

BLESS THIS MESS

Episode 2: Vicar with No Vicar

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In this episode, we open our very first question, on burnout and responsibility, from a vicar who cares for everyone else but isn't sure who cares for them. We look at the wounded healer paradox, the guilt and expectation that can come with a calling, and what it means to hold boundaries when the vicarage is also the family home. We talk about rest, permission and self-care, and why looking after yourself might be part of ministry rather than a break from it.

In this episode:

- What kind of week have you had? Starting with our own messes
- What is the collective noun for archdeacons?
- Cats do get asthma, and yes, they have inhalers
- Our first question
- The wounded healer paradox, and the theological paradox behind it
- Every life matters to God, but many clergy feel they have no one to tell
- Relationship with the diocese, and having someone to talk to
- Family matters: an audit of who I need to be reachable for right now
- When the emergency is at home, not at the hospital
- "It's just a job": is it?
- Dr Liz Graveling's research into Living Ministry
- Balancing calling and boundaries
- How much do children want to be part of a calling?
- What is the vicarage, and what is the family home?
- Having the conversation: what you think your family thinks, compared with what they actually think
- Sabbath rest, and the permission to rest you already have
- Guilt: whose guilt is it, and why do we feel it?
- Where does expectation come from: you, your family, the parish or the system?
- Would Jesus be on Zoom? Can you be present after a day on screens?
- The hymn "Abide with Me": "change and decay", and "God made you"
- A more effective minister through self-care, on your journey

Mentioned in this episode:

- Living Ministry research, led by Dr Liz Graveling
- "Abide with Me" (hymn)
- 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

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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/*