

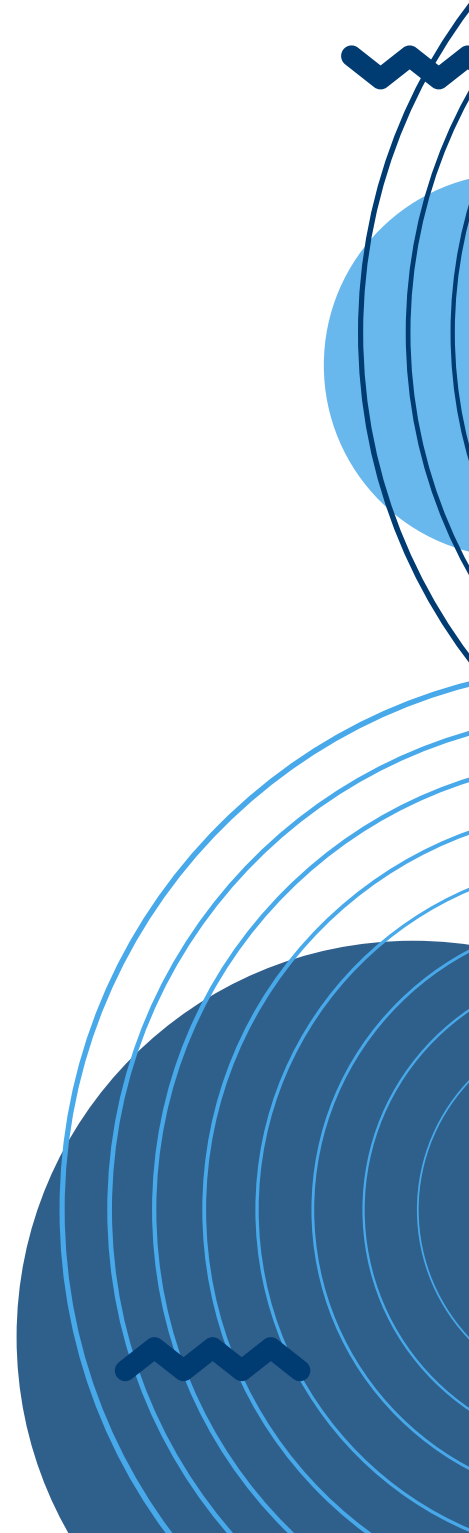
THE SHRINE OF OUR LADY OF WALSINGHAM



Educational Visits

Experience England's Nazareth TO BE A PILGRIM (KS2)

FOLLOW UP RESOURCES

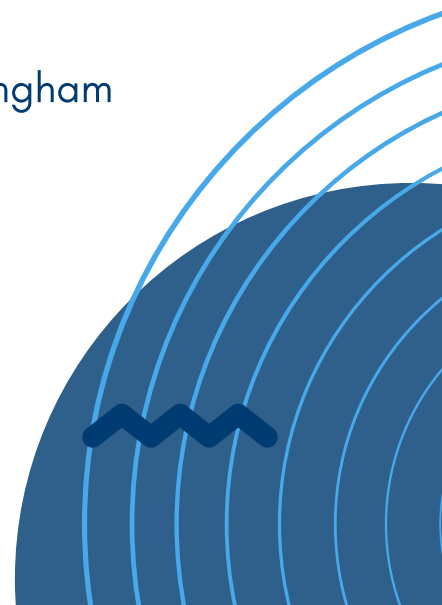


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TEACHING IDEAS



THE ANNUNCIATION

The Annunciation is the very start of the Christian faith. It is when the angel Gabriel appeared to Mary and asked her to have God's son- Jesus. Pilgrims visiting Walsingham spend time during their 'First Visit' in front of the picture in the chapel of the Annunciation.

- Search the internet for artwork showing the Annunciation. Discuss what each is showing. Can you see the Holy Spirit? How is Mary portrayed? How are they the same? How and why are they different? What colours are used and why? What do they think the angel would have looked like? Ask the children to create their own artwork showing the story of the Annunciation.
- What do they think the conversation between Mary and the angel was like? Create a playscript or drama.
- What job did angels have? Find other stories from the Bible where angels appear. What did they do? How are they described in the Bible.



