

Caroline Welby, wife of the Archbishop of Canterbury, recently asked the question 'How do you prepare to be a Bishop's spouse? There are no training sessions, instruction manuals nor even job descriptions. You become one without applying or putting your name forward. And although you may not feel equipped, others will have expectations of what you ought to do and those expectations will vary from place to place. All very scary stuff...'

You may identify with this, as it applies equally to clergy spouses and their families too.

She concludes that 'Nothing in God's economy is wasted – personality, temperament, life experience, training, family background. For each one of us, wherever and whoever we are, this is the most important thing: to know God loves us for ourselves... it is when we are fully aware of God's love for and confidence in us that we stop comparing ourselves with others, worrying about status or striving to be what we are not, and instead be the people He has called us to be. No more. No less.'

We very much hope and pray that you will feel free to be the clergy spouse and family God has called you to be. **connect** sees its role as helping you do this by Caring, Connecting and Championing clergy families. This information aims to give you a flavour of the events and resources we provide to make life in the vicarage 'goldfish bowl' more manageable and enjoyable. If we can help in any way, please don't hesitate to contact us.

Ruth Sowerby Bishop's House, 21 Guildford Rd, RH12 1LU Tel: 01403 211139
email: RMSowerby10@aol.com

Married to +Mark, Bishop of Horsham (Archdeaconries of Horsham and Chichester)
and

Deborah Jackson Ebenezer House, Kingston, Lewes BN7 3JU Tel: 01273 281194
email: Deborah.jackson@chichester.anglican.org

Married to +Richard, Bishop of Lewes (Archdeaconries of Brighton and Lewes and Hastings)

The cartoonChurch.com cartoon originally appeared in the Church Times and is taken from 'The Dave Walker Guide to the Church', published by Canterbury Press.

THE VICAR'S SPOUSE

THEIR RESPONSIBILITIES



CAN HE DO THE 18TH AT 11.30?

KNOW THE VICAR'S SCHEDULE FOR THE NEXT TWELVE MONTHS



FLOWER SHELF

ARRANGE FLOWERS AND/OR PUT UP SHELVES



AFTER NOON!

LOVELY DAY!

MAKE THE VICARAGE AVAILABLE TO ALL CHURCH MEMBERS



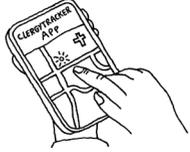
AND WILL YOU BE WANTING FLOWERS WITH THAT?

TAKE DETAILED MESSAGES ABOUT WEDDINGS AND FUNERALS



LOOK AT HER. SHE REALLY SHOULD KNOW BETTER

NOT BE SEEN TO BE HAVING TOO MUCH FUN



CLERYPHONES APP

BE ABLE TO LOCATE THE VICAR AT ANY MOMENT

[ALSO: KNOW WHO EVERYONE IS; BE ABLE TO EXPLAIN THE VICAR'S SERMON; DO EVERYTHING THE PREVIOUS VICAR'S SPOUSE DID; REFRAIN FROM EXPRESSING OPINIONS IN CHURCH GROUPS; TAKE ROLES IN CHURCH GROUPS; UNDERSTAND HOW THE PHOTOCOPIER WORKS; MAKE THE TEA]

CONNECTING

It can be reassuring to meet other clergy families, and we provide a variety of events that enable everyone to get together.

Walks with afternoon tea

Quiet days (with afternoon tea!)

Coffee mornings (with tea!)

Social gatherings in pubs, garden centres, restaurants and the Bishop's Palace

We would love to be able to update you with news of events. Please make sure that we have your contact details. You can do that by filling in this data consent form

<http://www.chichester.anglican.org/documents/forms/clergy-spouses-data-form/>

We have a dedicated page on the Diocesan website

<http://www.chichester.anglican.org/clergy-spouses/>

and the weekly e-bulletin also advertises our events.

