

THE SHRINE OF OUR LADY OF WALSINGHAM

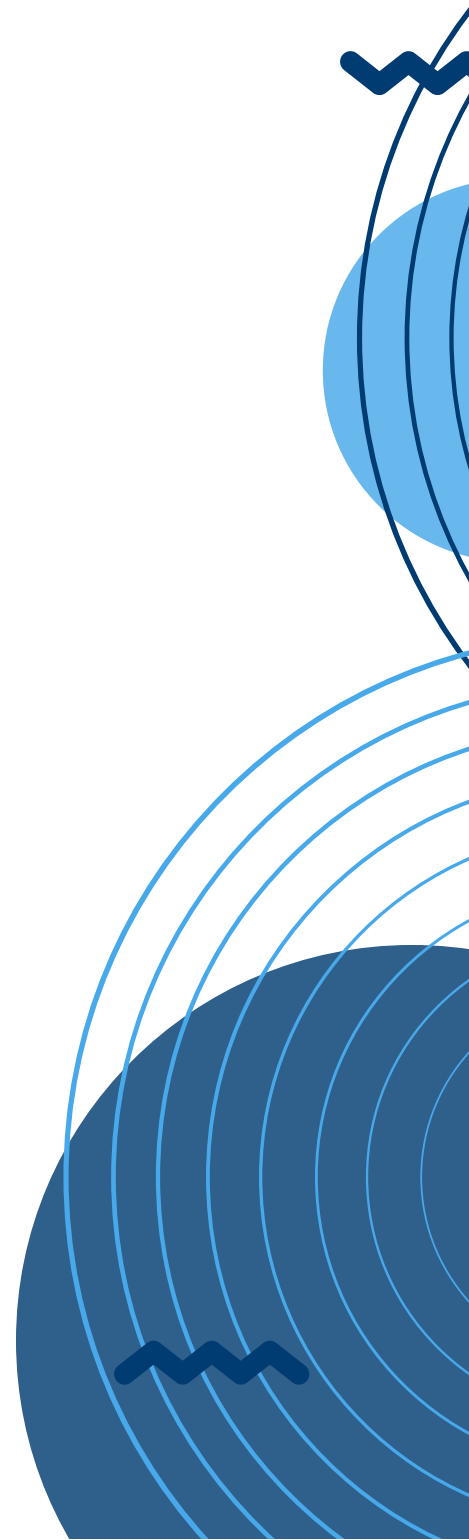


Educational Visits

Experience England's Nazareth

THE SHRINE CHURCH (KS3-5)

FOLLOW UP RESOURCES

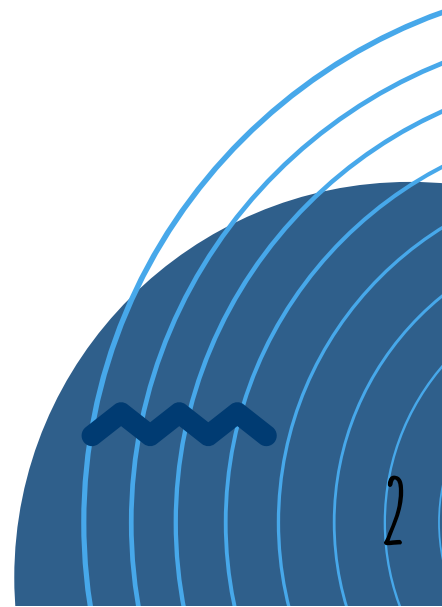


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TEACHING IDEAS



THE SHRINE CHURCH

- Find out the names and meaning of different parts of a church or cathedral. How is the Shrine church the same/different?
- Listen to recordings of bells ringing or a carillon playing hymns. Can you recreate these?
- Remind yourself what the Tabernacle is in the Shrine and why it is made of gold. Design a Tabernacle using Christian symbols and appropriate materials.

