



MAR. 2019

CMDA - STL NEWSLETTER



UMSL CHAPTER

Did you know CMDA has a Chapter at the University of Missouri - St. Louis (UMSL)? It is through the College of Optometry. Dr. Vinita Henry, O.D. F.A.A.O., is a faculty mentor for the group and Rebecca Weinberger is the current student leader. There are 20 plus students that meet once a month for a lunch fellowship and short devotional. Several from the group have been on service trips abroad and are interested in how to better connect with CMDA Missions Global Health Outreach (GHO). The picture below is from the February 2019 meeting.



STUDENT SPOTLIGHT - SAMANTHA HSIEH



Sam is in her 5th year at the Washington University (WU) Scientist Training Program (MSTP). Her research focus is in immunology. She is from the Bay area but has been in St. Louis now for 10 years. Sam was an integral part of a strong WU CMA leadership team in 2017-18.

This was an exciting year when students from several Health Profession programs were invited and integrated into the WU CMA Medical student group.

When I asked how Christian students and faculty can best impact the university for Christ, Sam said in every day things. She said when her attitude and daily interactions are seasoned with salt people notice and if we are part of a loving Christian community, like CMDA, we have an opportunity to invite people into something special that reflects Christ. Sam said she tries to remember to keep planting seeds and trusts God will make them grow. The anxiety of research and Medical school pressures are real but Sam said she takes comfort in a God who is an encourager, friend and bringer of peace. Bible study, prayer and fellowship are foundations for her faith. What a blessing to have Sam a part of the CMDA family!

KEY DATES - For more details : <https://cmdastl.org>

- * **May 2-5, 2019 - CMDA National Conference:** If you can only make one conference this year, this is the big one! It is in Ridgecrest, NC. Find out more and Register at <https://cmda.org/events/> Please make sure to check out all the other great conference opportunities on this link.
- * **4/6, 5/4, 6/1 8:30a-10a** - CMDA STL/Women Physicians in Christ (WPC) Prayer Breakfast & Fellowship at Dr. Josephine Glaser home. RSVP for directions.
- * **SAVE These Dates!** **8/16-8/18** Wellness Retreat (STL), **9/19-9/22** CMDA WPC w/Dr. Josephine Glaser, MD, Dr. Leah Swartwout, MD and Dr. Nancy Maby, MD (Mobile, AL.), **Oct.** - Connect the Docs (STL) w/Dr. Rick Chole, MD, PhD.

WINTER RETREAT!

Dr. Peri Pepmueller, MD was once again a gracious host of the St. Louis Winter Retreat. We were blessed to have Dr. Joshua Swamidass, MD PhD, as our speaker. We feasted on delicious food catered by Lynnette Pierce. Dr. Swamidass shared thoughts on topics such as origins, what does it mean to be good and what does it mean to be human. Throughout the weekend we had several opportunities to explore these topics in small groups. Dr. Swamidass challenged us to consider differing views on challenging topics but to do it always with confident faith. This confidence we can have in the strong evidences (historic, prophetic, abundant testimony) of the resurrection of Jesus and of a God who loved and came for us. This message, that we can all have confident faith in our Lord, was a catalyst for open conversation to seek out greater understanding. Several members from the CMDA St. Louis council also shared powerful testimonies of how they have encountered Christ in their lives. In addition, we had times of great worship thanks to CMDA students, Matthew, McKenzie and Bobbie!

Even with a snow storm in the forecast over 30 students and health care professionals from at least 5 different health disciplines were able to make it to the retreat! Thank you to all who participated and to those who provided the resources to allow this great event to happen!

THE 2019 ST. LOUIS CMDA WINTER RETREAT



GETTING INVOLVED!

Prayers of thanks for Dr. Caren Abraham, DDS and Dr. Phillip Asaro who are both now CMDA campus advisors as well as CMDA St. Louis council members! It is an encouragement and powerful testimony to students when Christian health care professionals are able and willing to give of their time and wisdom. Not everyone can give the same amount of time, but there are important ways large and small that everyone can get involved. **Please let us know how you might want to get involved** as a supporter, student, council member or campus advisor. Thank you to the many current supporters of both the National and local CMDA. You are vital to CMDA reaching the vision: "Transformed Doctors, Transforming the World."

To give online specifically to **CMDA St. Louis**.

<https://give.cornerstone.cc/cmda-donate/checkout?memo=STLOUIS>

If you have questions please contact A.J. or one of these council members:

A.J. Bennett - CMDA STL Associate Director: 314-308-1746 / actsaj@gmail.com

Josephine Glaser, MD - josephine.glaser@icloud.com

Randy Laine, MD, Grad. Prof, National Resident Rep.- laine.randy@gmail.com

Dawn Forbes, APRN, CMDA/CCNP - dawnforbes6@gmail.com

CMDA STL Webpage: <https://cmdastl.org/>