

Try this!

To be a pilgrim

A pilgrimage is a special type of journey – a journey of faith. It may be to a particular place which has special meaning to followers of a religion, usually because of something that happened there. While the pilgrim travels, they are also making a different kind of journey in their mind and their emotions, exploring their faith and their relationship with God. People have been going on pilgrimages for many years and still do so today. These crafts are designed to help you think about the tradition of pilgrimage. The song “To Be A Pilgrim” was written in the 17th Century by John Bunyan who wrote a book called “Pilgrim’s Progress”: www.youtu.be/5yHJMPw8RHU

A pilgrim’s cross

Many pilgrims would carry a cross as a reminder and symbol of their faith – ranging from a simple wood to precious stones. The cross might be worn around the pilgrim’s neck, others may be hidden away in the pilgrim’s scrip or bag, away from prying eyes. This book includes several ways to make a cross. As part of your pilgrim journey, perhaps you could make one for yourself or someone else. Here is another way you could make one, by cutting out a cardboard shape and wrapping wool around it.



Try this!

A pilgrim's clothing

In the past, a pilgrim's clothing was very important to them, as it would identify the traveller as being on a pilgrimage. That might help to keep them safe on their journey.

All pilgrimages tend to involve some walking. Pilgrims might even choose to do part of their journey in bare feet but many would wear sandals. You could make yourself some sandals out of recycled card by drawing around your feet and cutting it out, using a strip of card over the top to hold them on, or simply use some that you already own. As you put them on, think of places where you feel close to God.



A pilgrim would also wear a tunic, known as a Sclavein. Use a large T-shirt or pillowslip or make a tunic out of fabric or paper. Use a dressing gown cord or piece of rope as a belt. Pilgrims often shared stories or good news as they travelled together. You could decorate your tunic with symbols and pictures to tell your story and think of the stories you would share about your journey with Jesus.



A pilgrim would walk in all weather, and would need a broad, rimmed hat to protect the head from rain, wind, snow and sunshine. The hat would be quite recognisable, like the tunic, and would often be decorated with a badge, such as a shell shape, which is often used as a symbol of pilgrimage. Find a hat to wear and make a badge to decorate it. What will you use as a symbol of your journey with Jesus?



Try this!

A pilgrim's bag – known as a scrip

No suitcases on a pilgrimage! While a modern-day pilgrim may have their rucksack, in the past, the scrip was all a pilgrim would have to carry a little money, documents, scripture, some food and a token taken from their journey on the way. There was not much room and what went into here was precious.



There are many fabrics you could use to make your scrip – try to recycle or reuse something that's no longer needed, such as some offcuts of material, some old clothing, a duster etc. Make sure the fabric is not too easy to tear, however. Using a dinner plate, draw a circle on your chosen material – remember, the bigger the circle, the bigger your bag will be. Now make a ring of small holes a short distance in from the edge, and weave through these holes using string, thick wool or cord. Gather your material together by pulling the drawstring tight. Remember to put some big knots on each end of your drawstring to stop it accidentally coming out of the holes.



Think about what is important to you in life – what would you carry with you in a small bag like this? Being limited on space forces us to cast off the unnecessary things and leave them behind us. Is there anything in your life God is calling you to leave behind?



Try this!

A pilgrim's tokens

Pilgrims often collected tokens as they travelled to different holy places – this was to prove they had been, but also to remind them and others of their travels. Thick tin foil, for example that which is used to make food containers, is ideal for this or you can stick aluminium foil onto card. Obviously sharp edges may need rounding off to make them safe.

Using a pencil or knitting needle, carefully draw out your token image onto a circle of foil. What symbols can you come up with – either our usual Christian symbols, or maybe you could think of some of your own? You could design one token to put into your scrip for each week of Lent.

Thinking of symbols is a good way to mark our journey of faith. What simple image could sum up your experience of God each week? Perhaps you could illustrate it in your journal, or find a picture you could stick in there as a visual reminder of a spiritual journey. Or if you are a words person, what one word would you use to summarise it?



Try this!

A pilgrim's staff

For pilgrims, this was perhaps one of the most important items to carry on their journey. The staff helped them to keep going as they walked, and it protected them from attackers and wild animals.

To make your staff, you could use a strong stick, a bamboo cane, a walking stick, or the cardboard tube from wrapping paper. You will also need ribbon, coloured strips of paper/pipe cleaners, and some pilgrim tokens.

The pilgrim would add small tokens to their staff and tie things around it as they journeyed. You could make some more foil tokens and add them to your staff. As you journey through Lent, you may choose to tie something round your staff each week – a coloured ribbon or coloured paper strip or a pipe cleaner. Think about the colours you choose – how could the colours reflect your feelings and experiences or, during Holy Week, the different parts of the story of Jesus? You could choose a brighter colour as we approach Easter day and maybe even add a bell or something that makes a cheerful noise for Easter to remind you that this is a happy celebration.

Maybe you already use a staff, a stick or other walking aid, or a wheelchair or buggy, to help you on your journey through life. The tying of ribbons or wool is a good way to mark your faith journey week by week through Lent, and can prove an opportunity to witness to others when they ask what the colours signify. If you don't have a stick at all, then think about the words of the Bible which strengthen and protect you. Perhaps you could write these on a stone to carry in your pocket when you go out and about.



Try this!

Walking finger puppets

You will need: Card (plain or coloured)
Pens or crayons
Scissors.



- Draw a body of a person (with no legs). Arms can be out to the side or down at the side. Colour in your person.
- Cut out the body shape (ask for help if needed, when using the scissors) and then draw two holes (where your legs would start!) for your fingers to fit through.
- Cut out the holes and make sure your fingers fit through them.
- Feel free to add hair and even clothes... then get walking! Why not make more than one and they can chat, race or whatever your imagination leads you to!

