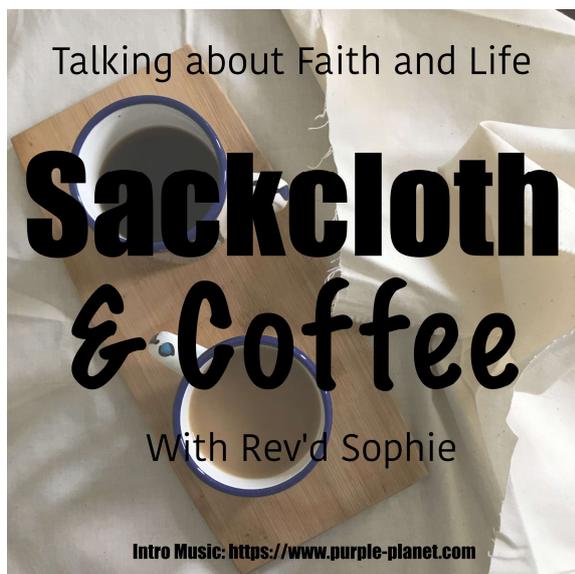


Stories of faith and life

Sophie Whitmarsh, Curate at St Davids Cathedral, finds time during the pandemic to do something she's always wanted to

For some time, I have had this thought of a podcast; a platform whereby we can talk about the things that matter to us as Christians, in a safe environment. However, I have never had the time nor the technical skills, so the idea was shelved. The pandemic, which led to us all being confined during the lockdown, gave me time to pray, learn and start the podcast. It is amazing what you can learn on YouTube when you put your mind to it!



The series is called *Sackcloth & Coffee*, which, I hope, adequately captures what I am trying to do with the podcast. Sackcloth, as I am sure you are all aware can be an uncomfortable material to wear or have against your skin and is also a symbolic material, used throughout the Bible, as a symbol of humility before God. Coffee is a luxury for me and reminds me of time spent with friends. Whilst they seem two very different symbols, they encapsulate what can be for people uncomfortable stories, which explore how faith has made a difference in their lives, at the same time doing so in the safety and comfort of friendship. The podcast aims to tell people's stories, their testimonies and

experience of Jesus. Telling stories is biblical, Jesus himself told stories and it engages people in a way that is not threatening, because people's stories are just their own reflections on their life.

For those who haven't listened to the podcast yet, it usually takes the form of a conversation between me and my guest. So far, those guests have included, from within our diocese, Bishop Joanna, Archdeacon Mones, Revd Shirley Murphy, Revd Delyth Wilson, and, from further afield, Revd John White and Revd Dr Helen Paynter. More recently, I have interviewed author Luke Aylen, our very own Nicola Davies from Neyland, Mike Chant (former mayor of St Davids) and Father Neil Hook from Haverfordwest.

I would love to hear your story and have you on the podcast, so please do contact me. sophie@stdavidscathedral.org.uk or 07870 415378. You can find the podcast on all your favourite providers including Apple, Spotify, Deezer, Google Podcasts, Pandora, Podbean and many more, you can also find regular updates on Twitter, Facebook, Instagram and YouTube or by visiting my website: www.revsophie.co.uk