

leaders

a handbook for CMF student links

2015

'I am among you as one who serves'

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contents

the big picture – p5

- welcome and foreword – p7
- what is CMF? – p9
- why join CMF? – p11
- CMF student groups – p15
- how is CMF structured? – p19

people – p21

- leaders and links – p23
- linking with whom? – p25
- student team – p27
- other CMF staff – p28
- student council – p29
- how to actually link members with one another – p31
- recruiting – p33
- student unions and university authorities – p35

programmes – p37

- typical programmes – p39
- developing your programme – p41
- conferences – p47
- day conferences – p48 – Confident Christianity, Answering other faiths,
Saline solution, Whatever you do, Who is my neighbour?,
World on my doorstep
- lunchbars – p55
- freshers week – p57
- mission week – p58
- international opportunities – p59

resources and appendices – p61

- CMF publications – p63
- books – 65
- networks and resources online – p69
- our beliefs – p71
- our values – p72
- role descriptions – p73 – student link, student leadership team, student
council, medical school link, student support team

the big picture

welcome and foreword – p7

what is CMF? – p9

why join CMF? – p11

CMF student groups – p15

how is CMF structured? – p19

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

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 are in medicine. 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.

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 in to 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 doctors and medical students, to live and speak for Jesus in medicine.

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 4,000 UK doctors and around 800 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 through 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 appendix).

we are *Christian*

CMF is a fellowship of evangelical Christians in medicine. We're 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), 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 and medical 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 both for doctors and students, all of which help us build relationships with other Christian medics.

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

why join CMF?

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

connecting

CMF exists to **unite** Christian doctors and students. It's all about people! In a world that rejects Christ, it's so important for Christian medics to join together in fellowship, to support each other, and to unite publicly for the promotion of Christian values in medicine and the proclamation of the gospel.

Locally...

- Christian medical students in your university
- Meeting with local doctors for social and other events
- One-to-one Bible study and prayer with an older student or doctor
- Career advice and support from Christian doctors
- Linking with other Christian medics on hospital placements and when you qualify

Across the country...

- Regional day conferences
- Annual national student conference
- Leaders' training events and Summer Schools

Around the world...

- Linking with medical missionaries for overseas electives
- CMF's international medical student conference
- Summer camps and conferences across Eurasia
- Partnering with overseas medical schools and ICMDA

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

learning

CMF exists to **equip** Christian doctors and students.

In all those opportunities we have to meet – one-to-one, in groups, in conferences – we encourage and learn from one another.

- Integrating faith with studying and practising medicine
- Telling others about Jesus
- Medical ethics
- Whole person medicine
- Medical mission
- Leadership training...writing workshops...elective planning...

We run day conferences on evangelism (Confident Christianity, Answering Other Faiths, Saline Solution), ethics (Whatever you do), and overseas mission (Who is my neighbour?).

We send out termly publications:

- *Triple Helix* – for all CMF members
- *Nucleus* – our student magazine
- *CMF Files* – each covers a different ethical issue
- *CMF News* – members' update
- *Regular blogs* and pointers to relevant news and articles eg through Twitter

We publish books, all available online and at bargain prices for students. The website, www.cmf.org.uk is a great place to find resources – articles and multimedia downloads.

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

servicing

CMF exists to unite and equip Christian doctors and students... **so that we can more effectively live and speak for Jesus in medicine!**

- By being a member you encourage other medical students, showing that we are not individuals but we are united and can have confidence we are part of something bigger than ourselves.
- By being a member, you add strength to our voice as we speak out in the public square
- By your subscriptions and gifts you help pay for the work of CMF
- By knowing what's happening, you are better able to pray for that work

And as a member you will be better equipped to do that work – to be the resource for others to learn from!

