



### The Litlyngton Missal, 1383-84

Under 11 activity – Christianity in 10 Objects



In what way does this book look different from the books you read at home and school?

How would you describe this page to someone who could not see it?

What do you think the book is about?

The Litlyngton Missal is a very old document. It is covered in colourful decorations and gold leaf. The book contains readings and prayers and important dates in the Christian calendar like special festivals and saints' days.

Westminster Abbey used to be a monastery, a place for monks to live, work and pray. Monks were men whose whole life was about loving God. The words in this special book were written by a monk called Thomas Preston and the document also contains images of monks and the simple but hard life they led.

#### Talk with others

The monks who spent their life at Westminster Abbey gave up a lot. They didn't have their own homes and money. In fact, they didn't own anything at all. They had to follow lots of strict rules and wear the same clothes every day. For the monks, this way of life helped them to show their love for God.



Think of a time when you've had to give something up for someone. How did it make you feel?

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### Activity: Create a soundscape

Westminster Abbey is often filled with beautiful music. Nowadays we have a choir who sing in daily services. The choir often sings with the organ playing. Music has been an important part of life at Westminster Abbey since its beginning. Hundreds of years ago when the Abbey was a monastery, the monks who worshipped here would chant and sing together.

What other sounds do you think you could hear in Westminster Abbey when it was a monastery?



Create a soundscape of a day in the life of a monk.

There's some information about a monk's day below which might help you. Think about how you could create the different sounds using everyday objects.

Monks had to work very hard and had a strict routine, marked by the ringing of bells. They prayed in at least seven services a day, starting with the Matins service at midnight. Lauds was at daybreak and Prime at around 6am. The Terce, Sext and None services were before dinner and Vespers was at 6pm and Compline before going to bed. During their day the monks would read and study and play games in the Abbey's cloisters, work in the gardens and take care of the sick in the Abbey's infirmary. Meal times were usually spent in silence.

### Extension

The Litlyngton Missal was written in Latin. In order to write numbers in Latin, people used Roman Numerals. Have a go at writing numbers as people did hundreds of years ago.

1 = I            5 = V            X = 10            L = 50            C = 100            D = 500            M = 1000

### Translate the numbers in these sentences into Roman numerals.

- During a coronation, a monarch wears \_\_\_\_\_ (2) crowns.
- Westminster Abbey is over \_\_\_\_\_ (1000) years old.
- Monks prayed at least \_\_\_\_\_ (7) times a day.
- The monks would study and play games like \_\_\_\_\_ (9) holes in the Abbey's cloisters.
- Queen Elizabeth II had her coronation when she was \_\_\_\_\_ (27) years old.

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Roman Numerals Rules\*:

- You add Roman Numerals when a smaller value comes after a bigger value or if the numerals are the same value. E.g  $VI = 5 + 1 = 6$  or  $III = 1 + 1 + 1 = 3$
- You cannot have more than three of the same numerals in a row.  
So  $3 = III$   
But 4 is not  $IIII$
- You can take away by putting a lower value numeral in front of a higher value one.  
E.g.  $IV = 5 - 1 = 4$

\*There are more rules but these ones should be enough to help you with the challenges above.

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