



Christian
Dental
Fellowship

Three-in-One

Newsletter of the Christian Dental Fellowship

Time for Some R&R?



Jesus said 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light'. Matt 11:28-30

Come ye apart and rest awhile. Mark 6:31 NKJV

At this time of year our thoughts turn to summer holidays and a time to relax and enjoy some well-earned rest.

For many it is a time to breathe a sigh of relief after the hard work of studying for exams (and waiting for results!) either personally or as a concerned parent!

Hopefully if that's your situation there has been time to reconnect with friends, family, those nearest and dearest and to spend a little more time resting in God's presence too. As caring professionals it can be sometimes hard not to feel guilty about having time off from looking after our patients and spending time resting. However, if we are to continue to care and

be able to share Jesus' compassion, we need to recharge ourselves as a necessity. Rest is certainly a biblical idea. Whether we are fortunate enough to enjoy a true Sabbath of rest and worship or not, the principle is still there. There is certainly a spiritual pattern for us to spend time alone with our Saviour; to enjoy the close companionship of friends and family; and to relax in order for us to serve more effectively. Those of us that are leaky vessels certainly need a spiritual top up from time to time, so it is good to take time out. In my early days in general practice, as a self-employed associate, I often felt guilty about taking time off and even now it can be difficult to explain to a patient that they will have to wait an extra two weeks for their denture because you need a rest. Yet we need to remember that it is in their best interests too that we are refreshed. It is a pattern that Jesus modelled. Despite the heavy demands upon His time, we come across incidences where we are told that He took himself off to pray or escape the crowd along with his disciples.

For many, their annual R&R involves the seaside in one form or another: be it walking along the pretty coastal paths, building sandcastles, sunbathing (with a good book to hand), sailing, surfing or scuba diving. It seems to me that we find Jesus heading to the sea too when He needed a break. In one story we find Him sleeping through the storm on the Sea of Galilee before speaking calm and order into the waves to help show the disciples that He is God. We can draw comfort from the application of this in that Jesus is able and willing to calm our storms - all that troubles us - if we ask Him to take control and help in each situation.

My holiday reading also had a watery theme involving the Sea of Galilee and Peter's tentative steps at walking on it. John Ortberg, the author of "If you want to walk on water, you've got to get out of the boat" makes his point using the story of Jesus coming to the disciples walking on water and Peter's attempts to join him. The challenge is that in order to experience a supernatural lifestyle, we do need to get out of our comfort zone and to completely trust in God's provision. Again we have an incidence of Jesus needing time alone to rest and pray before He comes to the disciples whilst they are struggling in a storm. Once Peter recognises it is Jesus, he calls out to Him and then waits for Jesus' command to get out of the boat and walk with him. The author makes the point that we need to identify what stops us getting out of the boat in the first place (security of present job for example), then identify and clarify our calling and gifts before trusting and walking in Jesus' power, not our own. To help discern God's calling, he explains the concept of a "clearness committee". This was a new concept to me and is a Quaker tradition used to help discern God's calling when facing an important decision. Half a dozen friends gather to

continued over...

prayerfully ask questions requiring honest answers that then can help to illuminate a true calling. An interesting idea to try out next time there's a big decision to make!

Time out can provide us with time to discover new ideas, to be open to God's teaching and leading, reflect on our spiritual journey so far, and seek direction for the future. In words of Jeremiah:

"Stop at the crossroads and look around. Ask for the old godly way, and walk in it. Travel its path, and you will find rest for your souls." Jer 6:16

Whether it is rest and recuperation, retreat and recharge, or reflection and renewal of old friendships that are needed, these can be found at our annual family conference.

We are back at the popular venue of Hothorpe Hall in October and have a great speaker lined up, so if you've not attended before, please consider doing so - you will be made most welcome. I'm not sure Frances has planned any Rock and Roll for this year but we would love to share a glass of Red with you!

Whatever your R&R needs are, I trust you will enjoy God's great riches this summer and look forward to seeing many of you in October.



Victoria Rushton CDF
President

(Off to get some rest and a glass of red!)

Introducing Our New Council Member: Ruth Canham Adams



Let me introduce myself. My name is Ruth and I am a registered dental nurse. I have been a dental nurse since 2001. I work for Upwell Road

Dental Centre in March, Cambridgeshire. I previously worked as an auxiliary nurse in a hospital.