- Discipling other students one-to-one
- Leadership in your local group or with the national student council
- Writing articles for *Nucleus* or the website
- Doing an elective in the developing world
- Joining a Summer team to support medical students in Eastern Europe
- Internship or other volunteer work with CMF
- Speaking out for Christian values in your student union or the BMA
- Modelling Christ to your friends and colleagues

These are just some of many ways for students to help CMF fulfil its aims of discipleship, evangelism, mission and values. But we're not doing this to help CMF; we're serving Christ as we live and speak for him in medicine. And through CMF we can more effectively be united and equipped for this!

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

www.cmf.org.uk/students

CMF student groups

There are CMF student groups in nearly all of the 25 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 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 in 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 co-operation 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 also 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
- International
- Nurses
- Communications
- 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 to 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!)**

people

leaders and links – p23

linking with whom? – p25

student team - p27

other CMF staff – p28

student council - 29

how to actually link members with one another – p31

recruiting – p33

student unions and university authorities – p35

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 won'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; 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), 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, 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; 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 Student Council (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 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, set them 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'd 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'd 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.
- ***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 our 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, then still try to maintain good relationships – see 1 Timothy 2:1–4.

So make yourself known – **get in touch with these people when you start as a rep, to introduce yourself**. Some of those relationships might be as much as 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're 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
Chris Borges Da Silva	Chair of Student Council	London	King's student	Council
Emma Pedlar	Vice-chair of Student Council	Manchester	Manchester student	Council
John Greenall	Head of department	CMF office	Paediatrician	Anything and Everything; Ireland, Wales, NE
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, SW, Central
Dion Ayeni	Co-ordinator	CMF office		Events bookings and administration
Megan Kibbey	Staff-worker	Dundee	Dentist	Scotland
Scott Stadalisky	Staff-worker	Dundee	Paediatrician	Scotland

other CMF staff

department heads

Peter Saunders, Chief executive officer

Pablo Fernandez, Head of graduate ministries

Vicky Lavy, Head of international ministries

Steve Fouch, Head of nursing ministries

John Martin, Head of communications

Graham Sopp, Head of operations

field staff

Julian Churcher, Graduate staff-worker in London

Audrey Chalmers, Graduate staff-worker in Scotland

Stephanie Moss, Associate staff-worker in West Midlands

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.

Region	Medical Schools	Student Council	Staff
Ireland	NUIG, RCSI, TCD, UCC, UCD, UL, QUB	Tom Dowling (North) Gabriel Chan (South)	John
Scotland	Aberdeen, Dundee, Edinburgh, Glasgow, St Andrews	Robbie Idle Esther Park	Scott and Megan
Wales	Cardiff, Swansea	Bea Djan Becky Parsonson	John
Northeast	Durham, HYMS, Leeds, Newcastle, Sheffield	Rebekah Hilder Stephen Robertson	John
Northwest	Lancaster, Liverpool, Manchester	Joseph Watson Jen Rossiter	Alex
Midlands	Birmingham, Keele, Leicester, Nottingham, Warwick	Emily Collins Amelia Bearn	Laurence
Central	Cambridge, Oxford, UEA	Vacancy	Alex
Southwest	Bristol, Peninsula	Vacancy	Alex
Southeast	BSMS, Southampton	Sam Strain	Alex
London	Bart's, Imperial, King's, St George's, UCL	Tim Gibbs Jack Strain	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, Dion Ayeni 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 some suggestions about some of the non-face to face ways that groups often communicate.

email lists can be helpful, and are easy to administrate. 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 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

phones and texts are helpful. Texts seem more likely to be read than email, though are not necessarily free, and can also become annoying if received repeatedly. The phone is 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.

new website

We hope that the password protected areas of the CMF website will help with linking members. But even then, it is likely that student links will need to encourage members to use the website; unless members update their own details, the database will be unreliable!

data protection

Personal data is protected by law. When people join CMF, they agree that their personal details can be used for CMF purposes, and it’s important that we honour this.

CMF links often want to know how to get hold of members, or to check who is actually a member. This is especially true for students who might attend local meetings, but who have never joined CMF itself!

