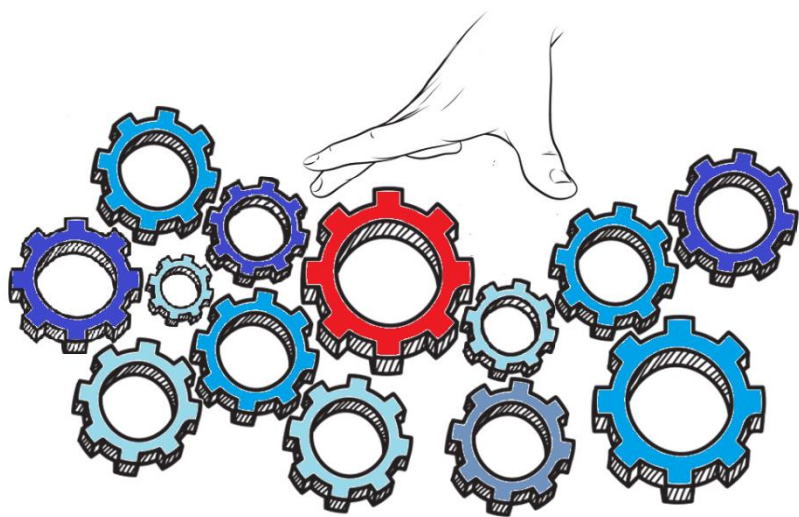


leaders



a handbook for CMF student links

2019

'I am among you as one who serves'

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welcome!

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen. 1 Peter 4:10–11 (NIV)

As Christian medics we seek to live under Christ's Lordship in everything. We seek the growth of his Kingdom through our words and deeds: as we introduce others to Jesus and speak out for Christian values in medicine; as we serve others and practise medicine worthy of him. He has given us an enormous privilege in being able to serve him through medicine, let's pray that we never forget that it is by his grace that we can. It's his work we do, it's his glory we seek, and it's to him that we are accountable.

Thomas Sydenham (1624–1689) was a Christian physician, known as 'the English Hippocrates' and 'the father of English medicine'. He wrote: 'It becomes every man who purposes to give himself to the care of others, seriously to consider the four following things:

- *First*, that he must one day give an account to the Supreme Judge of all the lives entrusted to his care.
- *Secondly*, that all his skill, and knowledge, and energy as they have been given him by God should be exercised for his glory, and the good of mankind, and not for mere gain or ambition.
- *Thirdly*, let him reflect that he has undertaken the care of no mean creature, for, in order that he may estimate the value, the greatness of the human race, the only begotten Son of God became himself a man, and thus ennobled it with his divine dignity, and far more than this, died to redeem it.
- And *fourthly*, that the doctor being himself a mortal man, should be diligent and tender in relieving his suffering patients, inasmuch as he himself must one day be a like sufferer.'

Let us follow this pattern as we seek to follow Christ in medicine.

foreword

CMF works in close partnership with Christian Unions (CUs). CUs are part of the Universities and Colleges Christian Fellowship (UCCF) in Britain, and the International Fellowship of Evangelical Students (IFES) in Ireland. It is also interesting to note that CMF and UCCF have a common origin.

This foreword is written by Tim Rudge, Field Director of UCCF.

The partnership between CMF and UCCF is based on our shared conviction that the gospel is true and therefore good. The gospel is the means through which God brings us into joyful fellowship with him for all eternity. Faith in Christ makes sense of the whole of life as we begin to live as our creator intends.

CMF and UCCF share the same commitment to make the wonders of the Gospel known to students in the UK and beyond. We share the same conviction that the gospel needs to be persuasively proclaimed in the public square of the university and lived out in day to day life before a watching world.

What is foolishness for some and despised by others will be the saving power of God for all who believe. Gospel ministry is strengthened by our partnership as we combine our energy and gifting for a common purpose. We witness to the love of the Father and the Son through our visible unity. I hope CMF and the CU movement will enjoy fruitful partnership at all levels for years to come.

www.uccf.org.uk

www.ifesireland.org

what is CMF?

www.cmf.org.uk/about

The Christian Medical Fellowship (CMF) exists to glorify God by uniting and equipping Christian doctors, medical students and other healthcare professionals to live and speak for Jesus Christ.

We were formed in 1949 in association with the then Inter-Varsity Fellowship (now the Universities and Colleges Christian Fellowship, UCCF) and currently have over 4,500 UK doctors and nearly 700 UK medical students as members.

our aims

- Discipleship – to unite Christian doctors and medical students in Christ, and to encourage them to deepen their faith, live like Christ, and serve him obediently, particularly by acting competently and with compassion in their medical practice.
- Evangelism – To encourage Christian doctors and medical students to be witnesses for Christ among all those they meet.
- Mission – To mobilise and support all Christian doctors, medical students and other healthcare professionals, especially members, in serving Christ throughout the world.
- Values – To promote Christian values, especially in bioethics and healthcare, among doctors and medical students, in the church and in society (for more about our values, see pg 71).

we are *Christian*

CMF is a fellowship of evangelical Christians in medicine. We are confident of the truth of the gospel, and passionate about sharing it with others. Knowing that it's only by God's grace that we're saved, we follow Christ in our everyday lives and in our practice of medicine, loving and serving others in the power of his Spirit.

We share a doctrinal basis with UCCF (see appendix – page 70), which is signed by all those holding a position of responsibility within CMF. Membership of CMF is open to all who can agree to this simple affirmation:

'I am in sympathy with the Aims of the Christian Medical Fellowship. I declare my faith in God the Father and in God the Son, the Lord Jesus Christ, Who is my Saviour, and in God the Holy Spirit. I accept the Bible as the supreme authority in matters of faith and conduct'

we are Medical

Christian doctors, nurses, medical and nursing students can become full members of CMF; other healthcare professionals can join as associate members. CMF is developing its ministry to nurses and midwives, so we especially encourage nursing and midwifery students to join.

We aim to complement the work of churches and Christian Unions (CUs) in doing the Christian *and* Medical work that only we do. We focus on the people, places and topics that churches and CUs are less able to. For example:

- In witness to, and support of, colleagues and patients
- In healthcare environments, both in the UK and abroad, where churches would not be able to meet or send missionaries
- In developing and proclaiming a Christian understanding of healthcare issues such as ethics, healing and medical mission.

we are a Fellowship

CMF is made up of its members. We are able to connect with each other in mutual support and encouragement. We stand together for Christ in healthcare.

There are networks of staff and volunteers throughout the UK and Ireland working for CMF as student links, medical school links, mentors, pastoral care supporters, regional secretaries, committee members and so on. There are local groups in many areas of the country, and several regional and national conferences are held each year for doctors, nurses and students, all of which help us build relationships with other Christian healthcare professionals.

We are part of a wider fellowship of sister movements across the world as part of the International Christian Medical and Dental Association (ICMDA). We work in partnership with churches and with UCCF and the International Fellowship of Evangelical Students (IFES).

www.ifesworld.org

www.icmda.net



six key strategic priorities for 2016-2020



1. **Advocacy** - being a voice for the voiceless
2. **Communications** – making resources relevant and accessible
3. **Training** - bringing members to maturity
4. **International Partnerships** - mission to the ends of the earth
5. **Volunteering** - every member a minister
6. **Evangelism** - proclaiming and defending the Gospel

why join CMF?

A key role for the student link is to encourage other Christian medics to join CMF. There are four main reasons to do so...

connect

As a member of CMF you can connect with others – praying, encouraging, and spurring each other on to the good works God has called us to do.

Locally...

- Christian medical and nursing students in your university
- Meeting with local qualified doctors and nurses for social and other events
- Being mentored by an older student or graduate

Regionally and nationally...

- Regional day conferences
- Annual CMF Student Conference
- Leaders' training events

Around the world...

- Linking with medical missionaries for overseas electives
- CMF's International Medical Student Conference
- Partnering with overseas medical/nursing schools

CMF will also help keep you connected and informed through our website, e-news (Crash Call), termly publications, Facebook Group (join now!), Instagram (CMFStudents) and Twitter (@CMFstudents).

grow

CMF is all about helping Christian doctors and nurses to grow as we integrate faith and medicine, be it one-to-one, in groups or at conferences.

Learn how to approach an issue through the lens of scripture, understand complex ethical issues such as 'What is a person' and so much more...

Tons of online resources at www.cmf.org.uk

Courses and conferences such as:

- *The Human Journey*
- Overseas medical mission day conference (Who is my neighbour?)
- Refugee & Asylum Seeker Health day course (I was lost)

Receive termly publications:

- *Triple Helix* for all CMF members
- *Nucleus*, our student journal
- CMF Files – each covers a different ethical issue
- CMF News – members' update

Sign up for our one-year training programme called Deep:ER to help integrate your faith and medicine.

But our most important resource is our members – to teach and model what it means to practise Christian medicine and nursing.

Speak

- Be part of a body of medics and nurses that speaks prophetically, especially on behalf of the vulnerable and needy, engaging with our culture, government, and professional bodies
- Grow in confidence to speak the gospel to friends and colleagues - we see evangelism as key to all we do, running day conferences on evangelism (Confident Christianity, Answering Other Faiths)
- Learn how to share faith with patients (Saline Solution day conference)

Serve

Whilst in many membership organisations 'what I get' is paramount, CMF also offers an opportunity to serve others.

- Members add strength to our voice as we speak out in the public square
- Your subscriptions and gifts help pay for CMF's work
- Knowing what's happening, you are better able to pray for the work

And as a member you will be better equipped to do that work – so take opportunities to:

serve at home...

- Disciple other students one-to-one
- Lead in your local group, regionally, or on the National Student Committee
- Write articles for *Nucleus* or the website

...and overseas

- Develop a passion for medical mission
- Do an elective in the developing world
- Join a summer team to support medical students in eastern Europe

The CMF student homepage has videos available to encourage people to join CMF in order to connect and grow, speak and serve:

www.cmf.org.uk/students

CMF student groups

There are CMF student groups in nearly all the twenty-nine English, seven Irish, five Scottish and two Welsh medical schools. Each one is different in the way they organise themselves. Some will be called 'CMF groups', others will have different names. Some will include other healthcare students. All are likely to include students who haven't yet joined national CMF, and who may not realise there is a national fellowship.

At their core, they're all groups of Christian medical students, visibly united to work through what it means to be a Christian in medicine, to encourage one another in opportunities to serve God in medicine, and to be a faithful witness to others.

But the CMF group is not church, nor is it the same as a Christian Union (CU). We think that it's vital that all Christian medical students are committed to their local church, and to their CUs.

CUs are made up of Christian students from different churches, working together for mission on campus. They meet together for prayer, evangelism and teaching from God's word to motivate and train them to live and speak for Jesus in the university. The aims and tasks of a CU are very similar to some of CMF's, and CMF groups can therefore be seen as '**faculty sub-groups**' of CU; part of the wider mission of CU, praying for and reaching your friends with the gospel. **CMF is complementary to CU, not an alternative.**

Medicine is vocational; nearly all medical students will go on to be doctors. And so CMF is not just a sub-group of CU, it is also a **professional group**. We want to integrate fully our faith with our medicine, to be Christian doctors. We're not just medics who happen to be Christians, or Christians who happen to be medics. We're Christian medics, and we seek to serve Christ as we live and speak for him in medicine. Becoming truly Christian medics is a career-long process and it's important to understand and practise our medicine in a Christian way from the very beginning.

So the CMF group exists as both a faculty sub-group of the CU while you are at university and as a professional group from the beginning of your careers in medicine, and beyond!

how this works in different contexts

If the medical school is not separate from the rest of the university, then we would recommend that medical students be part of the university CU. The university CU would be the focus of campus mission, and the CMF group would be a faculty sub-group, putting on faculty-specific meetings (eg, lunch bars addressing issues of interest to non-Christian medics), and meeting together to pray. The group should work in close liaison with the CU, as would any sub-group.

If the medical school is effectively its own university, entirely separate from other faculties in the university, then the CMF group would function as the CU for that medical school. They would not be a sub-group, they would *be* the CU. We would recommend that the group affiliate themselves with UCCF, and seek the support of the local UCCF staff-worker. CMF, as CU, would hold all the sorts of meetings that any CU would hold.

