

The St Edith of Wilton Way - Pilgrim's Wristband

Wearing this wristband permits one free entry to a pilgrim who has completed the walk (see www.britishpilgrimage.org) from St Mary's Church Limpley Stoke to Wilton House. This is the former location of the nunnery where St Edith spent most of her life. A small section of the wristband will be marked upon entry. Entry to the house is a separate ticket.

Making your wristband Secure the already knotted end under a heavy weight. Plait wristband left to middle, right to middle, left to middle etc (red over white, blue over red, white over blue then repeat). Knot the other end the same as first end. Fold the wristband at the middle then simultaneously pinch, twist and push the folded end through the bead. The bead is then used to secure the band.

Wristband symbolism

Historical Saint St Mary's Church Limpley Stoke was originally dedicated to St Edith in the Saxon era, the nave being built only 16 years after St Edith died. St Edith has been called the fashionista artist saint hence a colourful wristband.

-The wristband colours of red and blue are those used for the arms of Wilton House and were available in Saxon times. Red was produced from madder and blue from woad. -Interweaving lines reflected in the plaited twines are often used in Saxon artwork.

-A rare Saxon era arch is found at your start point inside St Mary's church and early pilgrim crosses are carved there.(Note: a practice now viewed as criminal damage.) You are most welcome to record your name in the church Visitors Book to mark the start of your journey. Many other historic churches lay along your route including St Editha at Baverstock. There are tumuli burial mounds encountered before descent into Warminster.

The natural environment The wristband is made from biodegradable materials. The distant undulating hills in view along the way are reflected in the interweaving twines. The blue twine can symbolise the rivers Frome and Wylfe that accompany the route.

Transport links: Use of public transport has been a key factor in route planning. Train stations at Freshford, Dilton Marsh, Warminster, Salisbury. D1 Discovery Bus at Limpley Stoke and Wilton and along most of the route. See timetables and route via internet.

Remembrance The interweaving colours may reflect your closeness to an individual, the **white** twine can reflect the pure in heart, the **red** in remembrance of someone much loved and the **blue** for sadness over a loss.

Faith The practice of reflection whilst walking has been viewed helpful from earliest times as was a wristband. Deuteronomy 6v6ff reads: "These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up". Tie them on as symbols on your hands. The three plaited threads serve to represent God 3 in 1 Father, Son and Holy Spirit as follows:

The White twine: Luke 15v11-32 "Our **Father** in heaven who so wonderfully celebrates the return of his prodigal child "But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet.'"

The Red twine: Matthew 26v28 **Jesus** who took our sins upon him “Then he took a cup, and when he had given thanks, he gave it to them, saying, ‘Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.’”

The Blue twine: **Holy Spirit** “The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”

May this pilgrimage help us connect with the loving and liberating Father, Son and free flowing Holy Spirit amid the history and beautiful and precious natural world that surrounds us.