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CATHOLIC
MEDICAL
ASSOCIATION
ANNUAL
CONFERENCE
2019

Following Jesus in Healthcare
4th May
Hull University Catholic Chaplaincy

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The Annual Conference of the
CMA, Hull University Chaplaincy
4th May 2019
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EDITORIAL

FOLLOWING JESUS IN HEALTHCARE

ADRIAN TRELOAR

**How do we follow our faith in healthcare today?**

The Annual Conference of the CMA will look at this question in Hull on the 4th May. We must recognise that it has always been a challenge to follow our faith at work but we should also, perhaps, admit that we may be approaching a time when it is especially hard.

At the centre of our faith are the great miracles of Jesus in the Holy Land. Often described and translated into English as “cures”, older translations such as the Douay-Rheims and King James Versions used the phrase “being made whole” [Matthew 6, 55-56 and elsewhere in the Gospels]. So in fact, in his time on earth, Our Lord saw the healing that He did as a restoration to a physical and spiritual wholeness. Not merely a state of physical health. Happily for us, the World Health Organisation defines health as a state of physical, mental and spiritual wellbeing. And as health workers, we are asked to promote health which turns out to be “wholeness”. Better still the Constitution of the World Health Organization still defines health as a “*state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*”^[1]. Making people whole is what healthcare workers do. Holistic medicine is where we are at.

And running through that whole country, they began to carry about in beds those that were sick, where they heard he was. And whithersoever he entered, into towns or into villages or cities, they laid the sick in the streets, and besought him that they might touch but the hem of his garment: and as many as touched him were made whole. Mark 6, 55-56.

As Bishop Davies said during advent ^[2] “*Our renewal in holiness is the only renewal of the Church that will ever matter*”. Bishop Davies quotes Pope Francis who says “*The Lord wants us to be saints and not to settle for a bland and mediocre existence*”, for it is only by being holy that

we can be truly happy. The Holy Father writes, “*Do not be afraid to set your sights higher, to allow yourself to be loved and liberated by God*”. For holiness, he writes, is “*the extent that, by the power of the Holy Spirit, we model our life on Christ’s*” “*Let us ask the Holy Spirit to pour out on us a fervent longing to be saints for God’s greater glory, and let us encourage one another in this effort*”.

Bishop Davies continued “*We can never reach this goal by our own unaided efforts. By the grace of God we can!*” That need for Grace must be even greater for Doctors, nurses and other healthcare workers who find themselves so deeply challenged on matters of faith, morals and ethics. To enable that grace to live within us, we need to sort a few things out for ourselves. I would suggest that there are several key themes that each of us need to explore.

1. **We must always aim to provide excellent, caring and compassionate healthcare.** We cannot be good clinicians merely because we are Christians. Our Christian faith must drive us to be excellent, to go the extra mile and always to do excellent medicine, delivered humbly and compassionately
2. **We must never think that we are better doctors or better nurses simply because we are Christian.** I have seen many fall into that trap and in their failings they bring great scandal upon Jesus Christ and upon His Church.
3. **We must pray, deepen our faith and continue to see our vocation in healthcare as an expression of Christ’s love for us.**
 - a. Attending Mass regularly
 - b. Praying regularly (I was strongly and helpfully guided toward the Rosary by Fr Hugh Thwaites while he was Chaplain to Guys Hospital when I was a student there).
 - c. Attending confession and including our work as a part of our examination of conscience
4. **We must seek to understand medical ethics and to be able to discern what is right and wrong**
5. **We must be willing to say no when things are wrong and to speak out**
6. **But far more often we must be willing to gently, and humbly, encourage others towards what is right**
7. **We must engage in public policy development, promoting what is good and what is right.**
8. **We must do all of that with love and a smile.**

David Quinn the Director of the Iona Institute will be one of our keynote speakers in Hull and will share his thoughts on how we can and should do this.

In every setting we will greatly help by seeing the humanity of the people whom we serve. Not unlike many



medical colleagues Fr Hugh Thwaites once told me that several women had been to see him shocked at being pregnant. Fr Thwaites told me that upon hearing the news he would always respond with a smile;- a clear but gentle welcome for the child within, who was immediately humanised by the smile.

I have found his observation very helpful in General Practice and also in care of the elderly. To see the humanity in an unborn child, or in a dying elderly person can be truly transformative. As St Catherine Labouré said *"I saw the face of Christ in each one."*^[3]

As Fr Gerard Toman tells us in this edition of the CMQ [page 8], work is prayer. And yet we need a prayerful foundation to allow that to become true.

There will be much to discuss and explore in Hull on the 4th May. The CMA will be the guests of Hull University Catholic Chaplaincy. Do please book your place and come along.

REFERENCES

- [1] World Health Organization (1946). Constitution <https://www.who.int/about/mission/en/>
 [2] Shrewsbury: Bishop Davies dedicates 2019 as Year of Holiness. Dec 3rd, 2018 Independent Catholic News www.indcatholicnews.com/news/36113
 [3] Great Medical Lives. St Catherine Labouré: Seeing the face of Christ in the sick and suffering. Catholic Medical Quarterly Volume 66(3) Aug 2016. www.cmq.org.uk/CMQ/2016/Aug/st_catherine_laboure.html

Adrian Treloar FRCP, MRCPsych, MRCGP is a Consultant and Former Senior Lecturer in Old Age Psychiatry. He is also Assistant Editor of the Catholic Medical Quarterly.

