



Seventh Annual Conference

Work: For God, Man & I



Christian Medical Fellowship - Kenya

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Dear members and delegates, on behalf of the CMF-Kenya leadership it is my privilege to welcome all of us to Tumaini, Nakuru for CMF-Kenya Annual Conference, Retreat and Annual General Meeting for a time to reflect and share the memorable moments in fellowship. Thank you for finding time in your schedule and travelling from the various places to join the CMF Kenya family. As we gather here this weekend I pray that we will encourage, challenge and enrich each other. I hope that this conference will help rekindle your engagement as a believer (including within CMF) at whatever level you are at.

I encourage us to take the opportunity during this time to form new bonds and strengthen our old ones. In a dynamic society it is my hope we will gain insights that will make us more effective in all our spheres of engagement. In this corporate gathering may you experience the Lord in a very personal way. May you be compelled and inspired to launch out into the place of your calling in the midst of the multiple voices that you encounter continually in the journey you walk as a believer and Christian health professional. May it serve to embolden you to be a witness for the Kingdom.

May we join hands in the work; expanding the Kingdom of God.
I wish you all a fulfilling experience.

Dr. Kizito Shisanya
Chair CMF Kenya
December 2019



Dear Member,

The 7th annual delegates conference has been birthed by various experiences. We have gotten better and refined by the past conferences, our unique challenges this year notwithstanding. The organization, CMF-K, has gotten more space to play relevance and the audience for CMF-K is more complex. These are exciting times to be alive!

Over the period when we debated what to cover in this conference, there was a lot to choose from. The political landscape overflowing with tension, the economy bankrupt, the church at a cross-road and a huge number of the workers in perpetual unrest. The many and unique national challenges are a testament of our relevance making it more urgent than ever that we must be equipped for influence.

With eternity in mind, we ultimately chose the place of work as a vehicle for influence. How can we wake up like ambassadors bent on fully and distinctly representing our Kingdom? How can the clarity of our role as Christians in the market place be restored? These and many questions relating to WORK, have shaped what this conference will be about. We want to sit and listen to the Lord one more time. We want to be navigated to a place of no regret, a place of reflection and purpose, a place of determined resolve to please none but one master. This is my/our hope for each of the delegates here. That we will find a campus to send us to the heart of our ambassadorial function and attain the focus to constantly be aware of it.

WORK, for God, Man and Me is a well thought theme that balances the role of work in providing satisfaction for the one who works, the humanity they serve and for God the ultimate Master and provider. May these words speak to us as I declare the conference open.

Dr. George Otieno
Chairperson, Conference Planning Committee 2019

Conference Program

FRIDAY	ACTIVITY
5:00 - 6:30 pm	Arrival and registration
6:30 - 7:30 pm	Supper
7:30 - 9:00 pm	Plenary 1: Work and eternity. Dr. Alex Bolek

SATURDAY	ACTIVITY
7:00 - 8:00 am	Breakfast
8:00 - 8:30 am	Praise & Worship
8:40 - 9:00 am	“The Journey” by Dr. Warurua Mugo
9:00 - 10:30 am	Plenary 2: Secular Vs Sacred Papa Ayella & Panel Discussion
10:30 - 11:00am	Tea Break
11:00 - 12:00 pm	Break out session 1
12:00 - 1:00 pm	Breakout session 2
1:00 - 2:00 pm	Lunch
2:00 - 4:00 pm	AGM
4:00 - 6:00 pm	Bonding
6:00 - 7:00 pm	Supper
7:00 - 9:00 pm	Open forum
9:00 - 11:00pm	Bonfire

SUNDAY	ACTIVITY
8:00 - 9:00	Breakfast
9:00 - 10:00 am	Small group discussions/ Devotion
10:00 - 10:30 am	Tea break
10:30 - 12:30 pm	Sunday service: Work and contentment. Rev. Justus Mutuku
12:30 - 1:00 pm	Closing ceremony
1:00 - 2:30 pm	Lunch and departure

Break Out Topics & Speakers

Financial Management	– Dr. Melvin D Lima
Contentment	– Dr. Augustine Lutakwa (from ICMDA S.A)



Melvin D'lima

is a born again Christian Dentist and Public Health Professional turned Business Coach and Mentor for Small and Medium Enterprise owners with a bias to Health care businesses. He holds a BDS and MSc (Public Health) as well as NLP Life Coach Certification, Trainer of Trainer in Business skills in healthcare businesses Certification and ILO Start and Improve Your Business Trainer

Certification.