I qualified in 2004 and gained my radiography certificate in 2012. I assist with sedation which I find very rewarding and I am part of the Disaster Victim Identification Team working with the odontologists in mass fatality situations which is something I am very passionate about. (I am the nurse nagging about accurate charting).

I started attending St Wendredas Church in March in 2001 after the dentist I worked for, Barbara, invited me and my family to attend. I attended an Alpha course shortly after and this is where I fully came to Christ. My husband and I married in St Wendredas Church in 2005, our daughter was then born in 2005 leading us to have a family baptism in 2006 of my son and my baby daughter as well as myself. My dentist, Barbara, and her husband are my children's godparents.

My husband Gary is a youth minister at St Wendredas where he runs a youth club and Bible study groups alongside Sunday school. My son, Allistair is at De Montfort University Leicester, studying Business and Management. When he is home he likes to play the drums during our Sunday service. Holly is nine years old and attends Brownies which is connected with St Wendredas Church and I assist in Sunday School when needed. Dancing is my hobby, it keeps me fit and clears my head. We are currently going through the application process for fostering which is something we have wanted to do for a long time and hopefully will be cleared sometime this year.

I attended the CDF conference in October 2014 with Barbara and her husband Martin who took me for my birthday. I wasn't sure what to expect but was warmly greeted and made to feel very welcome. This is where my CDF journey started, Vicky asked me if I would join CDF and create something to encourage more nurses to get involved. Although I was a little hesitant at first due to the amount of commitments I already have, I have decided there is always room in my life to spread the word of God and share this with fellow colleagues.

dentaid
IMPROVING THE WORLD'S ORAL HEALTH

Dentaid's Annual Golf Event **At Hamptworth Golf and Country Club** **Friday 2nd October 2015**

Come and enjoy 18 holes of Golf at the beautiful Hamptworth Golf Club set in the New Forest. The day will start from 7.30 a.m. with coffee and bacon rolls ready for a shotgun start at 8.30 a.m. You will be welcomed back to the clubhouse with a hot buffet lunch (lasagne and curry) followed by prize giving.

The cost of the day is £60.00 per person or, if you introduce a second team of 4 players, we are offering a discounted rate of £50.00 per person for both teams.

Download a registration form from the Dentaid website. www.dentaid.org

Next year we are celebrating our 20th Anniversary and we are looking at new venues for our Golf Day, more central for everyone to join us. If you have any particular favourites, please let me know.

Christmas – Our Christmas Party Night this year is at the lovely 4 Star Hotel - The Careys Manor Hotel and Spa in the New Forest.

Tickets are £49.50 each and include: Fizz on Arrival, Four Course Dinner, Disco and Casino Night.

Tickets are selling well so please let me know if you would like to book a table. More details on our website www.dentaid.org/events

Please email info@dentaid.org for more information or to book your place.

I look forward to hearing from you.

Kerry Crook

Fundraiser for Dentaid
Email: info@dentaid.org

Mission Partner Reports

The CDF family supports the following dental missionaries both financially and prayerfully. We receive regular updates and prayer requests which are found in the quarterly prayer calendar all CDF members are issued with.

Tony & Anne Giles

Mercy Ships

We only worked in Madagascar on the Mercy Ship in February and in The Gambia in March this year, as we are trying to take an extended break. In September we have a team planning meeting in Norway, then a busy six months until May, with a month in Madagascar on the Mercy Ship, followed immediately by three weeks running a cleft team in Kenya (www.icfem-mission.org) and a week supervising cleft surgery in The Gambia.

We are home for Christmas then go to Guinea in January, Kenya in March and The Gambia in April, with a lecture visit to Sweden in May.

Thanks for your prayers.



A photo of Tony extracting teeth under a mango tree with bird poo on his head - the risks of open air extractions.

Naomi and Andy

We've been in East Asia for nearly two years now in a full-time language and spiritual and cultural programme with our organisation. In August we'll go home to England for a few months then return here to a different city. You may wonder why I (Naomi) didn't start working as a dentist right away, using a translator. We both felt it was important to spend this time investing in language studies, and understanding more about the culture, ourselves and God. We're really thankful for CDF supporting us

in this pre-dental language-learning phase! And we're excited we'll be home for Conference this year.

