

BLESS THIS MESS

Episode 5: Teenager, Pretending not to listen

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We start with The Traitors, and which of us would be the faithful and which the traitor, which leads into the masks we wear at work and at church. Then we open our next question, from a teenager who finds it hard to be at church when they hear people moaning about their mum. We talk about children hearing more than we think, protecting space at the vicarage, and what church life might be doing to a child's faith. We also look at calling, boundaries, safeguarding and why church should be a safe place for clergy and their families too.

In this episode:

- The Traitors: which would you be?
- How hard it is to pretend to be someone you're not
- The performative side of being clergy
- The different masks we put on
- Holding back in therapy
- How much of yourself do you reveal at work?
- Connecting with people by showing up as an authentic human
- The Rest Rebellion campaign
- Our question
- Focusing on the child first, then the congregation
- Families, and who is called
- Teenagers are protective of their parents and feel responsible
- "It comes with the job"
- Vocation and calling
- Looking after the younger people in church

Mentioned in this episode:

- The Traitors
- Rest Rebellion campaign
- Archbishop Rowan Williams
- 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/*