In some medical schools, the position is somewhere between the two situations described: for example, the medical school might be geographically co-located with the rest of the university, but socially there might be little to connect medics with other students (eg, separate unions and sports societies). Or the medical school might be a cooperation of two universities, which gives the medical school a unique identity separate from either. In this case you may function as a CU, BUT working closely with the other CU on campus.

pre-clinical, clinical and graduate-entry

The relationship can be further complicated by the difference between pre-clinical and clinical years, which in some universities are no longer clearly distinguished.

Generally, in a traditional pre-clinical course in a traditional university, the CMF group is more likely to be a faculty sub-group of the CU.

In clinical years, students are more likely to associate only with other healthcare students. They will have much shorter holidays, timetables are likely to be busier, and often include placements away from the university. Students are also likely to be older than most of the rest of the CU. We would not always expect these students to be able to be active members of the university CU. A CMF clinical group might therefore try to fulfil the

role of a CU itself, or it could be part of a wider healthcare fellowship, which might be affiliated to UCCF.

Graduate entry medical schools are another category in which the maturity of the students and the more concentrated nature of the medical course make contact with undergraduate non-medics even less likely. We would expect that the CMF group would work similarly to that in the clinical setting.

summary

A key way to understand this is to think ‘who are the people I can reach with the gospel’? If you spend a lot of time with undergraduate non-medics, then you should be an active member of the university CU, and the CMF group is likely to be a faculty sub-group of CU. If you spend nearly all your time with other medics, then perhaps the role of CU should be fulfilled by the CMF group.

In any situation, whether distinct from the CU or an integral part of it, the CMF group should work in good partnership with the CU. And in all cases, the CMF group would also develop a programme to achieve those aims of CMF that are not part of a CU programme: patient evangelism, medical mission, ethics and so on.

how is CMF structured?

CMF is a limited company and a registered charity. Overall responsibility is taken by a Board of Trustees, elected by a 'general committee' of members which meets annually. The Chief Executive Officer (CEO) leads the staff team, who work in departments.

departments

- Students
- Graduates
- CMF Global
- Nurses
- Communications
- Central Services (finance and administration)
- CEO's Office

Each department is supported by a committee – for students this is the CMF Student Council (also known as the National Student Committee).

local links

There is also a network of 'links', volunteers who act as a point of contact or help co-ordinate local activities. Regionally, these are overseen by a regional secretary.

- Local links – covering a particular geographical area
- Workplace links – covering a particular hospital or Trust
- Deanery links – covering a particular postgraduate deanery
- Foundation school links – covering a particular foundation school
- Speciality links – linking members within specialty or Royal College
- Church links – covering a specific church
- Medical school links – doctors supporting their local medical school group
- **Student links – two per medical school (that's you!)**

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leaders and links

Christian leadership is serving others in love so that God is glorified. CMF student groups exist to glorify God by uniting and equipping medical students to live and speak for Jesus in medicine. So CMF student leaders serve other Christian medics by helping them to do that. A crucial part of this is to connect those medics together, and with the wider CMF. Without this initial focus on connecting people, it wouldn't be possible to promote the resources to learn and the opportunities to serve that CMF membership offers.

Throughout CMF, those leaders who act as points of contact locally in workplaces, churches, and medical schools, are known as 'links'. There are, of course, many other ways in which students can serve each other in leadership roles; some might be Bible study leaders; some might be visionary pioneers establishing new ministries in their medical schools; some might manage the group's finances; and some might organise local meetings. In many groups, the links will also be the overall leaders. In others, the link will be one role among many on a committee. Different groups will have different ways of organising themselves, and different ways of deciding who is to take on which role.

At its core however, the link role is about connecting the local student group with the wider CMF. To be a CMF link is effectively to hold a position within national CMF. Whoever is designated as one of the two links should therefore meet the core requirements of that role description (see appendix, page 95), and be willing to accept those accountabilities.

choosing leaders

For those who have an overall leadership role within the student group, whether they are links or not, and to the extent that they are also leading others spiritually, Paul's advice to Timothy (2 Timothy 2:2) is relevant: they must be reliable and able to teach God's word faithfully. We are not appointing elders for a church, so a student leader wouldn't necessarily meet all the requirements in 1 Timothy 3:1–7 or Titus 1:6–9. But those lists do provide good wisdom when considering who should have overall leadership of a student group.

For the many other leadership roles in a student group: administrative, financial, planning social events, whatever it is; the advice Paul gives about the appointment of deacons (1 Timothy 3:8–13) would also be helpful. Although the CMF group is not a church, and student leaders are not elders or deacons, leadership should still be taken seriously. Appointment to leadership should be made prayerfully, with wise and godly advice from others.

tips for student leaders to find their successors

- Pray that God would raise people to do the work! (Matthew 9:38)
- Actively look out for people who could take over from you – especially those who are already taking initiative to do things, but also those who need challenging to get started.
- Encourage others to take on tasks not just to relieve your workload, but to develop their leadership potential.
- Discuss potential successors with others: the rest of your leadership team; previous links and leaders; the medical school link or other local doctors involved with the group; church student workers and pastors; and CU committees or staff-workers.
- Remember that other Christian groups may want the same people to be in leadership. Make sure that you work together with CUs and others to make sure you're not stepping on each other's toes!

handover

The actual handover is crucial.

- Generally, it's best to handover around Easter. The Summer term is usually less busy from a CMF point of view, and this gives people time to settle in before the mad rush of freshers and advertising conference. If you do appoint a new committee at a different time of year, that's ok, but please identify the new links in time for leaders' training.
- Pass on as much helpful information as you can. Use the student leaders' folder to write notes or add your own pages, so everything is in one place to hand on to your successor.
- Let us know what's going on! We will want to know who's been chosen to be the next links, so we can send them the relevant paperwork and book them a place at leaders' training.

linking with whom?

The key role of the link is to be a point of contact - firstly, to connect together Christian medical student in your university; secondly, to connect with others who will be able to help unite and equip the group to live and speak for Jesus in medical school. The following are particularly relevant for student links to connect with:

- The **CMF student department**. We will often be in touch with you with news of events, etc; please make sure you read and reply! Also, each region has a designated student staff team member. Do keep us up to date with what's happening, and get in touch for advice and support, or to arrange events (eg, 'Confident Christianity'). Especially, we need to know who the links are when you handover to your successors!
- Regional **Student Council members**. The National Student Committee (NSC) is made up of representatives from each region; each medical school is covered by one or two council members.
- The **medical school link (MSL)** is a local doctor who can help link you with other local CMF doctors. They can also be a great source of advice on running a CMF group; they may have a home you can meet in; they may be able to speak at meetings; they may be able to act as a guarantor for you within the university. Or maybe they can find other local doctors who could do those things – some MSLs co-ordinate a team of local doctors who are keen to support medical students in their area. It's this connection between the students and doctors that is so important; perhaps initially through social events such as a Summer BBQ, and developing over the years so that students can get to know Christian doctors who can meet with them, pray with them, disciple them, and be role models of living and speaking for Jesus in medicine. So make sure you meet regularly with your MSL!
- The university **CU committee**. Different CUs may organise themselves differently, but it is really important for the CMF reps to maintain a good link with those running the CU. There might be a designated 'CMF link' on the committee, for example. When planning programmes, especially when organising events that could be helpful for non-medics (eg, 'Confident Christianity'), it'd be good to make sure you work together. Annual mission events could be planned together.

As well as sharing plans for the year, it would be helpful to think together about the leadership of the CMF group, especially if the CMF rep is a member of the CU leadership team.

- The local ***UCCF CU staff worker (CUSW)***. This is especially important if your CMF group is effectively the CU for your campus. Even if this is not the case, then in your role as a ‘faculty sub-group’ of CU it would be very helpful to link with the CUSW for advice and support for evangelism among students. They will be able to link you up with speakers and provide great resources.
- ***CMF Associate Staff worker (ASW)*** – a local doctor who sets aside a day a week to work with students including you as student leaders.
- ***Church student workers***. Link up with student workers at the churches that medics go to. Keep them in the loop with what you’re planning, and ask for their advice and support.
- ***Student union (SU)*** and university authorities. Some CMF groups are affiliated with the SU or the university, some aren’t. In general, if it can be done without compromising your beliefs, it is probably better to be affiliated, in order to book rooms, have help with accounts, borrow equipment, etc. Even if not officially affiliated, still try to maintain good relationships – see 1 Timothy 2:1–4.

So make yourself known – **introduce yourself to these people when you start as a rep**. Some of these relationships might be weekly (eg, if you’re meeting to pray with the MSL); some might just be a termly email or text.

And make yourself known within the medical school so that CMF members, and Christians who aren’t yet CMF members, will know whom to contact. This might be through the CMF website, or a medical school notice board, or a Facebook page – there are many ways to do it! You are their point of contact for finding out about CMF, about the group, or how to get in touch with anyone from the list above.

student team

Name	CMF role	Based in	Medical role	Specific responsibilities
Jeremy Foster	Chair of Student Council	Southampton	student	Council
Silas Anderson	Vice-chair of Student Council	Bristol	student	Council
Rachel Owusu-Ankomah	Head of department	CMF office	Surgeon	Anything and Everything: Ireland, Wales, Scotland, NE, NW, SW
Laurence Crutchlow	Associate head	CMF office	GP	<i>Nucleus</i> , Student Union issues; Midlands, London
Alex Bunn	Associate head	CMF office	GP and prison doctor	Summer teams, CC & day conferences; SE, Central
Pippa Peppiatt	Head of Nursing	CMF office	Former nurse and charity founder	CMF nursing ministry
Georgina Coster	Associate Head of Nursing	Stoke-on-Trent	Nurse	CMF nursing student ministry
Marolin Watson	Co-ordinator	CMF office		Events bookings and administration
James Howitt	Associate Staff-worker	Essex / London	DWP Doctor	Resources, Videos
Esther Chevassut	Nurses Associate Staff-worker	Berkshire	Nurse	CMF nursing student ministry

other CMF staff

department heads

Mark Pickering, Chief Executive Officer

John Greenall, National Field Director

Graham Sopp, Head of Operations

Pippa Peppiatt, Head of Nursing

Felicia Wong, Head of Graduate Ministries

Fi Mclachlan, Head of CMF Global

Steve Fouch, Head of Communications

field staff

Audrey Chalmers, Associate staff-worker in Scotland

Stephanie Moss, Associate staff-worker: Workplace Evangelism

contacting staff

CMF staff members can be emailed using their first name followed by @cmf.org.uk (Apart from John Greenall: JohnG@cmf.org.uk).

The full list of CMF staff can be found at:
www.cmf.org.uk/about/staff-at-cmf

The office phone number is 020 7234 9660

student council

Student Council (also known as the National Student Committee) is made up of a chair and vice-chair, and representatives from each of the regions in the UK and Ireland. They meet a few times a year as representatives of regions to help with our vision/direction, advise the staff team and get specific training as leaders.

Their purpose is to advise the CMF student department and support CMF student links, to connect medical schools within regions, and to connect regions together.

CMF has ten student regions. Each has one or two representatives on the student council depending on the number of medical schools in that region. A member of the student staff team has particular oversight over each region.

Each region in Britain is linked to a UCCF region; staff for each region can be found here: www.uccf.org.uk/our-team or for Ireland: www.ifesireland.org/meet-the-team

If you are interested in serving on the student council, please see here for more details: www.cmf.org.uk/students/council

There is also a role description in the appendices pages 95-99.