Andy & Eira Patching

Sachabondu NW Zambia

Now in the cold dry season, we held a ladies' conference with a team from England, which changed the lives of hundreds of ladies.

At a Bible school with friends from South Africa the sacrificial sharing of gifts was encouraged. One Congolese man who had arrived with only the clothes he was wearing was blessed with a whole new wardrobe.

We continue growing a small medical clinic under Eira's supervision. The maternity wing is nearing completion with the water supply laid for the clinic, school and twenty houses.

Lynne and Keith Smith

Burkina Faso

Thank you CDF for your recent financial gift towards our work, which will allow us to reach out to more villages with hope and healing in Jesus Name.



Burkina Faso, West Africa has very little dental provision. The service that exists is both geographically and economically inaccessible to the poor. We are training Burkinabe volunteers to provide a basic mobile dental service. In February 2016 we will be hosting a team of UK dentists for an intensive week of training of these volunteers, working in villages, prisons and schools. This is an exciting opportunity to provide treatment for those who have suffered for years, and to empower local people to deliver a service that will continue long after you have returned home. Interested? Contact: lynneksmith@gmail.com

Barbara Koffman

Dentaid



Barbara Koffman, Dentaid's Volunteering Advocate, has been taking dental volunteers out to Uganda for many years. In February 2015 she

set out again with a new team of dental professionals comprising five dentists (including one oral surgeon and one from Australia), two dental nurses and one dental hygienist/therapist.

The team was joined each day by up to four Ugandan dentists who do a three-year diploma but no post-graduate training, so teaching and mentoring them is a very important part of the work. In April and June, three of them, Joseph, Sam and Boaz, carried out dental outreaches funded by Dentaid and using the Dentaid equipment, saw over 400 people who were given oral health education, screened and treated.

Details of future Dentaid missions to six countries may be seen on <http://www.dentaid.org/volunteer/>

Neil and Jane McDonald

BMS

Neil and Jane are serving with BMS in a University in a sensitive part of the world working in a new dental department. Most of the university staff are recognised as being Christian. We have recently heard from Jane and Neil. They would be grateful to receive any extraction forceps which people were thinking of getting rid of. They say:

"We're in need of upper and lower molar forceps; 94, 95 and 73/73S. Cowhorns and Eagle beaks would also help. Upper and lower premolars/fine roots (e.g. 76/76N) would also be helpful. It's not possible to obtain instruments and materials from this vantage point.

We have no desensitising materials here and could use Duraphat to help students with teeth affected. Especially from September onwards as the autumn and winter rapidly encroach and temps fall to -20C with no heating on the campus."

Jonathan Longhurst

Protecting Cambodian Children from Caries: SEAL Cambodia and the Global Child Dental Fund



As part of the greater benefit of SEAL Cambodia, a social movement for prevention is spreading through Phnom Penh. Children and carers are developing an understanding and appreciation of the value of preventing dental caries, particularly since they know how difficult it is to find an affordable dentist, or even a dentist at all. Oral hygiene education is also given alongside the fissure sealants, emphasizing the importance of toothbrushing and abstaining from the sticky sweets that are sold extremely cheaply on every street corner and even in some schools.

In light of the success of the SEAL Cambodia project, the Global Child Dental Fund would like to continue this project for another three years so its benefit may impact even more disadvantaged children in Cambodia, allowing them to grow up without the pain of toothache.



We are looking for ten practices or sponsors to kindly donate £2,500; this will secure the programme for the next three years and help another generation of children grow up with the chances and quality of life that we take for granted here in the U.K.

If you are able to donate, we would be extremely grateful if you could contact aneta@gcdfund.org

Valerie Wordley

Today's Cambodia has changed significantly since the end of the Khmer Rouge regime 36 years ago. Although the country has made great progress redeveloping its infrastructure, dental care is still deeply lacking.

Toothache from dental caries is a major health issue for people in Cambodia, and limited access to oral health services only heightens the issue. This is mainly owing to the many decades it has taken to rebuild health centres and dental facilities after Cambodia's tumultuous history.

