

# Introductory Leader's Notes

This programme needs about an hour to an hour and a half to complete. This allows for each child taking part in only some of the activities. If the whole group does everything, it will take considerably longer.

## *Hearing/Listening Section*

### **All the children together**

Children don't need the notes for this section. An imaginary journey in time is led by a member of staff. Notes for this are supplied, but these are only meant to be suggestions; feel free to adapt.

It is suggested that the group listens to the organ being played. If you have an organist available please write to ask beforehand whether you may use the organ; we may, very occasionally, be able to supply an organist.

At the end of this section, the children need to be given copies of the church plan, to mark up places of sound, and later to mark 'important' places.

## *Other Sections*

With time constraints in mind it may help to split the children into groups, each group to do just one or two of the following sections.

### **Seeing/Looking**

Children need a drawing of one of the stain glass windows and plain paper to sketch on. Enclosed are some labels you may like to use.

### **Touch**

Children need a magnifying glass  
And a digital camera if your school has one.

### **Taste**

## *Conclusion*

### **All the children together**

Children don't need a copy of the 'Conclusion' page but;  
Each child needs a copy of the Senses Poem  
Each child needs a copy of Psalm 150 and the Peace Prayer from St.Oswald's chapel,  
which are printed on the last page of the Programme

# PROGRAMME

Gather the children to sit quietly in the front pews of the church.

## Hearing / Listening



- ❖ Silence
- ❖ Echoes
- ❖ Voices

- \* Sit very quietly in a pew so that if possible both feet are on the floor or resting on a kneeler.  
Place your hands gently in your lap.  
Give your shoulders a big shrug, so that you are alert and relaxed.  
Gently close your eyes while your teacher counts to 10.  
Breathe gently and slowly.  
Be very Still.  
Now listen very carefully.  
Can you hear any sounds outside the church?  
( eg birds singing, cars, talking, sheep bleating )  
Open your eyes and share the sounds you heard.
- Close your eyes again.  
Breathe gently and slowly.  
Be very Still.  
Now listen very carefully.  
Can you hear any sounds inside the church ?  
( eg voices of other visitors, people breathing )  
Open your eyes and share the sounds you heard.
- Close your eyes again.  
Breathe gently and slowly.  
Be very Still.  
Now listen very carefully.  
Can you hear any sounds within you.  
( eg gentle breathing, beating heart )  
Open your eyes and share the sounds you heard.

- \* Now you are going to use your imaginations. By doing so you can travel back in time to before this church was built.

### Guided Creative Visualisation led by a teacher

(Notes enclosed - blue sheets)

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Now we are going to leave the time of St Aidan and return back to the church in Bamburgh today.

Feel the hardness of the pew.

Wriggle your toes.

Open your eyes.

Have a good stretch.

With the person next to you share the most exciting or surprising part of the visualisation.

Volunteers share their experience with the whole group.

- \* Listen to the organ playing (*if this is possible*)
- \* Look for evidence that sounds can sometimes be heard in this church. Mark them in red on the plan of the church.

For example:

**Bell** - call to worship

**Organ** - to assist in worship by accompanying singing in praise of God.

**Pulpit** - the place from which teaching about Jesus takes place

**Lectern** - the place where the bible is placed and God's word is read

## Seeing/ Looking

- ❖ Detail
- ❖ Colour
- ❖ Shape



- \* On a plan of the church mark in blue 3 parts that you think are very important. If you can, name what they are on the plan, or Place the labels around the church.
- \* find the Stained glass window that is shown in your drawing. Look carefully at it. The glass is beautifully coloured. Record the colours as accurately as you can.
- \* Look at the kneelers around the church. Many of them have Christian symbols on them. Sketch five that you recognise.
- \* Go to the Font.  
Look up to the roof above the font and see a forked beam.  
It is said that this was part of the wall of the first wooden church which Aidan built here, and that he was leaning against this beam when he died.  
The beam was the only part of the church to survive the fire which destroyed the building. People used to come for miles to touch this special beam, so it was built into the roof above the font to keep it safe.