Region	Medical Schools	Student Council	Staff
Ireland	NUIG, RCSI, TCD, UCC, UCD, UL, QUB	Mike Roberts (North) Samuel Gunaratnam (South)	Rachel
Scotland	Aberdeen, Dundee, Edinburgh, Glasgow, St Andrews	Jo Boxall	Rachel
Wales	Cardiff, Swansea	Vacancy	Rachel
Northeast	Durham, HYMS, Leeds, Newcastle, Sheffield	George Hunt Dave Kemball	Rachel
Northwest	Lancaster, Liverpool, Manchester, UCLan	Catherine Macarthur Rachel Middleton	Rachel
Midlands	Aston, Birmingham, Keele, Leicester, Nottingham, Warwick	Isaac Barnes	Laurence
Central	Anglia Ruskin, Cambridge, Norwich, Oxford, UEA	Zack Millar	Alex
Southwest	Bristol, Plymouth, Exeter	Sophie Latta Silas Anderson	Rachel
Southeast	Brighton, BSMS, Southampton	Jeremy Foster Tom Sorrell	Alex
London	Bart's, Imperial, King's, St George's, UCL	Sally Barker Daniel Nle	Laurence

how to *actually* link members with one another

If you take just one thing from this page, please remember that *linking members is all about face-to-face contact*. Email lists, facebook, posters and the like all play a role – but ultimately, most people come to an event or commit to do something because someone asked them personally.

Links who have signed the data protection form (DPF) will be able to access CMF's online database. Membership lists for each medical school, and contact details for those members, will be available. If for some reason you can't access the online database, Marolin Watson in the office can send you the list. It is good to periodically review your membership list, and make contact with people who you don't see at meetings. This can also help with recruitment as you notice people who you thought should be on the list but were not.

practical communication

Here are suggestions about some of the non-face-to-face ways that groups often communicate:

email lists can be helpful, and are easy to administer. At the same time, they become out of date quickly, and are surprisingly insecure, as emails are easily forwarded. If you use these, take care to:

- Keep up to date – review it every few months at least
- Take care what it is used for – people ignore it if there are too many emails sent
- Use the 'bcc' field – not everyone wants their email address to be public
- Remember it isn't secure – take care over personal details

Facebook groups have been widely used. The major advantage over email is that you don't have to keep track of changing addresses. But not everyone uses (or wants to use) Facebook, and again information is not always private. Remember the following:

- Groups and Pages are quite different – for communication and discussion, a group is better
- Groups can be open, closed or secret – closed groups are probably better
- If you have a page, please ensure it is kept up to date. A dated or spam filled page is worse than none at all

WhatsApp Groups and messages are helpful. They seem more likely to be read than email, though people can mute groups, and can also become annoyed if receiving messages repeatedly. WhatsApp and phone calls are essential for encouraging people to come to events – a ‘yes’ on Facebook is often not a yes in reality, but a ‘yes’ after a chat is much more likely to be followed through.

CMF members’ website

The CMF members’ website will help you link with members. As student links you will need to encourage members to use this website to keep their details up-to-date!

data protection

Personal data, including email addresses, is protected by law. When people join CMF, most give CMF permission to use their personal data to keep in touch with them.

All student links must sign the CMF data protection policy and follow CMF’s data protection procedures which set out how members’ personal data can and cannot be used.

Links are not allowed to pass on members’ personal data to anyone who has not signed the CMF data protection policy.

recruiting

CMF is interested in building the Kingdom of God, rather than creating an empire, and you are not salespeople employed to sell CMF like a used car. It is worth remembering that CMF loses money by subsidising massively every student who joins CMF! But in order to help medical students to connect and grow, speak and serve, we do need to encourage membership. You may be surprised to find that many of your group are not ‘official members’ of national CMF.

Being involved with CMF locally in medical school doesn’t necessarily mean someone is a member of national CMF, and vice versa. And being on the database of national CMF doesn’t mean someone has paid their subs! Think where your Christian medic friends might be placed in this grid:

	Paid up member of CMF	Lapsed member of CMF	Not a member of CMF
Active member of local group			
Connected to local group but not very involved			
Not at all connected with local group			

Clearly, some people will be too busy (or away on placements) to be much involved in the local group. But there’s no real reason not to be connected at all. And money might be tight for some people, but £10 shouldn’t be a barrier to being a member of national CMF. Once people understand the reasons we’ve given earlier in this handbook (‘why join CMF’), then they’ll want to be connected with other Christian medics!

But how do you know if your Christian medic friends are members or not? Or paid up or not? Many students themselves can’t remember if they ever joined! You could ask them to use the ‘*Nucleus* test’: do I receive *Nucleus* through my letterbox? It is fairly specific, in that we only send publications to those who have joined, although some may have signed up just to get the student conference discount and will soon lapse. It is not 100% sensitive though, as many students may have provided an old address which needs updating.

To help you know for sure who's a member of CMF, you will be able to check the list online. We recommend printing off a list at least termly.

- Tick off all those who are known to you and in your groups already – and encourage them to keep going!
- Identify those you know who are on the national membership list but aren't involved locally... and try to engage them, even if at first it's just a case of putting them on an email list to keep them informed of what's happening.
- There might be some on the list you've never heard of – try to find them. They may be unaware of any local CMF group, and just need someone to tell them about it!
- Make a list of people who are involved locally who you thought would be on the list... but aren't. Invite and persuade them to join. Think about promoting the benefits of CMF membership, perhaps using the 'why Join CMF' leaflet or online videos. Ask for testimonies from those who have been to conference to help enthuse people!
- Think about any others you know who might benefit from membership ... perhaps Christians on your course that aren't involved in CU or CMF ... this might especially include mature or international students.

All of this is 'ongoing' encouragement of your fellow Christian medics to connect, learn and serve with CMF. Remember also that there are two specific opportunities to encourage people to join:

- Freshers
- Conference

Freshers is a chance to tell people about CMF for the first time; make it a good first impression! And **conference** is a great motivation to join – especially because the discount for members is greater than the annual cost of membership! By encouraging people to come to conference, you are encouraging membership. And once people have been to conference, they're usually inspired to get more involved in CMF.

A final group to focus on would be **those graduating**. Foundation year doctors who are CMF members will be quickly linked to local Christian doctors, as well as being invited to the junior doctors' conference in the Autumn. For those starting jobs in a distant hospital where they know no-one, being a member of CMF will be really helpful.

student unions and university authorities

Most CMF groups are able to meet on campus, as well as advertise and run events, without any serious hindrance. However there have been a number of cases over the past few years where either medical schools or student unions have tried to restrict CMF and other Christian groups. In the largely secular environment of UK and Irish campuses, it is hard to avoid all problems. However it has usually been possible to resolve issues through negotiation, even if it often takes some time!

should our group affiliate with the student union?

This will depend on the size and nature of your group, and your local student union (SU). For smaller groups that meet monthly, often in people's houses, there is probably little reason to affiliate. Most SUs will have a minimum membership requirement for societies anyway, and it is often possible to book rooms for events such as lunch bars with the support of the CU or chaplaincy.

For larger groups, where there might be more frequent meetings and evangelistic events, there are advantages to affiliating – room bookings and publicity are often easier, and some funding can often be obtained from the SU.

There are disadvantages to affiliating with the SU however. Committee members (usually the president and treasurer) may be obliged to attend some training and sometimes other meetings in the SU – these may of course be a good way of engaging with others on campus, but can be time consuming. Most student unions will have stipulations about elections for committees, and there are often difficulties over constitutional stipulations about committee members being Christians.

Some groups have been able to affiliate with MedSoc (or similar groups) who will deal with the SU on their behalf; others have effectively operated as a small group of the CU.

formal arrangement with the medical school

It is helpful to have at least *some* formal arrangement with the medical school about how your group operates. Most problems have arisen where a CMF group has operated informally on campus for many years, and then been told that they cannot advertise or book rooms, either because they are not affiliated to the SU, or because they are seen as an outside organisation. Many universities now have more strict policies about religious groups – not usually targeted specifically at Christians, but often having an effect, particularly on inviting outside speakers.

Whatever you are doing currently, see if it can be formalised if it isn't already. Staff in the CMF Office are happy to offer advice about individual situations.

UCCFs website also has a number of resources to help CUs deal with SUs, most of which will be applicable to CMF groups.

www.uccf.org.uk/engaging-with-sus/get-involved-with-your-su.htm

The CMF Office is happy to help with issues around constitutions and student union affiliation. The CU may also be able to help, as they will almost certainly have had to deal with similar issues.

programmes

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typical programmes

These are just suggested outlines; different groups will have very different programmes. If you do nothing else, make sure you pray together – even if it's just two or three of you! If your group is too small to organise much, there is an awful lot that national CMF, local doctors, and CU or churches will be able to add to your programme. You don't need to do everything yourself!

annual events

When?	What?	Who organises?
Summer	Summer teams	CMF
Sep	UCCF Forum (27-31 Aug 2019)	UCCF
Sep-Oct	Freshers	CU... and you
Autumn	Irish (25-27 Oct 19)/Scottish (TBC) conferences	Irish/ Scottish students
Feb	Student Conference (31 Jan - 2 Feb 2020)	CMF
Easter	Irish CU annual conference	IFES Ireland
Spring	CMF leaders training	CMF
variable	CU mission week	CU... and you
variable	Regional CMF conferences or house-parties	CMF... and you
variable	CU house-parties or regional Forum	CU/UCCF

monthly to termly

- evangelistic event (eg, a lunch bar on a medical theme).
- a meeting to consider a topic specific to being a Christian in medicine, with a local speaker, missionary medic or similar giving a talk (eg, ethics, electives, mission, whole-person medicine), preferably in a local doctor's house with food provided! This could well be already organised by doctors in your area.
- a social gathering to connect different year groups and local doctors.

weekly

- prayer (eg, lunchtime between lectures).
- one-to-ones or triplets meeting to pray and study (eg, reading the Bible, or CMF files, or 'Matters of Life and Death').

- Small group meeting, eg, Healthcare Bible Studies, The Human Journey, Worldview/Sexuality videos, Matters of Life and Death videos. These are done monthly by many groups.

As you can see, much of the annual programme is already organised by others, nationally or regionally. More local events generally need your own input, but you can still make use of events and meetings that your local doctors and CU are already arranging.

developing your programme

It's not just about meetings! It's very easy for 'meetings' to become an end in themselves. A 'meeting-centred' attitude can tempt us to think that group members exist in order to populate the meeting, or that evangelism is 'done' when we've held a meeting (even if no-one comes!). Organising the programme can become a burden, and attending can become a chore. People can become disillusioned, and feel guilty when they give up.

Instead, we need to be clear that meetings are a means to an end. Our chief aim is to glorify God; in CMF we seek to do this by discipling one another as Christian medics, in evangelism, in medical mission, and in developing and proclaiming Christian values in medicine. As we meet together in fellowship, it should be for one or more of these aims. We need a 'mission-centred' attitude; our meetings exist to support each other to become the Christian medics that God wants us to be, to pray for our friends that they might know Jesus for themselves, to introduce them to Jesus, to enthuse us to go and use our medicine in mission throughout the world, and to give us the courage to speak out for Christian ethics.

Programmes will vary from group to group, but for all of you:

- Don't meet for the sake of it: ensure your meetings have a clear purpose
- Don't duplicate church or CU meetings: plan your programmes in conjunction with church and CU leaders
- Don't overload yourselves: make use of national CMF events to meet the needs of the group

being a Christian *student*

For a CU faculty sub-group, there might not be that much to arrange. If your CU is providing great Bible teaching and evangelism training through its main meetings and hall-groups, then don't try to duplicate this. Similarly, don't try to become another church home-group. Focus on **prayer and evangelism** within the medical school; perhaps weekly prayer meetings and lunch bar evangelism in between lectures. On the other hand, if your group is effectively the CU, then you'll need to put on a fuller

programme – and we strongly recommend you do this with the support of UCCF.

prayer

Every group of Christian medics could and should meet together to pray. Everything we do should be rooted in prayer, reminding us of our dependence on God in all things and the joy of fellowship with him.

This could be weekly, or even daily before lectures - for ten minutes, or half an hour or more; in a faculty building, in the hospital chapel, on placements, at home... Each year group could identify a time to meet, and beyond that there's little that needs organising – but it will need encouraging. The key thing is to ensure that *at least one* person is there each time! To get started you could read a few Bible verses or passages from CMF's Doctors' Life Support book (also online daily at www.cmf.org.uk/doctors/devotion.asp).