THE LADY RICHELDIS AND LIFE IN THE MIDDLE AGES

- Re-read the story of the Lady Richeldis (available in our educational Visits Guide or The History of Pilgrimage to Walsingham booklet). Make a timeline together of what happened to her and what she did.
- Create a comic strip to show the Walsingham story.
- What do you think the conversation between Mary and the Lady Richeldis was like? Write a short play script.
- Think about how the Lady Richeldis must have felt. What would she be thinking when all this happened to her? Write a diary to show the events, and her thoughts and feelings.
- Ask the children to research life in the middle ages. What was life like for ordinary people? How did they live? What things in their lives might have made them want to go on pilgrimage?
- Create a fact file or poster to show key facts about life in the middle ages.



MEDIEVAL PILGRIMAGE

- (See activity pages 7-8) Can the children remember what the medieval pilgrim leader took with them and why? Match the picture to the description or give the children the pictures and get them to write a description of the object and what it was used for.
- (See activity pages 10-11) Read the reasons why some people went on pilgrimage during medieval times. Ask the children to choose one of the people and write their own diary entry or letter to someone back home.
- So many people wanted to go on pilgrimage that they had to write to the bishop persuading him to let them go. Discuss how they might have done this and what the reasons have been. The children can then write their own letter to the bishop from a medieval pilgrim.
- The monks at the Abbey had a very strict routine and prayer life. Research what a monk's daily life would have been like and see how it is the same and different to what monks do today e.g.

www.english-heritage.org.uk/members-area/kids/medieval-monasteries/
www.bbc.com/timelines/zt99v4j



TEACHING IDEAS

PILGRIMAGE TODAY

- Special journeys. Ask the children to think about any special journeys that they have made. Who or what did they go and see? How did they prepare for their journey? What did they do while they were there? What feelings did they have?
- What might people pray about in the Holy House today? Make a list of the types of things people might want to talk to God about e.g. to say sorry, for someone who is ill, for someone who has died, to say thank you, something that is troubling them etc. Ask the children to write a prayer that they or someone else might use while they are in the Holy House.
- (See activity sheet page 12) Look at the example pilgrimage timetable and discuss the different activities and services that pilgrims take part in. (Further information on this can be found in the booklet 'What do pilgrims do at Walsingham', which is available on our website)
- Create their own pilgrimage timetable. What would be the important things to do during your stay?
- Create a postcard home telling a friend or relative what you have done on pilgrimage. Describe your day and the activities that you have done.
- Research other Christian Pilgrimage places e.g. Lourdes, Jerusalem, Bethlehem, Canterbury, Rome, Iona, Santiago de Compostella. Create a short presentation or poster to show why pilgrims would go there and what would they do. Compare what happens with Walsingham? Is it the same or different? Why? Why would Christians visit these places?

THE HOLY HOUSE

- What sort of things would you pray for in the Holy House? Write and decorate your own prayer.
- Design and build your own Holy House.
- In the Holy House there is a statue (or image) of Our Lady of Walsingham. Page 13 gives further information about the statue and in particular the coloured mantles that she wears. The children can research the different events in the church's calendar and why they think she wears a particular colour for them. What other things change in a church depending on the season (e.g. altar frontal, the Priests vestments etc)? The children can then design a mantle for Our Lady for a particular season.

USEFUL WEBSITES

- www.walsinghamanglican.org.uk/ The Shrine of Our Lady of Walsingham contains a wealth of information about pilgrimage. The home page contains a short video which contains a brief overview of the Shrine.
- request.org.uk/teachers/teaching-resources/2015/09/23/introduction-to-pilgrimage/ A range of useful video clips etc
- player.vimeo.com/video/357310060 A video showing the highlights of the 2019 Walsingham Youth Pilgrimage which is a yearly event with over 500 teenagers from across the UK and internationally.
- www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-meet-a-young-christian-boy/z4t97nb A video by 11 year old Nathan who describes his life as a Christian. Class clips also contains many other useful videos to support the teaching of Christianity.

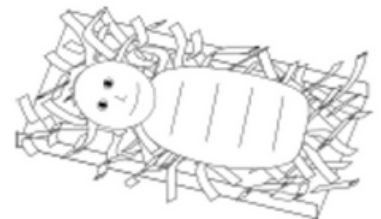
THE WALSINGHAM STORY

WHY WALSINGHAM?

Use the code to find out what the Angel Gabriel said to Mary.



Luke 1:31



THE WALSINGHAM STORY

WHY WALSINGHAM?



Find the words from the Walsingham story.

