

The Shrine of Our Lady of Walsingham

YOUTH PILGRIMAGE



@HOME

#WYP2020

Monday 3rd -Friday 7th August 2020

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Welcome

Welcome to the 2020 Youth Pilgrimage @home!

Every Youth Pilgrimage is different. Each one has a different theme, different people come, there are different activities available, we learn and deepen our faith in different ways, the weather is always different!



This year is very different and we are all missing not being able to join together physically in Walsingham, as would normally happen.

There are lots of things that we are all missing this year. The lively worship, camping with a group, the amazing live music from CJM, having fun with friends, the football, the large inflatables, the disco, the food, meeting together and sharing our faith with others.

However, you can still take part this year, just in a different way. Some groups are meeting together, some people will be at home. It doesn't matter how you are taking part! As well as the videos, which will be released each day, this booklet contains lots of activities to do and ways that you can share what you have been doing.

You can still be a pilgrim and you can still live the spirit of pilgrimage!

Let's hope we can all meet together again soon.

Caroline

Caroline Ward
(Schools and Young Pilgrims Officer)

What's it all about?

A brief history!

Walsingham is a small village in Norfolk. So why do so many people visit each year on pilgrimage?

To answer this we need to go back around a thousand years!



In the year 1061 the Walsingham legend tells us that Mary, the mother of Jesus appeared in a vision to Richeldis de Faverches, who was a local noble woman. Mary took Lady Richeldis to her house in Nazareth, where the Angel Gabriel had appeared to her and instructed her to build a copy of it in Walsingham.

Lady Richeldis tried to do what she was asked, but the builders struggled to construct it. She prayed overnight hoping to find out what she should do. In the morning the house had miraculously been built and became known as the Holy House.

Pilgrims began to come from far and wide!

Unfortunately this all stopped in 1538, when King Henry VIII destroyed the Priory, where the Holy House was, as part of the Reformation.

Fortunately, Pilgrimage was restored in Walsingham in 1922 when a new Vicar arrived at the Parish Church. He re-built the Holy House, where pilgrims remember and celebrate Mary's 'Yes' to God.

Pilgrims come in their thousands every year!

You can read the full story and more information about pilgrimage on our website:
www.walsinghamanglican.org.uk



What's it all about?

The Youth Pilgrimage

The Youth Pilgrimage is a week of lively worship, teaching, fellowship and fun for 11-18 year olds.

Over 500 young people and their leaders come every year and we all camp in a field just outside the village! There are people from across the UK and from abroad.

Our services take place in a 'Big Top' and the music is provided by CJM who are an excellent band!

There are Bible study sessions, processions, Benediction and lots of other pilgrim activities to experience and share with new friends.



There is plenty of time for fun. There are giant inflatables, crafts, workshops, a disco, BBQ, visits to the beach or you can chill in the Hub Cafe.

Over the years it has changed the lives of countless young people who have never forgotten their week in Walsingham and many of them have come to love the Shrine and to make the pilgrimage ever since.

Go onto our website, to see more photos of what happens and there is also a video from last year as well.

www.walsinghamanglican.org.uk/the-shrine-2/the-youth-pilgrimage-2/

Taking Part

Watch the videos each day, which will be released at a set time (see the programme details). Don't worry if you miss them as they will then be available to watch at any time.

You can watch them from the following sites:

The Shrine's Website: www.walsinghamanglican.org.uk

(Under 'Worship', then '2020 Youth Pilgrimage @home')

Vimeo: www.vimeo.com/channels/youthpilgrimage

Youth Pilgrimage Facebook Page: [@OLWYP](https://www.facebook.com/OLWYP)

YouTube: <https://bit.ly/2NULL8x>



This booklet contains a page for each day which has activities, reflections and things to do linked to the videos.



Social Media

Each day there will be an opportunity to share something, if you would like to. There will be a post on our Youth Pilgrimage Facebook page where you can share one of the activities by adding a photo to the comments. Or you can share on Twitter or Instagram using the hashtag #WYP2020

We are hoping to include some of them in our farewell video on Friday!

If you are meeting as a group, then your leader could add your contribution from your church or group account (group leaders **must** have written permission from a parent or guardian to do this).