A hospital chapel can also be a good venue for multidisciplinary prayer. Students can serve the hospital and help cross barriers of hierarchy and specialty by organising this. Often patients and relatives will leave prayer requests in a ledger.

regular evangelistic events

'Lunch bars' (see p53) are events held at lunchtime - either bring-your-own lunch, or with lunch provided. There would be a ten-minute talk on an issue relevant to medical students, followed by questions. Examples include: 'Why does God allow suffering?', or 'What's the problem with autonomy?'. You can use ethical or apologetic topics, often related to current issues, that enable you to critique a secular worldview, and make a case for the Christian approach, rooted in the gospel. Ask your medical school link, or contact the office for advice. Church and CU staff-workers should also be able to help. It would be good to have a couple of these events each term.

As well as stand-alone events like these, you could run a weekly or fortnightly series working through a gospel. Again, the model of a ten-minute talk over lunch, with questions afterwards, can work really well. 'Christianity Explored' and 'Alpha' follow a similar model but last a couple of hours (they are developing shorter versions). UCCF has material

available for this sort of series, and there is plenty of good published material. Ask your church or CU staff-workers for advice.

Other options include debates, ‘grill-a-Christian’ panels, film evenings... there are probably many other things you can think of that would help reach your colleagues with the good news of Jesus!

annual evangelistic events

CU missions usually happen every year. Do get involved in running events for medics as part of the bigger mission. These could be lunch-time events as above, or longer evening meetings. Do plan these in conjunction with the CU.

Carol services are a great opportunity to reach others with the gospel, as are graduation thanksgiving services.

Freshers’ week is a key time to welcome new students; use the Freshers’ Fair (or equivalent), ideally sharing a stall with the CU, and host relevant evangelistic events.

training days

CMF runs day conferences in evangelism training: ‘Confident Christianity’ (CC - how to explain the gospel and answer difficult questions) and ‘Answering other Faiths’ (AOF - how to engage with other worldviews and specific issues to address with people of different religions). It would be good for each region to hold one of these each year. Do invite non-medics and involve the CU committee and staff-worker.

being a Christian *medic*

For any group, it will be appropriate to arrange ‘medic-specific’ meetings to develop a Christian understanding of ethics or mission, or to think through how to discuss issues of faith with patients. It’s likely that these will be more necessary the more clinical work you’re doing, and the nearer you are to graduation – but it’s good to start thinking about **Christian medicine** from day one! Perhaps a termly event for first years, and

monthly for clinical years – be realistic, bearing in mind how busy clinical medics will be. And use your medical school link or other local doctors to help you – there may well be local events organised by them already that students would be very welcome attend!

And remember, there are many regional and national CMF events, as well as our literature and online resources which can be valuable sources of training that you don't need to organise yourselves. Plan your year's programme around CMF's annual calendar, and encourage people to make the best use of those opportunities! The exact dates for all of these vary from year to year, so do check the website for details. Having identified the events available for your group, you will need to think through what you need to organise locally.

weekday meetings

Generally, we'd encourage you not to arrange many evening meetings, as these will get in the way of church and CU meetings. There is a real danger that Christian students retreat into 'holy huddles', using all their evenings in 'Christian' meetings. We do need to meet together to encourage and equip each other, but make sure you spend time with your other friends. It might be better therefore to arrange meetings aimed at Christian medics during the day. Or if evening is best, ensure that there aren't too many – perhaps monthly or termly, depending on which stage of medical school you are. It would be good to liaise with the CU so that events don't clash, especially for pre-clinical groups.

The sorts of topics you might cover include: ethics, medical mission, planning your electives, healing, witnessing to patients, public policy, mental health, disability, personhood, research, rationing... Look through the topics covered in *Nucleus* or *CMF Files*, or in conference seminars, to give you ideas. Think also how you could encourage each other to use ethics or other medical topics in your evangelism – ie, planning those medic-specific evangelistic events you're doing at lunch-times! Ask your MSL (or us in the office) for suggested speakers or resources.

Remember that local doctors may already be meeting regularly to cover similar topics – so join them!

training days

CMF runs day conferences for healthcare professionals and students – see page 48-52. Do let us know if you'd like one to be organised in your area, and do encourage other healthcare students to attend too.

social events

Christmas parties and summer barbeques can be a great way to meet students from other year groups and local doctors. If CMF doctors aren't already organising these events, then use your Medical School Link to help you find a venue (a GP or consultant's house?). And remember, we're not meeting each other merely to meet and eat and have fun, nor to become a 'clique', but because we want to build relationships that will help us develop as Christian doctors doing the work that God has in store for us. We want to follow the example of Christian doctors we know; we want to set an example of Christian living to younger students. Once we know each other, we will work together for the gospel more effectively. We can arrange prayer-triplets. We can set up to one-one relationships to read the Bible and pray together, younger students with older students, and students with doctors.

other things to encourage

There are lots of meetings that CMF groups can encourage, but could leave individuals to arrange. For example:

one-to-one discipleship

Spending an hour or so a week with an older Christian over lunch or a coffee to study God's word and prayerfully apply it to your life as a medical student is invaluable. Do it! For pre-clinical students, the older Christian may well be an older student, or a non-medic from church. For clinical students, the issues you face become more clinical, and it might be best to meet with a doctor from your church.

one-to-one evangelism

Find a short time each week over coffee to read through a gospel with a friend, being prepared to answer their questions and introduce them to Jesus.

prayer triplets

Groups of students meeting regularly to pray together.

dialogue dinners

Hosting a dinner in your home for your friends to discuss the gospel. Make sure you let them know what's involved first, and never outnumber them with Christians. It can be good to invite someone else (perhaps a local doctor or church worker) who can give a clear and winsome explanation of the gospel after the main course, and then no-holds-barred questions over pudding and coffee.

book clubs

A small group studying a selection from CMF's recommended reading list – perhaps something like *'Matters of Life and Death'* by John Wyatt.

student selected components

CMF has lots of resources to help you plan an SSC. There are several SSCs around the country being run by CMF members, and it might also be possible to do an SSC here at CMF. Do ask the office for advice.

conferences

CMF runs a number of conferences each year. They are a great opportunity for connecting and learning, and are often the spur for serving with CMF and elsewhere in future.

student conference

This happens annually in early February and is the key event of the CMF student year; particularly encourage new members or those who haven't been before to attend. The conference includes three main Bible talks and a wide choice of seminars on topics at the interface of Christianity and medicine. About 400 people attend, and there are plenty of opportunities to have fun and get to know each other socially.

student leaders' training

Each year we run training for student leaders. Since 2013 it's been held at CMF's National Conference in late April/early May. We realise it's not possible for everyone to come to this weekend, so we are also able to run mini-leaders training days regionally as required. Ideally each person becoming a student link would attend training as they start.

regional conferences

Some regions have their own conferences. Ireland has had a regular weekend conference largely run by students for some years. Some CMF regions have weekend conferences for graduates, to which students are welcome. We hope to run student streams at some of these in future. It is good for student council members to liaise with graduate regional secretaries and be part of local CMF committees, where these exist, so that students can be involved in planning any such events.

day conferences

CMF can offer several day conferences such as Confident Christianity, Answering Other Faiths, Saline Solution or Who is My Neighbour. Once you have decided on a topic, contact the office with as much notice as possible, as diaries fill early. It will need a team effort to organise:

- Date: avoid clashes with exams and CU events; perhaps consider as preparation for mission week. Day conferences are usually held on a Saturday morning and afternoon, but alternatives include a Wednesday afternoon and evening, or possibly over a series of evenings.
- Venue: ideally somewhere free of charge and central. Book early, and make sure you include enough time for setting up and clearing away.
- Publicity: one word by mouth is worth a thousand unread emails, especially by someone who has previously attended. Sell the practical implications and uniqueness of the course. Get the event in diaries *early* and repeatedly. The office will provide leaflets and can also mailshot local students and juniors. Consider inviting allied health professionals, CU and local churches.
- Bookings. Facebook 'maybes' are worse than useless, as they will not tell you whether the day is viable. Get solid commitments, ideally by taking money or online bookings via the CMF website. *Gently challenge your group to let their yes mean yes (Matthew 5:37)!* Generally we need ten bookings in advance to go ahead.
- Equipment: it helps if travelling speakers do not have to bring a projector with them - try to provide a flip chart. Make sure there are enough chairs and, ideally, Bibles.
- Catering: hot drinks are essential, and if facilities are available, you could provide lunch cheaply or signpost to local shops.

The following pages contain brief descriptions of each course.

Confident Christianity

The apostles were confident. They knew what they believed and in the face of persecution, Peter tells us: 'Do not fear their threats; do not be frightened. But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.' 1 Peter 3:14-15

Do you find this difficult to live out in practice? If a friend asked you for a brief explanation of the Christian faith what would you say? And suppose he then came back at you with half a dozen major objections, could you handle them?

- 'Is Jesus the only way to God?'
- 'Isn't the Bible full of errors?'
- 'How can miracles be possible?'
- 'How can a loving God allow suffering?'
- 'What about those who've never heard?'
- 'How can a good God send people to Hell?'

This training day is for those who want to be more confident in sharing the good news about Jesus.

Example programme

- 09:30 Registration, Coffee & Welcome
- 10:00 Workshop & Seminar
Getting started; God's role and ours; What is the gospel?
Role plays 1: explaining the gospel
- 12:00 Lunch
- 13:00 Workshop & Seminar
How did the apostles do it? Those tricky questions
Why do you believe? Circular arguments; Countering relativism
- 14:30 Tea & Coffee
- 15:00 Workshop & Seminar
Role plays 2: answering difficult questions.
- 16:30 Summing up and prayer.

www.cmf.org.uk/publications/confident-christianity

Answering other faiths?

The universities and medical schools of the UK are filled with students from other religions and worldviews, often from countries that Christians could not easily go to as traditional 'missionaries'. In many ways they are a key factor in world mission, as large numbers of them will go back to their own countries to be the movers and shakers of the future.

The apostle Peter said this of Jesus: 'Salvation is found in no-one else, for there is no other name under heaven given to men by which we might be saved.' Acts 4:12

Knowing that, do you long to reach out to your friends with the gospel, but feel uncertain how to express it in ways they will relate to? Do you feel bewildered by the plethora of different religious beliefs? Are you paralysed by the mass of information you need to get to grips with?

If you can answer 'yes' to any of these, then Answering Other Faiths is for you! This interactive training day will look at:

- God's big plan throughout history to raise up people from every nation to be his own
- How God views other religions
- How to diagnose your friends' worldview
- Christianity's distinctive features
- Responding to relativism
- Worked examples on major faiths

You'll go away more confident about speaking with friends of other faiths, and better equipped to share the gospel with them in a way that is meaningful and attractive.

Saline solution

Every Christian doctor and health professional has a unique opportunity to improve both the physical and spiritual health of their patients, but many feel frustrated by the challenge of integrating their faith and practice within the time constraints of the daily schedule.

And yet there is now a growing recognition in the medical literature of the important link between spirituality and health, and the GMC has ruled that sharing faith with patients is fine as long as it is done in an appropriate and sensitive way.

In our contact with patients we are called to be the 'salt of the earth' - flavouring life with grace rather than blasting people with the truth. The Saline Solution course has been developed to help Christian doctors and other healthcare professionals bring Christ into the consultation. So far it has helped hundreds to be more comfortable and adept at practising medicine that addresses the needs of the whole person.

The course is aimed at helping us draw patients in a natural way one step closer to a relationship with God by recognising God-given opportunities to touch them with the love of God without being pushy, forced or offensive.

Example programme

09.30	Registration
10.00	Session 1: Spirituality and Health
11.30	Coffee
12.00	Session 2: Doctor-Patient Communication and Spiritual History
1.15	Lunch
2.00	Session 3: Communicating Words of Hope, Spiritual Referral and Prescribing Spiritual Truth
3.30	Tea
3.45	Session 4: Challenging the Will and 'Where do we go from here?'
4.30	Close

Who is my neighbour?

Who is my neighbour in today's global world?

One day an expert in the Law asked Jesus - Who is my neighbour?

The response that Jesus gave answers a different question altogether - what sort of neighbour should I be? The Levite was a neighbour in a physical, literal sense - but it was the Samaritan who is known as 'good' because of how he responded to the blatant need he was faced with.

Who was the neighbour? The one who had mercy; and Jesus said 'Go and do likewise'.