L L E W X Z I A L Y O E P M Z L K Y
W E P R A Y S R N R W L S O Q E H L
R A D W R E Z R S A A L N T N G Y O
V S I W L U R N W M L F E H J N G H
B U I D F M Q O J E S E M E E A V X
U D N D O U G I K M I F K R S B F R
P A E M L Y B S G P N Y R M U W Z G
C B M X R E L I Q B G H O N S W G K
C R R O N E H V W P H J W O E O N A
L D N P H S N C T O A H O U S E I N
A A P R I O R Y I Q M Z Y C Q A L J
M D D W U G O L T R S I J C W N A Q
W Q G Y E J T S M I R G L I P X E Y
L E P A H C G Y P F W R V W B Z H T
W G H I Z A Q I D N G A B R I E L W

ANGEL

CHAPEL

HOLY

HOUSE

LADY

MOTHER

PRIORY

WELL

GABRIEL

JESUS

MANOR

PILGRIMS

RICHELDIS

VISION

WORKMEN

CANDLES

HEALING

MARY

PRAY

WALSINGHAM

PREPARING FOR PILGRIMAGE!



Can you remember what the Pilgrim leader took with them on their journey to Walsingham?

Match the picture to the description.



Rosary Beads- The Rosary is form of prayer using beads. It is a cycle of repeated formal prayers, such as the Lord's Prayer and the Hail Mary, done while thinking about important events in the lives of Jesus and Mary. Pilgrims would have prayed the rosary on their journey.



Last Will and Testament- The Bishop had to make sure that pilgrims had written a last will and testament before they went on pilgrimage. This was so that if they died on the journey people would know who they had left their belongings to.



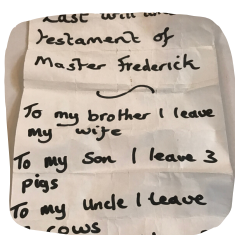
Bible- The Pilgrim Leader would have taken a Bible so that they could read stories from it and teach the pilgrims more about Jesus. Not many of the pilgrims would have been able to read so the leader would have read it out loud to them.



Ampulla- Many pilgrims took water from the well back in an ampulla as they believed that the water could heal people. If someone was too ill to make the journey, they would take the water back for them.



Candles- These were important so that the pilgrims could see at night. They also took them so that they could light them in the Holy House. Most candles were made from the fat produced during cooking! More wealthy pilgrims would have had candles made from bees wax.



Flask- Pilgrims would have taken a flask with them with 'small beer' in it. This was a very, very weak beer, that even children drank. This was because the water was not always safe to drink. Some of the more wealthy pilgrims might have taken wine.

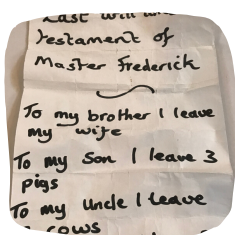
PREPARING FOR PILGRIMAGE!



Can you remember what the Pilgrim leader took with them on their journey to Walsingham?

Name each object and write a description to say what it was used for.