He is divorced and in the process of getting married again. He has 5 children. He is widely published. Besides scientific and dental literature, he writes short stories and poems with a Christian message. He has addressed the Kenya Pediatric, Medical and Dental Associations on the Business of Healthcare. He is a Business Coach at Passion Profit and a Mentor with Mowgli UK and the Kenya Chapter of the Ashesi University (Ghana) Alumni.



Rev. Justus M. Mutuku

Spiritual Journey: Got born again in the early years of High School life and have been walking dedicatedly with the lord for slightly over 30 years now.

Family : Married to Pastor Lilian Musila. Blessed with three Children- Caleb Muuo Joy Mueni and Joshua Mwendwa.

Ministry : Have a wide experience with pastoring different Congregation with Africa Inland Church - Kenya . A vast experience as conference speaker in Colleges, universities and Church related forum in Kenya and beyond.

Currently : Serving as the University Chaplain - Kabarak university.

Education : Bachelor of Theology - KEMU; Master of Divinity in Theological Studies (AIU - Africa International University); Currently a student of M.A. in Bioethics (Trinity International University) as well as PHD student - pursuing Theology and Culture - (AIU - Africa International University).



**Dr. Ataro
Papa
Stephen
Ayella**

is a Ugandan Medical Doctor, Public Health Consultant. Dr Ayella is the Uganda Christian Medical Fellowship Missions Coordinator and ICMDA East Africa Regional Representative for Students and Junior Doctors Ministry.

He has been a Missionary and Pastor for over 15 years dealing with Cross-Cultural Missions. Dr. Ayella has been elected as the Vice President Uganda Medical Association for 2019-2021. He has previously been Head of Health and Nutrition Sector heading Ebola preparedness response in South Sudan and Emergency Response, Health Program Manager/ Senior Technical Adviser for Save the Children International, Management Sciences for Health among other public health positions in South Sudan, Uganda, Kenya, Tanzania, Somalia, Liberia, and other countries. He has multi-country Epidemic preparedness and Response experience as well as Sexual Reproductive Health, Child Survival and Infectious Diseases in Humanitarian Emergencies for over 10 years.

Dr. Ayella serves as Part-Time Team Physician for Uganda Netball Federation (Team Uganda She Cranes) for International games; he has recently been accepted as a Member for Canadian Academy of Sports and Exercise Medicine (CASEM). He has been collaborating with NECSI in Ebola Research and Community level interventions since 2014 and in 2019 he was appointed as Co-Faculty (Guest Lecturer) at New England Complex Systems Institute in Boston, United States.

Dr. Ayella is a Fellow of the Royal Society of Public Health in the UK. He received his MSc in Clinical Epidemiology and Biostatistics from Makerere University Kampala, International Child Survival Strategies from Uppsala University in Sweden, and Postgraduate Diploma in Development Studies majoring Project Planning and Management.

Dr Ayella has a special interest and career in Music playing Gospel and cultural music, he leads a Musical band of Christian doctors in Uganda and East Africa region where they perform at international events- his main instrument is the Yamaha Synthesizer Keyboard and does lead vocalist role as well along with his three children who have music expertise. He is married to Christine Ayella, a University Lecturer and Specialist in Gender and Development.



**Alex Bolek
Abuk**

Marital Status:
Married (to
Helen)

Nationality:
South Sudanese

Academic Qualifications:

MBBS: University of Oradea, Romania

MPH: University of Medical Sciences and Technology – Khartoum Sudan

PGD HIV/AIDS: University of Medical Sciences and Technology – Khartoum Sudan

PGD Research Methods and Biostatistics: University of Medical Sciences and Technology – Khartoum Sudan

Leadership Trainings:

- Advanced Leadership Training: Haggai International Leadership Institute:- Singapore
- EQUIP Leadership Training (John Maxwell Ministries):- Cyprus

Career:

- *Medical officer:* Sudan Federal Ministry of Health – Khartoum Sudan

- *Deputy Director,* Directorate of STIs & HIV/AIDS: Central Equatoria State, Juba – South Sudan.
- *HIV Technical Advisor:* Jhpiego South Sudan: 2012 to date
- *Acting Chief of Party and Country Rep –* Jhpiego South Sudan (April 2018 – July 2019)