<http://www.chichester.anglican.org/e-bulletin/>

The screenshot shows the Diocese of Chichester website. The top navigation bar includes links for Contact, News, Events, Document library, Videos, Vacancies, Accessibility, User Guide, and Privacy, along with a search box. The main content area features a large image of a rural landscape with a building. Below the image is the heading 'Connect (Clergy families)' and a sub-heading 'Caring, Connecting and Championing active & retired Chichester Clergy Families across Sussex'. The text describes opportunities for clergy families to meet and support each other. A sidebar on the left lists navigation options like Home, Information, Spiritual growth, and Parish life. A 'Related links' box on the right contains links to the Clergy Spouses Data Protection Form and the Facebook page.

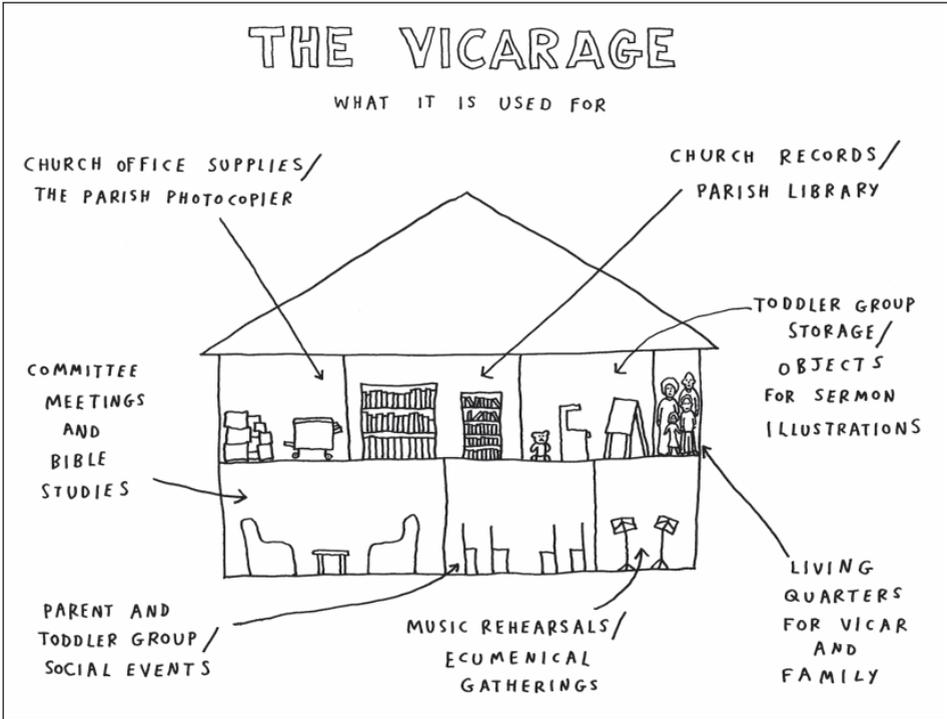
Join our closed Facebook page – search **Chichester Clergy Spouses** and ask to join.

On the Facebook page, you can share ideas, problems and successes as well as see news of forthcoming events.

The screenshot shows the Facebook page for 'Chichester Clergy Spouses', a closed group. The page features a cover photo with the word 'connect' in large green letters over an image of hands forming a circle. The page header includes the group name, a search bar, and navigation links like Home and Find Friends. The main content area has a post with the text 'CARING, CONNECTING & CHAMPIONING' and the word 'connect' in large green letters. Below the post are options to join, notifications, share, and more. The bottom of the page has a 'Write Post' button and options to add photos, videos, or files, along with an 'ADD MEMBERS' button.

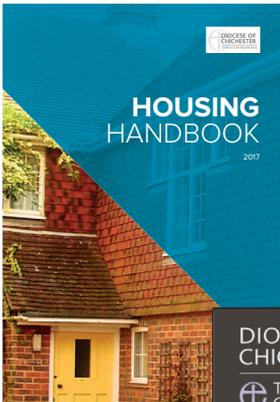
CHAMPIONING

We work with the diocese on issues such as security, housing and pastoral care



This cartoonChurch.com cartoon originally appeared in the Church Times and is taken from The Dove Walker Guide to the Church, published by Canterbury Press.

