. Key themes included:

- Training local professionals: empowering local communities to sustain dental services.
- Partnerships with local churches: ensuring missions remain Christ-centered.
- Support for elective students: encouraging the next generation of dental missionaries.
- The criteria to consider when supporting non-CDF projects.



Clinical Session: Dealing with Dementia

Dr. Charlotte Curl led an insightful clinical session on dementia, highlighting the unique challenges and dental

issues faced by patients. The session equipped attendees to provide compassionate care and better understanding of dementia and included CPD accreditation.

Children's Program and Activities

Emma Perkins organized an engaging program for children, featuring Bible teachings tailored to their age. The children shared their learning through drawings on Sunday. Jonathan also led a nature walk to explore the surrounding area, adding to the weekend's activities.



Looking Ahead

The weekend concluded with a sense of renewal and excitement for the future. We are grateful for the comfortable accommodations, delicious meals, and fellowship that made this conference memorable. The next conference will be on the 17-19th October 2025 at Highgate House Christian Conference Centre, Creton, Northamptonshire. Join us for another enriching experience!

Nevien Markos

CDF Conference: Youth Report

The CDF conference is always a highlight of our year: we love meeting our friends we haven't seen in a year, and also meeting new people who have often travelled from other countries to be there. The accommodation is always comfortable and there are always lots of cosy sofas to relax on. The food is wonderful, and it's really enjoyable to sit with the other kids and catch up (and watch certain people go to extreme lengths to avoid eating vegetables). But our favourite activity at CDF is the daily kids' group. Emma (the kids' leader) is absolutely amazing, and we play so many fun games. This year, the key topic was the Lord's Prayer, and each session we unpacked a certain line from it and discussed and drew our ideas. We also collectively came up with The Lord's Prayer: CDF's version (see page 8 of this magazine), translating the lines into more personal statements and adding actions to the words. In the evenings we roamed around the buildings, equipped with hot chocolate, and relaxed in the games room. We loved going to conference this year and can't wait to return!

Naveen and Anjali Sanghi (12 and 14)

Elective in Egypt: An Interview

We are Natalie and Enoch, and we have just graduated from King's College London after five long years. In the summer of our final year, we had the pleasure of going to Egypt for our elective with the British University in Egypt (BUE) and so took this opportunity to also do some Christian volunteering work in the country too.



Looking after children at the Church of Saint Anthony and Saint Paula

We spent most of our days in the University, attending lectures and workshops, learning from leading consultants in their field and even had the chance to shadow a bi-sagittal split osteotomy. In our spare time we also got to experience Egyptian culture. Through all this, we also recognised that God had put us here for a reason, and so we wanted to make the most of our privileged position and do what we can to help those who are not so fortunate.

What was your favourite part of your elective and which part was the most challenging? With so many great memories, we are almost spoiled for choice, but I think it would have to be the overwhelming kindness of the people we met... and the food. From the moment we landed in the country we were constantly looked after (Natalie's family are Egyptian and the nicest people, with a gift for hospitality), but even when we were at the BUE, all the students were so eager to hear about us. The teachers were also eternally cheerful - even when we pestered them with clinical questions. From morning to the end of the day, we were surrounded by people who were happy and this happiness quickly made its way to us too. We were also introduced to the delight that is Feteer, only to be topped by Feteer with Pastrami, and have been missing it everyday since we arrived back in London.

One major struggle was actually making it to the church. Originally, we were at a different location with the rest of our travel group, but we had sacrificed an afternoon of arcade games to volunteer at this church. However, making it to the meet-up spot proved difficult when a taxi driver insisted on cash only. As we stood in the heat, thinking about one of Natalie's family friends who had driven us once before, he appeared in his car where we were standing and asked why we were stood in the car park of a mall. After a brief explanation, he kindly offered to drive us back to our apartment, where we met Natalie's cousin who had helped arrange the visit in the first place. She shared the sad news that we had missed the bus taking the volunteering group to the Church of Saint Anthony and Saint Paula in the City of Hope. We tried our best with Google Maps (which doesn't function in the Nasr area), but ultimately, we knew that relying on God was all we truly needed. As we turned onto a narrow side street, we miraculously came across the bus we had missed, and by God's grace, we made it to the church.



Natalie and Enoch at the BUE campus following a surgery

What did you learn about yourselves and God while you were there? "Everything always works out" - this became an ongoing phrase amongst us as even in times when it seemed that everything around us was going wrong, we were constantly reminded and shown that God works for the good of His people (Romans 8:28). He is everywhere. We learnt to trust Him with all our heart, especially when we were travelling to the church and struggling to find the right directions. Proverbs 3:5 really stuck with us during this time as we couldn't lean on our own

understanding, since we had no clue where we were, but we still managed to find our way to the church.