Not only this, but there is an acute shortage of health professionals in the country. Within the dental field, there are an estimated 1100 university trained dentists, 520 dental nurses and 500 'traditional' dentists with no formal qualifications. Staggeringly, they serve a population of approximately 16 million. Most work in urban areas and are therefore inaccessible and unaffordable for the majority of the population.

The most concerning fact, however, is that there are around 1.5million children orphaned or living in orphanages in Cambodia. These children remain without medical and dental care and so when they suffer the pain of toothache, there is absolutely nowhere to turn.

It is particularly worrying that Cambodia has one of the highest rates of early childhood caries in the world, with seven year olds on average suffering 4.7 decayed teeth. An area of concern in Cambodia is that most children present with a low "filled" component of the dmft measure, illustrating the lack of curative services available in the country. This means that prevention plays an even more pivotal role in relieving dental pain for children in this country.

Fissure sealing the teeth of Cambodian children is a cost-effective step to reducing toothache and suffering among those who are most vulnerable to dental disease. Placing sealants can reduce the occurrence of tooth decay by up to six times.

The Global Child Dental Fund (GCDFund), a UK-based charity working to improve oral health worldwide in underserved communities, has been working on an exciting three year project in Cambodia to save children's teeth in and around Phnom Penh. SEAL Cambodia is a partnership between ten organizations who, between them, are aiming to fissure-seal 60,000 children in three years. Since 2013 the project has been an overwhelming success. Currently, around 40,000 children have received fissure protection on their teeth mainly through SEAL teams visiting schools.

Romania Revisited:

Dermot O'Brien BDS is a dentist who lives in Wiltshire. Now recently retired, he spent most of his career working for the Community Dental Service in Hillingdon and Oxfordshire. His areas of interest included inhalation sedation for nervous children and adults; domiciliary care for the elderly; and dental care for special needs adults. For the last twenty years he has been involved with dental projects, helping disadvantaged people, in both Burkina Faso in West Africa and Romania.



He writes....

The Romania Dental Link Foundation (RDLF)

I first travelled to Romania in 1993, and remember so well those heady days, throughout the 90s, when teams of dentists and dental nurses took the night train from Bucharest to Baia Mare (in the north of Romania) working for the charity the Romania Dental Link Foundation. We greatly enjoyed the busy, interesting, and the inevitable surreal week or two, treating orphans and other needy people in the faithful old mobile dental surgery. Most memorable of all was the great fun we had. Great times!

Roll on eleven years - I very casually asked a couple of friends working for the oral health charity, Dentaid, whether they had any involvement in Romania. A week or so later they contacted me, asking if there was any possibility that I might be able to assess a brand new project near Oradea, where a Romanian dentist, Denisa, working for the UK charity The Smiles Foundation, was struggling with very poor dental equipment etc. A very short time later Dentaid contacted me

again to report that a different UK charity Networks Romania operating in the Arad region, were having problems facilitating the dental treatment of Roma children with the local Romanian dentists. Interestingly both Christian based projects are involved in helping with the many needs of the Roma community, and other poor Romanian families.

The Wanderer Returns!

So mid-October 2014, saw me on the train from Budapest to Oradea, for the start of a truly fascinating week. Initial impressions were that the Romanian towns looked so much smarter and wealthier. The Romanian people are still just as friendly, hospitable and helpful, and yes, the taxi drivers still don't wear their seat belts! However, it soon became very apparent that, for the poorest people, things had not changed. In particular, the situation is as dire as ever for the Roma community who, for a number of reasons, slip through Romania's meagre welfare, social, and medical support systems.

During my first day I visited the Smiles well run primary school, where Denisa has her dental clinics, providing care to mainly Roma children. Dentaid sent a consignment of equipment and instruments, gratefully received; however it was apparent more items were needed. Denisa is a good example of the younger generation of Romanians working for Smiles who show commitment, care and dedication to helping the less fortunate - a very encouraging development.

The next day a Romanian Smiles community worker took me and a group from a church in Ayrshire, to help distribute food parcels to people in a Roma village. I was shocked. This is a



European country, a member of the EU, in the twenty-first century. Yet whole families were living in one roomed hovels with no electricity, plumbed water or sanitation. Earlier we had come across a girl, about ten years old, on a four mile hike home from the Smiles school. The Romanian care worker told me that the school had just provided her with the only meal she was likely to have that day.



