



# DON'T WASTE YOUR LIFE

9-11 May 2014

Abernethy Ardeonaig Outdoor Centre, Perthshire, Scotland FK21 8SY

## DON'T WASTE YOUR LIFE

### Who is the conference for?

On 9-11 May, the CMF Junior Doctors Retreat will return to the beautiful surroundings and fantastic facilities of the Abernethy Ardeonaig Centre, on the shores of Loch Tay. This relaxing and uplifting weekend for juniors and final year medical students will refresh and refocus you on what it means to live a life that counts.

On Saturday, two optional outdoor activities may include canoeing, raft building, rope courses, archery and crate climbing. For those wanting a more relaxed weekend you could also take the opportunity to walk, chat or simply rest.

Our spiritual programme will be based around material from John Piper's excellent book, *Don't Waste Your Life* (no prior reading required), with short video presentations and informal group discussion.

## ORGANISING COMMITTEE

This event is being organised by a group of junior doctors from Scotland and Northern Ireland. Stuart Fergusson is coordinating the weekend and can be contacted at [sjfergusson@doctors.org.uk](mailto:sjfergusson@doctors.org.uk) for further information.

## PROGRAMME

### FRIDAY 9 MAY

19:00	<b>Registration &amp; light supper</b>
21:00	<b>Evening meeting</b>
22:15	<b>Relax</b>

### SATURDAY 10 MAY

08:30	<b>Breakfast</b>
10:00	<b>ACTIVITY 1</b>
13:00	<b>Lunch</b>
14:00	<b>ACTIVITY 2</b>
18:00	<b>Evening meal</b>
19:00	<b>Evening meeting</b>
20:30	<b>Supper, games &amp; chat</b>

### SUNDAY 11 MAY

09:00	<b>Breakfast</b>
10:30	<b>Morning meeting</b>
12:00	<b>Walk/relax</b>
13:00	<b>Lunch</b>
14:00	<b>Depart</b>

# BOOKING FORM

**Junior Doctors' Retreat, 9-11 May 2014**

Abernethy Ardeonaig Outdoor Centre, Perthshire, Scotland FK21 8SY

## PERSONAL INFORMATION

Online booking is available at [www.cmf.org.uk/events](http://www.cmf.org.uk/events).  
Alternatively, please complete this form and send it  
with a cheque to the address overleaf.

Mr  Mrs  Miss  Dr

Gender: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Tel / Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Year of qualification: \_\_\_\_\_

Current post: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Workplace: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Can you swim? Yes  No

Any medical conditions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## VENUE

Dietary requirements (including vegetarian):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Accommodation is dormitory-style with separate  
bathroom facilities. Bed linen is provided but please  
bring a towel.

I would like to share a room with:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you are interested in being involved in the music,  
please indicate your instrument and level of  
experience:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## PAYMENT

RATE	NO.	FEE
Full rate	£110	<input type="text"/>
1 night	£75	<input type="text"/>
Day Visitor	£50	<input type="text"/>
Total		<input type="text"/>

Included is a non-refundable registration fee of £20.

All rates include two Saturday activities.

To pay by card, please either book through our secure online booking system at: [www.cmf.org.uk/events](http://www.cmf.org.uk/events) or telephone CMF at 020 7234 9660.

I enclose a cheque made payable to:  
**Christian Medical Fellowship**

## DONATIONS

We are very grateful for the generosity of those who are able to make additional donations over and above the conference fees. We rely on these to subsidise the conference fees for students, missionaries and families who may be unable to pay the full costs themselves. Donations also help us to be generous to our speakers. Even if you are unable to attend the conference, please consider making a donation.

Donation to CMF £

I wish to Gift Aid my donation (We will collect Gift Aid on donations where CMF hold a Gift Aid Declaration)

Please return this booking form, with payment and/or donations by **25 April 2014** to:

Events Coordinator  
Christian Medical Fellowship  
6 Marshalsea Road  
London, SE1 1HL

If you are not a member of CMF, tick here if you do not wish CMF to contact you about membership and future events

NB: your personal data will be stored on the CMF Database, and will be used for CMF ministry and administrative purposes only  
Data Protection Act Reg. No. Z1341734

## VENUE & TRAVEL

Abernethy Ardeonaig Outdoor Centre  
by Killin  
Perthshire  
Scotland  
FK21 8SY

[www.abernethy.org.uk/our-centres/ardeonaig](http://www.abernethy.org.uk/our-centres/ardeonaig)

## DIRECTIONS

Although our retreat is based in Scotland we are very keen to be visited from all four corners of the British Isles. We hope to offer transport from Glasgow and Edinburgh airports - **make your booking early to maximise the chance of a free lift**. The centre is in a stunning but isolated location. Directions can be found on their website [www.abernethy.org.uk/our-centres/ardeonaig/ardeonaig-directions](http://www.abernethy.org.uk/our-centres/ardeonaig/ardeonaig-directions).

## ANY OTHER INFORMATION

For booking enquiries, contact **Ruth Haley**

**Tel: 020 7234 9670**

**E: [events@cmf.org.uk](mailto:events@cmf.org.uk)**



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