THE HOLY HOUSE

- Using the image of Our Lady of Walsingham on page 10, annotate it with the symbolism. Can you go deeper? For example, why is a lily a symbol of purity? What do other flowers mean? Can you find out more about a toadstone?
- Create a guide book about the Holy House for a child or adult.
- Draw a picture of a candle in the middle of a page. Fill the rest of the page with word associations. Can you link: a candle, Jesus, the Bible (Biblical quotations) and Walsingham?

THE CHAPELS

- Find out about some of the Saints who are remembered in the Shrine chapels: St Hugh, St Cuthbert, St John, St Augustine, for example. What are their stories and why are they important?
- Imagine you are dedicating a chapel to a saint. Who would you choose and why? Create a fact-file about that saint to inform people who come to the chapel.
- Discover more about the Rosary. How is it prayed? Which prayers are said? What are the different mysteries?

THE WELL

- Research other religious rituals that use water. Can you find examples from Christianity and other faiths/worldviews?
- Look at the symbolism in the Lord's Prayer, Hail Mary and the blessing used in Sprinkling (see p9). What is the same and what is different?

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? Ask the students 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 play script 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

- 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.
- 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 10) 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 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?
- 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 SHRINE CHURCH

- The nave is the main part of the Shrine church. It contains the Holy House and extends beyond it to the high altar.
- This is where pilgrims will sit for services. For Mass and other large services, the congregation faces the high altar. For Shrine prayers, the congregation faces the Holy House (view in picture below).



- The tabernacle is above the High Altar and contains bread which has been blessed (consecrated) in a service of Holy Communion.
- It can be used in for people who are ill and unable to go to church.
- It contains the presence of Jesus, which is why there is a candle burning, to show the light of Jesus is present.



FACT SHEET

THE HOLY HOUSE

Outside

- The Holy House is inside the main Shrine church building to protect it.
- The walls include stones taken from places of worship which were either destroyed in the Reformation or from places which are important in Christianity.
- On the shelves and ledges around the outside there are many candles. These represent prayers. Some are permanent (nowadays, they are electric candles) and paid for by a parish or individual for a year. There are also tall, 5 day votive candles lit for a variety of intentions.



Inside

- The Holy House is built to the same dimensions as were given by Mary to Lady Richeldis in 1061. We know this from the ruins of the original Holy House in the Abbey Grounds.
- It has two doors opposite each other and a window at the back.
- At the front, there is an altar and above it is the image of Mary with Jesus - Our Lady of Walsingham (see next page for more on the image).
- A candle to the left of the altar is for the current monarch. This echoes a tradition of having a candle lit for the monarch in the Holy House which began in Saxon times.
- Above the altar, the canopy depicts Mary being crowned as Queen of Heaven by Jesus.
- Pricket stands line the walls. These are used as candle holders. Anyone is welcome to come into the Holy House and light a candle as a prayer.
- The ceiling and walls are blackened with the soot of millions of candles which have burned over the past nearly 100 years.

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- A candle to the left of the altar is for King Charles III. This echoes a tradition of having a candle lit for the monarch in the Holy House which began in Saxon times.
- Above the altar, the canopy depicts Mary being crowned as Queen of Heaven by Jesus.
- Pricket stands line the walls. These are used as candle holders. Anyone is welcome to come into the Holy House and light a candle as a sign of prayer.
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FACT SHEET



THE IMAGE OF OUR LADY OF WALSINGHAM

- The image was carved by a Roman Catholic nun in London in 1922 and is a copy of the picture on a seal owned by the Abbey before its destruction in 1538.
- It depicts Mary seated on a throne to show her status as Queen of Heaven. She is holding the infant Jesus.
- Mary is looking out over the world, but her hand points to Jesus. Christians believe that the way to Heaven is through belief in Jesus.
- Mary holds a lily, sign of purity. She is also wearing a crown as Queen. Her mantle is changed so the colour reflects the liturgical colour for the time of year.
- Mary's feet are on a toadstone (sometimes depicted as a toad). A toadstone is a Norfolk symbol of evil, so Mary has her foot on it, squashing the evil away.