The ethos of the second charity I visited - "Networks Romania" - based in and around the town of Arad, is very similar. English and Swedish personnel work alongside their Romanian counterparts. Here the Roma communities have the same issues; however the communities form three distinct groups of Roma people in three different sites. The cosmopolitan Roma people of Arad differed markedly from the more traditional communities in the countryside.

Unlike Smiles, Dentaid had already sent a team of dental health personnel to Networks earlier in the year to undertake dental health education and screen the local children to ascertain their treatment needs. Unfortunately the team was unable to undertake any clinical dentistry due to difficulties obtaining temporary registration with relevant Romanian dental authorities. However some funds were donated by Dentaid to Networks, to facilitate the care of these children through the local Romanian general dental practitioners. Although this initially was thought to be a sustainable method of providing care, it soon became apparent that problems were emerging. Central to this was a lack of understanding as to the extreme social deprivation of these children, and the need to make appropriate adjustments to their treatment planning.

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Throughout my visit to both regions, the very low priority the Roma people give to their dental health became very apparent. It was unusual to see any evidence of toothbrushes or toothpaste in their homes. In addition it became apparent that many did not seek dental treatment, even when in severe pain.

Looking to the future.

With so much dental health need apparent, Dentaaid decided to send another dental health education team to both regions again this May. Dentaaid will also continue to support both charities in attempting to facilitate the dental care of possibly the most deprived people in Europe today. For more information on volunteering opportunities to

Romania - and other countries, please visit the Dentaaid website.

The Dentaaid volunteering trip to Romania is fully subscribed for this year, but there is every possibility there will be opportunities to volunteer in 2016.

Rosemary Longhurst

www.dentaaid.org

How CDF Has Helped Me

Firstly a bit about me: I'm 69, a 4th generation dentist and qualified from the RDH in 1969/70. I had a Surgical House Job for six months after qualifying. I was married in August 1970. I worked in two General Dental Practices as an associate between 1970 and 1976 before becoming a partner in a practice in Bedford. I retired from dentistry in 2007. Family wise I have a lovely wife, three daughters, one son-in-law and two grandchildren. My faith: I have a Christian family background, I was "born again" at nine-years-old. An active member of CUs and churches but I have had doubts, been tried and tested but always found Christianity to be real, alive and true. In a world 'where anything goes', Father God's love has been a reality. His ways and principles 'hold water and don't leak!'

So where did CDF fit in? Basically it's been there all the time and has been a source of support, guidance, encouragement and connection right up to today.

As a student, life changed overnight. Away from home, now a 'Free' Adult, I could enjoy new experiences not seen or considered before. With Pop Idols as the Role Models, suddenly all my beliefs and values were tested. Student culture was, 'OK study, but enjoy life. Eat, drink, take drugs, have sex. It's OK as long as no one gets hurt. Everybody's doing it.' Christianity was seen as irrelevant and outdated. My faith hit rock bottom but I give thanks to God for good Christian

fellow students in the CUs at Barts and the RDH. Further contacts through London Interfaculty Christian Union (LIFCU) and CDF also became my Role Models and answered questions, encouraged and helped me through this testing time. I really enjoyed my student days and graduated as well as growing in Faith and character.

Life changed again as a newly married, qualified Dentist. I had little preparation for General Dental Practice or marriage: only two NHS lectures and two Marriage Preparation classes. On the Dental front there was no Vocational Training. Through Hospital with good instruction, we aimed for high standards and excellence. In the first year, I was presented days full of new patients: emergencies, exams, pain, abscesses, extractions, crying children and masses of decay. We then moved to another practice where things were better. On the marriage front, two girls arrived along with all the pressures of parenthood. However, we were Christians so didn't have problems! It was a steep learning curve but we managed to 'stop drowning, tread water and swim'. Confidence grew slowly, local churches supported us as a young family, we had Marriage Guidance and through CDF contacts, dental issues were also addressed.

Partnership was on my mind when in 1974 we attended our first CDF conference where we met many dentists with the same values as me. We left encouraged

that it was possible to run a practice with high standards on Christian principles. A conference contact phoned in late 1975. "I'm looking for an associate to join me, are you interested?" I was and visited Bedford, met, talked, shared ideals, hopes and dreams and PRAYED together.