The course aims to help us:

1. Understand more of God's heart for God's world
2. Consider what it means to be a global citizen as health care workers
3. Consider how we can be a good neighbour to those in need
4. Further consider our own ongoing unique place within God's purposes
5. Find the next steps, or ideas for future service
6. Be inspired by the stories of others, and consider new possibilities

PROGRAMME

10.00	Registration & coffee
10.40	'Whole gospel for the whole world' Introduction to a biblical overview of God's heart for God's world
11.30	Lost, broken and hurting world What is our role as Christian health care professionals?
12.45	Lunch/Mission agencies
13.45	What could I do? Stories of people making a difference
14.15	Potential challenges in serving our neighbours
15.15	Tea
15.30	What is next for me?
16.10	Q & A time (from the panel)
16.35	Reflection and prayer
16.45	Close

lunch bars

Lunch bars can be a very effective way of creating and taking opportunities to share the gospel with those around us. The majority of (pre-clinical) medical students in most medical schools are in lectures or seminars immediately before and after lunch, with an hour between the two. Many would choose to stay and have lunch in the medical school common room or canteen, making it a great time to run an event.

what is a lunch bar?

There are three essential ingredients for a lunch bar:

- A talk focusing on an apologetic issue
- Invited non-Christian friends
- Lunch! (it's a great opportunity to show some hospitality by providing food)

The basic idea is to use the lunchtime slot between lectures to run an event which enables and equips Christian students to encourage their friends to consider the truth claims of the gospel.

what makes a good lunch bar?

Five things to think about:

Timing: Look at your timetables carefully. It would be silly to run a lunch bar on the one day when half the medical school doesn't have anything on after lunch! Is there another event on campus that this could link with, such as the CU events week?

Topic: Make sure it's relevant to your friends. What questions do they ask about Christianity? Once you have a topic, you might be able to invite students from other courses as well; for example, a talk on God and science is not only of interest to medical students!

Title: Phrasing the title is important. It needs to be a question. 'How can you expect medics to believe the virgin birth?' is much better than 'Jesus was born of a virgin.'

Talk: Who are you going to ask to speak? Obvious candidates: local doctors, CMF staff, UCCF staff. But also think creatively. For example, if a local minister also holds PhDs in physics and mathematics, is there anyone better qualified to give a talk on God and science?!

Tactics: How are you going to advertise it? Posters, flyers, Facebook, word of mouth? Have you booked a venue? Will you provide food, or will people bring their own?

A sample plan for the year

- **Mid-First term:** Hasn't science buried God? (*Good to tackle this question early on in the year*)
- **Before Christmas:** How can you expect medics to believe a virgin had a baby?
- **Early Second term:** Where is God when it hurts? (*Essential when faced with suffering patients*)
- **Before Easter:** Don't all faiths teach the same thing? What's the deal with Easter?
- **Early Summer:** Why isn't being good, good enough? (*with exams on the horizon this can be a good topic*)

Other titles... Is Christianity sexist? Doesn't religion just cause problems?

...And many, many more! (Be creative!)

There are plenty of resources for these sorts of talks on the CMF website, and UCCF's 'bethinking' site is an excellent place to get ideas too: www.bethinking.org

freshers' week

The first few weeks at University can influence relationships and priorities for years ahead. For Christians it's essential to get plugged into church and with local believers to maintain accountability and fellowship. For non-Christians, university could be the first time they hear the gospel.

As well as using the opportunity to introduce people to Jesus, do encourage new Christian medics to join CMF. Personal welcome and genuine friendship is really important.

Ideally, freshers' programmes should be largely sorted out before the Summer holidays as committee members can be out of town for long periods. Don't leave things until September, as speakers and rooms may be booked up. Make plans early, including:

- Work closely with the Christian Union, which will be planning events and a stall at fresher's fairs.
- Order freshers' packs from CMF. These will include copies of *Nucleus*, and promotional flyers to encourage CMF membership and for the national student conference.
- Make sure the term programme is planned, with a term card available including contact details for the student links. Use Facebook or a website too.
- Investigate whether you are allowed to contact students in advance, perhaps to invite them to a retreat before term starts. Facebook groups along the lines of 'all going to Birmingham for medicine in 2019' often spring up – use them.
- Submit a piece in the freshers' guide or magazine.
- Make sure you're at freshers' fair – whether as part of the CU stall, or on your own.
- Arrange a lunch bar for freshers with an introduction to CMF.
- Invite freshers to join you at local churches and CU.
- Include international students who may be very isolated in a new culture and far from family.

mission week

why?

Mission is what we're here for. Making disciples! And mission week is a great opportunity for Christians across campus to work together to proclaim the gospel, visibly united in witness.

what?

Mission week is usually organised by the CU, so work closely with the organising committee. The role of the CMF group will be to arrange medic-specific evangelistic events as part of the overall mission, as well as to publicise and invite other medics to the main CU events.

how?

- Prayer (Colossians 4:2-4). Ask for prayer from your church, or from Christians elsewhere, to support the university mission. Changing hearts is all God's work (Acts 16:14), so pray!
- Relationships: most people become Christians through friends they trust. We therefore need to have genuine friendships with non-Christians.
- Training: you could run a Confident Christianity day conference which tackles difficult questions. It would benefit the whole CU, but will need booking well in advance.
- Events: consider what you can add to the CU mission for medics. Use some of the ideas in the 'developing your programme' section.
- Money: local doctors may be able to support specific events in mission week. Ask the medical school link for advice.
- Follow-up is essential! Advertise enquirer courses through CU, and give literature, meet one-to-one with individuals.
- Continue to pray!

other resources

UCCF's website has a downloadable guide to organising a mission week for a CU. For some groups who operate much like a CU, it will all be applicable. For others it will give you an idea what the CU is trying to do in a mission week, and how you can help. www.uccf.org.uk/cu-leader/definitive-mission-planning.htm

international opportunities

background

CMF is a member of the International Christian Medical and Dental Association (ICMDA), which joins over 80 similar national bodies worldwide. More established movements like CMF can encourage and share resources with newer Christian medical movements.

ICMDA conferences

ICMDA runs a world congress every four years. In 2014 it was in Rotterdam, the Netherlands. Last year it was in Hyderabad, India. ICMDA also runs regional international conferences. This year, a Western Europe conference will be held in Leuven, Belgium from 24-26 May. Students on electives are also sometimes able to attend conferences run by the host-nation's CMF movement.

Sydenham conference (SYD1)

Every year, in the week before national Student Conference, CMF runs an International Medical Student Conference in London for student leaders from all over the world. In 2019, 16 students from 14 countries attended. UK students are able to meet them at the weekend conference at Yarnfield, but we also very much appreciate having UK students join them for the week itself (Monday to Friday); partly to help practically with running the conference, but most importantly to get to know them and develop relationships between UK and overseas students.

partnering with overseas medical schools

We hope that links can be made between medical schools here and overseas as a result of meeting the students involved in SYD. Groups from each country can easily keep in touch with each other by WhatsApp, email, Facebook or Skype, and can pray for each other.

Summer teams

Another way that CMF students can support those in other countries is to go on a Summer team; usually a few CMF students and doctors joining a camp or conference organised by the CMF or IFES movement in the host-country (usually in Eastern Europe). Sometimes these events are more evangelistic, sometimes more discipling.

See cmf.org.uk/international/short-term-vision-trips/ for updates.

Regardless, it's an opportunity to help make disciples in a cross-cultural context - maybe by leading Bible studies, or sharing testimonies, or most usually in the many opportunities you have for conversations (especially welcomed, as they often really appreciate the chance to speak English with a native speaker!).

The doctors in the group will usually be asked to teach specific seminars, but you may also end up teaching them medical skills (many countries' medical schools teach very little history taking or clinical examination and their students love the opportunity to learn hands-on in small groups).

You have more to offer than you think. But nonetheless, we are still usually the net beneficiaries of encouragement!

when?

Usually in the Summer holidays, but sometimes there are trips during the rest of the year. Most are for a week or so, some just for a long weekend.

Sadly, we do not always have much notice of the dates, so if you're interested, do look out for invitations on e-news, or on the website.

how much?

The main expense is air travel which can double in the weeks beforehand, so the earlier you book the better! Local expenses tend to be minimal apart from a camp fee.

In the last few years, students going on Summer teams have managed to raise enough support to cover their costs. With the help of the medical school links, we've been able to ask local CMF doctors to help, and many have been very generous in giving financial and prayer support. Limited finances should not be an obstacle!

electives

Last, but definitely not least, think about how you could use your elective period for God. Do think about serving in a resource or gospel-poor country, and consider how you can use your time to reach people with the gospel. It's not just about choosing an elective that will score lots of points on your CV! Again, CMF has lots of resources to help – especially the *electives handbook*.

www.cmf.org.uk/international/electives.asp

resources and appendices

resources to help you run your group

- Mentoring – p61

- The Human Journey – p63

- Healthcare Bible studies – p64

- Christian Medical Discussions – p71

- Example programmes – p73

CMF publications – p85

books – p87

networks and resources online – p91

our beliefs – p93

our values - p94

role descriptions: - p95

- student link

- student leadership team

- student council member

- medical school link

- student support team member

speakers' list – see attached list

‘Once’ Encourager scheme (mentoring)

The ‘Once’ Encourager scheme is an initiative being introduced to CMF nursing groups. The Encourager is an older ‘buddy’ or ‘mentor’ in the same discipline as them (nursing or midwifery - could equally be medicine) who commits to pray for them. Older students can be Encouragers of younger students as well as being encouraged themselves by a graduate.

The suggested minimum commitment is 3 terms to allow even busy graduates to get involved, expressed as follows:

ONCE a week - pray specifically for the student you're encouraging

ONCE a month - text, message or phone your student

ONCE a term - meet in person to chat, encourage and pray

For those wanting some guidelines and examples of questions to ask to maximize their impact on students, here are some suggestions:

mentoring/encourager notes for older student/graduate nurse encouragers

What is the role of an Encourager?

- Someone to help walk alongside them on their journey – it involves responsiveness and a willingness from the student to learn from one who may have already travelled down a similar path, with a recognition by both parties that the student’s journey will be unique.
- A relational experience in which the Encourager listens, cares for, encourages, prays and helps illumine the life of the student.
- Support and challenge - asking probing and unbiased questions rather than imposing solutions or giving advice. It is not our job to take God’s place in someone’s life - we are there to help him or her see what it is God wants of them and for them.

- Enabling student to think through options, actions and consequences for themselves
- A relationship which involves:
 - unconditional acceptance
 - listening
 - encouragement
 - being a sounding board as opposed to giving directional advice
 - treating people as adults, not children
- True listening - when love motivates our listening, there is a commitment not only to grasp what is being communicated but also to discover the person behind the words.
- Prayer – vital! Prayer both with and for the student, and a commitment to pray (and possibly email/text encouragement) in between meetings
- Bible – be open to sharing encouraging Scripture verses with your student or offering to read the Bible with them
- It helps to have clear expectations and boundaries - meeting frequency (minimum once a term), where and for how long?

Further resources for mentoring can be found on the CMF website.

The Human Journey

We all have questions and concerns about our health. Should I have an abortion? Am I eating too much? Why am I so depressed? Why can't we have children? Who will care for me when I'm dying? The Human Journey is designed to help students, healthcare professionals and the church think biblically about these and other matters of health and wellbeing.

There's a book; a DVD/Online course, with Study and Leader's guides, a website, as well as [Facebook](#) and [Twitter](#) pages. They cover 8 main areas:

1. Humanity – What does it mean to be human?
2. Start of Life – When does life begin?
3. Marriage and Sexuality – What is marriage for?
4. Physical Health – How should I live?
5. Mental Health – Am I supposed to feel like this?
6. End of Life – How should life end?
7. New Technologies – Are we playing God?
8. Global Health – Who is my neighbour?

Medical students up and down the country have gone through the course and found it very helpful. It is available to purchase from either the CMF website or the Human Journey website.

humanjourney.org.uk

healthcare bible studies

The healthcare bible studies are based on the national bible curriculum created by the Christian Medical and Dental Fellowship of Australia (CMDFA) and bible studies created by CMF staff. They are an excellent resource designed to encourage you in your relationship with, and service to, the Lord through the many challenges and opportunities presented by your training and future profession.