FACT SHEET

THE CHAPELS



There are 15 chapels in the Shrine and each one shows one of the 15 events in the lives of Mary and Jesus. These are commemorated in the Mysteries of the Rosary. Each chapel is also dedicated to a saint. Saints are ordinary people who underwent a special experience that pilgrims can associate with- a reminder of the depth of faith. They are people who are recognised as having an exceptional degree of holiness, or likeness to God.

Glorious Mysteries:

- The chapel of St Joseph - The Resurrection
- The chapel of St Francis and St Clare - The Ascension
- The chapel of St Columba and the Celtic saints - The Descent of the Holy Spirit
- The High Altar - The Assumption
- The Blessed Sacrament Chapel - The Coronation of Our Lady

Sorrowful Mysteries:

- The chapel of St George - The Agony in the Garden
- The chapel of St Hugh and St Patrick - The Crowning with Thorns
- The chapel of St Wilfred and St Cuthbert - The Scourging
- The chapel of St John Vianney - The Carrying of the Cross
- The chapel of Our Lady of Victories and St John - The Death on the Cross

Joyful Mysteries:

- The chapel of St Gabriel and St Vincent - The Annunciation Altar
- The chapel of St Edward the Confessor and King Edward I - The Visitation
- The chapel of St Helena and St Hilary - The Nativity
- The chapel of St Anne - The Presentation
- The chapel of St Thomas a Becket and St Philip Neri - The Finding in the Temple



FACT SHEET

THE WELL AND SPRINKLING

The well

The Saxon well was discovered in 1931 during the building of the modern Shrine Church. It was full of rubbish, including Tudor shoes. Fr Patten took this as a sign of blessing. The well was then made part of the Church, with the Holy House next to it.

Once the well was cleared, the water ran pure and clear and has continued to do so since the 1920s.

Sprinkling Prayer

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



Sprinkling

Sprinkling is peculiar to Walsingham and has been practised in a very similar manner since 1061*. It is said that the water in the well has healing properties, as it comes from Holy ground (where Mary appeared to the Lady Richeldis), and many instances of healings have been reported over the years.

Pilgrims choosing to be Sprinkled start in the nave of the church with a short service during which they say sorry for their sins, hear a short Bible passage and homily and say prayers. Then they go to the well and - if able - down the steps where they are given the water from a silver ladle in three ways:

- A small sip of water to drink. This reminds pilgrims of the gift of life, refreshment of water and the refreshment of God in their lives.
- The sign of the cross is made on their forehead using the water by the priest. This reminds pilgrims of their baptismal vows and that Jesus died on the cross.
- Water is poured into and over their hands. This reminds pilgrims of the generosity of God's love. This water can also be applied directly to an area of the body which is in need of healing by the pilgrim.

The service ends in the nave with the Lord's Prayer, Hail Mary and a blessing.

*Due to COVID, water is - for the moment - just poured into a pilgrim's hands. They are encouraged to use the water to make the sign of the cross, to drink or to let run through their fingers in the manner of ancient Sprinkling.

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**

WHAT IS THE SYMBOLISM IN
THE IMAGE OF
OUR LADY OF WALSINGHAM?