God changed our lives again. We moved to join Gordon Stroud in 1976. Through his mentoring, encouragement, and training I blossomed. We met weekly to chat and pray, mutually supporting each other, on practice, family and church issues. Partnership followed. Much happened in the next 30 years. The practice grew with a VT, VDP's, associates and an Orthodontist joining us, all CDF members. As with all businesses, not everything ran smoothly and we had opinions, strategies, ideas and views that differed widely at times. But by talking, listening and praying together, we found the Lord led us step by step resulting in a strong team of dentists and support staff providing high quality care.

I was also privileged, as were other practice members, to serve on CDF Council and attend many conferences. I have always found them stimulating and encouraging. I give thanks and praise to God for all that CDF has been for me and pray you too may experience the same.

Tim Pedley

Regional Group Reports

West Midlands

The West Midlands CDF group met on 16th May, enjoying the hospitality of Nevien Markos and her husband in Stafford.



Ian Robertson, one of the West Midlands coordinators, told us about the work of the Oak Tree Trust (OTT), which he had founded in the '90s in response to the crisis in the Balkans. In those days he had driven large trucks to carry aid to the needy there. Now he provides dental assessments and a programme to reduce dental decay in children in Kashmir and northern Pakistan along with an assessment programme for cleft lip and palate patients. Recently the trust has built a new school in Zimbabwe.

When we met it was shortly after the earthquake in Nepal, and already the Oak Tree Trust had provided some assistance. Muhammed Haslam, a Muslim, who in recent years has joined Ian in providing support had already been to Nepal to give some support and assess what else the Oak Tree Trust could provide. The Trust was planning to provide 1000 corrugated iron shelters. We happily also contributed to the good work of OTT.

We then concluded our afternoon together with a delicious bring and share tea.

Ian Knowles

Thames Valley

The regional meeting of CDF for the Thames Valley Region on May 9, 2015 was at the home of Chris & Angela Evans in Oxford. Nine of us met up and after an excellent lunch together, Chris & Angela shared the experience of their trip to Fiji as part of a medical and dental team organised by Marine Reach Fiji. An illustrated report of their time there appeared in the Summer 2015 edition of Three-in-One. The very enjoyable day also afforded the chance to share each other's news. A big thank you to our hosts!

Richard South

East Anglia

Take a sunny Saturday in May, a group of Christian dentists and partners, give them an opportunity to worship, listen to a challenging talk, enjoy each others company over a BBQ and you have a recipe for a successful regional meeting.

Six dentists and three partners met at Vicky's home in the heart of Norfolk where we enjoyed wonderful views of the countryside from her garden.

After a welcome cup of coffee, Barrie Lawrence ably led a time of worship which was followed by an interesting and thought provoking talk by CDF member, Peter Wagg. The subject was on how our Christian faith should influence and affect the way we view and treat our patients. The contents of the talk served as the basis of an MA that Peter is



currently undertaking. Discussion of Peter's thesis and other matters relating to faith and dentistry took place over a splendid BBQ in Vicky's garden and continued long afterwards.

Thanks go to Vicky for hosting the day and all those who contributed to what was considered to be a very worthwhile time of fellowship.

Clive Sprawson

Northern Ireland

We met in He-Brews Coffee House in Ballymena, recently opened by a local church with a heart for regeneration in the community and connecting people through Bible study, relationship and other events at the café. Fifteen dentists and nurses came for tea, coffee and desserts and after chatting together in the funky coffee shop with its upcycled furniture and wall décor, we moved into the function room to hear from our speakers.

Richard McBride showed pictures and updated us on Stand By Me work in Romania, Ethiopia and Nepal following recent earthquakes, as well as opportunities for getting involved and his forthcoming challenge of Mont Blanc marathon to raise money for health care in Columbia. This team of eleven, including local dentists and doctors, climbed Mont Blanc 19th-26th June and took part in the Mont Blanc marathon on 28th June.

