



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 over thirty episodes to listen to. My guests have been wide ranging. I encourage you to have a listen at <https://podcasters.spotify.com/pod/show/fkdupbyfaith> or on Apple, or on whatever podcast channel you use

As I said, the podcast is a creative project. I woke up one morning 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

The Podcast also has an academic focus and it formed the basis of the dissertation project for my master's degree in Public Theology. I aim to continue to record and broadcast with the same ethical rigour demanded of academic research. The podcast and its aims will form part of my continuing PhD studies. To this end, I may ask you to contribute to my research. This input is entirely voluntary and will be undertaken in keeping with the ethical guidelines of the academic institution.



About Me

My name is Jude Mills. I am an ordained interfaith minister, yoga teacher and massage therapist. As I mentioned, I have a Master's degree in Public Theology from the University of Chichester. Until recently, I was a chaplain in hospice and palliative care, and I have specialised in yoga for people living with cancer for many years.

I describe myself as an 'uneasy' Anglican. I am fully committed to Inclusive Church and Inclusive Spirituality, including disabled and 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, 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.

I have a particular interest in the ethics of working therapeutically with people. This means promoting evidence-based and trauma-informed practice as well as countering the worrying amount of misinformation circulating in the 'wellness' world. During the pandemic I moved away from this scene for the same reasons, although I have recently moved back into teaching yoga (on my terms)



Interested?

I record on Zoom (I only every 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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