

Volunteering: working as one body

John Greenall looks at the opportunities

I'm often asked why we use the term 'volunteer' at CMF. It evokes different images for each of us, some not so positive. We are, however, determined to see



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volunteering through a biblical lens. One such lens is that of being a servant. We serve because we lay our lives down as a 'sacrifice' to God in

response to what he has done for us (Romans 12:1). We come ready to 'do good works, which God prepared in advance for us to do' (Ephesians 2:10), not because we are working for his favour, but instead from his favour – because of what Jesus has done in serving us (Philippians 2:6-8).

So how can you begin (or continue) to volunteer with CMF? Apart from our Deep:ER Fellowships, Associate Staffworker opportunities and our new Catalyst Teams (more of which in the next edition of *CMF News*), here are several options you can take up from your own home!

Week of prayer for nurses

During International Nurses' Week (12-18 May) we ran a week of prayer for nurses under the theme *Thank God For Nurses*. We ran print, web and social media prayer prompts and resources for members and the wider church, using the hashtag #ThankGodForNurses on Facebook, Twitter and Instagram. We have had

feedback from members and others saying how encouraged they were by this and are keen for us to run it again next year.

We are also looking at running prayer events with

resources for other members in the coming year. If you are keen to pray for the Fellowship and issues affecting health professionals and Christians, join our CMF Watchers Facebook Group for regular prayer needs and opportunities. facebook.com/groups/CMF.Watchers

- Want to write? Join our team of writers, contributing to our blogs, print and digital publications. We also offer writers' training courses.
- Can you speak at events? Join our database of speakers specifying what you can speak on and to where you can travel.
- Could you teach on one of our courses? Our Saline Solution and Confident Christianity courses make a huge impact.
- Want to develop your specialty? We are keen to develop Specialty Links who take a lead in developing how Christians engage in their specialty.
- Can you link CMF with your church? CMF resources can be a great blessing to churches.
- Can you open your home? We see so much growth happening as people meet in homes around food. This could be a student, juniors' or nurses' group. Showing hospitality to doctors and nurses newly moved to your area is particularly important.
- Can you develop content for our new online learning platform? We are looking for technically gifted educators who can contribute to developing our resources.
- Can you shape the work of CMF by joining a committee? Juniors, Graduates, Students, Nurses, Global, Triple Helix, Medical Study Group are all key committees that shape the work of CMF.
- Can you administrate or lead overseas Short-Term Vision Trips? We have multiple requests to send teams and run training all over the world, taking juniors and students along and seeing them grow as they go.
- Interested in mentoring? One-to-one relationships with those a bit further down the track is so important.
- Want to research ethical issues? This is vital work in CMF as you will know from government submissions, our booklets and books and CMF Files.

Other possibilities in our London office include administration, finances, social media and conference organising.

Why not take the opportunity to develop and use the gifts God has entrusted to you?

To enquire about any of these or other opportunities please get in touch at volunteer@cmf.org.uk.

Nurses

Young leaders: advance by retreat

One of the priorities of the Nurses Department is to raise up and invest in young nursing and midwifery leaders. To this end, we held a retreat day for our student reps on Saturday 16 June. Rachel Hickson came to speak with her colleague Rev Helen Azur of Heartcry for Change, helping restore hope and compassion to Christian communities.

Ten reps gathered at the London CMF office for breakfast, having travelled from Southampton, Oxford, Gloucester, Reading, Leeds, London and even one from Belfast! Rachel's brief was to encourage these nurses and midwives in both their professional calling and their Christian walk. To help re-envision and refresh them, but also to have some small group reflective time to explore good practice, and think about developing better life rhythms to help avoid burnout. As well as time for prayer of course!

Rachel led this so well. From the starting point of being 'ordinary people with an extraordinary call' she outlined the historical roots of the NHS and Christian healthcare. We looked at how our culture has changed, and how faith, which once undergirded our health service, is now marginalised, creating a division between being a Christian and being a nurse. With interaction and discussion, we looked at verses in the Bible that encourage us to develop a life-rhythm that trusts God, restores our soul, and the balance between demand and activity. There was good discussion on the need to be rooted in Christ as the source of all we are giving out to others. It was great to have unhurried time to talk and to pray and to connect with God. The rest of the day, from mid-afternoon was more relational – we enjoyed hanging out, a little sight seeing, and a drink together.

The reps gave such positive feedback about this time. Comments so far include: 'It was a real encouragement for us, so refreshing'; 'learnt to lean into God'; 'a real joy and encouragement to me personally' and 'really loved spending precious time with the other girls'.

Such a lovely bunch of nurses with great potential, and hopefully resourced a little more as they serve and give.

