

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. If you are new to faith and want to know more, please speak to a member of the Abbey team.

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

**The Guild of St Winefride Prayer**

God our Father,  
you give us joy in honouring the memory of St Winefride,  
may her courage and faith be our inspiration.  
Through Jesus Christ our Lord.  
Amen

