

# Medicine, Mission and Me: a Retreat

Monday 20 – Friday 24 September 2021

The Neptune, Criccieth, North Wales



Photo: Andrew Kime/ Origins Photography

Come and join us for 4 nights on the beautiful North Wales coast where the mountains meet the sea, to think about the needs in the world today, learn more about what the Bible teaches about mission and how we can fit in.

We'll think about what it means to make disciples and how to demonstrate God's love in practical action. There will be opportunity to learn from each other's experiences, think through how we could be involved in the future and work through practical issues. There will be time for Bible study, prayer, praise, learning in groups, walks and personal reflection.

## Who is it for?

Christian health care professionals and their spouses/ partners wanting to learn more about mission and considering their future plans.

## Facilitators

Supported by the Christian Medical Fellowship, the course will be run by a team of six individuals with broad experience of cross-cultural mission work and medicine in different contexts.

## Accommodation and things to do

At the Neptune self-catering guest house: [www.theneptune.org.uk](http://www.theneptune.org.uk)

There is plenty of B&B and self-catering accommodation available locally should you prefer

that. Criccieth is a popular holiday destination with beaches, coffee shops, art galleries, an ice cream parlour and a castle. Within a short drive there is the Snowdonia National Park and opportunities for watersports.

### Cost

<i>Doctors</i>	£320
<i>Nurses/Midwives/AHP</i>	£220
<i>Married couples</i>	£500

This includes food, accommodation and course costs.

### Getting there

You would need to book your own travel to arrive on Monday and leave on Friday. Although Criccieth has a train station, the nearest mainline railway station is Bangor (Gwynedd). It may be possible for friends from Criccieth Family Church to assist with a lift from the train station.

To book go to [www.cmf.org.uk](http://www.cmf.org.uk)

There are limited places available

Contact person: Sonia Quane ([globalcoordinator@cmf.org.uk](mailto:globalcoordinator@cmf.org.uk))

# Programme

MONDAY		
18:00	<i>Dinner</i>	
19:00	Getting to know you	Where are you coming from? What questions do you have?
19:30	Learning from experiences – Open Forum	Think about your previous experiences of mission and cross cultural work: What went well? What was challenging? What did I learn?
20:15	Film	
21:15	Free time	

TUESDAY		
07:00	Swimming	For those who want to!
08:00	<i>Breakfast</i>	
09:00	Prayer and praise	Who is the Lord?
09:30	Biblical basis of mission	Mission in the Old Testament
10:00	Global picture	Current physical and spiritual needs in the world
10:30	<i>Tea &amp; Coffee</i>	
11:00	What is mission?	Proclamation and demonstration
11:30	Who am I?	Individual time working on vision & values
12:00	Who am I?	Group work
12:30	Time alone	Prayer and reflection
13:00	<i>Lunch</i>	
14:00	Walk / free time	Mountain walk / Portmeirion visit
18:30	<i>Dinner</i>	
19:30	Biblical basis of mission	Mission in the Gospels
20:00	Creative service	Building relationships through business, health and education
20:30	Learning from experience 1	Personal story
21:00	Free time	

WEDNESDAY		
07:00	Morning run/walk	
08:00	Breakfast	

09.00	Prayer and praise	What has the Lord Jesus done for us?
09.30	Biblical basis of mission	Mission in Acts
10.00	Who am I?	Individual time working on your SHAPE (Spiritual gifts, heart, attributes, personality and experience)
10.30	Tea & coffee	
11.00	Who am I?	Group work
11.30	Making disciples	What does discipleship look like? What about church planting?
12.00	Do I need a call?	What is God's plan for me?
12.30	Time alone	Prayer and reflection
13.00	Lunch	
14.00	Free time	Kayaking / Coffee shop and art gallery
18.30	Dinner	
19.30	Learning from experience 2	Personal story
20.00	Medicine and Mission	Different models of working, how can they fit together?
20:30	Mission, parents and children	What are my responsibilities to my family?
21:00	Free time	

## THURSDAY

07:00	Swimming	
08.00	Breakfast	
09.00	Prayer and praise	Let the nations be glad
09.30	Biblical basis of mission	Mission in the Epistles and Revelation
10.00	Cross cultural ministry	Learning language & culture, guilt, shame and power, multicultural teams
10.30	Tea & coffee	
11.00	Counting the cost	What could it mean to follow Christ and make Him known?
11.30	Coping with challenges	What might be difficult? e.g. culture shock, team difficulties, distressing experiences, re-entry, conflict, brokenness, corruption, COVID-19 What will help us keep going?
12.30	Time alone	Prayer & reflection

13.00	Lunch	
14.00	Walk / free time	Coastal path walk
16.30	Tea & coffee	
16.45	When helping hurts	How do we avoid making things worse?
17.15	Partnerships	Churches and sending agencies
17.45	Serving as senders	Developing support teams, working in partnership
18.30	Dinner	
19.00	The cross cultural mission worker	What attributes are helpful in terms of character, skills and experience?
19.30	What next?	Ideas for further training and equipping
20.00	Summary and prayer time	What have I learned? How can we pray for each other?
20.30	Free time	

#### FRIDAY

07:00	Morning run/ walk	
08.00	Breakfast	
09.00	Pack up and go	