



I would love for you to be a guest on the FKD UP BY FAITH podcast

Background

FKD UP BY FAITH is a creative project which explores the power of personal narrative, storytelling and listening presence. In it, I have conversations with people who've been fucked up by their faith (this has an intentionally loose definition) exploring not only the 'fucked up' part, but how they've found hope, healing, reconciliation, and forgiveness in or out of their faith tradition.

The first episode was broadcast in May 2021, and there are now twenty-two episodes to listen to. My guests have been wide ranging. I encourage you to have a listen at <https://anchor.fm/fkdupbyfaith> or on whatever podcast channel you use.

It is worth mentioning that I have had a break from recording the podcast since falling off a ladder and ending up in the trauma unit in hospital at the end of May 2022. I am now recovered enough to get back into it.

As I said, the podcast is a creative project. I woke up one morning last year with the whole idea, and the name, fully formed in my imagination. And, as I do with most things in my life, I just did it. I literally Googled 'How to make a podcast'. And here we are.

What I am not so brilliant at is self-promotion. This was never about getting thousands of listens. Having said that, it would be lovely if a few more people heard it. So, if you have a following, that might help. But it's not my aim. It really is about the conversation.

Academic

I have a secondary (academic) focus. The experience of creating the podcast may be used as my dissertation project for my master's degree in Public Theology. If you take part, I might ask you about aspects of your experience



of being interviewed for this purpose (Academic year 2022/23) Your full consent will always be sought in advance for this purpose. If you do not want your information used for this purpose, you can decline, withdraw it or I can use it in an anonymised way. All information will be used in accordance with Chichester University's research ethics.

About Me

My name is Jude Mills. My 'day job' is as a Hospice Chaplain and as I mentioned, I am also currently studying for a master's degree in Public Theology at the University of Chichester. I describe myself as an 'uneasy' Anglican. I am a lay minister in the church of England who is fully committed to Inclusive Church and Inclusive Spirituality, including LGBTQ+ inclusion and equal marriage. Consequently, I push a lot of buttons. I have explored and studied many spiritual and faith traditions in my journey of exploration, and more recently, as a trained interfaith minister. I am trained in spiritual counselling, meditation, embodied coaching, yoga, mindfulness and self-compassion. I also have a post-grad in creative writing.

My background is eclectic. My first career was in the arts (I have a degree in music and theatre) and then I moved on via a brief interlude in corporate training to becoming fully immersed in the 'wellness' industry as a yoga teacher and complementary therapist. Since 2011 I have specialised in teaching yoga for cancer, and in training other yoga teachers to do this work.

My particular interest is in the ethics of working with people with life-limiting illness (one of the reasons I ended up as a Hospice Chaplain!) This means promoting evidence-based and trauma-informed practice as well as countering the worrying amount of misinformation circulating in the 'wellness' world. I have largely moved away from this scene for the same reasons, although I continue to do bits and pieces of training for ethically focused organisations.



Interested?

I record on Zoom (I only ever use the audio – video is deleted) at a time to suit both of our schedules.

Please read the attached document for the guidelines and the ‘ethics’ bit, and when you are ready go to follow this link

<https://forms.gle/yboU4GkhtuyueNzd7> to complete the consent form.

And let’s agree a time/date to record

With thanks!

Jude

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