Please remember: Facebook, Twitter and Instagram are only to be used if you are **13 or over**. If you are under 13 ask a parent or carer to post it for you from their account, or they can email it to c.ward@olw-shrine.org along with a statement that gives permission to share it on our social media pages. We will not share anything without written permission from a parent or carer.



Visit www.thinkuknow.co.uk to make sure you know to keep safe online.

Recreate!

As well as watching the videos and doing the activities, here are some ways you can try and recreate the Youth Pilgrimage @home!
Please note: two of these won't make you very popular!



What's on?

MONDAY

7.00pm Welcome and First Visit with Fr Kevin Smith, Bishop Philip North and CJM



TUESDAY

11.00am Bible Study with Fr Philip Barnes, Fr Paul Robinson and Caroline Ward

7.00pm Virtual Holy Mile Rosary Procession

WEDNESDAY

11.00am Bible Study with Fr Philip Barnes, Fr Paul Robinson and Caroline Ward

7.00pm Devotion and Benediction



THURSDAY

11.00am Bible Study with Fr Philip Barnes, Fr Paul Robinson and Caroline Ward

7.00pm Bishop Philip North



FRIDAY

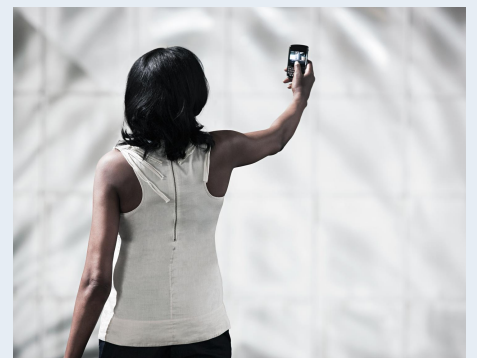
11.00am Last Visit with Fr Kevin and CJM

Activities

Our theme this year is *Mary Queen of Creation*. As Christians we have a responsibility to care for God's world.

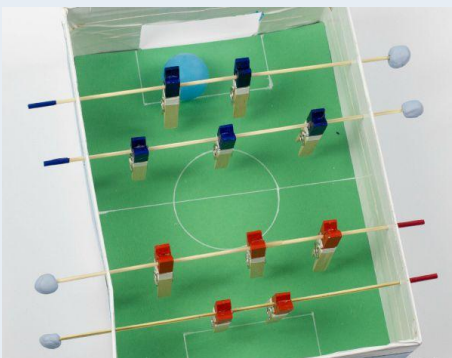
Each day has its own questions and reflections, but here are some ideas for some other things you can do throughout the week.

- Create a piece of artwork, cartoon, collage or photo slideshow/video to show the story of the Creation from Genesis.
- Get close up! Take close up photos of different plants, insects, flowers, grass, rocks. Look really closely at how wonderful and intricate creation is. You could then make a collage, sketch or piece of artwork from your observations.
- Make your own Rosary. There are plenty of instructions available on the internet. You can make them with beads, or just by using knots.
- Learn more about creation by visiting www.ourplanet.com It has some amazing videos about different habitats and the plants and animals that live there. It also has ideas of how you can help to save the planet.
- What can you do to help? Find out what you can do to care for the Earth. Make a list of changes that you can make in your life.
- Make a video diary of your week. Include your thoughts on the videos and activities, share what you have done, choose some appropriate music and add graphics!



Activities

The average household in the UK produces more than a tonne of waste every year. Put together, this comes to a total of 31 million tonnes per year, equivalent to the weight of three and a half million double-decker buses, a queue of which would go around the world two and a half times!



- Give old clothes a new lease of life! Use fabric pens to decorate a plain T-Shirt, turn a pair of jeans into some shorts, a pencil case or a cushion! The internet has lots of projects for you to do. Just search 'up-cycling' and then the item of clothing you will be using for ideas.
- Use things that you would normally throw away to create new useful things! Again, there are lots of ideas on the internet. It depends on what you have available in your recycling to reuse! Some examples are:
www.livestly.com/diy-phone-holder/ has instructions for making a cool phone holder from a toilet roll!
Visit www.worldvision.org/charitable-giving-news-stories/how-to-make-soccer-ball to make your own football out of recycled materials or search for how you can make your own table football out of a shoe box.
- Plant something from seed. You can watch how they grow and develop. You could plant some vegetables or find an area which is uncared for and plant some flowers in your local area or garden. If you don't have a garden why not grow something in a pot for inside the house?