## Touch



- ❖ Rough
  - ❖ Smooth
  - ❖ Soft
  - ❖ Hard
  - ❖ Cold
  - ❖ Warm
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- \* Find something made of brass, marble, wood, stone and embroidered canvas. Touch them to find out what they feel like. Do they feel the same?
  - \* With magnifying glasses look at different textures of the things you have touched in the church.
  - \* Take a close up picture with the digital camera.
  - \* Sit beside a wall or pillar and touch one of the stones. Imagine what the person was like who put it there many hundreds of year ago.

## Taste

- ❖ Sweet
- ❖ Sour
- ❖ Bitter
- ❖ Salty



Can you find any evidence of food in the church ?

Look very carefully at the stained glass windows and the carvings.

Make a list of anything that could be eaten.

## Conclusion

Whole group gather together in front pews

- ❖ Smell (the one sense not mentioned thus far)  
Breathe deeply What can you smell?  
(Suggestions - polish, old building, wood, candles, flowers . . . )
- \* Sit quietly and think about all the things you have discovered about this church today.
- \* Look one more time around the church and consider what you have seen, heard, smelt, tasted and touched
- \* Imagine what it is like when it is full of people.
- \* Complete the Senses Poem (included in the pack)  
Include lots of detail by using carefully chosen adjectives or similes.

- ❖ Hearing - volunteer to read Psalm 150 from the pulpit :

Praise the Lord  
Praise God in his sanctuary:  
Praise him in his mighty heavens  
Praise him for his acts of power;  
Praise him for his surpassing greatness.  
Praise him with the sounding of the trumpet,  
Praise him with harp and lyre,  
Praise him with tambourine and dancing,  
Praise him with strings and flute,  
Praise him with clash of cymbals,  
Praise him with resounding cymbals  
Let everything that has breath praise the Lord.  
Praise the Lord.

- ❖ Touch -The Peace

Shake hands and if you would like to, say to your partner  
"Peace be with you"

- \* Share the prayer from St Oswald's Chapel

Prince of Peace  
Light of the nations  
Grant unto the world your eternal peace.  
Amen

