



Chalice and Paten with a figure of St Edward the Confessor

Under 11 activity – Christianity in 10 objects



What do you see?

What can you tell about the figure in the middle from looking at them?

Why do you think that?



Here is the full picture. How heavy do you think this chalice or large cup would be?

What do you think it is made from?

This beautiful communion cup contains a gold figure of St Edward the Confessor.

St Edward the Confessor was an Anglo-Saxon King of England who lived nearly a thousand years ago. He was responsible for building the first great stone church at Westminster Abbey (completed in 1065).

About one hundred years after his death, Edward the Confessor was made a saint.

In the Christian faith, a saint is someone who has led a holy life and is said to be close to God. Christians believe they can look to saints as examples for how to lead their own lives – they are like role models. Looking at the good deeds of saints might help Christians to be inspired to live a better life.

King Edward the Confessor was said to be a very kind and holy man who helped the poor and the sick.

After his death, many stories were written about the holy life that Edward led. In 1120s, William of Malmesbury wrote of miracles Edward had performed during his lifetime, including the case of a blind man who regained his sight after his eyes were touched with water in which the king's hands had been washed. In 1136, a monk called Osbert who lived at Westminster Abbey published a book about the life of Edward, claiming that the king had been a holy man who could heal people with his touch.

We might not be able to perform miracles, but we can be kind to one another.

Talk with others

In what ways can people show kindness to one another? How can you make somebody feel special? How can you show somebody that you love and appreciate them?

Activity: Create a kindness envelope

Send a kindness envelope to make someone feel special.

Materials: A plain or coloured envelope, pieces of paper or card, coloured pens or pencils.

Our words can fill other people with joy, make someone smile, or brighten someone's day. Write down some kind words on pieces of paper and put them in the envelope.

What kind of words could you give?

- Encouraging words
- Loving words
- Positive words
- Inspirational words
- Thankful words



Put the words inside an envelope and give it to someone to brighten their day. You can decorate the envelope if you want.

Extension

St Edward the Confessor's remains are housed in beautiful shrine, right in the middle of Westminster Abbey. For hundreds of year, this shrine has been an important site of pilgrimage for Christians, who visit it to pray to St Edward.

Pilgrims would collect badges to show others that they had been on a pilgrimage. Take a look at our ["E is for Edward the Confessor" activity](#), part of the A to Z of Westminster Abbey, to find out how to make your own pilgrimage badge.

Share your experience on Facebook or Twitter using #WAbbeyFun

