

Pam Spychal

Standing for the House of Laity of General Synod

Nominated by Kandi Kammoun (Diocesan Lay Chair)
Seconded by Amy Simeons (Deanery Representative)



I am married, with three children and two grandchildren. I have lived in Norfolk for 21 years. I worship in the Parish of Great Yarmouth, mainly at St Paul's, Newtown, but also at GY Minster and St Mary's, Southtown - three lovely churches with different styles of worship. I am active at parish, deanery and diocesan level.

My work experience includes many years as a classroom teacher, from nursery to adult education. From 2005 I worked, as deputy head, in one of Great Yarmouth's secular primary schools. I then became a 'teaching' head in a rural Church of England primary school. These experiences taught me two things:

- Children, families and teachers, whether in a secular or a religious setting, are generally very welcoming of involvement in the local church;
- Children and families in both rural and urban settings can experience hardship and disadvantage.

Since retirement I have become more involved in both church and community:

- Taking on the roles of Deanery Lay Chair and Diocesan Synod Representative;
- Establishing a *Place of Welcome* and a *Garden Project* - serving the needs of the community around St Paul's;
- Helping people look for ways out of food poverty, as Support Coordinator for *Great Yarmouth Foodbank*;
- Joining the deanery-wide *Churches in the Community* - an ecumenical group wishing to transform the lives of local people through our faith in Jesus Christ;
- Spearheading the Faith House Project - raising funds and renovating a 'spare' property, to house three vulnerable adults;
- Joining local groups (the Christian in the room), including *GY Inter Faith and Belief Network*, *GY Unity Project*, *GY Housing Alliance*, *Norfolk Anti-Poverty Alliance*, and *GYBC Homelessness Prevention Board*;
- Sitting on the PCC's Safeguarding, Inclusion and Communication groups.

Don't forget to use your vote. Votes must be in by Tuesday 13th October.

I would identify as 'broad church'. I came to faith through the ministries of a charismatic Baptist church. I married a Catholic in a Methodist church! These days I attend a eucharistic service every Sunday, and listen every day, online, to Morning Prayer and Everyday Faith. I have recently, and belatedly, completed an Alpha course, which I can recommend to anyone, whether they are new to church, or stalwarts. In my spare time I try to keep fit and I swim in the sea every week.

General Synod 2026

I have followed the General Synods for a few years now, sometimes picking up the live feeds, reading the online summaries and receiving reports from our GS representatives. I feel ready and able to commit the time and energy to this important endeavour and in particular, my interests include:

- Mission and ministry, including the development of lay ministries;
- Community development and outreach to those who need us most;
- Inclusion, in the whole life of the church, regardless of disability, economic power, ethnicity, sex, gender identity, learning disability, mental health, neurodiversity, or sexuality;
- Reconciliation, mending fractured relationships, in our churches, communities, nation and world;
- Safeguarding, particularly encouraging a culture which makes everyone safe;
- Environment - caring for God's creation;
- Finance, especially as it affects small churches and congregations, in rural and deprived areas. I appreciate the hard work and sacrifice which goes into keeping our churches open - I have done a fair share of cake bakes, fêtes and sponsored (sea) swims!



I believe in sharing the Love of God, with all people.

I will leave the last word to Kandi, who nominated me:

"I wholeheartedly support Pam's nomination. Their faithful leadership, sound judgement, and ability to listen with grace and respect would be a great asset to General Synod."

Thank you for reading my electoral statement. I hope you will give me your first preference vote. If you want to contact me about anything, I would be very happy to hear from you.

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