

THE SHRINE OF OUR LADY OF WALSINGHAM

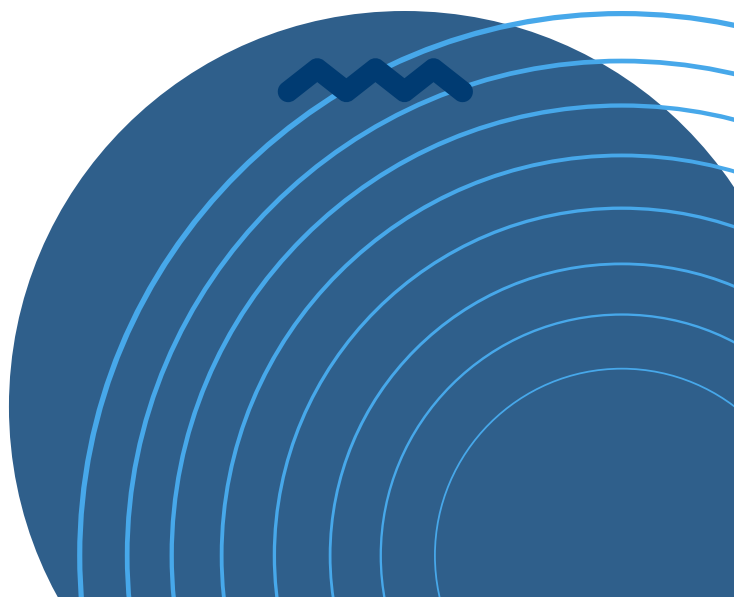


Educational Visits

Experience England's Nazareth

THE ABBEY GROUNDS (KS3-5)

FOLLOW UP RESOURCES



CONTENTS



Page

- 3 Teaching Ideas
Ideas for follow-up activities
- *Abbey and grounds*
- *The Lady Richeldis and life in the Middle Ages*
- *Pilgrimage today*
- 4-6 Fact Sheets
- *Eastern Arch*
- *Wells*
- *Holy House*
- 7 What do modern pilgrims do?
A pilgrimage timetable
- 8 A plan of the Abbey Grounds
- 9 Erasmus's account of visiting Walsingham

TEACHING IDEAS



THE ABBEY GROUNDS

- Find out about Medieval monks.
 - What did they do? What did they eat?
 - What were the canonical hours that they kept?
- Write a description in the style of Erasmus about how you think the Holy House might have looked.
- Make a poster display about the Abbey and its history.
- Write a story about travelling to Walsingham. You might want to look at The Canterbury Tales for inspiration.
- Create a storyboard showing Sprinkling. Annotate it with the symbolism inherent in the ritual – for example, how is the Holy Trinity portrayed?

THE LADY RICHELDIS AND LIFE IN THE MIDDLE AGES

- 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 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.
- Research how ordinary people lived in Medieval times.
- Link herbal remedies which may have been used in Medieval times with the conditions they were reputed to help. What else can you find out about medicine in Medieval times? Why were the healing properties of the wells at Walsingham so popular?
- One of the diseases of the Medieval times was leprosy. Find out about charities who work with lepers today.

PILGRIMAGE TODAY

- (See activity sheet page 7) 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 your own pilgrimage timetable. What would be the important things to do during your stay?
- Research other Christian Pilgrimage places e.g. Lourdes, Jerusalem, Bethlehem, Canterbury, Rome, Iona, Santiago de Compostela. Create a 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?
- Research different pilgrim routes around the world, for example, the London-Walsingham Camino, The Camino de Santiago de Compostela, Senor de Huanca (Peru), Adam's Peak (Sri Lanka). Compare and contrast the routes, facilities and motivations of people who make the journeys.
- Plan a Christian pilgrimage route round your home town taking in local churches and other sites of interest (such as monuments, statues). Write a short guide for each top on your pilgrimage.
- Find out about pilgrimage in other faiths. How is it similar to and different from Christian pilgrimage?

FACT SHEET



THE EASTERN ARCH (LONELY ARCH)

- This arch is all that is left of the original Abbey following Henry VIII's orders to destroy it in 1538.
- It is very tall, but only about half the size of the central tower!
- The big arched space would have been filled with stained glass, as would the roundel at the top.
- Stairs at the sides gave access to walkways running round the nave.
- The arch is decorated with gargoyles, grotesques and animals.
 - Gargoyles are decorative stone carvings on old buildings, usually with a shape like the heads of strange and ugly creatures
 - Grotesques are spouts in the form of grotesque human or animal figures projecting from a roof gutter to throw rainwater clear of a building.
- There would also have been richly decorated statues in the niches on the pillars.
- At the bottom of the arch would have been the high altar.
- Some people think that this arch was not destroyed because Henry VIII's soldiers were more afraid of God than of King Henry and they did not want to destroy the place where the high altar was located.

Can you imagine what it might have looked like in the 14th century?

FACT SHEET

THE WELLS AND BATH

- The wells in the Abbey grounds were used for Sprinkling into the 1930s and until the new Shrine Church was ready.
- In the past, the River Stiffkey ran closer to the wells making sure there was a supply of clean water. Now the river has changed course and the wells are stagnant.
- The bath next to the wells was used for bathing.
- People would take the water from the well to help cure them of different diseases.
- The practice of Sprinkling has not changed much in almost 1000 years.

SPRINKLING PRAYER

"May almighty God, at the intercession of Our Lady of Walsingham, grant you health and peace. Amen!"



Archive photographs of Sprinkling in the early 1900s.

FACT SHEET

THE HOLY HOUSE



- Excavations in 1961 found the remains of the original Holy House as built by Lady Richeldis.
- A copy of this Holy House is in the modern Shrine.
- Erasmus visited the Shrine in 1513 and commented on the beautiful jewels which decorated this Holy House.
- Unfortunately, the image of Our Lady of Walsingham which was above the altar in the Holy House was taken to London and burned in 1538.
- The Holy House itself was destroyed and the remains are marked with a wooden cross set into the ground.