They have been written to facilitate the specific application of scripture to the healthcare setting, and include over 15 modules covering a range of topics from 'dealing with suffering', to 'life after graduation'.

The authors recognise that healthcare students and practitioners have unique opportunities to promote and proclaim the Gospel, but are also at significant danger of drifting from committed follower to nominalism. This is partly the result of lack of time and the absence of formal Christian groups and contact with trained Christian workers during prolonged periods of clinical placement. The majority of the studies have a comprehensive (1 hour) or bite-sized (20min) format. See examples on pages 65-69.

Will worrying help you pass your exams? Part 1

(Suitable for use within a group over approximately one hour, or for an individual's personal Bible reading)

Thinking about life as a student in healthcare

If someone were to ask you, 'Do you think your ability to pass exams is enhanced by worrying?', I anticipate that instinctively most of you would answer, 'NO'. However if I was to ask you whether in fact you do worry about exams, I think that most of us would answer 'YES'. So why the contradiction? Why do we still worry? Further, is it possible not to worry about our exams, and can knowing God make a difference?

1. List three things you worry about as a healthcare student. Are there any particular scenarios or people that incite you to worry? Be as specific as possible.
2. Are there any factors that help you not to worry? Have there been times when these factors have been present and so stopped you worrying in the scenarios you mentioned previously?
3. Do you believe that having a relationship with God can reduce your worry? Try and give a rationale for your answer. Is there a discrepancy between what you think and your personal experience?

What does God have to say?

Shortly we will read Matthew 6:25-34. These words, directed to a large group of Jesus' followers, are words of Jesus recorded by Matthew. Matthew was a man who left a life of white collar crime to follow Jesus because of the forgiveness and acceptance Jesus offered him.

Jesus' words come immediately after Jesus tells His followers how foolish it is for anyone to attempt to gain security and significance through the attainment of material assets (Matt 6:19-24). Jesus says this is foolish on the basis that financial and material assets are, by their very nature, passing. They just don't last for the long term.

These words from Jesus would have rocked the security of His hearers. If owning material and/or financial assets cannot provide security and significance (contra a fundamental world view of the hearers', and contra a fundamental world view of ours!), then how can one be successful, or at least secure?

Knowing that He would be raising great fear and worry in His listeners, Jesus gives the words of Matthew 6:25-34 in love to alleviate their worries.

Read Matthew 6:25-34.

Putting it into practice

In Matthew 6:25-34, Jesus gives his followers numerous reasons why they can live a life without worrying. These can be summarised as four key principles:

1. The reality of the created order (v25b, v27, v34)
2. The reality of your identity as a person made in the image of God (v30)
3. The reality of a new and true purpose in your life through having a relationship with God (v32a, v33a)
4. The reality of having God -the Creator and Ruler of all – as your Father (v26, v32b, v33b)

1. Having dwelt on Jesus' words - do you really believe them? Are they too good to be true?!
What barriers make it hard for you to believe Jesus' words and then act in the light of them?
2. In what ways could Jesus' words be helpful in your struggle with worrying about exams?
3. What measures can you take to help you allow Jesus to meet your need for security and significance (as offered in His promises) rather than making the grades you can attain (and the status this brings) meet this need?
How might someone allowing Jesus to meet these needs feel, think and act around exam time?
4. If you are not allowing Jesus to meet your need for security and significance at present, are you willing to take the hard step to trust Him at His Word? Are you willing to do this because of who He is – Lord of the universe - and receive the liberation from worry that He offers you?
Are you willing to ask God to help you trust Him in this way?

In verse 33 Jesus gives two directives to His followers as an alternative to worry. The first is explicit, the second is implicit. Jesus explicitly commands you as His follower to direct your thoughts, energies and actions to seeking His Kingdom first, rather than toward building your own or that upheld by society. Jesus implicitly commands you to trust Him to provide all that you may need in this life as you continue in this pursuit.

5. How might living consistently with this alternative to worry (that is, seeking God's Kingdom first) make you distinctive amongst your classmates during exam time?
- Think about your interactions with the following in the time preceding your exams:
- a. Those you love,
 - b. Your study habits,
 - c. The foods you eat,
 - d. The exercise you do.

Depression and anxiety and the Christian

- 1 Read Psalms 42 and 43. Which symptoms of anxiety and depression can you see in David's experience?

- 2 Name some heroes of faith who suffered depression and anxiety. These can be Biblical figures or other men and women from history.

- 3 In what sense is depression a spiritual condition?

- 4 Are there any positive consequences of depression for the Christian? Read 2 Cor 1:3-11

- 5 Eliphaz the Temanite had a theory about depression and despair. Break into groups and discuss one of his counselling sessions with Job (Job 4-5, 15, 22)

leading a Christian medical discussion

This aims to help you lead a small group discussion in a CMF student group. The principles are particularly helpful for medical practice and ethics where there may not be a clear scriptural passage that encapsulates the topic.

tips on choosing topics

This should not just be an intellectual exercise (Romans 12:2)! There are 3 types of topic for a group:

- Topics that are always important – discuss regularly
- Topics that are an issue for you, or that you feel led to discuss
- Topics your group members raise as issues

preparation

There are 3 main ways of using the Bible:

- Specific readings relevant to the topic
- God's character – 'What would Jesus do?'
- Creation / Fall / Redemption / Future Hope – use these pillars to think through a theme. How was it? How is it? How should it be? How will it be?

Think about using case studies and stories as these are useful in giving context and help in application. It is also important to think about confidentiality when using case studies.

Use other resources from the CMF website such as CMF files, articles and videos.

worked Example: dying

Specific Readings/Passages:

Passages like Genesis 3, 1 Corinthians 15, Exodus 20, Philippians 'to live is Christ', Lazarus, Job, Jacob's quality of life improving when reunited with Joseph could be useful here. More specifically when looking at Euthanasia, Exodus 20 and the various places in the OT

that clarify it (Leviticus 24, Exodus 21, Deuteronomy 20, Numbers 35); Genesis 9:6. Judges 9:52 and 2 Samuel 1:6-10.

Creation/Fall/Redemption/Future

Remember that death is offensive to God, and human death was not part of life in Eden.

Other resources

These need not just be CMF / scriptural resources. It is helpful to think about the principle of 'double listening'; listening of course, to God and to the Word of God, but listening to the voices of the modern world as well. We listen to the modern world in order to understand its cries of pain and the sighs of the oppressed so as to develop relevant communication. Atul Gawande's book – 'Being Mortal' - is one helpful secular resource in this context.

tips for running the discussion

- Avoid a single person taking over!
- Steer opinions / stories back to the Bible
- Have a plan for time, and stick to it
- Keep an eye out for quieter members, and try to draw them in
- Different people ask different questions
- Ask students – 'What do you believe?'
- Remember to pray, and allow time for prayer

Don't forget to evaluate it

- What did and didn't go well
- Did it help people understand the Bible?
- Was it practical? Did it not only explain God's word but look at how it applies practically?
- Were there any 'surprises' that could be taken into account next time?
- Were any issues raised that need a separate discussion in future?
- Did participants really 'hear' each other?

example programmes

Below are ideas from 6 very different CMF groups as to how they run their programmes – adapt them to your situation.

Firstly some general guidance:

Vision (the end goal)

- What sort of Christian doctors do you want to see in 5 years time?
- What do you admire in Christian doctors that you already see?
- What are the unique pressures for your members?
- What are the unique opportunities?

How do we get there?

- To achieve the vision that you've just considered, what elements need to be in your programme?
- Does this differ from your current programme and plans?
- How can you 'bridge the gap'?
- What needs to change?

Suggested system

- List each week of the term ...
- Put in the 'big' events
 - CMF Student Conference
 - CU Mission and Houseparty
 - Local CMF day conference
- Then add in some outreach
 - Perhaps one lunch bar and one early evening talk each term?
- *THEN* think about 'meetings'
 - How often is realistic?
 - Don't clash with CU; or the main student church's homegroup night
 - Plan content with your vision in mind ...

CMF Cork

November

Mon. 2 - Bible Study: Love, Joy, Peace
 Mon. 9 - Bible Study: Patience, Kindness, Goodness
 Mon. 16 - Bible Study: Faithfulness, Gentleness, Self-Control
 Mon. 23 - Guest Speaker: Frank Peters

December

Tues. 1 - Christian Union Carol Service in the Honan Chapel
 Mon. 7 - Bible Study: Christmas!
 Sat. 12 - Christmas Dinner
 Mon. 14 - Carol Singing in CUH

Proverbs 17:22 *A cheerful heart is good medicine,
 but a crushed spirit dries up the bones.*



CMF CORK 2016

Feb 1 ~ The Giver & the Sanctity of Life
 Feb 8 ~ Off
 Feb 15 ~ Euthanasia
 Feb 22 ~ Abortion
 Feb 29 ~ Mental Health

Mar 7 ~ Healing and Restoring
 Mar 14 ~ St. Patrick
 Mar 21 ~ Speaker on Healing
 Mar 28 ~ Passover Meal

Apr 4 ~ Displacement
 Apr 11 ~ Substance Abuse
 Apr 18 ~ Sexual Health
 Apr 25 ~ Guidance in the Future



Birmingham CMF

Regular events

- **Pre-clinicals meet weekly on Wednesday lunchtimes** in term time. We have 3 pre-clinical leaders who run these meetings. Topic-based, sometimes seminar style, sometimes with visiting speakers (eg, local Christian doctors), sometimes socials. Trying to encourage them to do the Human Journey!
- **Clinicals meet on a Saturday for breakfast**, ideally monthly although usually ends up being less than that! Pre-clinicals also welcome, but aimed mainly at clinicals as it's harder to meet regularly when we are in different hospitals. Try to have a talk/speaker + time to pray or just as a prayer breakfast.
- We have had a one to one scheme running in the past, although not much interest recently, so it's on hold!

Spring term 2015

- **Saturday breakfast** - Issues in psychiatry (Medical School Link)
- **Curry**
- **Promote CU focus week** in medical school
- **National conference**
- **Saturday breakfast** - A biblical response to brain injury (Local Christian Neurologist)

Over the summer

- **Electives breakfast** – Hear from those returning from elective. Particularly good at this time of year as the new 4th years are thinking about what to do for theirs
- **CMF West Mids Region BBQ** – good opportunity to meet other local Christian doctors
- **BBQ at Student Link** – mainly clinicals, as pre-clinicals on holiday

Autumn term

- **Freshers' welcome curry** – Good way to get to know the new freshers.
- **Junior doctors' evening** – get a few F1s and F2s to come back and have a Q&A on life as a junior doctor, how we can best prepare, any tips, things to think about in advance, etc.
- **Day away** – Go away for a Saturday. Have a speaker for 2-3 talks, worship and prayer, + fun, games and food!
- **Life Matters** – a one off event we organised aimed at Christian students who are not medics, to think about a Biblical approach to medical ethics and what it might mean for them as patients, friends, etc. Might do something similar this year on mental health.
- **Saturday breakfast** – prayer
- **Christmas meal + evangelistic talk** – our main evangelistic event of the year. We put on a free Christmas dinner and get a speaker to give an evangelistic talk. Usually very well attended. Also an opportunity to plug the CU carols.

Spring term 2016

- **Saturday breakfast** – Listened to one of the recorded John Stott talks to CMF conference
- **Promote CU focus week** to medics particularly
- **National conference**
- **Meal at Student Link's house**
- **Saturday breakfast** – Faith in the clinic (Local Christian GP)

Cambridge CMF

Weekly Meetings (The Clinical School @ Addenbrooke's hospital, Cambridge)

- Bible Study: applying God's Word to our lives (Titus, Philippians, Hebrews)
- Prayer: praying for CMF, our friends, the wider world, etc.
- Sharing: discuss challenges/encouragements we've faced as medical students and opening the Bible to see God's wisdom on such issues
- Evangelism/Discipleship: Human Journey in May-June, additional events below
- Weekly Prayer Meetings (Monday mornings 8-8.30am)- Bible thought and prayer for the week ahead

Early Morning Bible Study (Chapel @ Addenbrooke's, every Wednesday 8am)

The Student CMF aren't in charge of this, but we've been going along since Easter and it has been a real encouragement to us personally to be able to open up the Bible first thing in the morning and to be building up one another in Christ.

