



CARYS PULESTON

Standing for the House of Laity of General Synod

Nominated by Simon Friend (Tiverton & Cullompton Deanery)

Seconded by Anne Foreman (Christianity Deanery)

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Who am I?

- I am 50 years old. I was born in Rugby and have lived and worked in Devon since 1992. Devon is my home.
- Married to Andy for 17 years. We have 5 children, 3 of whom have disabilities.
- Work as a psychotherapist with my own private practice
- I am an active member of Exeter Cathedral congregation and currently exploring a call to ordination. I am passionate about the importance of lay ministry, the Cathedral's commitment to reach out to the parishes and the Diocese's Growing the Rural Church project.

What experience do I bring?

- Lay Member of Christianity Deanery Synod
- Member of Exeter Cathedral Community Committee and involvement in other voluntary roles in the Cathedral. These include server, intercessor, children's work and Safeguarding Champion.
- Wide experience of 'church', ranging from catholic to evangelical and much in between.
- Five years serving on the East Devon Adoption Panel.
- Personal and professional awareness of disability equality and inclusion.
- Personal and professional awareness of LGBTI equality and inclusion.
- Experience in listening well to diverse views and respecting the speaker while honoring and voicing my own position.

Carys has the energy, skills, commitment, and experience to make her an excellent representative at General Synod. She will serve with the needs of our diocese in mind. Anne Foreman (General Synod Representative 1999 – 2021)

What do I stand for?

- I am a member of Inclusive Church and WATCH. I am committed to equality for everyone, at all levels and roles within the church, regardless of gender, disability, ethnicity, socio-economic status, mental health or sexuality.
- I believe the debate around Living in Love and Faith to be overdue. This newly elected Synod will have a huge responsibility to work together so that understanding and equity can be realised in the lived experience of all. I am committed to working towards positive and sensitive change.
- I am committed to a church which values its traditions, and which lives and grows, being the hands and heart of Jesus in our communities for all. The pandemic has created an unprecedented disruption to church life. I believe we have an opportunity to learn from the many successes and innovations, as well as the challenges.
- I believe we need to support our clergy and their families. I am committed to advocating for action in revising the Clergy Discipline Measure and working towards better pastoral and practical support for clergy in general.
- Evolving a safeguarding structure for the church which both genuinely protects and allows community is vital. I am committed to a culture of transparency, accountability, and responsibility.

Why vote for me?

- I promise to make myself available to listen to your concerns and will do all I can to voice them.
- I will liaise and consult with other representatives to make sure Exeter Diocese has a place at the table.
- I am passionate about the Church, its future and growth.

General Synod voting is by single transferable vote. If you are intending to vote for me, please put me high on your list, preferably number one. Most of all, do use your vote! It is so important that our Diocese secures good representation at Synod. **Please contact me if you would like to discuss any issues via email (carys.puleston@gmail.com) or get in touch by post or phone as listed above. I look forward to seeing you at the online hustings on Tuesday 21 September.**