The Hub Recipes

The Hub is an excellent place to take some time out, grab a drink, play games or just talk to your friends. Rev'd Alice Whalley prepares some very tasty treats to enjoy! Her Rocky Road is legendary! She has shared her secrets with us so you can make them at home and recreate a bit of the Hub!



ROCKY ROAD

Makes 16 greedy squares.

Rocky roads are a great way to be inventive with flavours.

You can mix and match the different elements, and see what sort of things you like. There are some ideas for some classic combos at the end of the recipe, but don't stick with convention. Use your imagination, and if you're onto a winner, let me know.

Chocolate Base:

- We're talking white, milk or dark chocolate.

Crunch 1:

- Go for a biscuit here. You could try:
- Digestives (if you're feeling traditional)
- Oreos
- Biscoff
- Hobnobs
- Custard creams

Crunch 2:

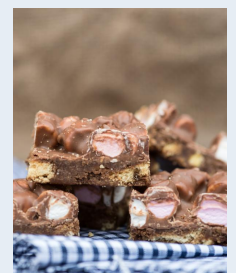
- Add a complementary crunch.
- A different sort of biscuit.
- Maltesers
- Nuts
- Crunchie bars
- Dried bananas

Secret Extra Flavour

- Golden syrup is your default option here, but you could also try...
- Peanut butter
- Biscoff spread
- Nutella

Soft Surprise:

- Marshmallows are the classic. Use the mini ones if you can, but you can cut up big ones too. Or you could try:
- Jelly beans
- Raisins
- Glace cherries



The Hub Recipes

Step 1: Go shopping for your ingredients.

You will need:

- 400g of your Chocolate Base
- 125g of unsalted butter
- 125g of your Secret Extra Flavour
- 100g of your Soft Surprise
- 200g of Crunch 1
- 200g of Crunch 2

Step 2: Gather your equipment.

- A 20cm ish square tin (though improvise. Smaller, and you'll have thicker squares. Bigger, they'll be thinner, but just as delicious.
- Greaseproof paper.
- A microwave or a saucepan.
- A heatproof (and microwave proof if you're using it) bowl that will be big enough to fit all of your ingredients in.
- Wooden spoon.

Step 3: Prep your tin.

Tear off a piece of greaseproof paper bigger than your tin. Scrunch it all up into a ball (trust me), then lay it all out flat again. Then, place it into the tin making sure it goes right into the corners and up the sides. Don't worry if it doesn't look neat.



Step 4: Get smashing.

You'll need to break any larger pieces of Soft Surprise, Crunch 1 or Crunch 2 into smaller pieces. Biscuits can be broken up by placing them inside a freezer bag and hitting them (gently!) with a rolling pin. Other things can be cut using a knife. Knives are sharp remember, so mind your fingers. Blood is NOT a great Secret Extra Flavour.

Step 5: Get melting.

Stick your Chocolate Base, the butter and Secret Extra Flavour into your heatproof bowl. Then, either:

Place the bowl into the microwave and melt on a medium heat in 30 second intervals. Make sure you stir between each interval, because you don't want to burn your chocolate. Rev'd Alice doesn't have a microwave, so at least, this is how she thinks they work.

REMEMBER: the bowl will be hot, not just the melted goo inside. So be careful when you're taking the bowl in and out.

Or

Put a few centimetres of water into the pan and bring it up so it's just simmering (small bubbles, but not a rolling boil). Place your bowl over the top of the pan, making sure it's not touching the water. Keep stirring until everything is melted.

The Hub Recipes

Step 6: Add the rest of your ingredients.

That's right. Everything else you've prepared needs to be chunked in and giving a good stir. Make sure all your pieces are coated in that chocolatey goodness.

Step 7: Tip it into the tin.

Pack it all into the tin well, getting right into the corners.

Top tip – use a potato masher. Then put the whole lot into the fridge for a couple of hours.

Rev'd Alice's favourite combos:

- Milk chocolate, digestives and maltesers
- Dark chocolate, oreos.
- White chocolate, coconut flakes, dried apricots.
- Dark chocolate, peanuts, banana chips
- Biscoff spread, biscoff biscuits, white chocolate.
- Nutella, milk chocolate, hazelnuts.