Saturday brunches:

Fortnightly Brunch with ethics discussion based on CMF file / blog post

Evangelistic events:

April: Talks @ One- a series of 3 evangelistic talks in Addenbrooke's

1. Tuesday 14th April: God, pain and suffering (Dr Roger Abbott)
2. Thursday 23rd April: Where is God in natural disasters? (Prof Bob White)

3. Tuesday 28th April: Mind, brain and the search for God
(Prof Alasdair Coles)

- Fri 11 Dec: Our annual carol service: Christmas on the wards – David Randall
- Thu 17 March: Testimony by Dr Cecilia Brassett, anatomy demonstrator
- Thursday 14th May: Electives Evening: Vicky Lavy and Stage 3s shared aimed at those thinking about electives
- Monday 20th July: Stall at Clinsoc Electives Evening

Other events:

- Dinner with those coming up to clinical school for the first time – a good time to get to know brothers and sisters in Christ and build fruitful relationships!
- Dinner with those graduating – a great time to give thanks for friendships and to pray for those entering new seasons
- CMF East Anglia conference
- 500,000 churches – Ed Foster from Cardiff came to speak about the charity he has set up seeking to take the gospel to unreached areas of India – a wonderfully challenging time; get in touch with him on Facebook!

Southampton CMF

What do we do?

Weekly – Prayer meetings both at the hospital and on campus. Between placement and hospital lectures, it's really tricky for medics to make the CU's weekly prayer meeting on campus so we book a room in the Union and use the Chapel at the hospital to make sure we can come together each week and pray together for our hospital, CU and events, etc.

Monthly – Evening events normally on the first Monday of the month, we try to put on events that are an easy but interesting invite that could spark some good conversations. We are so fortunate to be welcomed into the home of a local consultant and his family who cook a delicious meal before our guest speaker talks on one of a wide range of topics. We regularly get around 50 people at these events. Also, we actively encourage the bringing of dessert.

Recent talks:

- The Transgender Agenda – John Greenall
- When doubts arise – Jim Paul (shamelessly nicked from conference as it was so good)
- Sharing faith with patients and colleagues – Mike Reynolds
- From Beirut to Jerusalem: A woman surgeon with the Palestinians
- This proved to be the biggest event our CMF has ever put on. We had to hold it in a local church hall as we had almost 100 people attend and hear Swee Chai Ang give an incredible account of her missional experience during the Lebanese civil war.

Annually – A summer term BBQ where we invite as many local doctors and students as possible to help build links and as an opportunity to say thank you to everyone who has helped us out throughout the year. National student conference is also something we really push and this year we had almost 40 people go and the feedback was incredible. People really enjoyed meeting fellow

Christian medics from all over the country and hearing about their CMF, etc, as well as the incredible talks and seminars.

Why it works?

Firstly, our CMF does not replace CU or Church, it is entirely complementary. We think it's really important to stress this early on and so we keep our events well-spaced yet regular and always try and make them suitable to invite our non-Christian friends to.

Luckily our CU President this year is a medic so hopefully there will be plenty of collaboration for the welcome and events weeks next year as in the past the medics have found it really hard to make it to the events on campus.

Secondly, over the years we have established links with a whole network of local doctors. They are incredibly generous and provide us not only with a venue and meal for our monthly meetings, but also subsidise the price of going to conference for freshers as well as paying for the transport to conference for everyone! We are really fortunate to have two or three families who are especially involved with our group and help with organising and even the dish washing after our events, both things which medical students can be fairly rubbish at. But beyond this, and possibly more importantly is the mentorship and guidance that these doctors provide us with. They show up every month to our meetings and will always be the last ones there, chatting away to someone who has tonnes of questions from the talk or offering a final year some words of wisdom before they graduate.

We really can't underestimate the profound value of having as many mature, Christian doctors actively involved in the group as possible. Also, and I know this from personal experience, when you meet one of these doctors in the hospital on placement it can be incredibly encouraging just to see a familiar face.

Sheffield CMF

Month	Event	Who?	Comment
September	Prayer breakfast	All years (before freshers start)	Praying for the academic year, particularly for freshers as they arrive in a new city
October	Freshers welcome brunch Welcome (back) meal Weekly lunchtime meetings	Pre-clinical years All years Pre-clinical years	Chance for 1 st and 2 nd year CMFers to get to know one another, and to introduce CMF. Social to meet all the different years and to catch up after the summer. Difficult to arrange due to poor timetabling, sometimes had local Drs in to speak. When possible to arrange, they were good discussions
November	Bonfire night Prayer breakfast Weekly lunchtime meetings	Open to all All years Pre-clinical years	Fireworks and bonfire at a Dr's house, always well attended and enjoyed! People encouraged to bring friends along. Termly prayer meeting over breakfast, hard to encourage people to come along, particularly as it's a Saturday morning and people have other plans. As above.
December	Christmas celebrations	All years	Meal at a Dr's house, sometimes joint with Drs' CMF. Carol singing.
January	Evening meeting – What is a person?	All years	Discussion group lead by a local Dr, first time we've tried this. Was well attended and people enjoyed the discussion.
February	Student conference Evening meeting – When does life begin? Thinking biblically about contraception	All years All years	Great weekend enjoyed by all who attended! Second evening meeting, not as well attended but discussion was good and interesting.

March	Prayer breakfast	All years	Some new faces attended
April	Electives evening	Targeted at 3 rd years, all welcome	Great event last year, lots of non-Christians attended. Had a Dr doing the main talk and then students who had been on elective doing short presentations about their electives.
May	Summer barbeque and prayer evening	All years	Previously not combined with prayer evening, usually an enjoyable evening and well attended.
June	Weekly Bible study	Targeted at clinical years, all welcome	Last year did The Human Journey which worked well! Need to decide what to do this year!
July	Weekly Bible study	Targeted at clinical years, all welcome	As above

Oxford CMF

Over the past 12-18 months we've stuck to a programme of holding a dinner-discussion every 2 months and having some sort of social event in the alternate months.

dinner discussions

We hold the dinner discussions at the local Medical School Link's house, a CMF doctor couple who support our student group extremely generously. It works very well using their house, they provide a lovely home-cooked meal and we students all bring puddings and drinks to share. The discussion topics are inspired by the things the students want to discuss, and then the MSLs kindly find someone to speak on the topic. Over the past year we've had people come and speak to us on:

- working abroad as a Christian doctor/student
- living with integrity in seasons of ambition
- the moral dilemma of IVF
- assisted dying
- hierarchy within healthcare

other events

The social events during the months in-between have typically been **brunches** at a student's house.

In addition, a highlight event of our calendar is the **annual CMF carol service** which we organise and hold in association with the Medical Student Society. This was a real success this year, involving doctors, healthcare workers and students in all the readings and prayers, and with a very accessible and powerful message from our speaker, a local haematology consultant. We had a from-scratch

choir and lots of students and other healthcare workers attended. In addition several students usually attend the regular brunches held by local CMF doctors.

communication

One thing that has worked well this year is keeping our Facebook community active with a '**thought for the week**', we sometimes ask a student to share a brief thought on the wall and it's sparked some really interesting conversations.

CMF publications

CMF produces a number of regular publications

- *Nucleus* for students
- *Triple Helix* aimed at graduates, but sent to all members
- *CMF News* for all members
- *CMF Files* which consider ethical issues for a wider audience.

Each of these are published three times a year. Books are published from time to time. CMF also maintains a website www.cmf.org.uk with archived issues of publications, submissions to government and other enquiries and information about the fellowship, as well as a blog www.cmfblog.org.uk.

As well as being helpful for individual members, articles from CMF publications can be used as a basis for discussion in local groups.

Nucleus

Nucleus is the main publication for students. It contains articles on basic Christian living and teaching, medical and ethical issues, as well as reports and news features. It is produced in the CMF office, and students contribute both by writing articles, and reviewing and editing the articles of others. Student links should encourage anyone interested in their group to contact the office to find out how they can help.

Nucleus is sent to all CMF student members as a benefit of membership, and a large number of copies are also sent overseas.

If you or members of your group have any particular topics you would like to see covered in *Nucleus* please contact the CMF office.

books

Of making many books there is no end, and much study wears the body. Ecclesiastes 12:12

There are a lot of books out there. Medical students already have a lot of textbooks, journals and web resources they're supposed to read. Study can be wearisome!

So why read Christian books too? Why not just read the Bible in my quiet time? The answer is that Christian books can help us to understand and apply the Bible better so that we learn to know and love Christ more, to live more like him, to speak of him more clearly, and to be inspired by the examples of other Christians. When Paul was cold and lonely in prison, he asked Timothy for three things: companions, warm clothes, and books. Books were key for Paul and his ministry. And they're key for us too.

But there are a lot of Christian books out there. Which ones should I read? Good Christian books need to be both biblical, and readable, both faithful to God's Word in the Bible, and helpful to the reader. These are the sort of books which will help us grow as Christians, and as Christian medics.

But there are lots of good Christian books out there. Where do I start? This is why we've got 'Take and Read' - good Christian books to get you started. The idea is that these books cover a broad range of topics especially relevant to students and medics, as a basis from which to develop a hunger for reading more. They're readable, biblical, and they're available at bargain prices.

It's a core reading list for any Christian medical student, but it's especially important for those in leadership to read good books. Leaders are readers: try to read at least two a term during your time as a student link!

All are available to buy from the CMF website, at substantial discounts for student members. There are lots of other books we'd recommend on our online reading list.

take and read

- *The Good God*, Mike Reeves
 - The love and joy of the Trinity
- *Christian Beliefs*, Wayne Grudem
 - A summary of Christian doctrine
- *The Cross*, Andrew Sach and Steve Jeffery
 - The importance of the cross
- *A Call to Spiritual Reformation*, Don Carson
 - Prayer and the sovereignty of God
- *Dig Deeper*, Nigel Beynon & Andrew Sach
 - How to get the most out of Bible study
- *God's Big Picture*, Vaughan Roberts
 - An overview of the whole Bible
- *Cure For Life*, Bernard Palmer
 - A simple explanation of the Gospel to give to your friends
- *Good News to the Poor*, Tim Chester
 - The Gospel and social action
- *Know and Tell the Gospel*, John Chapman
 - Evangelism, how to explain the gospel to others
- *Matters of Life and Death*, John Wyatt
 - Ethics, how we should practise medicine
- *The Fight*, John White
 - Discipleship, keeping going as a Christian
- *Will you be my Facebook Friend?* Tim Chester
 - A Christian response to social media
- *Gospel Centred Work*, Tim Chester
 - Understanding what work is for
- *Sex, Dating, and Relationships*, Gerald Hiestand and Jay Thomas
 - A paradigm-shifting view of purity
- *Is God Anti-gay?* Sam Allberry
 - What does the Bible say about same-sex attraction?
- *If God, then what?* Andrew Wilson
 - The reasons for and implications of God being real
- *The Reason for God*, Tim Keller
 - Apologetics, why we believe what we do

other cmf publications

There are lots more CMF publications available on the website. The following are also available as free pdf downloads:

- The Electives Handbook
- Short-term Medical Work
- Surviving the Foundation Years

for leaders

For leadership in particular though, we'd recommend the following. Most are aimed at those in church leadership, but they all cover really important principles of Christian leadership that are applicable to you in your student groups.

