

Media Questionnaire: Rachel Frost

Your age and also your original home village, town or city (i.e. the place you grew up):

Answer: Hello, I'm Rachel, I'm 27 years old, and I grew up in Devon.

The church and location in Blackburn Diocese where you are serving:

Answer: I will be serving my curacy with the Benefice of West Pendleside – St Mary and All Saints in Whalley, St Nicholas Heyhouses in Sabden, and All Saints in Pendleton.

Tell us a bit about your family:

Answer: I have a Mum, a Dad and an older Brother, all who live in Devon.

If applicable, what was your former job before entering ministry?

Answer: Before training for ordained ministry, I served as a Children and Families Minister.

Tell us something about your journey towards ordination?

Answer: Someone once described vocation as 'the thing you feel most drawn to and the thing you most want to run away from' and for me this describes my journey towards ordination. It's been a long journey of about 10 years, but God has been faithful, patient and kind; so here I am.

What has been a) the most important thing you have learned and b) the most inspiring thing you have experienced during your training? (They can be different!)

Answer: One of the most important and inspiring things I have learnt and experienced through my training is that having a rhythm of morning, evening and night prayer offers deep stability in the midst of change and formation.

As parishes continue to recover following the trauma of the pandemic, please give us some insight into how your parish is moving forward at this time (you could reflect how people have adapted and changed in the way they 'do church', including online, as part of this response).

Answer: I think one of effects of the pandemic is that it caused church communities to think more creatively about how they wanted to share the Good News of Jesus. It meant having outdoor services and activities, Zoom coffee mornings and services. It's been really good to see how this creative thinking has continued as we emerge and continue to recover from the pandemic.

What are some of the personal challenges and opportunities you face in your ministry in the coming year?

Answer: The landscape of church communities and people's lives is constantly changing. I think a challenge and also an opportunity is to continue to think creatively about worship within parish communities. To be attentive to the needs of different communities and how we as the Church can meet people where they are at.

What do you view as your most significant personal achievement? (This may be connected to your ordination training of course or it could be something else from another aspect of your life.)

Answer: My most recent significant personal achievement was passing my driving test. It took me a long time and a lot of hard graft to pass, and it is now opening up my world!

When he was announced recently as the next Bishop of Blackburn, Bishop Philip said: *"I am committed to continuing the growth of the church in Lancashire, helping to build joyful Christian communities. I would love to see the Church of England in Lancashire being an ever-stronger voice for justice, especially for the poorest. And I believe children and young people need to be at the very heart of all that we do."*

How would you seek to support the Bishop in fulfilling these aims?

Answer: I hope to seek to support Bishop Philip in these aims by engaging with the schools in the communities where I shall be serving my curacy. I also hope to join in with the current church congregations and clergy in being attentive to the needs of the community, and seeing how we can best serve them.

Tell us something people don't know about you that might surprise them?

Answer: At secondary school I was the best in my class at basketball which always surprises me too as I'm only 5' 2"!

Finally, when you get the chance, what do you do you chill out and relax?

Answer: I really enjoy to knit, to walk in the countryside or by the sea, to bake and to hang out with friends in coffee shops.