Step 8: Enjoy.

Don't eat it all at once. Nobody likes to see Rocky Road for the second time. And share some with your family, especially with whoever buys the ingredients. Because then, they might buy you more.




If these don't take your fancy visit www.janespatisserie.com for a huge collection of treats to make, including gluten free and vegan recipes.

Monday: First Visit

BEFORE YOU WATCH

This year's youth pilgrimage is very different as we can't actually go to Walsingham. However, we can still 'Live the Spirit of Pilgrimage' this week. What do you think that means?



How can you live the spirit of pilgrimage this week?

WHAT IS A FIRST VISIT?

When pilgrims visit the Shrine of Our Lady of Walsingham, one of the first things they do is visit the Holy House. This is the 'First Visit'! It is a time to pray and remember the example of Mary doing God's will. Often they have particular things they would like to pray about during their time in Walsingham.

Make a list of things you would like to pray for or focus on this week.

You may have your own ideas, but if not think about including some of these:

Saying thank you, people who are sick, anyone you know who has died, your family and friends, your hopes for the future, any worries you have or asking for help.

During the video, there will be time in the Holy House where you can pray and reflect.

WATCH THE FIRST VISIT

19:00



"LIVE THE SPIRIT OF PILGRIMAGE!"

What three ways does Bishop Philip give us to live the spirit of pilgrimage?

Tuesday

BEFORE YOU WATCH

This morning's Bible study is all about creation. It's a story that we all know really well. Or think we do...

What was created on each day? Split a piece of paper up into sections. Write down or draw what you can remember about each day. .

Can you remember what God created on each day? Write it down!

READ THE BIBLE PASSAGE

Read Genesis Chapter 1 to Chapter 2, verse 3, either from a Bible if you have one, or you can find it on the Youth Pilgrimage section of the Shrine's website. **Were you right? What was created on each day?** Write down any questions that you have about the passage.

WATCH THE BIBLE STUDY 11:00



"IN THE BEGINNING..."

AFTERWARDS

Did the video answer any of your questions? If not can you find out the answers yourself? What would you say to someone who challenged what the Bible says about creation?

Choose something to do from the activity page.

Social Media Challenge!