- *Serving without Sinking*, John Hindley
- *Fruitful Leaders*, Marcus Honeysett
- *The Trellis and the Vine*, Colin Marshall and Tony Payne

To lead better Bible studies, how about:

- *Iron Sharpens Iron*, Orlando Saer
- *Growth Groups*, Colin Marshall

And to help you disciple others one-to-one:

- *One to One Bible Reading*, David Helm
- *One to One*, Sophie de Witt

As well as reading books yourself, encourage others in your group. If you want to run a bookstall at an event, do talk to us about using CMF stock on a sale-or-return basis. Local Christian bookshops may also be able to help you in the same way. 10ofthose (www.10ofthose.com) can also supply Christian books at discount prices.

networks and resources online

CMF	www.cmf.org.uk
CMF videos	www.youtube.com/user/OfficialCMFtv
CMF student Facebook	www.facebook.com/groups/CMF.Students
CMF blog	www.cmfblog.org.uk
CMF Twitter	@CMFStudents and @UK_CMF

ICMDA	www.icmda.net
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UCCF	www.uccf.org.uk
UCCF gospel project	www.uncover.org.uk
UCCF bethinking apologetics	www.bethinking.org
UCCF theology network	www.theologynetwork.org

IFES Ireland	www.ifesireland.org
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IFES	www.ifesworld.org
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Kirby Laing Institute for Christian Ethics (KLICE)	www.klice.co.uk
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our beliefs

We share our doctrinal basis with UCCF:

- There is one God in three persons, the Father, the Son and the Holy Spirit.
- God is sovereign in creation, revelation, redemption and final judgement.
- The Bible, as originally given, is the inspired and infallible Word of God. It is the supreme authority in all matters of belief and behaviour.
- Since the fall, the whole of humankind is sinful and guilty, so that everyone is subject to God's wrath and condemnation.
- The Lord Jesus Christ, God's incarnate Son, is fully God; he was born of a virgin; his humanity is real and sinless; he died on the cross, was raised bodily from death and is now reigning over heaven and earth.
- Sinful human beings are redeemed from the guilt, penalty and power of sin only through the sacrificial death once and for all time of their representative and substitute, Jesus Christ, the only mediator between them and God.
- Those who believe in Christ are pardoned all their sins and accepted in God's sight only because of the righteousness of Christ credited to them; this justification is God's act of undeserved mercy, received solely by trust in him and not by their own efforts.
- The Holy Spirit alone makes the work of Christ effective to individual sinners, enabling them to turn to God from their sin and to trust in Jesus Christ.
- The Holy Spirit lives in all those he has regenerated. He makes them increasingly Christ-like in character and behaviour and gives them power for their witness in the world.
- The one holy universal church is the Body of Christ, to which all true believers belong.
- The Lord Jesus Christ will return in person, to judge everyone, to execute God's just condemnation on those who have not repented and to receive the redeemed to eternal glory.

UCCF has a helpful link to explain why we have a doctrinal basis:
uccf.org.uk/about/doctrinal-basis.htm

our values

CMF's Christian values can be summed up in Christ's two great commandments (Luke 10:27). 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind' (Deuteronomy 6:5); and, 'Love your neighbour as yourself.' (Leviticus 19:18)

As Christian doctors seeking to live and speak for Jesus Christ we aim:

1. To acknowledge, love and obey God as the Creator, Sustainer and Lord of all life.
2. To practise whole-person medicine which addresses our patients' physical, emotional and spiritual needs.
3. To maintain the deepest respect for human life from its beginning to its end, including the unborn, the handicapped and the elderly.
4. To serve our patients according to their healthcare need without partiality or discrimination on any basis.
5. To care sacrificially for the poor, vulnerable and marginalized.
6. To uphold marriage between a man and a woman, faithfulness and the family.
7. To speak the truth, respect privacy and safeguard our patients' confidences.
8. To put our patients first whilst fully accepting our duty to promote preventive medicine and public health.
9. To deal honestly with our professional and administrative colleagues and to respect the governing authorities.
10. To work constructively in scientific research and in training others for the benefit of individual patients and the advance of health care throughout the world.

Student Link	Role Description
<p>Reporting to: Head of Student Ministries.</p> <p>Working with:</p> <ul style="list-style-type: none"> i) In locality: <ul style="list-style-type: none"> a. Student CMF group. b. Other local CMF student leaders. c. CMF Medical School Link and members of the CMF student support team. d. CU committees and other relevant student leaders as appropriate. e. UCCF staff-workers and church student workers. ii) The CMF student department and other CMF staff as required. iii) The regional Student Council member (NSC rep). <p>Location: University based.</p> <p>Time Commitments: flexible alongside medical studies. The role is unpaid.</p>	
ROLE PURPOSE	
<p>Supporting the local CMF medical student group by being a point of contact for them. Linking Christian medical students together throughout the university, within Christian Unions and across different churches, and by linking them with local doctors and CMF generally, in order to further the aims of CMF (discipleship, evangelism, mission, values).</p>	
KEY ACCOUNTABILITIES	
<ul style="list-style-type: none"> ▪ Providing a point of contact for Christian medical students in the university. ▪ Working to connect Christian medical students together within the university. ▪ Providing a link between the CMF student group and the wider work of CMF. ▪ Encouraging the CMF student group in the beliefs, aims and values of CMF. ▪ Promoting student membership of CMF, especially for freshers and in the run up to annual student conference. ▪ Promoting opportunities for CMF students to learn what it means to be a Christian medical student and doctor, and opportunities to serve Jesus in medical school and beyond. ▪ Good relationships with the Medical School Link and other CMF doctors in the Student Support Team. ▪ Good relationships with churches, CUs and other Christian student organisations. ▪ Responding quickly and efficiently to communications relating to CMF student work. ▪ Regularly keeping the relevant Student Council member, Medical School Link, and CMF student staff members informed of how things are going. ▪ This position may also involve representing members at the General Committee. ▪ Attendance at CMF Student Leaders Training weekend. 	
QUALIFICATIONS, EXPERIENCE & SKILLS	
<ul style="list-style-type: none"> ▪ Current student member of CMF ▪ Strong Christian faith and commitment to the beliefs, aims, and values of CMF. ▪ Has signed the CMF Doctrinal Basis and the Data Protection Form. 	

Student Leadership Team	Role Description
<p>Reporting to: CMF Student Links</p> <p>Working with:</p> <ul style="list-style-type: none"> a) Student CMF leaders. b) Student CMF members. c) CMF Medical School Link. d) Others as relevant. <p>Location: University based.</p> <p>Time Commitments: Flexible alongside medical studies. The role is unpaid.</p>	
PURPOSE	
<p>Being part of the leadership team serving the university CMF medical student group, in order to further the aims of CMF (discipleship, evangelism, mission, values).</p>	
POTENTIAL ROLES	
<p>Team members might fulfil one or more of these roles. It is not expected that any one person would have to fulfil all these roles!</p> <ul style="list-style-type: none"> ▪ Overall leadership of the group ▪ Promoting membership of CMF ▪ Distributing CMF literature and notices ▪ Planning a programme of events and meetings ▪ Organising events and meetings ▪ Advertising events and meetings ▪ Liaison with CU and church leaders ▪ Liaison with Student Union and University authorities ▪ Encouraging involvement in BMA or similar university organisations ▪ Maintaining prayer lists ▪ Maintaining lists of local speakers ▪ Maintaining links with overseas medical schools ▪ Welcoming freshers ▪ Sending off graduates ▪ Treasurer ▪ Website/FB group/Twitter/Blog 	
QUALIFICATIONS, EXPERIENCE & SKILLS	
<ul style="list-style-type: none"> ▪ Medical student. ▪ Strong Christian faith and commitment to the beliefs, aims, and values of CMF. 	

Student Council Member	Role Description
<p>Reporting to: Chair of Student Council.</p> <p>Working with:</p> <ol style="list-style-type: none"> The other Student Council member in your region (if applicable). CMF student links in your region. Designated CMF student staff member. Other members of the Student Council in general. Medical School Links in your region. Head of CMF Student Ministries and other CMF student staff as appropriate. UCCF Student Council members and staff in your region. <p>Location: University based.</p> <p>Time Commitments: flexible alongside medical studies. The role is unpaid.</p>	
ROLE PURPOSE	
<p>To represent the medical school CMF groups from each region to the Student Council. To advise the CMF student department and support CMF student links. Connecting medical schools together within regions, and connecting regions together. Overall to further the aims of CMF (discipleship, evangelism, mission, values).</p>	
KEY ACCOUNTABILITIES	
<ul style="list-style-type: none"> Building good relationships with and between CMF student links, other Student Council members and Chair, and CMF student department staff. Monthly communication between Student Council members in the same region. At least termly communication with CMF student links in the region (medical school groups can be divided up between Council members within the region). At least termly communication with Chair or Vice-chair of Student Council. At least termly communication with designated CMF student staff member. At least annual communication with UCCF student council member. Responding quickly and efficiently to any other relevant CMF emails or messages. Attendance at termly Student Council meetings. Carrying out agreed action points from Student Council meetings. Supporting the organisation of regional annual house-party/weekend CMF student events. For the purposes of CMF constitution, all Student Council members are members of the National Students Committee. This does not entail any responsibilities other than the above. 	
QUALIFICATIONS, EXPERIENCE & SKILLS	
<ul style="list-style-type: none"> Current student member of CMF. Able to commit for at least a year. Strong Christian faith and commitment to the beliefs, aims, and values of CMF. Experience of Christian leadership. Has signed the CMF Doctrinal Basis and the Data Protection Form. 	

Medical School Link	Role Description
<p>Reporting to: Head of Student Ministries.</p> <p>Working with:</p> <p>i) In locality:</p> <ul style="list-style-type: none"> a. Student CMF leaders. b. Members of the CMF student support team*. c. CMF Workplace, Local, Church and Speciality Links. d. CMF Regional Team Leader. e. Other CMF members and other Christian doctors. f. UCCF staffworkers and church student workers. <p>ii) The rest of the student department and other CMF staff as required.</p> <p>Location: Home based.</p> <p>Time Commitments: flexible alongside regular medical work. The role is unpaid.</p>	
ROLE PURPOSE	
<p>Supporting the local CMF medical student group by being a point of contact for them, and by linking them with other doctors locally and CMF generally, in order to further the aims of CMF (discipleship, evangelism, mission, values).</p>	
KEY ACCOUNTABILITIES	
<ul style="list-style-type: none"> ▪ Providing support to the student leaders. ▪ Providing a point of contact between students and local doctors. ▪ Where there are other local doctors regularly supporting CMF student ministry, co-ordinating the student support team*. ▪ Providing a link between students and the various levels and departments of CMF. ▪ Responding quickly and efficiently to communications relating to CMF student work. ▪ Directing enquiries to the appropriate person (CMF reps, links, staff, team members, CUs and churches). ▪ Holding a small stock of membership packs and other resources as needed. ▪ This position may also involve representing members at the General Committee. 	
QUALIFICATIONS, EXPERIENCE & SKILLS	
<ul style="list-style-type: none"> ▪ Medical Qualification. ▪ Strong Christian faith and commitment to the beliefs, aims, and values of CMF. 	

Student Support Team Member	Role Description
<p>Reporting to: Medical School Link.</p> <p>Working with:</p> <ul style="list-style-type: none"> a) Student CMF leaders. b) Student CMF members. c) Other local contacts as appropriate. <p>Location: Home based.</p> <p>Time Commitments: Flexible alongside regular medical work. The role is unpaid.</p>	
PURPOSE	
<p>Being part of a team of doctors supporting their local CMF medical student group, in order to further the aims of CMF (discipleship, evangelism, mission, values).</p>	
POTENTIAL ROLES	
<p>Team members might fulfil one or more of these roles. It is not expected that any one person would have to fulfil all these roles!</p> <ul style="list-style-type: none"> ▪ Discipling students one-to-one ▪ Providing hospitality for students ▪ Advising students as required on issues relating to Christian medicine ▪ Speaking at student events ▪ Organising or contributing to SSCs relevant to Christian medicine ▪ Leading or joining overseas Summer teams ▪ Providing a venue for student group meetings ▪ Linking the group with local doctors and the wider CMF ▪ Recruiting new members of the team ▪ Encouraging membership of CMF ▪ Liaising with local church, UCCF and other Christian leaders on behalf of the group ▪ Co-ordinating local admin as required ▪ Acting as a guarantor of the student group to the medical school authorities 	
QUALIFICATIONS, EXPERIENCE & SKILLS	
<ul style="list-style-type: none"> ▪ Medical Qualification. ▪ Strong Christian faith and commitment to the beliefs, aims, and values of CMF. 	