In that unfinish'd Church, that I spoke of, there is a little boarded Chapel, with a little Door on each Side to receive Visitors. There's but a little Light to it, but what comes from the Tapers; but the Scent is very grateful...if you saw the Inside of it, you would say it was the Seat of the Saints, it is all so glittering with Jewels, Gold and Silver.

Erasmus, 1513



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

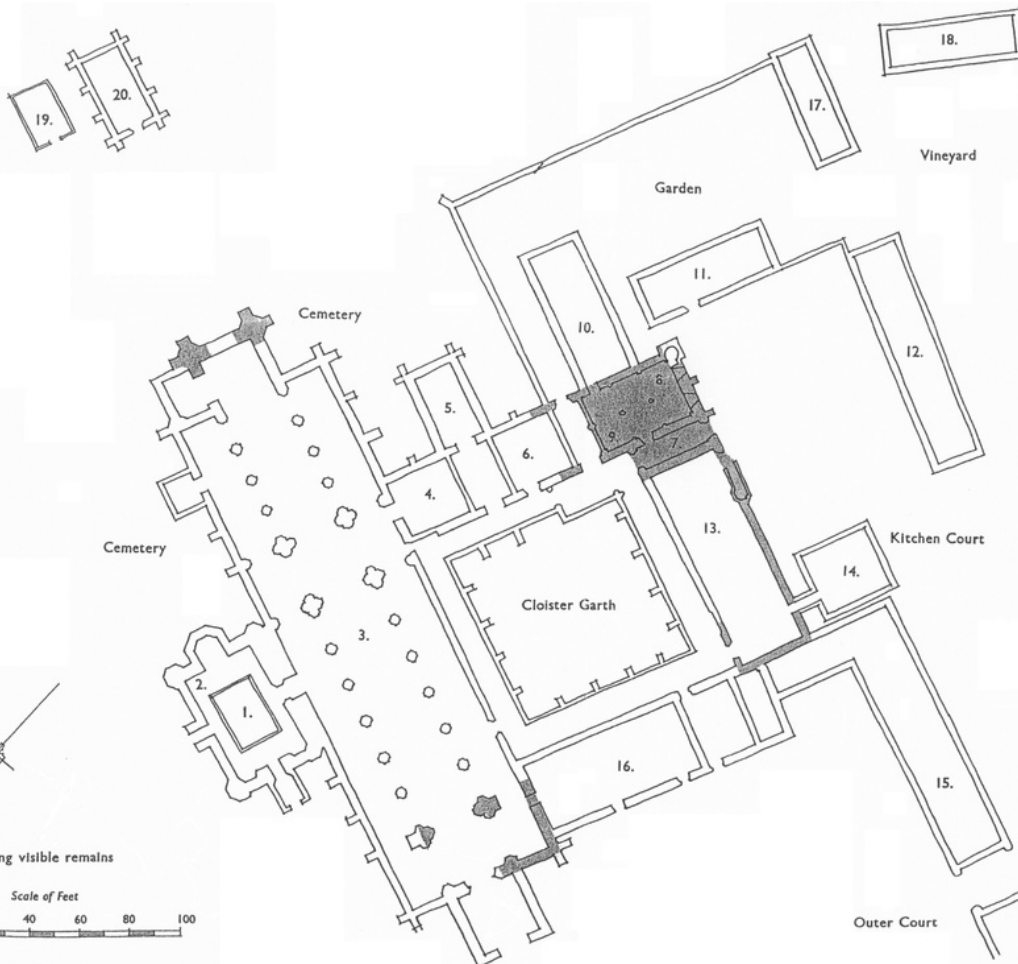
11.00am **Mass at the** Parish Church in the village

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**

A PLAN OF THE ABBEY GROUNDS



Key to the plan:

1. Saxon Chapel
2. 15th cent. 'Novus Opum'
3. The Priory Church
4. Treasury
5. Chapter House
6. Common Room
7. Slype
8. Prior's Camera "Crypt"
9. Dormitory (over 4, 6 and 8)
10. Prior's Chambers
11. Prior's House
12. Infirmary
13. Refectory
14. Kitchen
15. Domestic Offices
16. Cellarar's Range with Guest Hall over
17. Domestic Building
18. Domestic Building
19. Wooden shed over Holy Wells
20. Chapel of St. Lawrence

EXTRACTS FROM ERASMUS'S ACCOUNT OF VISITING WALSINGHAM IN 1513



In that unfinish'd Church, that I spoke of, there is a little boarded Chapel, with a little Door on each Side to receive Visitors. There's but a little Light to it, but what comes from the Tapers; but the Scent is very grateful...if you saw the Inside of it, you would say it was the Seat of the Saints, it is all so glittering with Jewels, Gold and Silver.

From hence towards the East, there is another Chapel full of Wonders; thither I went. Another Verger received me. There we pray'd a little; and there was shewn us the middle Joint of a Man's Finger; I kiss'd it, and ask'd whose Relick it was. He told me it was St. Peter's; what, said I, the Apostle? ... Before this little Chapel stood a House, which he told us, in the Winter-Time when all Things were buried in Snow, was brought there on a sudden, from some Place a great Way off. Under this House there were two Pits Brim-full, that were fed by a Fountain consecrated to the holy Virgin. The Water was wonderful cold, and of great Virtue in curing Pains in the Head and Stomach.

(Erasmus's Account of a Visit to Walsingham - Colloquies 2
(<https://oll.libertyfund.org/title/erasmus-the-colloquies-vol-2>)

Capitalisation as in original)