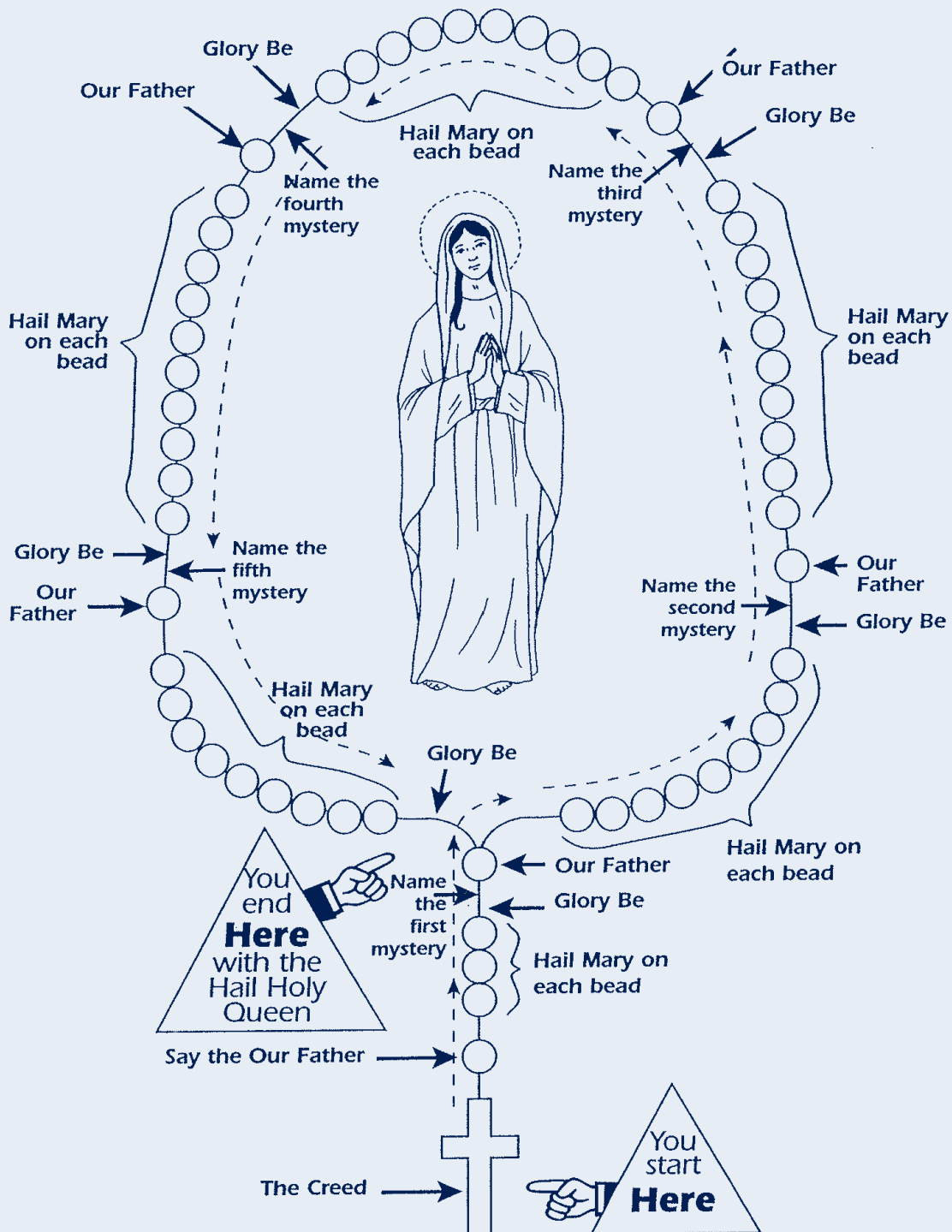
This evening at 7:00pm there will be a virtual Holy Mile Rosary Procession (more about this in this evening's video). Fr Kevin has walked it and it took 2895 steps! We usually walk there and back at the Youth Pilgrimage. See if you can walk the equivalent distance today: 5790 steps or 2 miles! As you walk, look around for examples of the beauty of creation and where creation has not been cared for. Take photos or sketch the things you find. Make a photo or sketch collage.

WATCH THE HOLY MILE PROCESSION 19:00

ROSARY

The Rosary will be explained in this evenings video, so don't worry if you haven't prayed it before. All will become clear!

This evening, we will be praying the first three decades of the Joyful Mysteries. You can then continue with the last 2 decades on your own if you would like to.



ROSARY PRAYERS

First Decade:

The Annunciation of Gabriel to Mary
(Luke 1:26-38; John 1:14)

Second Decade:

The Visitation of Mary to Elizabeth
(Luke 1:39-56)

Third Decade:

The Birth of Our Lord
(Luke 2:6-20; Matthew 1:18-25)

Fourth Decade:

The Presentation of Our Lord
(Luke 2:22-39)

Fifth Decade:

The Finding of Our Lord in the Temple
(Luke 2:41-51)

Our Father, who art in heaven,
hallowed be Thy Name;
Thy kingdom come;
Thy will be done on earth
as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.

Glory be to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning, is now,
and ever shall be,
world without end. Amen.

I believe in God,
the Father Almighty,
Maker of Heaven and earth:
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead and buried.
He descended into hell.
The third day He rose again from the dead,
He ascended into heaven
and is seated at the right hand
of God the Father Almighty;
from thence He shall come to judge
the living and the dead.
I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body and life everlasting.
Amen.

Hail Mary, full of grace, The Lord is with thee;
blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners
now and at the hour of our death.

Hail Holy Queen, Mother of Mercy;
Hail, our life, our sweetness and our hope!
To thee do we cry poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this vale of tears.
Turn then, most gracious Advocate,
thine eyes of mercy towards us;
and after this our exile,
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

Wednesday

BEFORE YOU WATCH

This morning's Bible study is taken from John's Gospel. John shows us the incredible nature of Jesus as fully God, but also as God in human form. Jesus experienced human life with all its emotions, struggles and experiences, both happy and sad. He understands everything that we go through.

John talks about the Word. What does he mean by 'the Word'?

