

A winter visit to Wells

To Wells on a cold and blustery morning to see the Christmas markets in full swing. Funnily enough, crowds don't excite me that much so I took refuge in the gardens of Wells Cathedral. Always a delight.

Saint Andrew's Well

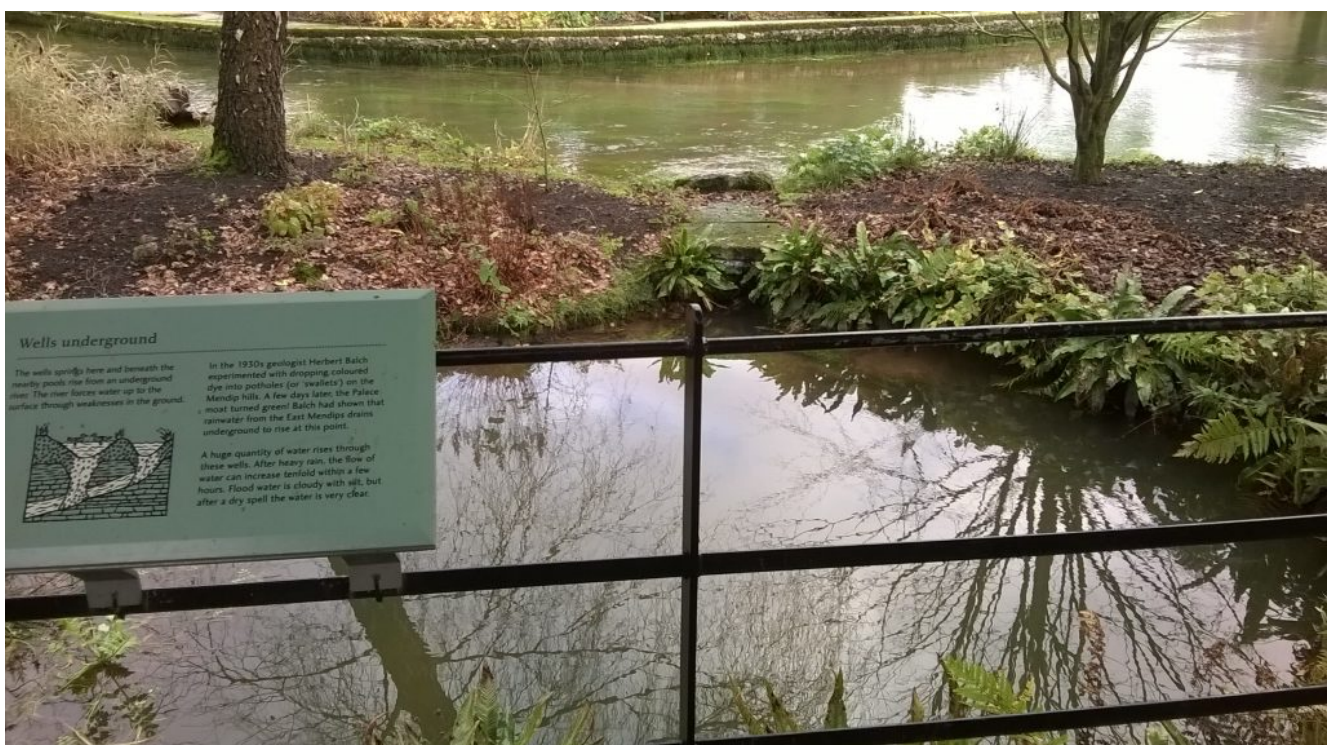
In 705 King Ine of Wessex gave land near these wells to Aldhelm, his bishop, so that he could build a minster. The Saxon minster lay just south of the present Cathedral. A stream from this well flowed close beside the minster. Water might have been taken from the stream for use in some church ceremonies..

The wells' unceasing flow through the city would have seemed very significant in the middle ages.

The Book of Revelation (cc.21-22) describes a vision of the City of God:

'Then the angel showed me the river of life, rising from the throne of God and flowing crystal clear. Down the middle of the city street, on either side of the river, were the trees of life, the leaves of which are for the healing of the nations.'

Wells, with its ceaseless waters, could be seen as an earthly reflection of this perfect city.



the spring that used to supply Wells with its water



all part of the cycle of life

I am tired of seeing endless stalls with artworks and knitted items that I don't need and don't want but I do acknowledge that a lot of creativity goes into them and people like the idea of making a few extra pounds.

I was not feeling very well and made the mistake of having a quiche at my favourite whole foods restaurant. Unfortunately, it contained raw onion which does not agree with me at all. I'm having to reorganise my whole diet to minimise carbohydrates and avoid sugar and even honey. It's amazing how draining a stomach problem is. I find that once a vicious cycle starts in the stomach it goes on throughout the day. Believe me, changing the habits of a lifetime is very difficult indeed.

My sister and brother-in-law are going to stay with us for a week over Christmas. We must somehow prepare in advance food without overloading the fridge and freezer, which is already

full to bursting point.