

Pilgrimages

**Christians**

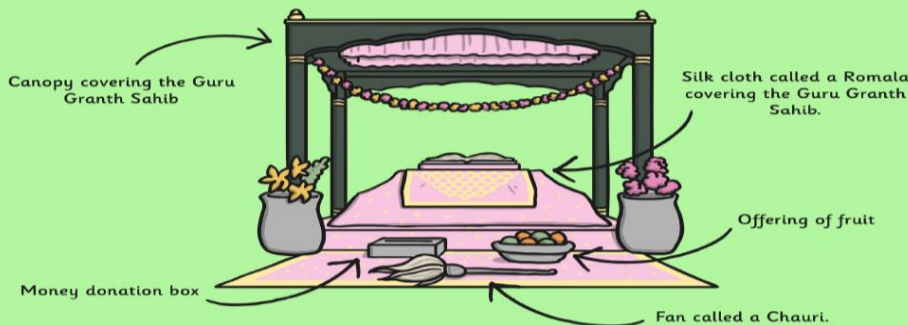
- Canterbury Cathedral, St Winefride’s Well and Walsingham are some of the Christian pilgrimage locations in England. Canterbury Cathedral has been a place of pilgrimage since Medieval times. St Winfride’s Well – According to legend, when she spurned the advances of Caradog, a prince’s son, he cut off her head. Where it came to rest, water began to flow from a spring. Beuno interrupted a service when he heard the news. He placed her head beside her body and prayed. Winefride returned to life, with a thin white scar around her neck. Thereafter she devoted herself to a holy life. Walsingham - Legend has it that in 1061 a Saxon woman in Walsingham had a vision of the Virgin Mary who told her to build a replica of the house where she and Joseph brought up Jesus.
- Christians can choose whether or not to be pilgrims. It is not expected in their faith. They may go on a pilgrimage to develop spiritually and bring them closer to God.
- Christians often pray to saints linked to the pilgrimage site, especially to ask for help in curing a disease. They also bathe in or drink holy water at these sites, as it is said to be able to heal.

**Sikhs**

- Sikhs can choose whether or not to be pilgrims. It is not expected in their faith. They may go on a pilgrimage to develop spiritually and bring them closer to God.
- The Golden Temple in Amritsar is a major Sikh pilgrimage location. The Golden Temple is made mostly from marble but is covered by gold plate. In front of the Golden Temple is the Amrit Saras Kund, the Pool of Immortality. Sikhs believe that the waters here have miraculous healing powers.
- Sikhs may bathe in the water around the temple, believing that the water can make miracles happen.
- Inside the temple, everyone sits on the floor, to show that all people are equal in the eyes of God, and anyone can hold a service.
- The temple offers food and shelter to the poor.



Inside the Gurdwara



**Key Vocabulary**

Gurdwara	A religious building for worship in Sikhism
Yatra	Name for Sikh pilgrimage
Harmandir Sahib	Indian name for the Golden Temple
Guru Ramdas	One of the founders of the Sikh faith
Guru Granth Sahib	Sikh Holy book
Sarovar	Pool of Immortality – water around Golden Temple
Langar	Meal inside Golden Temple
Parshad	Sweets offered after prayer in Golden Temple
relics	Parts of body or possessions, belonging to a holy person, usually deceased.