Ministry Involvement:

- *President:* Sudan Christian Medical Fellowship (SCMF): 2005-2011 - Led SCMF to Registration with ICMDA during the ICMDA World Congress in Uruguay in 2010
- *President* South Sudan Medical and Dental Association (CMDA-SS): 2011 – to date - Led the CMDA-SS to registration with ICMDA during the ICMDA World Congress in Netherlands in 2014.
- *ICMDA East Africa Regional Secretary:* 2017 to date
- *Board Chairman:* Christian Health Initiatives (CHI) Organization – South Sudan: 2018 to date
- *Board Chairman,* Scripture Union (SU) of South Sudan: 2017 to date
- *Alumnus:* Haggai International (Leadership Institute) - Singapore (2006)
- *Associate member:* Fellowship of Christian University Students in Sudan & South Sudan (FOCUSS)

- *Former Board Member* – Calvary Ministries: Khartoum Sudan (2006 – 2011)
- *Founder (with my wife Helen):* Timothy School, Terekeka State – South Sudan (2015)
- *Ministry Partnerships:* Calvary Ministries, HCFI, PRIME, CSCmg, Haggai International, Kis In Crisis, RCEI
- *An Elder* in local Church
- Serving the wider body of Christ among local Churches in South Sudan, the East Africa Region and globally.



Dr. Augustin Lutakwa

was born in DR Congo and has recently finished his residency in General Surgery. He lives in Durban South Africa. He is the Associates Executive Officer for Sub – Saharan Africa where he promotes the mission, vision and core values of ICMDA among students and junior doctors

TRAININGS

CMF-K Volunteers Training

CMF-Kenya managed to hold a volunteers training on the 12th and 13th April 2019. It was held at FOCUS Centre in Kasarani Nairobi, where 17 delegates attended. The training had to be modified to favour the volunteer's schedule as most of them had already reported to their internship stations.

East Africa Training of Trainers

On the 3rd and 4th of September 2019, CMF-K in collaboration with PRIME UK, ICMDA East Africa, University of Brighton hosted an East African Regional Training of Trainers on Whole Person care Medicine at Mayfield Guest House in Nairobi. 30 participants attended the two days training

ICMDA East African Volunteers & Leaders Training

CMF-K recently hosted the ICMDA East African Volunteers & Leaders Training in Kijabe Hospital from 1st to 5th December 2019. The five day training brought together students and junior doctors as representatives from all the eight countries within the wider East Africa

CONFERENCES

CMF-K Annual Students Conference

The CMF-K Annual Students' Conference 2019 took place in Kisumu Hillside Hotel on the 26th to 28th of April. A total of 70 students gathered for the conference. The theme for the conference was "Called to Excellence, Skilled for Christ."

Rwanda ICMDA East Africa Conference

CMF-Kenya managed to send a delegation of members both senior and junior professionals as well as students to represent us to this conference that was held at the University of Rwanda in Kigali Rwanda over the Easter Holiday.

Sydenham Conference 2019

CMF-Kenya as an organization together with its members managed to facilitate and sponsor one of our committed students and volunteer in the office, to attend the Sydenham Conference in the UK in January.

Millicent Wangui who is currently a sixth year Student at the Nairobi University did well to bring the experience she had back home. Over 150 students gathered at Prof Jana McLeod's residence in one of our

Nairobi Monthly Fellowship to hear from Millicent.

Junior Professionals Retreat 2019

The CMF-K Junior Professionals on 29th to 30th June went camping at Lalanasi Lodge in Laikipia county. Thirty five of them among other things did kayaking, quad biking, horse riding and bonding over camp fire.

Nairobi Pre-Interns Meet up

On 20th October 2019, about 35 pre interns drawn from Med Schools within Nairobi gathered at The Muhinga's residence in Karen for a moment of inspiration, networking and vision casting.

The meet up was graced by the rank and file of CMF-K leadership. We also managed to get a post intern to give his reflections on the internship journey. This event challenged other regions to organize the same.

MENTORSHIP MANUAL



Finally the long awaited CMF-K Mentorship manual is now a reality. In November this year we acquired a thousand copies of Volume 1 of the manual.

Thanks to everyone who contributed to the success of this noble work. The books will be distributed at a student friendly cost of Ksh. 150 per copy.