Marty Davison and his wife Rebeca from Brazil shared about their work through Outreach Amazon, at Living Word School where Rebeca is Principal and The Rescue Project which they recently established in Maues. Marty ironically used to work in the dental surgery opposite He-brews Coffee House and his journey of faith, upping sticks to move across the world was deeply challenging and inspiring. Marty and Rebeca have been living in Maues since 2003 and along with their two children, are heading back at the end of the year. We watched a video of The Rescue Project, where children are fed, clothed, educated and shown love in practical, dynamic ways and whole families are coming to faith. Marty's passion and zeal for the Lord, trusting in His provision and courageously tackling injustice and living out His love despite danger speak volumes and we could have listened all night to stories of God's hand at work and lives being changed.



Very many thanks to Marty and Rebeca Davison, Richard McBride and to everyone for coming - it was great to see dentists and nurses of all ages and backgrounds come together to think more about our faith, opportunities and work here and around the world!

Helen Douglas

CDF Scotland

The Scottish meeting of the Christian Dental Fellowship took place at Letham St Mark's Church of Scotland in Perth on Saturday 28th February 2015.

For me the venue is a really important part of contributing to the CDF day and I don't mean just its centrality and ease of access. This church building sits right in the middle of a housing estate and has been purpose-built to serve the local people. A group of church members offer hospitality to groups using the building and we are immediately, on arrival, met with hot drinks and home baking. This exemplary hospitality continues throughout the day and is a very real witness to the love of Jesus – as well as a challenge to those of us in one of the so-called caring professions.

Our speaker this year was Alasdair Fyfe who also spoke at our meeting in 2013. Alasdair is a retired Paediatric Surgeon who completely understands the challenges of living out our faith in the midst of busy and demanding patient-centred jobs. His care and compassion are very obvious as he shares Bible exposition with us.

Those attending the meeting come from various and diverse backgrounds and experiences – church as well as professional – and, as such, the worship sessions have become very important elements of our annual meetings. We tend to linger awhile in worship as our lives are re-aligned to the truths of the promises of God and we enjoy the opportunity to affirm again the Lordship of Jesus in our world, our profession and in our lives.

Alasdair brought us two sessions – one in the morning and one in the afternoon – focused on the theme of More than Conquerors – studies in Romans 8. Alasdair's background in healthcare allows him to teach from the Scriptures

with a very real awareness of the needs of his audience. He spent time ensuring that Chapter 8 was fully in context for us – re-examining (from Chapter 7) the effects of the law and also sin. He introduced Chapter 8 with the words: "...but the Spirit changes everything" and went on to explain that it is the Spirit who: sets us free from the law, brings life and peace, controls us, lives within us, will give life to our mortal bodies, witnesses to our being God's children, helps us when we suffer with Christ, and helps us in our prayers as well as interceding for us. The morning session ended with questions for discussion:

- Do you recognise the struggle Paul describes in Chapter 7?
- If so, can you identify the particular issues that you find difficult? (If you feel able, can you share any of these?)
- What particular truth about the Spirit's work has caught your attention this morning?
- What steps can you take to allow the Spirit to work more effectively within you?

In the afternoon session, Alasdair looked at "The Three Groanings" in verses 18-27:

- All creation
- We ourselves
- The Spirit

He finished with "The Five Certainties" of verses 31-39:

- God is in complete control of everything, including our lives;
- God will give us all we need;
- God pronounces us righteous;
- No-one can succeed in condemning us;
- No-one can separate us from the love of Christ.



We then spent time in silent meditation on a number of offered Bible passages, asking the Spirit to speak with us. He did! A number of those present then shared with the whole group what they sensed God had been speaking with them about. This was a moving and delightful time.

We also spent time during the day being updated on the work of Keith and Lynne Smith in Africa and also the McDonalds. Our student colleagues shared about what is happening in the dental schools in Scotland – it is so good to have so many students attending these annual events in Scotland. We are blessed indeed! We spent time praying for our mission



partners, the student ministry and several other aspects in addition. Fellowship is a BIG part of our time together as many travel from far and wide to be in Perth. It is always a blessing to hear of how God is at work in our dental practices, outreach centres, hospitals and dental schools in Scotland. Fellowship continued over a meal in a local restaurant before people started drifting back home, always with the comment: "I can't wait until we do all this again next year!" May it be so, Lord.

John Gibson

**Deadline for the next issue of Three-in-One is 19th October 2015
Please send contributions to Tracey Dalby: editor@cdf-uk.org**

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