

BLESS THIS MESS

Original Pilot 2: Croeso Esgob

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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.

In this episode:

- Recent Church Of England Announcement regarding Mental Health for Clergy
- Who is the Bishop of Dorking? https://www.cofeguildford.org.uk/bishop-of-dorking
- The 'Paul' Rabbit hole
- Reflections on Suicide
- 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.
- 'Conflict is two ideas sharing space'
- 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
- Little Things With Great Love by Audrey Assad https://open.spotify.com/track/3U3dcjoJXswH4GZNL6ZuIN

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/*