

## Media questionnaire and brief biography: Rachel Frost

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

**Answer:** I'm Rachel and I'm 28. I grew up in the lovely city of Exeter in Devon.

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

**Answer:** I'm serving in the Benefice of West Pendleside which includes St Mary's 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, Dad and older brother who all live in Devon.

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

**Answer:** Before training for ordained ministry, I worked 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, that sums up my journey to ordination! It's been a long journey of over 10 years, but the Lord's has been kind, patient, and steadfast in His faithfulness to me.

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 for a:** One of the most important things I have been learning and have been continuing to learn is that at the heart of ministry there is a call to love God's people, to love and pray for and with the flock that you have been entrusted with. And that that is a key foundation stone to ministering to and with them...Even when it's not always easy!

**Answer for b:** Across my training, both at theological college and then in my first year of curacy, I have heard so many stories. Stories which speak of God at work in people's lives and it's been one of the most inspiring and encouraging parts of ministry so far.

Since the pandemic many more parishes have also embraced online opportunities to engage with their local communities alongside their existing services. Please indicate ways in which you may have done this already or what plans you may have to explore ways to reach people in the 'digital space' in the future ...

**Answer:** I think one of my key learnings from the pandemic was noticing how much technology can open up opportunities to creatively share the Gospel with others. It's a way to communicate the Gospel which isn't always verbal and can reach people who may not otherwise engage with the Christian faith.

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

**Answer:** I think a key opportunity of my curacy continues to be gradually learning the different ways in which one can lead a benefice of three churches, and both recognise their individuality as church communities and also bring them together as one benefice.

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:** Achieving my BA degree through Durham University when I trained at Cranmer Hall was no mean feat!

Bishop Philip has 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 will you seek to support the Bishop in fulfilling these aims?

**Answer:** Throughout my diaconate year I have been involved with local schools and I have been co-leading a new All-Age Service with the local Methodist Church in Whalley. As I continue through my curacy, I hope to be able to continue to support some of the children, young people, and their families within our communities, and to work ecumenically alongside others.

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

**Answer:** People often seem surprised when they learn that I'm left-anded, so I guess that counts as something they don't know and that causes surprise!

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

**Answer:** I like to walk, knit, read, and catch up with friend