Sanctuary

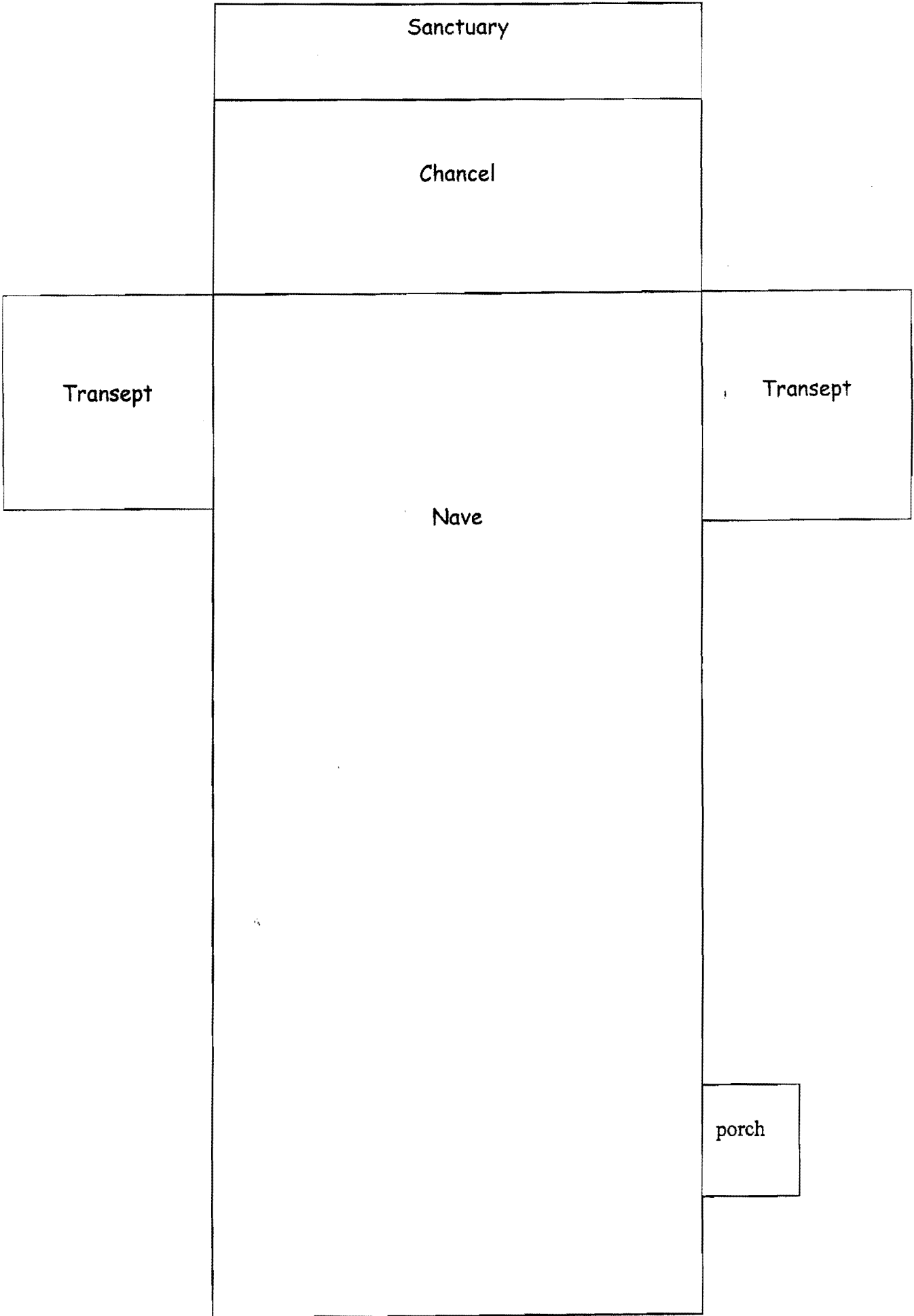
Chancel

Transept

Transept

Nave

porch



Font

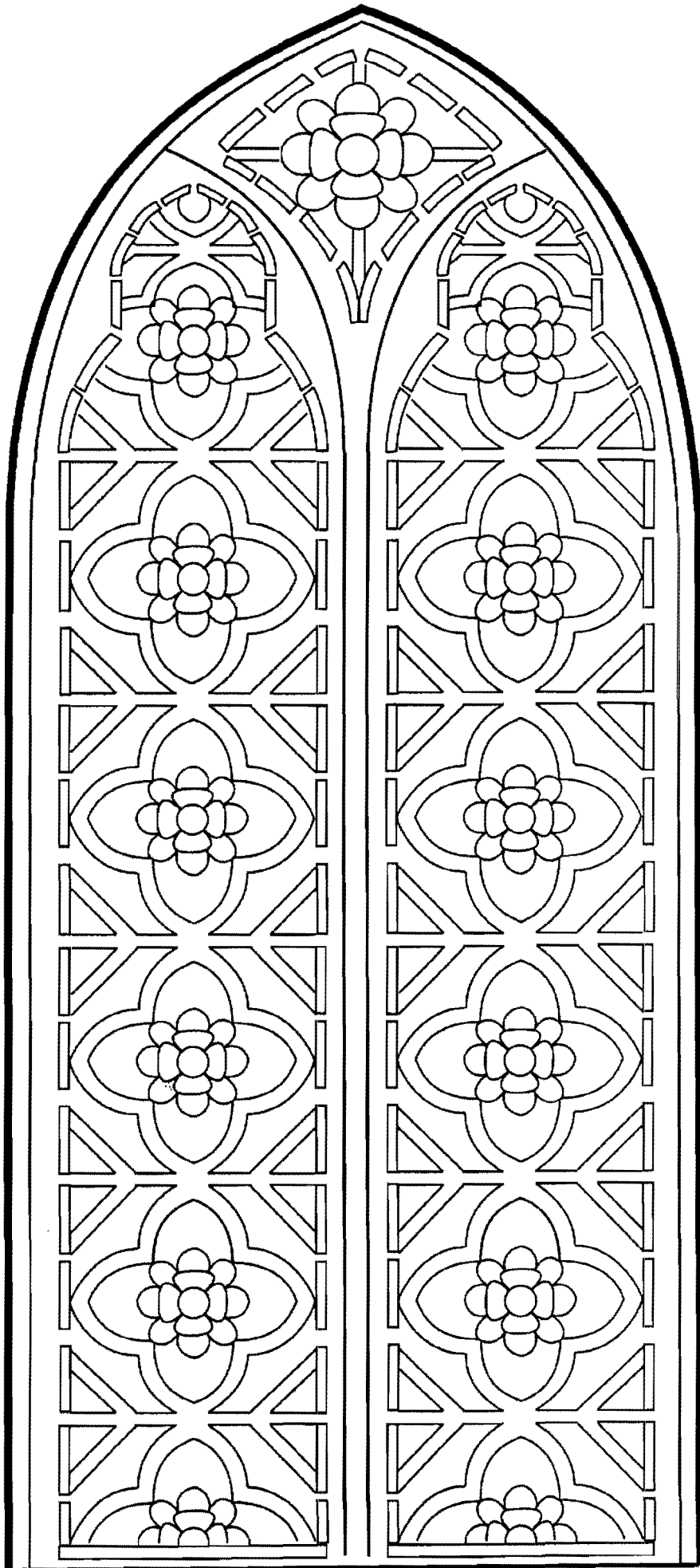
Altar

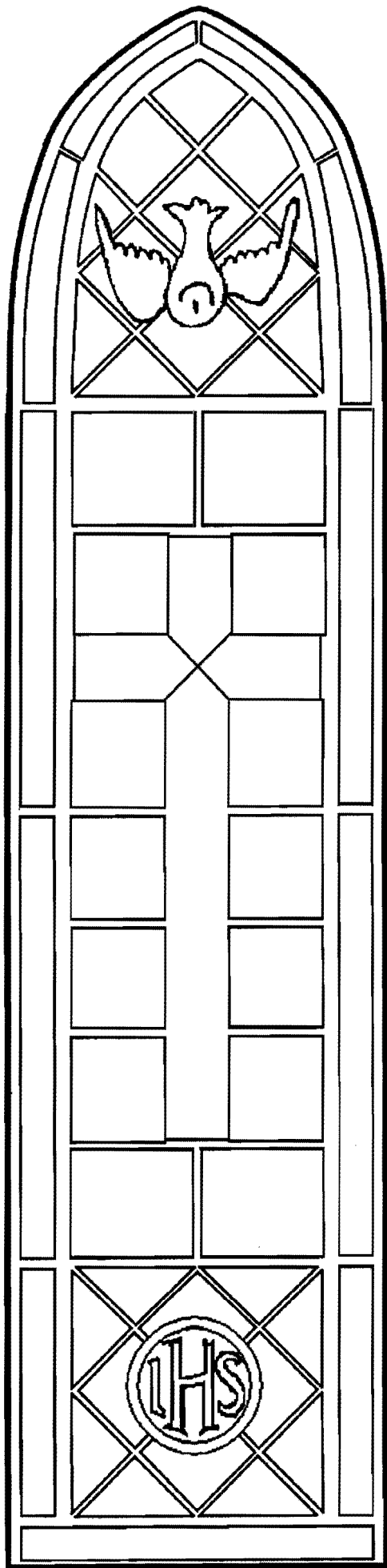
Pulpit

Organ

Lectern

Sanctuary





## A trip in time to the year 635

This church where we are sitting is nearly 1000 years old, which is very old, but it hasn't always been here

IMAGINE, that you lived here in Bamburgh in the year 635, hundreds of years before this church was built.

