

Bless This Mess +003 Croeso Esgob

Episode +003 Description

In this episode of *Bless This Mess,* we're joined by our very first guest, Paul Davies, Bishop of Dorking.

We talk about the recent announcement from the Church of England on supporting clergy mental health and what it means for those in ministry today. Paul shares honestly about his own mental health, the responsibility of caring for other clergy, and the importance of vulnerability in leadership.

We also reflect on joy in the little things from everyday moments of grace to Paul's love of the sea and the little things. An honest, hopeful conversation about wellbeing, leadership, and finding light in ordinary places.

Warning: This episode contains themes around mental health and suicide. If you find any of the content difficult or triggering, please consider reaching out for support. You can contact Samaritans on 116 123 (free, 24/7), call NHS 111 and press 2 for the urgent mental health helpline in England, or in an emergency call 999. Clergy may also wish to contact Clergy Support Trust or their diocesan wellbeing team.

Show Notes

- Recent Church Of England Announcement regarding Mental Health for Clergy https://www.churchofengland.org/media/news-and-press-releases/give-clergy-training-how-support-people-mental-health-challenges-synod

- Who is the Bishop of Dorking? https://www.cofeguildford.org.uk/bishop-of-dorking

- The 'Paul' Rabbit hole

- Reflections on Suicide https://www.renewinghope.net/post/the-hidden-epidemic-suicide-among-pastors-and-ministry-leaders

- Who is looking after the Clergies mental health?

- The three offerings at the diocese; Spiritual direction, mentoring and pastoral supervision

- Who's Shepherding you?

- Disciples and the Stilling of the storm, Jesus is in the boat. Who else is in the boat with you? (Matthew 8:23–27, Mark 4:35–41, Luke 8:22–25)

- How do we encourage people to invest in their well being?

- How do we access clergy support? St Lukes for Clergy Wellbeing https://www.stlukesforclergy.org.uk/ Clergy Support Trust https://www.clergysupport.org.uk/services

- Issues in Ministry impact on clergies own wellbeing. Working out who's mess it actually is.

- Scarf Model for having difficult conversations. https://www.bitesizelearning.co.uk/resources/scarf-model-david-rock-explained

- 'Conflict is two ideas sharing space' https://www.clergysupport.org.uk/wellbeing-workshop-building-healthy-team-and-dealing-conflict

- Joy, where does Paul find joy in dark places?

- Has the Church of England got it wrong? Big picture vs the little things.

- Admitting the church gets things wrong and priorities are sometimes not right.

- 'Shepherd' being more central in the role of Bishops, Priests and Deacons. Archbishop of Canterbury speech https://www.archbishopofcanterbury.org/speeches/synod-archbishop-canterburys-presidential-address

- Little Things With Great Love by Audrey Assad https://open.spotify.com/track/3U3dcjoJXswH4GZNL6ZuIN

Bless This Mess *is a Clergy Support Trust podcast, produced in association with Meraki Creative Therapies. Audio production was by La Barca Sound, and it was recorded by Nick Sowden on location at All Saints Church, Tilford. The podcast was produced by Bekah Nelson and Nick Sowden, with content developed by Meraki Creative Therapies and Catherine Good. It was hosted by Bekah Nelson and Ben Cahill-Nicholls, with intro scripts written by Louise Stanley. Our podcast is free of advertisements, so if you find value in these episodes please consider becoming a supporter.*

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