Your HOUSE your HOME



Welcome to your new home; and even though it is a diocesan property, it is your home! If you have any queries, problems or requests relating to your house then your first port of call is your **Housing Handbook**. However, if this does not answer your question then please do phone the Properties Department at Church House, Hove (01273 421021) who will be happy to help, or alternatively use these links:

<http://www.chichester.anglican.org/housing/>

<http://www.chichester.anglican.org/documents/diocesan-booklets/property-handbook/>

DIocese of CHICHESTER
THE CHURCH OF ENGLAND

Residential & Land - Property Department

The house that you occupy is provided by the diocese and supported by the work of the property department. Our aim is to achieve your safety and wellbeing while you occupy the property and, within our available resources, we will do all we can to achieve this.

If you wish to report an issue with your property then please e-mail property@chichester.anglican.org with details or telephone 01273 425683.

Alternatively, each parsonage house in the diocese is allocated a Maintenance Surveyor – the map below can be used to determine which surveyor to contact:



Name:

Email:

Your question:

- Home
- Information
- Spiritual growth
- Diocesan strategy
- Parish life

SOMETIMES WE ALL NEED HELP!

It shouldn't happen but it does. Clergy families suffer personal pressures like anyone else. You may have problems with money, relationships or the demands of the parish. Parish life has many blessings and privileges, but its very public status can be stressful and isolating. We may not always be able to solve your problems, but hopefully we can point you in the right direction for some support and guidance.

Your first contact could be the Diocesan Pastoral Care Officer, Rebekah Golds-Jones, who has a wealth of experience across many areas of counselling (marriage, relationships, children, trauma, bereavement...) and is training as a family therapist. She is employed by the diocese but works independently and, of course, confidentially. Officer for Pastoral Care and Counselling, Rebekah Golds-Jones. Tel: 01273 421021 mobile 07387 026041 (Email: Rebekah.goldsjones@chichester.anglican.org)

PROBLEMS

WHAT TO DO IF YOU HAVE ONE WHILST IN CHURCH

- ① SUMMON A SIDESPERSION. THEY HAVE FULL ACCESS TO A WIDE RANGE OF HYMN BOOKS AND OTHER SERVICE MATERIAL - THEY WILL BE ABLE TO ASSIST IN 95% OF CASES



- IF MORE SPECIALIST HELP IS REQUIRED A CHURCHWARDEN OR MEMBER OF THE CLERGY SHOULD BE SOUGHT. BOTH CARRY LARGE BUNCHES OF KEYS THAT UNLOCK ALL SORTS OF THINGS



- ③ IN THE HIGHLY UNLIKELY EVENT THAT YOU ARE UNABLE TO FIND HELP LOCALLY YOU CAN CONSULT A BISHOP. THEY HAVE GREAT EXPERIENCE AND QUITE A LOT OF BOOKS



- IF ALL ELSE FAILS I SUGGEST GIVING THE ARCHBISHOP A CALL. PLEASE BE AWARE THAT HE IS TERRIBLY BUSY, SO CAN ONLY ANSWER THE TELEPHONE ON TUESDAY AFTERNOONS



Demands of the Parish

Parishioners are usually wonderful people but their expectations of us - and our families are sometimes unrealistic! Do share your concerns with people that you can trust. You are not the only one feeling this way and there is always someone who can help. Just ask.

Family problems including health, disability, children, marital pressures.

No family is without its challenges! For health issues you may want to ask your GP to refer you to St Luke's Healthcare for the Clergy who provide free healthcare for clergy and their families.

<http://stlukeshealthcare.org.uk/contact/>

Also take a look at the Pastoral Care Policy on the Diocesan website.

<http://www.chichester.anglican.org/pastoralcare/>

Take care of your mental health as well as your physical health; build appropriate boundaries into your life, to protect your personal time and space and make sure you use your day off & take holidays!