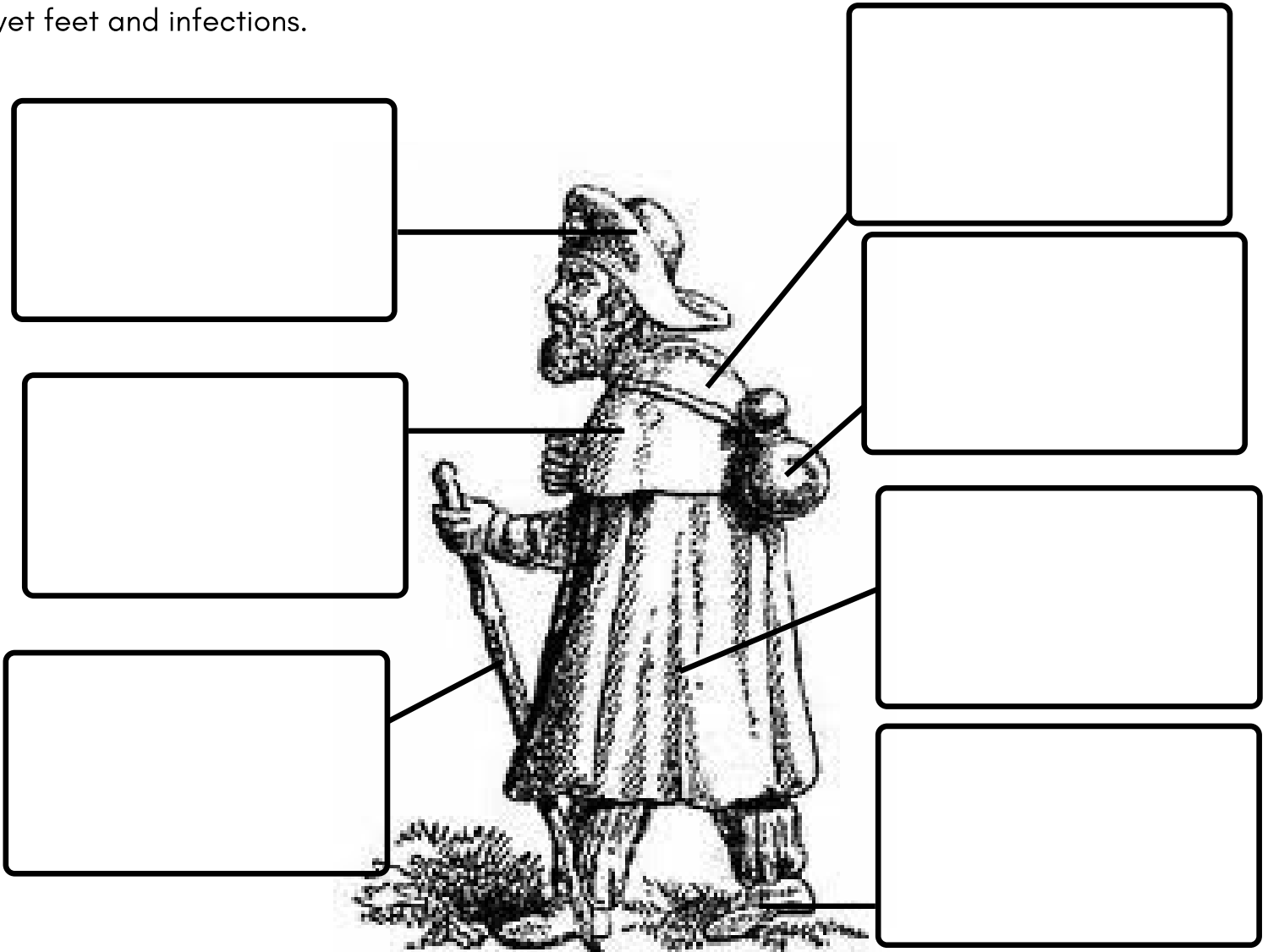
(Last Will and Testament, Candles, Ampulla, Rosary Beads, Bible, Flask)



WHAT DID MEDIEVAL PILGRIMS WEAR?

All pilgrims had to dress the same. It didn't matter how rich or poor you were! Read the description of a pilgrim and then label the picture, to show what they wore and describe why.

Pilgrims had to wear a uniform of a plain blue or grey tunic. They took a scrip, which was a leather pouch used to store food, money and other belongings, a staff to protect them from wild animals and a thick cloak which kept them warm and dry and was also used as a sleeping bag. They also wore a cowl to protect their shoulders, and a wide brimmed hat to protect them from the wind and the rain. Shoes or boots were leather, but they would wear wooden pattens if it was wet or muddy because the water soaked into the leather and they would get wet feet and infections.



Why do you think all pilgrims dressed the same?

WHO WENT ON PILGRIMAGE IN MEDIEVAL TIMES?



Here are some peoples reasons for going on pilgrimage to Walsingham in Medival times.

My name is Gilbert Brown and I am an apprentice carpenter. My master is very ill and his wife has begged me to make a pilgrimage to Walsingham to pray for him. I hear there is a well there and if I bring him some of the water it will heal him. My masters wife has given me a Bible cover that she has made to give to the Monks.

I am John Payne. I stole some money, so I have been sent on a pilgrimage to Walsingham by my Priest. I am enjoying my journey and am having a great time! When I get to the Holy House I have to ask God to forgive me. I will need to get one of the monks to give me a certificate to prove to my Priest I have been!

*My name is Lady Agnes.
I am in great pain because I have a blood disease. I am travelling to Walsingham with my maid Alice. People say the special well can cure people of terrible illnesses if they pray there. So we are going to go and pray for my recovery. I am taking an altar cloth which I have embroidered for the monks.*

I am Master Godwin Mortimer. I am a pilgrimage leader. There are many people who will be walking with me and I need to look after them. I do hope everyone will survive the journey as some of the pilgrims look old and weak. I want to offer prayers for myself too when I get to the Holy Wells. I have an aching back and I hope I am not going to fall ill.