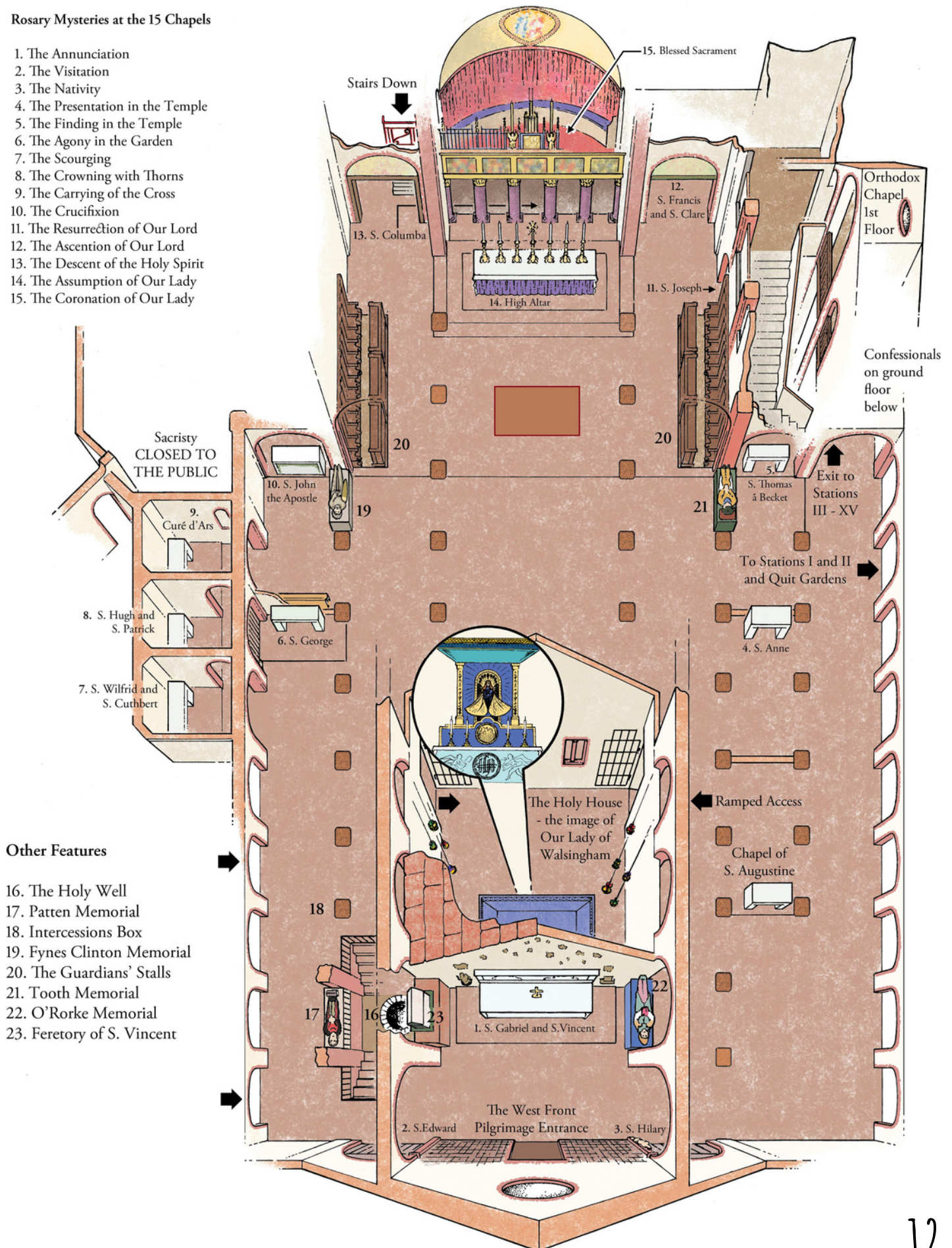


PLAN OF THE SHRINE CHURCH



Rosary Mysteries at the 15 Chapels

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple
6. The Agony in the Garden
7. The Scourging
8. The Crowning with Thorns
9. The Carrying of the Cross
10. The Crucifixion
11. The Resurrection of Our Lord
12. The Ascension of Our Lord
13. The Descent of the Holy Spirit
14. The Assumption of Our Lady
15. The Coronation of Our Lady



Other Features

16. The Holy Well
17. Patten Memorial
18. Intercessions Box
19. Fynes Clinton Memorial
20. The Guardians' Stalls
21. Tooth Memorial
22. O'Rorke Memorial
23. Feretory of S. Vincent