



Arriving at university, a myriad of emotions and a mix of questions may fill your mind:

Can I do this? What will people be like? Will I make friends? How do I get to lecture theatre 37F? Change can be hard, but change is also good. God is transforming us to be more like his Son each day, refining us, and trust me, university is a big old refinery!

So how do we navigate medical school as a Christian? CMF exists to help you do just that. We are an organisation, passionate about encouraging and equipping Christian medical, midwifery and nursing students to live their best life for Jesus Christ. We want to help you begin at university well, and not just begin, but to run the race of life (including your studies and career) well to the end.

As you face opportunities and challenges, may I urge you to fix your eyes on Jesus (Hebrews 12:2) and seek him first (Matthew 6:33). You may trip, fall, or run in the wrong direction – but keep going, don't give up – 'he who began a good work in you will carry it on to completion' (Philippians 1:6). This Freshers' Edition of *Nucleus* is jam-packed with wisdom and advice from people that have been where you are now. Advice that I still find refreshing and encouraging.

We have top tips on surviving medical school (page 18). Stories and testimonies from medics and nurses (pages 30). We are also taking you to church, or rather giving you some advice on choosing a church (page 8). We hope that you enjoy this edition of *Nucleus* and we wish you well on this new journey and pray that God will 'fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God...'. (Colossians 1:9-10)

On behalf of the CMF Student Team, Rachel ▀

Rachel Owusu-Ankomah is CMF Head of Student Ministries



I started medical school way back in 2014 with a healthy mixture of excitement, anticipation,

confusion and abject terror! You may well be feeling something similar; each emotion to a greater or lesser extent. You might be wondering: 'what will it be like?', 'What will the next few years hold? Will I cope with the pressure?'

Medical school for me has had greater highs and lows than I could have possibly imagined. Yet I can also tell you that God is even more faithful than I could have possibly imagined! Do we not so often read in the Bible that God uses difficult situations to test and strengthen his people? I can say truthfully without a hint of poetic licence or exaggeration that God has used my time in medical school to shape me, build me up and make me who I am today. My faith and my relationship with him have deepened and every second has been worth it!

But please don't let me add to your fear and stress. For all the difficult stuff, I have thoroughly enjoyed medical school, and I pray you will too. This is the time to get really stuck into church, Christian Union and (hopefully!) CMF. This is the time to try out new hobbies and make strong friends. You might even start the slow and painful process of becoming an adult! Oh, and never forget – they let you in because they thought you could handle it.

Whatever medical school has in store, we know and trust that God has an awesome plan, and it would be our privilege as the Christian Medical Fellowship to walk along that path with you.

Every blessing for the years ahead, Zack ▀

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