



**FLiNTS!**

Creative Family  
Activities Inspired by  
Medieval Norwich  
and Beyond...

# PILGRIMAGE AND PILGRIM BADGES

HISTORIC CHURCH EXPLORERS ACTIVITY BOOK #2

# PILGRIMAGE IN MEDIEVAL NORWICH

A pilgrimage is a special, spiritual journey, often to visit a religious site known as a shrine. They were an important part of the Christian faith in medieval England and many people made journeys to pray, be close to God, or in the hope of being cured of illnesses.

One of the most popular shrines was in Walsingham, Norfolk, where a sealed glass jar was said to contain milk of the Virgin Mary.

At a shrine, a pilgrim might receive a metal badge stamped with its symbol. This badge was fixed to a pilgrim's hat so others would know where they had visited.

Norwich was an important medieval city and many pilgrim badges have been found by archaeologists. Some depict Stephen Caister, a popular priest and poet who preached at St Stephens Church in Norwich. He was buried there in 1420.

[Click here](#) to find out more and see the badges



# THE SHRINE IN THE TREE - ST MARTIN AT OAK

St Martin at Oak is one of the historic churches looked after by the Norwich Historic Churches Trust. It was badly damaged after being hit by a bomb in World War II and lost its tower. It is now the home of a music school.



The name 'at Oak' refers to an Oak Tree which stood in the churchyard and contained an image of the Virgin Mary. It was a popular place of worship for local people and many people left gifts in their will for the image to be decorated or repaired. In 1513 John Buxton, a local weaver, asked to be buried in the churchyard near to the image.





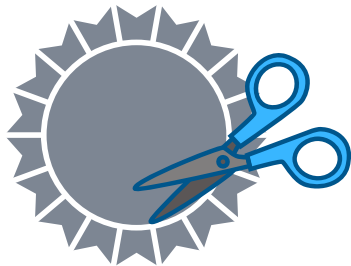
ACTIVITIES TO TRY AT HOME

# COMMEMORATIVE BADGE

Pilgrims often received metal badges stamped with the symbol of the shrine they had visited. Make our own shiny 'metal' badge to remind you of a special place you have been to.

## **You will need:**

- Cardboard, such as a cereal packet
- Pencil
- Scissors
- Household string
- Kitchen or tin foil
- Safety pin
- PVA glue
- Sticky tape
- Optional: Small pieces of coloured card foil or marker pens to decorate



# INSTRUCTIONS

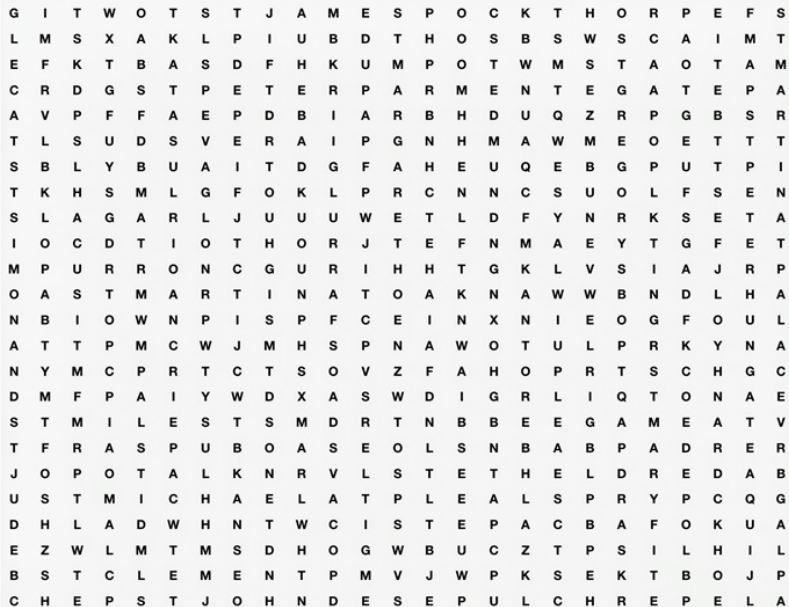
1. Cut out the shape of your badge from cardboard. It can be any shape you like but make sure you have enough space to draw your design.
2. Think about a special place you have visited. Choose an image which reminds you of the place and sketch it on to the cardboard.
3. Using the PVA glue, stick down string along the lines of your drawing to make it 3D.
4. Once the glue has dried, cut out a piece of foil that is slightly bigger than your badge. Wrap the foil tightly to cover the front of the badge and use your fingers to shape it around the string. Make sure you get in to all the nooks and crannies.
5. Fix the foil in position using tape on the back of the badge and add a safety pin.
6. If you like, you can add small pieces of coloured card, foil or use marker pens to add more decorations.

**Tip:** Use as few lines as possible to draw your special place. Simple, large designs are the easiest to shape.



# HISTORIC CHURCH WORD SEARCH

See how many historic church names you can find in this word search!



All-Saints  
St-Clement  
St-Edmund  
St-Etheldreda  
St-Gregory  
St-James-Pockthorpe  
St-John-de-Sepulchre  
St-Margaret  
St-Martin-at-Oak  
St-Martin-at-Palace  
St-Mary  
St-Miles  
St-Micheal-at-Plea  
St-Peter-Hungate  
St-Peter-Parmentergate  
St-Saviour  
St-Simon-and-St-Jude  
St-Swithen

