

The Mystery: Following in the Footsteps of St Winefride - Inspiring and Transforming the world

How can we respond to what we have learned and thought about concerning the story of St Winefride and use that to refresh and inspire our continuing Christian life? How might we be challenged and changed in order to offer more witness to Christ and more loving service to the world?

Below is a picture of an icon of St Winefride. Icons are often considered to be windows into the heavenly world. They are not so much representations of people as ways of engaging a spiritual response of prayer and devotion in the viewer. So this picture is followed by a meditation on the icon above which might help us to consider more deeply the story of St Winefride and how she is relevant to all of us who are trying to follow Jesus more faithfully day by day.



As we invite you to contemplate the icon of St Winefride, please take a moment to pause, take a deep breath and be still, as you are comfortable and it is practical to do so.

As you gaze upon the icon imagine yourself entering the picture.

As you look upon the well, imagine its refreshing waters reviving you. Where are the wells in your life? Where do you find refreshment and nourishment?

Imagine yourself wearing St Winefride's clothing. Clothing that enfolds you, protecting you from the elements. Where do you feel safe? Protected? Loved?

Can you see Christ hanging on the cross in the details of Winefride's face? A reminder that God redeems the worst events in our lives and restores us.

Spend a few moments more in quiet. Allow God to speak to you, to heal you, restore you and reclaim you.

Our prayer is that this icon will be a continuing inspiration to you.

Responding to the Challenge:

A place to go further.... An invitation from the community of St Chad.

We hope that exploring the life of St Winefride has been enriching and encouraging for you. If you would like to continue exploring faith through the life of the Saints, then the Community of St Chad welcomes you.

Drawing inspiration from the life of St Chad, the 7th century missionary bishop of Lichfield, the Community of Saint Chad is an expression of modern-day monasticism. It has a geographically dispersed membership united by a common commitment to a spiritual lifestyle shaped by five Rhythms of Grace, and by participation in a Spiritual Companion Group.

The Community of Saint Chad welcomes any Christian who longs to grow in depth of discipleship and who is prepared to journey with others in a quest of a life-changing faith.

To find out more please contact The Revd Rosanne Wilshire revrosst@gmail.com or The Revd Chris Precious revdchrisprecious@gmail.com Please visit our website

<https://www.lichfield.anglican.org/our-faith/community-st-chad/> and our Facebook page:

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