Visiting the Pyramids of Giza with friends

What is one thing you want to remember from your elective? The entire elective was filled with great times and memories that we would love to cherish forever, but one of the biggest things would be the hospitality shown to us and how far people we had barely met, let alone properly known, were willing to go to accommodate us down to the smallest details. For me (Natalie), sharing my culture with friends really made me appreciate Egypt and how blessed I am to have such a loving community in Christ.

How can we pray for the place where you did your elective? Any prayers are really appreciated, thank you! Here are some of the main prayer points that we'd like to share with you:

Please pray for the children and volunteers at the church we visited. We thank you God for the incredible work being done here, for the dedication of the volunteers, the passion of the teachers, and the enthusiasm of the children.

We also would like to pray for the staff and students at BUE. Lord, continue to help them in their studies. As they prepare for a career in dentistry, may they also prepare to be vessels of Your love, bringing comfort and healing to those in need.

We want to express our heartfelt gratitude to everyone at CDF who has supported us on this journey. This trip has left a lasting impact not only on our approach to clinical dentistry but also as a positive influence on our spiritual lives.

Natalie Gabrawi and Enoch Tilahun

Supporting the Local Church in Nepal: Dental Outreach Report

Andrew Bottomley writes... It was great to be able to share with everyone at the CDF conference this year - we valued your prayers and support when we were away in Nepal in December. We had a great team from the UK and were thrilled to have Dr Prasan Magar join us in Nepal. Prasan has just started his career following dental training in Kathmandu supported by Health and Education Nepal.

Based in Nepalganj, in the border area to the south west of Nepal, we were supporting the local churches' outreach strategy by providing for the needs of communities near newly established churches to enable them to show Christ's love to their neighbours. Toothache is always near the top of their list! In the five years since we last visited Nepal to do a dental camp a lot has changed for the church in Dang. The spread of the gospel in the south west of the country has brought hope and light to people who have been marginalised and forgotten by those in power, but health infrastructure remains inaccessible due to distance and cost.

Paul writes in 1 Corinthians 12:18-20 that "God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body." As part of strategic mission in the area our team brought dental skills by pulling, scaling and filling in small villages in various locations over eight days whilst local believers drove jeeps, cooked wonderful food, acted as guides, translators, head holders,



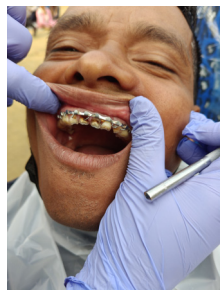
instrument processors etc. to help it all work together smoothly.

Katie Bottomley writes... As a newly qualified dentist, the thought of all this made me feel sick, so much so

that I put off packing my suitcase until six hours before we left. On arriving, I realised I only had two pairs of socks and a case stuffed with lidocaine and gloves. This

came in useful as many of the patients who came were many miles from the nearest dentist - or even road - and many had suffered from dental infections and broken teeth for many months.

We were presented with lots of dental dilemmas. One patient attended with a unique style of fixed orthodontics requesting extraction of a painful exposed upper central. We also saw a number of lumps and bumps where the diagnosis was not dental in origin and treatment outcomes did not look good. In these situations the elders of the church were able to organise hospital appointments for those in need and bus tickets to get there. As dentists we could only pray that they would receive the treatment they needed



after we had left and thank God that we were able to detect, advise on and pray about these cases.

People queued for hours, chatting, praying and watching as friends

experienced ultrasonic scaling, local anaesthesia and surgical extractions. It was wonderful to see members of the community who did not know Jesus, but did have toothache, going into the church compounds to experience dental care and the love of Christ and to comment on the way out that they had had their teeth taken out so nicely!

The generosity and dedication that the local church leaders showed us was astonishing, people with so little to offer materially but with such love for those in their church and for us too. We had met many of the pastors at previous dental camps and it was encouraging to hear their testimonies of the last five years and to see that some of the occlusal glass ionomers that Dad had placed last time had survived the test of time.

In one village a man told of his coming to faith after he had experienced God's miraculous work in his life; he was bent double and unable to walk but a Christian

prayed for him and he was healed. Facing the loss of his land to the movement of a boundary river during a monsoon, he cried out to the Lord. In answer to his prayer, when the rains cleared, the river which was the border between Nepal and India had moved to the opposite direction revealing a lush field that suddenly belonged to him. In honour and thanks, he gave some of the land to the church. We set out our dental equipment in the church yards and worked in land that the Lord had quite literally reclaimed!