But we’re not allowed to pass on people’s data to anyone who hasn’t signed the data protection form. That’s why it’s essential for any link to have done this!

And having signed the DPF, links must be careful not to misuse the data they’re given. It must always be used for the purposes it was intended – to further the aims of CMF. And it mustn’t be passed on to others without their permission.

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, learn 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 at £6 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 people you know as 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 careers day and juniors 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 where you might 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 like lunchbars 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

typical programmes – p39

developing your programme – p41

conferences – p47

day conferences: - p48

Confident Christianity

Answering other faiths

Saline solution

Whatever you do

Who is my neighbour?

World on my doorstep

lunchbars – p55

freshers week – p57

mission week – p58

international opportunities – p59

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 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 (1-5 Sep 2014)	UCCF
Sep-Oct	Freshers	CU... and you
Autumn	Irish and Scottish conferences	Irish students
Feb	Student Conference (13-15 Feb 2015)	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 lunchbar on a medical theme)
- a meeting to consider a topic specific to being a Christian in medicine (eg, ethics, electives, mission, whole person medicine). 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').

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 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 in 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, 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 passage 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 p55) are events held at lunch-time, either bring-your-own lunch, or with lunch provided. There'd 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 topics 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'd 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 through a gospel. Again, a 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 stuff published. 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'd 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 at!

And remember there are many regional and national CMF events, as well as our literature and online resources, 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 best use of those opportunities! The exact dates for all 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, to ensure that there aren't too many – perhaps monthly to termly, depending on which stage of medical school you are. And especially for the pre-clinical groups, it'd be good to liaise with the CU so that events don't clash.

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 48-54. 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 big house?). And 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, 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

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

prayer triplets

Groups of students meeting regularly to pray with each other.

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 for questions over pudding and coffee.

book clubs

A small group studying some of 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, a plenary talk on a more medical theme, 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 April. 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 and Whatever You Do (ethics) or Who is My Neighbour and World on my doorstep (working abroad). Once you have decided your 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 and central. Book early, and make sure you book enough time for setting up and clearing up.
- Publicity: one word by mouth is worth a thousand unread emails! Especially by someone who has been before. Sell the practical implications and uniqueness of the course. Get in diaries *early* and repeatedly. The office will provide leaflets and can mailshot local students and juniors in addition. 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 suffering, 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 there are? Are you paralysed by the mass of information there is 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 in 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 through 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

Whatever you do

Medical ethics: living and speaking for Jesus

'So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God – even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved. Follow my example, as I follow the example of Christ.' 1 Corinthians 10:31-11.1

In the context of this teaching from Paul, we will consider how we can approach medical ethics as living and speaking for Jesus.

We will explore the worldviews that determine the ethics we're taught in medical school, and comparing that with how the Bible teaches us to understand ethics: as part of our worship, wisdom and witness.

The day is interactive, consisting of talks, discussions, and small group work.

Example programme

- 09.30 Introduction
- 09.45 Worldviews
- 10.15 Humanist medical ethics (and debate/small groups)
- 11.15 Coffee
- 11.30 Word – handling the Bible
- 12.00 Ways to Live – the gospel message (and role play/discussion)
- 13.00 Lunch
- 13.45 Worship – ethics to bring glory to God
- 14.15 Wisdom – ethics following the example of Christ (with case based discussion)
- 15.15 Witness – ethics that point people to Jesus (with case based discussion)
- 16.30 Close

Who is my neighbour?

Who is my neighbour in today's global village? 99% of all maternal deaths, 98% of all child deaths and 80% of all AIDS deaths occur in the developing world, yet this is the place where resources and workers are fewest. In Sub-Saharan Africa, 3% of the world's health workforce cares for 10% of the world's population bearing 24% of the global disease burden - with less than 1% of the global health expenditure.