See pastoral policy for holiday ideas

<http://www.chichester.anglican.org/pcpholi/>

Investing in your relationship

Ministry brings huge pressures and it is important to protect your family. There are resources designed to help e.g. clergy marriage retreats, marriage courses and, of course, Rebekah Golds-Jones who is a qualified relationship counsellor. You can ask her for (free) guidance to find the right help for you.

<http://www.chichester.anglican.org/pcpmarr/>

Children

They are your children and you can choose how you wish to bring them up. No doubt you will have much advice from the parish, but do feel free to ignore it!

However, if issues arise please don't feel your role in the parish prevents you from seeking help from an appropriate source. This could include: your GP, the school, Diocesan Pastoral Care Officer, youth worker, health visitor, the police, a social worker, probation officer, solicitor or the Citizen's Advice Bureau (CAB)

<http://www.chichester.anglican.org/pcppare/>

Financial pressures

There is good advice available from several sources: the CAB, Christians Against Poverty (CAP), or you can talk to your Archdeacon who can advise on grants etc.

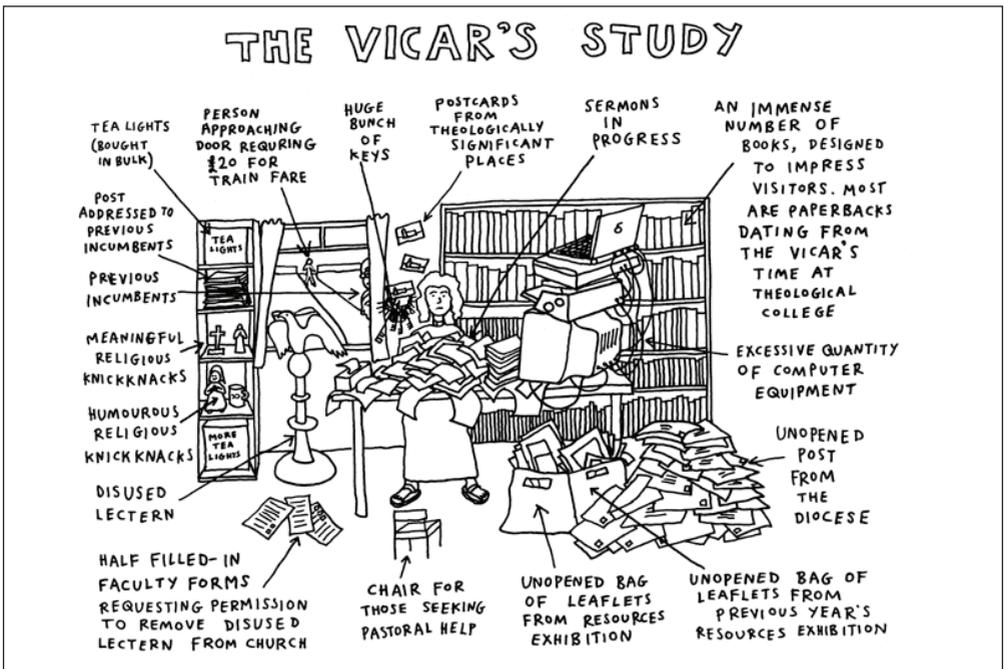
See also the 'Useful Addresses' section. <http://www.chichester.anglican.org/pcpfina>

Bereavement

Although none of us wants to contemplate the death of a loved one, those who have experienced such loss would advise thinking the unthinkable. The Diocesan policy is to support each person and family according to their individual needs, but you will have to leave the vicarage after a while and this will be in consultation with the Archdeacon. You may also need to think how to support yourself and your family financially.

Making big decisions in a time of grief is never easy. Some prior thought and planning may enable you to think more clearly in a dreadful situation. <http://www.chichester.anglican.org/pcpbere/>

We do hope that you do not need to refer to this section again but please remember that there is help and support available.



Clergy walks



Craft evenings



Quiet days

Tea after walks