Despite my initial nerves I soon felt more confident. In a practical sense seeing 25 patients in a day was not much different to what I had experienced in NHS general practice and I soon overcame the language barrier by memorising key phrases such as "Where does it hurt? Has it gone numb?" and "Please spit in the bucket!" In a spiritual sense the warm environment of the church family helped me to feel God's grace and hand upon me as I worked.

The sense of God working extended beyond the dental team and we were able to celebrate a baptism in the local river near where we were working. To me, this really demonstrated what God's mission is all about. The baptism took place in the refreshing waters of the Rapti river and was followed by a picnic and praise session. All of God's children had a part to play preaching, praising the Lord and perhaps later, some ultrasonic scaling too. We are all part of the body of Christ and only by working together crossing nations and cultures can we spread Jesus' message of love to all the nations.

If you want to know a bit more about Community Health and Education Nepal, and perhaps see some more photos soon, please use this QR code to link to the website.



Update from CDF friend Roshan, dentist & director of Okhaldhunga hospital, Nepal

Dear friends,

"I will make myself available to you, says the Lord." (Jeremiah 29:14).

We praise God for each of you as we think of you. This season we are reminded of this verse more frequently most likely as each of us are separated and are located in four different locations. We appreciate your prayers and messages. We are thankful to God for His faithfulness over our family. His providence and blessings has sustained us.

We are thankful to God for:

- We experienced God's grace in our work in Okhaldhunga.
- Esther and I continue to serve in a local church
- Able to reach out local prisoners with dental and medical services. We were able to clean teeth for about 25 prisoners.
- God has been faithfully providing the need for our work in Okhaldhunga.

Please pray for:

- Nepal. Big torrential downpour has caused big damage here. Many have lost lives and many lives have suffered. We appreciate your prayer for the families who have lost loved ones



Dental department saying goodbye to Dr. Bijay who served for three years in Okhaldhunga

- Spiritual growth for each of us
- We can make the right decision for Esther's further Masters Program for Nursing (she is taking a break at the moment from her studies)
- Our daughter is studying at a Christian high school in India, three years from graduation. Our son will graduate university in India this May and is applying to work in the same school where our daughter is studying. He needs prayer for this last semester.
- Roshan's responsibilities in the hospital and community

Blessed Christmas and Happy new 2025 year to you from Grand Rapids, Ooty and Okhaldhunga

With Love, Roshan, Esther, Rachit and Rachana

Introducing New CDF Council Members

Raman Bedi (Vice President)

Raman became a Christian whilst studying dentistry at the University of Bristol. After qualifying, he studied at Trinity Theological College, Bristol, for two years. He has served on the Church of England General Synod, first representing the Diocese of Birmingham and then a second term representing St Albans. He chaired the Archbishop's Council Race and Community Affairs committee and also served as a trustee of the Children's Society. Raman is an Emeritus Professor at King's College London and the President-elect of the World Federation of Public Health Associations.



Frances Vose (Mission Partner Secretary)

Frances is a GDP working in a family-run private practice in north Bradford, where she now lives. She has worked in several areas of deprivation in the north of England, and also overseas - for four years as a VSO dentist in Kisumu, Kenya, and then for almost ten years in Blantyre, Malawi, where she lived with her husband and three young boys. She was previously on CDF Council for several years from 2011 as Conference Secretary. She hopes to use her experience and bring empathy to her role as Mission Partner secretary. She worships at her local parish church and has various roles including teaching, worship-leading and safeguarding. In between, she squeezes in some running, cycling, swimming, and (of course!) tennis.



Alistair Bartlett (Students and Newly Qualified Graduates Coordinator)

Alistair qualified from Newcastle in 1991 and runs two practices with his wife, Teresa, in the North East of England. A dyed-in-the-wool GDP, he has always enjoyed developing staff from raw beginners to high achievers. Passionate about both Jesus and teeth, he is keen to help new members of the profession thrive and find joy in both their dentistry and their faith.



We currently have several roles on CDF Council that we are seeking to fill, including Secretary, Student Representative and New Graduate Representative. Please prayerfully consider whether this is something you could do. If you would like to know more, or for expressions of interest, please contact Karen Paterson at president@cdf-uk.org

The Lord's Prayer (CDF Youth Translation)

Our Dad / Pops / Saviour/ Light / Holy in Heaven,

Your Holy name will always be!

Your plan be done!

On this planet as it is in your holy place.

Give us our food - and everything we need!

(But not necessarily just things we want!)

Forgive us our bad things, as we share mercy with those around us.

Help us to be influenced by you and not by others!

Cleanse us with your Spirit! Protect us and take away what is evil.

Everything is yours

From the beginning to the end!

We agree!

It will happen!

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

Deadline for the next issue of Three-in-One is 1st April 2025. Please send contributions to Naomi Wilson: editor@cdf-uk.org

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