The Good Samaritan helped a stranger because he saw his desperate need. How can we respond to the enormous needs we see in other parts of the world? There are many ways we can get involved - going, giving, praying, partnering, teaching, training - and more. Juniors, seniors, students and retirees can all play a part in bringing God's love and care to some of the poorest people in the world.

This day conference is for Christian health professionals from all disciplines and others who are interested medical mission and international work. As we learn from the Bible and hear from a variety of speakers, there will be a chance to meet and talk to others who have worked abroad in a variety of settings and to find out about the work of different mission organisations. Above all, it will be a time to consider how we can respond to God's call to serve the poor and to love our worldwide neighbours.

Example programme

- 10.00 Registration & coffee
- 10.30 God's heart for the poor – What does the Bible say?
- 11.15 Where are the poor? Global update
- 11.45 What is medical mission? Exploring different approaches
- 12.30 Lunch
- 1.30 Medical mission in practice
- 2.15 What could I do? Different ways of serving
- 3.15 Tea
- 3.45 What next? Should I stay or should I go?
- 4.30 Reflection and prayer
- 5.00 Close

World on my doorstep

Lots of students are interested in Global Health and everyone has an elective. Putting on an event about international work in your medical school is a good way to involve people outside CMF.

‘World on my doorstep’ uses material from our ‘Who is my Neighbour’ workshop, and includes a session on electives. It’s a chance to look at some of the challenges in Global Health, and to learn about the difference that Christian doctors are making around the world. We look at what the Bible says about serving the poor, and how we can do that in practice. The session on electives looks at planning, preparation and pitfalls.

This is an interactive session including group discussions as well as talks, and can include presentations from students who’ve already done electives. It can be done as an extended evening meeting with supper in the middle, or could be a half day workshop.

Example programme

- 5.00 Global health – challenges around the world today
- 5.30 Electives – planning and preparing
- 6.30 Dinner
- 7.15 God’s heart for the poor – what does the Bible say?
- 7.45 Working and serving – what does it look like?
- 8.15 What next? – questions and reflections
- 8.45 Close

lunchbars

Lunchbars 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 the majority of 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 lunchbar?

There are three essential ingredients for a lunchbar:

- 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 lunchbar?

Five things to think about:

Timing: Look at your timetables carefully. It would be silly to run a lunchbar 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 it might be that you can invite students from other courses too, 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, word of mouth? Have you booked a venue? Will you provide food, or will people just bring their own?

an example 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 in to 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, who will be planning events and a stall at freshers fair.
- Order freshers packs from CMF. These will include copies of *Nucleus*, promotional flyers to encourage membership of CMF and for 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 2014' 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 lunchbar for freshers with an introduction to CMF.
- Invite freshers to join you at local churches and CU.
- Include internationals 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 became 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 well 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 nearly 60 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. The next will be in 2018. ICMDA also runs regional international conferences, and students on electives are sometimes able to attend conferences run by the host-nations CMF movement too.

international medical student conference

Each February, in the week before national Student Conference, CMF runs an International Medical Student Conference (IMSC) in London for student leaders from Eurasia and elsewhere. In 2015, nearly 20 students from over 16 countries attended. UK students are able to meet them at the weekend conference in 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

Through meeting these students in February, we hope that links can be made between medical schools here and overseas. Groups from each country can easily keep in touch with each other by 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 and this year in Russia, Ukraine and Estonia). Sometimes these events are more evangelistic, sometimes more discipling.

Regardless, it's an opportunity to help make disciples in a cross-cultural context. Maybe in leading Bible studies, or sharing testimonies, or most usually in the many chances 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 how you could use your elective period for God. Do think about going to serve in a resource-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 new electives handbook.

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

resources and appendices

CMF publications – p63

books – p65

networks and resources online – p69

our beliefs – p71

our values - p72

speakers list – p73

role descriptions: - p77

- student link

- student leadership team

- student council member

- medical school link

- student support team member

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 inquiries 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.

www.cmf.org.uk/students/booklist.asp

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

Read these, and encourage others to do so.

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 still 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.