BIBLE PASSAGE

Read John chapter 1, verses 1 to 5, either from a Bible if you have one, or you can find it on the Youth Pilgrimage section of the Shrine's website. Compare the passage to yesterday's passage from Genesis. **Is any of it similar? What does it tell us about creation?**

WATCH THE BIBLE STUDY

11:00



"ALL THINGS CAME INTO BEING THROUGH HIM"

AFTERWARDS

We exist because God made us. We are all unique, because God made us that way and gave us all special gifts and talents. **What makes you unique?** When we pray the Lord's Prayer 'Thy Kingdom come on earth..' we need to work to make the world and everything in it more like God intended it to be. We need to begin with ourselves. **How does God want you to be?**

Social Media Challenge

Find out more about an issue that concerns you e.g. fair trade, pollution, animal rights, protecting the environment, recycling, homelessness. Create a poster to explain the issue to others and how they can help.

WATCH DEVOTION AND BENEDICTION

19:00

Thursday

BEFORE YOU WATCH

This morning's Bible study is from Paul's letter to the Romans. Paul wrote this letter to the church in Rome just before he visited them. He wanted to clear up some misunderstandings between the Jewish and the non-Jewish (Gentile) members of the church about the effect that Jesus' death has on the way we live out our faith. Christians were persecuted in Rome at this time, so he also gives advice on how to behave in an unfriendly society!

BIBLE PASSAGE

Read Romans, Chapter 8 verses 18 to 30, either from a Bible if you have one, or from the Youth Pilgrimage section of the Shrine's website. Write down any questions that you have about the passage. **What do you think the phrase 'creation groans' means, particularly in today's world?**

WATCH THE BIBLE STUDY

11:00



"ALL CREATION
GROANS"

AFTERWARDS

Make a list of all the things you can think of that harm God's creation. You might want to take some photos in your local area. **What can we do? How can we give creation hope for the future? Make a list of things that you can do to care for God's world in your daily life.**

Social Media Challenge!

Choose something to do from the activity page and post a picture!

WATCH BISHOP PHILIP

19:00

BEFORE YOU WATCH

This is the farewell and last visit!

Have a think back across the week. **Do you have any questions about anything that you have heard? Is there anything that you would like to know more about? Who can you ask?**

Make a list of questions and people who you think you could talk to about them. If you're not sure who to talk to, it could be a parent, carer, friend, youth group leader, someone from church, a priest or a teacher. They might not know the answers, but you can explore together!

WATCH THE LAST VISIT

11:00



"OUR LADY'S SHRINE
FAREWELL!"

AFTERWARDS

Some things to think about...

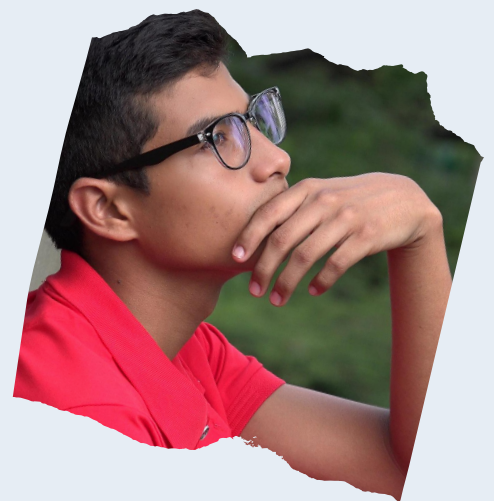
What will you take from this week?

What things have you enjoyed doing?

How will you continue to care for God's creation?

What changes are you going to make in your life?

What sort of person does God want YOU to be?



Social Media Challenge

Post one thing from the week that you are going to change in your life or something that you have really enjoyed doing.

What Next?

We really hope you have enjoyed your week!

Think back to Bishop Philip's words on Monday and Thursday. 'Live the Spirit of Pilgrimage'.

It's not just for this week! How are you going to live the spirit of this pilgrimage during the rest of your life? How will **YOU** do it?

Living not for yourself, but for service.
How will you care and support others?

Mary made Jesus known to the world. She holds Jesus up to show Him to others. We can do the same.

Help to care for His Creation and live in harmony with the world.

Standing up for your faith and sharing it with others.

Find strength and courage by going to Mass and meeting Jesus.

**BE THE NEW
CREATION!**

**We hope you can join us in
Walsingham soon!**

