

BLESS THIS MESS

Episode 1: Welcome to Bless This Mess

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Welcome to Bless This Mess, the agony aunt show for the clergy and their families. In our first episode, we meet the Clergy Support Trust and the people behind it, Bekah and Ben. We talk about what the Trust does, why mental health and wellbeing belong in the life of the church, and why everyone deserves a voice. We also touch on the pressures of ministry, from busyness and burnout to caring for a whole congregation at once, and we open the door to your letters.

In this episode:

- **Introducing the Clergy Support Trust, and getting to know Bekah and Ben**
- **Ben's role at the Trust**
- **Bekah's love of merging mental health, wellbeing and the church**
- **A Monday morning at the Trust, and when applications and referrals tend to rise**
- **Stress points through the year: why Christmas is the "perfect time for a murder" (as in Agatha Christie's Hercule Poirot's Christmas), and what happens when families spend time together in small spaces**
- **Is there a perfume vicars use?**
- **The swan: effortless on top, working hard underneath**
- **Clergy in musical theatre, and the Actors' Church in Covent Garden**
- **Exploring chaplaincy and sector-based ministry**
- **Where in life do we need someone to talk to?**
- **One client versus a big congregation: containment, and caring for many at once**
- **Where should clergy be spending their time?**

Mentioned in this episode:

- **Hercule Poirot's Christmas by Agatha Christie**
- **Father Jones's Diary, first vicar at All Saints Tilford**
- **Clergy Support Trust: https://www.clergysupport.org.uk**

We want to hear from you, especially our vicars!

Bless this Mess cannot exist in isolation. If you have a question for our podcast please click this confidential link

If you'd like to comment on the podcast you can do so via our email address:

podcast@clergysupport.org.uk

clergysupporttrust

Bless This Mess is a podcast from Clergy Support Trust, produced by Meraki Creative Therapies. It was recorded and mixed by La Barca Sound, with engineering by Nick Sowden and sound design by Bekah Nelson and Nick Sowden. The podcast is produced by Bekah Nelson and Nick Sowden, with content developed by Meraki Creative Therapies in collaboration with Catherine Good. It is hosted by Bekah Nelson and Ben Cahill-Nicholls, with intro and section scripts written by Louise Stanley, and was recorded on location at All Saints Church, Tilford.

Warning: *This episode contains themes around mental health. 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 https://www.clergysupport.org.uk/*