

Footsteps in Faith *(An invitation to reflect...)*

St Aidan and St Francis had a few things in common. They both walked everywhere, and they both told stories of faith. Aidan would recommend walking as the best way to get around, to meet others and to share stories along the way.

Mothers' Union is all about Footsteps in Faith.

We make them. We look ahead to judge the terrain.

We look back to see where we've come from.

We journey together, though sometimes we feel alone.

Sometimes our path is well lit,
sometimes we stumble in the darkness;

but always, like the saints of old,

we mark the landscape with our footsteps in faith.



When we look back, we may wonder how we managed to keep going at times.

We may also wonder at the journeys we have made, the heights we have reached and the wonders we have seen. We all have stories to tell one another, and our grandchildren – just as the saints of old told their stories of faith.

Walking itself is a faith activity – we step out in the faith that we won't fall over – that we will get to where we wish to be, be it upstairs or up Mt Everest; be it across the street or across the country, or even with a mobility aid.

In order to walk we need two feet: one to hold fast and one to let go! Our feet are reminders of the two essential disciplines which support any journey in faith. 'Holding fast' to what is true and right and eternal, and 'letting go' of what holds us back in regret or fearfulness of loss. Somewhere between the two we need to find our 'balance' – so much easier to do when we keep walking rather than standing on one leg! The hardest part of climbing a mountain is the first step out of the car park – the intention to 'let go' of the known and step into the unknown!

As we journey through the coming months, we are invited to notice where we walk, what we see, who we meet, what we discover; to wonder at the miracle of walking and the privilege of having 'our being' balanced in the love of Christ.



In Him we live and move and have our being. Acts 17.28