*Close your eyes and let's go back in time, like in a time machine.*

*Imagine*

You are with some friends standing on exactly this spot looking towards the castle on its high mound beside the sea. There are no stone houses, just one or two huts scattered around made out of wood or mud or whatever people could find.

Looking around, as far as you can see there is just grass and hills and woods and the sea – apart from the castle. Most people live in huts up around the castle, where King Oswald lives – that's where you live, up near the castle. You've come down here with your friends to gather wood for the fire at home.

It's a cold and windy day. Your clothes are quite thin; you are wearing sandals. You are looking forward to gathering round a fire with your family.

You begin to walk back towards the castle, carrying the heavy wood you've found. It's quite a small castle. It's made of wood, too. It's hard work climbing up the side of the castle. It's all rocks and sand; the paths aren't very good. Two rich men on horses come up behind you on their way to the castle. They push you off the path – they look very warm in their furs and heavy woollen clothes – and very strong with their swords and shields.

*I wonder what you think about them, and they think about you.*

You reach the top of the hill and go in through the gateway. Suddenly, there are lots and lots of people around you – lots of soldiers and servants and lords and ladies. There are smells of fires and cooking and animals. It's very noisy.

You and your friends begin to push your way through to your homes, which are right on the far edge of this little city on a rock. You feel really glad to be nearly home and you are hurrying now, even though the wood is heavy.

Suddenly, you turn a corner, and there in front of you is a person who has only just come to Bamburgh a few weeks ago. He's a man called Aidan, and you really like him. He smiles at you and offers to carry some of the wood for your littlest friend. He talks to you, but you can't understand much of what he says because he talks differently to you. He comes from an island called Iona in the West of Scotland.

Aidan is a friend of King Oswald. He is a very holy monk. The King has asked him to come and tell the people of Northumberland all about Jesus – because most of your people have never heard anything about him.

Aidan walks along beside you to your homes. He is wearing very simple clothes – he has no furs, or rich things. People say that even when the King gives him presents, he gives them away to the very poor. He says that's what Jesus would have done. You like Aidan. If Jesus is like Aidan, you think you might like to know more about him.

Aidan tells you that he wants to build a special place out on that plain where you've just been. It would be a special place where people could go to pray to God and to learn about Jesus. Aidan called it a 'church'. You've never heard of a church. You are curious.

Your friends go off to their huts, and you duck your head down to get into yours. Your Mum is wondering where you had got to. She needs the wood for the fire to boil some water. You tell her about Aidan  
*Imagine* what you would say.

A few weeks later when you come down to this spot again – there's a little wooden building standing here. Aidan has got some men to help him build his church.

You creep in  
*Is it dark or light?*  
*What's there?*  
*Is it quiet?*  
*How do you feel?*  
*Is this a good place?*  
*Do you feel God is here?*

Pause for a few moments – then back to today (see notes)

Walk around the church. Describe what you can see, hear, smell, touch, taste.

Imagine what it is like when it is full of people.

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Psalm 150

Praise the Lord !  
Praise God in his sanctuary !  
Praise him in his mighty heavens !  
Praise him for his acts of power.  
Praise him for his surpassing greatness.  
Praise him with the sounding of the trumpet,  
Praise him with harp and lyre,  
Praise him with tambourine and dancing,  
Praise him with strings and flute,  
Praise him with clash of cymbals,  
Praise him with resounding symbols.  
Let everything that has breath praise the Lord !  
Praise the Lord !

Prayer for Peace, by the candle in St.Oswald's Chapel

Prince of Peace,  
Light of the nations,  
Grant unto the world your eternal peace.  
Amen.