HOLIDAY @ HOME

SPIRIT OF

1620—2020

Mayflower 400™

For those who are older

but young at heart

Caraway

Week 1:

Southampton and the Mayflower

We start our adventure in August 1620 with the good ship Mayflower in the major port and shipbuilding city of Southampton.

"Many passengers on board the *Mayflower,* which sailed from Southampton in 1620 did **not** start from the city but were pilgrims who had fled to Holland some twelve years before to escape persecution in England. After living mainly in Amsterdam and **Leiden**, they had decided to flee again to the New World to create an English-speaking settlement there. First of all, it was the **youngest and strongest members** of the Dutch congregation who sailed from Delftshaven in the *Speedwell,* and joined the *Mayflower* after a voyage from Europe.

Tied up alongside the West Quay was the *Mayflower*, a larger, 180 ton vessel. The Pilgrims at Southampton and these 'Strangers' had planned to travel to the New World in both the *Speedwell* and the *Mayflower* but the latter eventually sailed from Cornwall alone. Already on board was a group of London Separatists from the Congregational Church at Southwark. Nonconformism was strong in Southampton so it is likely that the Pilgrim Fathers found local sympathisers when they assembled in the city prior to their epic voyage."

To celebrate Southampton's shipbuilding heritage, we have included a model of the Mayflower 400 to build as a memento of our day.

Week 2:

Meeting your new neighbours on board

The 102 Mayflower passengers and 30 crew were made up by 40 Protestant Separatist Pilgrims; known as Saints and Secular Colonists known as Strangers.

"The *Mayflower* had 75 male and 29 female pilgrims, at least thirty of whom were children. Contrary to popular belief, the Pilgrims were **not** elderly - the oldest was 64-year-old James Chilton of Canterbury, one of only four who were over 50. Another four were in their forties but the majority were young men in their twenties eager to start a new life."

Below we have provided the names of the individuals on the ship as recorded by Gov. William Bradford from his 1651 writings. Not all individuals on the ship are included; however do you think you could identify the Saints? What is the most common name on the ship?

-John Alden
-Isaac and Mary (Norris) Allerton, and children Bartholomew, Remember, and Mary
-John Allerton
-John and Eleanor Billington, and sons John and Francis.
-William and Dorothy (May) Bradford
-William and Mary Brewster, and children Love and Wrestling
-Richard Britteridge
-Peter Browne
-William Butten
-Robert Carter
-John and Katherine (White) Carver
-James and Mrs. Chilton, and daughter Mary
-Richard Clarke
-Francis Cooke and son John
-Humility Cooper
-John Crackstone and son John
-Edward Doty
-Francis and Sarah Eaton, and son Samuel
-Thomas English
-Moses Fletcher
-Edward and Mrs. Fuller, and son Samuel
-Samuel Fuller
-Richard Gardiner
-John Goodman
-William Holbeck
-John Hooke
-Stephen and Elizabeth (Fisher) Hopkins and children Constance, Giles and Damaris (son Oceanus was born during the voyage)
-John Howland
-John Langmore
-William Latham
-Edward Leister
-Edmund Margesson
-Christopher and Mary (Prower) Martin
-Desire Minter
-Ellen, Jasper, Richard, and Mary More
-William and Alice Mullins and children Priscilla and Joseph
-Degory Priest
-Solomon Prower
-John and Alice Rigsdale
-Thomas Rogers and son Joseph
-Henry Samson
-George Soule
-Myles and Rose Standish
-Elias Story
-Edward Thompson
-Edward and Agnes (Cooper) Tilley
-John and Joan (Hurst) Tilley and daughter Elizabeth
-Thomas and Mrs. Tinker, and son William Trevore
-John Turner, and two sons
-Richard Warren
-William and Susanna (Jackson) White, and son Resolved (son Peregrine was born shipboard in Provincetown Harbour after arrival)
-Roger Wilder
-Thomas Williams
-Edward and Elizabeth (Barker) Winslow
-Gilbert Winslow
-Mr. Elyquot
-Dorothy (John Carver's maidservant)

To further introduce you to your new neighbours please see below two of the passenger's stories:

The Story of Mary Chilton

When the Mayflower arrived off the coast of America in 1620, the passengers and crew who had survived the stormy transatlantic crossing must have been eager to explore their new surroundings. After signing the Mayflower Compact, *(please refer to the next page for further explanation)* and led by First Governor John Carver, the exhausted group finally left the ship after many gruelling weeks in what is now Provincetown Harbour, Massachusetts, and headed for land. However, neither Carver nor any of the other 'true' Pilgrims were the first to step ashore. Instead, that 'honour' went to a 13-year-old girl named Mary Chilton. Legend has it that the youngster was so excited to finally see land, that she jumped out of the small boat and waded ashore onto Plymouth Rock – though there is no official historical documentation to support this. Mary subsequently suffered what must have been unimaginable grief at such a tender age, but miraculously survived and went on to build an amazing life for herself in Plymouth Colony, living into her seventies.

Mary Chilton was born in 1607 in the historic town of Sandwich in Kent, and was just 13 years old when she boarded the Mayflower. