

CMDA *Encore*

March 2020

A newsletter for retired and nearly-retired healthcare professionals

Get Involved *Opportunities to Engage with the Ministries of CMDA*

CMDA National Convention

April 16-19, 2020

Covington, Kentucky

www.cmda.org/nationalconvention

Italy Tours

#1 - May 3-15, 2020

Hosted by Dr. Gene and Gay Rudd

#2 - May 24 - June 5, 2020

Hosted by Bill Reichart, MDiv

www.cmda.org/events

Women Physicians in Christ Annual Conference

September 17-20, 2020

Newport Beach, California

www.cmda.org/wpc

Marriage Enrichment Weekends

September 25-27, 2020

Grand Rapids, Michigan

October 23-25, 2020

Kingston, Tennessee

www.cmda.org/marriage

The Gift of Presence *(Another Way of Saying "Mentoring")*

by Gene Rudd, MD

I use the words "mentor" and "mentoring" only when talking about this concept, not when recruiting mentors. Experience has taught me that asking a colleague to be a mentor conjures up ideas that they would have to walk around Palestine with Jesus for three years to qualify as a mentor. So, instead of asking someone to be a mentor, I simply ask if they are willing to spend some time with a student, resident or colleague. The answer is usually "yes."

Being "present" in the lives of others is so important that God allowed His Son to humble Himself, become a man and live among us so that we might be reconciled to Him. And after Jesus' return to heaven, God gave us His Spirit to be present within us. What amazing gifts!

There is a story of a little girl who was fearful of going to sleep on her own. Her mother came to the bedroom to comfort her, explaining that Jesus was there to protect her. The little girl responded, "But Mommy, I need someone with skin on." Several years ago I was scheduled to give a CME lecture at a prestigious university.

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It so happened that my 15-year-old son had to have urgent surgery the day before. Since he was doing well, I drove to the university early the next morning to fulfill my commitment. But I was also scheduled to participate in a panel discussion that afternoon.

At the end of my morning lecture, I told the audience the story of the little girl and asked permission to skip the afternoon panel discussion so my son could have “someone with skin on.” I do not know if anyone remembered anything I said in the lecture, but the personal comments and post-lecture evaluations indicated how much the audience resonated with the need for “presence” in our lives.



The concept of presence is even included in the two great commands taught to us by Jesus. In addition to putting God first and foremost, we are to love others. This kind of love requires action, not just emotion; it requires us to be present in the lives of others.

This edition of CMDA Encore includes an article by Bill Reichart explaining how you can be present in the lives of others within the CMDA community via mentoring. You will find the links to resource material helpful. Bill Geiger’s article provides insights on how that played out in his life.

After reading, please pause to prayerfully consider how you can give others the “gift of presence.”

“The righteous flourish like the palm tree
and grow like a cedar in Lebanon.
They are planted in the house of the LORD;
they flourish in the courts of our God.
They still bear fruit in old age;
they are ever full of sap and green,
to declare that the LORD is upright;
he is my rock, and there is no
unrighteousness in him.”
—Psalm 92:12-15, ESV





Mentoring Opportunities with CMDA

by Bill Reichart, MDiv

As the National Director of CMDA's Campus & Community Ministries, dozens of inquiries come into our office every week. One inquiry that continually is a part of the conversation is about mentoring. Students desire to connect personally, spiritually and professionally with other healthcare professionals. They desire a guide, someone who has gone before them, to be a source of encouragement, support and coaching. We shouldn't be surprised by this. God created and hardwired us for relationships. Given how stressful and challenging the numerous years of training are, there is a greater openness for students in having someone come alongside them throughout the journey. Proverbs 27:17 says, "As iron sharpens iron, so one man sharpens another" (NIV 1984). Students are seeking mentoring relationships. And you have something to offer them.

Let me clear. To be a mentor, you don't have to be perfect. Just real. Authentic. Available. To be a mentor, you don't have to have all the answers; instead, you have to simply be a person who can share with another from one's experience and journey with the Lord. Being real is key, and simply being free to share the good, the bad and the ugly. As a mentor, you don't necessarily point students to yourself as the epitome of the perfect Christian life. Rather, you are pointing them to the one who led a perfectly righteous Christian life for them—Jesus Christ. And it is by living "in Christ" that students find the strength to endure the hardships of healthcare training and the courage to persevere in the God-given calling of healthcare He has put upon their life.

So what do you do next? Here are some practical ways and next steps to propel you in connecting with students and engaging in a mentoring relationship.

1. Find out what is going on in your area. Is there a school or healthcare program in the area with students you can connect with? What local leaders or CMDA field staff are in your area who can help make that connection? (Email ccm@cmda.org to discover what opportunities are in your area.)
2. Make yourself available. Be flexible and be willing to be challenged in this endeavor. Mentoring is a two-way street. You will be blessed as you are being a blessing to others.
3. Be ready to engage. Once a mentoring relationship begins, what do you do? Make sure you are able to engage in meaningful conversations. Download the [20 Questions for Discipleship Guide](#) to help direct those conversations.
4. Get creative. Download the [CMDA Mentor Action Guide](#) for creative ideas on how to impact the lives of the next generation.

Thanks in advance for willing to take that next step in being a mentor to the next generation of healthcare professionals.



The Best Advice I Ever Got

by William J. Geiger, MD, FAAFP

It all started when my wife was given a huge pile of old magazines. About a third of the way down the pile she found a magazine on retirement living, and after pouring over most the articles, she remarked that we needed to start thinking about what retirement might look like for us. I paid little attention to her suggestion at the time, being busy in my career and feeling energetic enough to work many more years.

Then I found an article on physician retirement by one of my mentors that changed my mind. He mentioned that physicians characteristically carefully plan every stage of their career except retirement. Many are not ready to consider what retirement might look like for them and, therefore, find themselves unhappy in retirement. So, I ordered two dozen books from Amazon on retirement and read them over the next six months. Every book had a different bottom line message, and soon my head was swirling.

About that time we were visiting with a mentor of ours, a very godly man, whom I knew loved me enough to tell me the truth, even if it hurt. He had been retired for some time, and as we talked about our questions on retirement, he startled me by remarking that retirement is not a scriptural concept. He clarified his comment by saying he felt that slowing down and doing other things besides our career was certainly appropriate and positive, but there was no room for retirement from the Great Commission. As we talked, he pointed out a truth I had known for years—that only two things in this life are eternal, God’s Word and people, and that our “slowing down” years should focus more, if possible, on investing our lives in these two eternal things. We talked further trying to see what this sort of investing might look like after I quit my medical practice. As I remembered the residents and students I had come to know and work with over the years as an advisor to CMDA chapters, I realized these young doctors, and others I would meet in the future, were my retirement harvest field (John 4:35-36).

As my wife and I prayed about the advice I had been given, a vision of retiring TO the Great Commission began taking shape. We wanted to avoid a retirement full of entertainment activities (golf, boating, travel, etc.). There’s nothing wrong with those activities, we just did not want them to be our primary focus. We would continue our personal habits of getting into God’s Word consistently through reading, study, meditation and application of the Scriptures in our lives. We wanted to develop winsome relationships with those who were not yet Christians and relate our faith stories to them. I decided to continue seeking relationships with medical students, residents and graduate physicians who desired to grow in their relationship with the Lord, and to encourage them as Paul advised Timothy to do in 2 Timothy 2:2. We committed that each time we traveled for pleasure, we would schedule a trip to travel and connect with those people we had known in the past and continue to encourage them in their walk with the Lord.

My mentor’s advice was the best! And after nearly two years of retirement, we feel happier and more fulfilled than ever as our retirement focuses on God’s Word and people!

Funny Bone

“The Computer Swallowed Grandma”

The computer swallowed Grandma,
Yes, honestly it’s true!
She pressed ‘control and ‘enter’
And she disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I’ve searched through the recycle bin
And files of every kind;
I’ve even used the internet,
But nothing did I find.

In desperation, I asked Mr. Google
My searches to refine.
The reply from him was negative,
Not a thing was found ‘online.’

So, if inside your ‘Inbox,’
My Grandma you should see,
Please ‘Copy, Scan’ and ‘Paste’ her,
And send her back to me.