NEWS

DOCTORS WITH AFRICA CUAMM



Founded in 1950 by the Bishop of Padua, Doctors with Africa CUAMM (Collegio Universitario Aspiranti Medici Missionari) was the first Italian NGO focused on healthcare. It is now the country's leading organization working to protect and improve the wellbeing and health of vulnerable communities in Sub-Saharan Africa. CUAMM's Mission is to advocate the universal right to health and promote the values of international solidarity, justice and peace. CUAMM believes in driving development through strengthening African Health Systems. This strategy is consistent with the ideals and experiences of over 60 years of fieldwork in Africa in both emergency and development-oriented settings with the

perspective to contribute to make communities more resilient and autonomous. Today, CUAMM works in Angola, Ethiopia, Central African Republic, Mozambique, Sierra Leone, South Sudan, Tanzania and Uganda.

It operates in 23 hospitals, 64 districts, 3 nursing and midwifery schools and 1 University. Ninety per-cent of 2,233 staff is African. CUAMM's priority areas of intervention are maternal and child health, infectious diseases, nutrition, Non-communicable diseases and Universal Health Coverage. CUAMM is also active in the field of operational research collaborating with African institutions, research centres, academies and other non-profit organizations to inform the public and raise awareness on the value of health as a fundamental human right and essential component for the full development of human potential. CUAMM's headquarter is Italy with an affiliated branch in UK (CUAMM UK) and in the USA (CUAMM USA).

Doctors with Africa CUAMM offers the opportunity to doctors to work in one of the hospitals targeted by its projects.



CATHOLIC MEDICAL ASSOCIATION ANNUAL CONFERENCE 2019

FOLLOWING JESUS IN HEALTHCARE

4th-5th May

Hull University Catholic
Chaplaincy

£10-£30

KEYNOTE SPEAKERS

David Quinn,
Director of the Iona Institute

Sr Andrea Fraile
Sisters of the Gospel of Life

Conference timetable

Saturday 4th May
10am- 6pm with Mass at 6.30pm
Conference supper at 8pm

Sunday 5th May

9am- Annual General Meeting
of the Catholic Medical Missionary
Society
11am- Annual General Meeting
of the CMA
1pm- Close with lunch

Bringing faith into public life

David Quinn, Director of the Iona
Institute and former editor of the
"Irish Catholic"

Helping people in a crisis: the work of the Sisters of the Gospel of Life

Sr Andrea Fraile,
Sisters of the Gospel of Life

"Being made whole": the purpose of healing and the purpose of healthcare

Dr Adrian Treloar, Consultant in Old Age
Psychiatry

Caring for the sick in Lourdes

Dr Joseph O'Dwyer,
Consultant Anaesthetist

Living our faith at work

Dr Dermot Kearney,
Consultant Cardiologist

Keeping a strong faith in a busy career

Dr Mike Delaney, Retired GP

Bringing hope to the sick: A Christian General Practice Surgery

Dr Rob Hardie, GP

Faith at work

Miss Julia Herbertson, Midwife

Panel discussion

www.catholicmedicalassociation.org.uk/www.cmq.org.uk

How can we follow Jesus in our daily work?

How do we keep our faith at work?

Can you be a Catholic in public life?

Meet fellow Catholic healthcare workers

Reflect upon your vocation

Share your experience of living your faith through work

Start 9.45am for 10am Saturday 4th May

AGM's (for CMA members only) of the CMA and

Catholic Medical Missionary Society are held on Sunday 5th May

ALL YOU NEED TO KNOW

Who should attend?

Members of the Catholic Medical Association and all healthcare workers (including doctors, nurses, social workers, OTs, physios, pharmacists), and students of all healthcare professions who have an interest in a Catholic view of healthcare today.

How to get there

By Rail the nearest station is Hull Paragon. Take a bus routes 103 or 105 to Cottingham Road
Full address: University Chaplaincy 113-115 Cottingham Road HU5 2DH

How do I book my place at the conference and for the conference supper?

Please email kentcma@gmail.com or phone 07831 577 371. If you can't join us for the whole day, you are very welcome to join us for part of the day. Provide details of:

Name, address, email, mobile number, dietary requirements

The conference supper must be booked in advance. The cost is expected to be £20-£25

How much will it cost?

Members of the CMA £20.00, Non-members of the CMA £30.00.

Concessions (students and chaplains etc): minimum donation of £10.00.

Conference supper additionally £20-£25.

Annual CMA Membership with benefits of the Catholic Medical Quarterly and all other CMA activities will be available on the day for £30.

Lunch

Lunch will be provided. Contributions welcome

Accommodation

There is a limited amount of very low cost accommodation for students.

Ask when you book please.

As well as that we have a limited number of twin rooms booked in the local Premier Inn, Ashcombe Road, Hull HU7 3DD at a cost of £45 per night per person. **Please discuss this when you book to attend.** If you prefer you can also book for yourself online or on 0871 527 8536

Mass details

Hull University Chaplaincy Masses: 6.30pm Saturday, 10am Sunday

You are welcome to join us for part or all of the conference as you are able

kentcma@gmail.com