My name is Thomas Granger.
I am a Silversmith. I am extremely sad because my wife died six months ago. I am going to pray for her at the Shrine in Walsingham. I am bringing a silver dish as a gift to leave at the Holy House.

My name is Jeffery Hayward. I am travelling to Walsingham because my daughter is very sick. She is only 7 years old and is too ill to make the long journey with me. I want to get some of the water from the well to take back to her so she can get better. I will pray for her while I am there and I have brought a gift to leave in the Holy House.

WHO WENT ON PILGRIMAGE IN MEDIEVAL TIMES?



Many people went on pilgrimage in medieval times for many different reasons. Imagine you are one of the people going on pilgrimage to Walsingham.

- Write a diary of your journey from when you left home and include your time in Walsingham.
- Write a letter to someone at home to tell them about your journey and your time in Walsingham.

Remember to include...

- Why did you go on pilgrimage?
- How did you get there?
- What did you wear?
- What was your journey like?
- What did you take with you?
- Who was with you? Why were they going?
- How did you feel when you first arrived in Walsingham?
- What did you do when you got there? (remember to include visiting the Holy House and Sprinkling)



- In the later middle ages you had to have permission to go on pilgrimage from the Bishop! Write a letter to persuade him that you should be allowed to go.
- Draw a picture of a Medieval Pilgrim leader. What things did they take? Draw and label those too!

WHAT DO MODERN PILGRIMS DO? PILGRIMAGE PLAN



Here is a typical programme for pilgrims coming for a weekend at the Shrine.

The Blessing of Those Beginning a Journey

Before the pilgrims set off on their journey they gather together to focus their minds on what is to come and on what they want to gain from their pilgrimage. They also think about prayers they want to offer at the Shrine for themselves and others. The Priest will then bless the pilgrims as they begin their journey to Walsingham.

Friday

First Visit

Once the group has arrived, they make their First Visit to the Holy House. They offer prayers and give thanks for their safe arrival at the Shrine. The group will also pray for their pilgrimage and those left at home.

6.30pm **Supper** in the refectory

7.30pm **Free Time** to settle into their rooms and meet socially.

Saturday

7.30am **Morning Prayer** with their group

8.00am **Breakfast** in the refectory

10.00am **Stations of the Cross** in the Shrine gardens

11.00am **Free Time** to explore the village

12.00pm **Intercessions in the Holy House**- The group spend time in the Holy House thanking God and praying together for the sick, for those in need, for people who have died, for their own church and community

12.30pm **Lunch** in the Refectory

3.00pm **Free Time** groups may take the opportunity to go to the seaside or an attraction nearby

6.00pm **Pilgrimage Sung Mass**

7.00pm **Supper** in the Refectory

8.15pm **Sermon, Procession and Benediction**

Sunday

7.30am **Morning Prayer** with their group

8.00am **Breakfast** in the refectory

11.00am **Mass at the** Parish Church in the village

12.30pm **Lunch** in the Refectory

2.30pm **Sprinkling, Laying-On of Hands and Anointing**

4.00pm **Procession of the Blessed Sacrament and Last Visit**

THE IMAGE OF OUR LADY OF WALSINGHAM



The statue or image, helps pilgrims remember Mary and why she is special to them in their Christian faith.

Many Christians believe that Mary is in heaven with Jesus and they ask her to pray for them. The original statue was destroyed with the priory by King Henry VIII and the one currently in the Holy House is based on a 500 year old seal used on documents from the medieval priory.

- Mary is pointing them towards Jesus with her hand to lead pilgrims to Him. She is saying that He is the important one.
- She is crowned Queen of Heaven - this reminds them that she is special to God. He chose her to give birth to His Son Jesus.
- Pilgrims look at the statue to help them remember these things before they say their prayers.

Churches use different colours for different times of the year and the statue of Our Lady is decorated with a mantle (like a sleeveless cloak or shawl) depending on the churches calendar:

- Advent - blue
- Christmas - best white
- January to Lent - cloth of gold
- Lent - no mantle
- Easter - best white
- Pentecost Sunday and following week - red
- Trinity Sunday to the Assumption - green
- Assumption and following week - best white
- From then until October - green
- October - white with roses
- November - cloth of gold



Find out what these events in the churches year are all about.

Why do you think these colours are used? Why is there no mantle in Lent?

Are there any other things in a church that also use a particular colour at a particular time of year?

Choose a time of year and design your own mantle for Our Lady to wear. Remember to use the right colour! Think about what that season is all about to help you.



MANTLE DESIGN

