



Winifrid Follett

I am Winifrid Follett Vice President of ECW Diocese of Arizona in Province VIII. I am a cradle Episcopalian. I did not have strong feelings for the church until 1994 when I went to a Mundy Thursday service at Trinity Church in Columbus GA. When they called for the foot washing ceremony I knew that I was home again. I moved to Arizona my birth place and started to attend St Thomas, Clarkdale. I wanted to attend ECW meetings, but they were on Monday morning. Being only 36 at the time I was still working. The ladies got together and changed the meetings to Saturday so that more of us working women could attend. That was the launching pad of becoming involved with ECW. I was chapter President in two years. Two year after that I got involved with the diocesan board as an area representative. My feelings for the church and the fellowship for the women of the church grow stronger every day I just want to empower myself so that I can help empower other women.