

# CMF East Midlands

Day Conference

Saturday 2nd October 2021

The Hayes Conference Centre,  
Swanick, Derbyshire

***"Restore and Refresh"***

**Lessons from Psalm 23**

with guest speaker

Pastor Dan Rubens,

leader of Discovery Church

Penzance

For more details, and to book, please go to  
<https://www.cmf.org.uk/doctors/events/east-midlands-day-conference/>



The East Midlands Catalyst Team is pleased to announce our regional day conference, Restore and Refresh on Saturday 2nd October.

Inspired by the words of David in Psalm 23, we will be hearing from Dan Rubens as we look at what it means to be restored and refreshed as health professionals.

**Programme for the day:**

- 9:45am - arrival and registration
- 10am - Welcome and introduction
  - 10:15-10:30 Worship
  - 10:30-11:00 Session1
  - 11:00-11:30 - Breakout groups
  - 11:30-12:00 Reflection and Prayer
- 12:00-13:30 - Lunch and optional walk
- 13:30-13:45 - Worship
- 13:45-14:15 - Session 2
  - 14:15-14:45 Breakout groups
  - 14:45-15:15 - Reflection and prayer
- 15:15 Afternoon Tea
- 15:45 Final thoughts
- 16:00 Depart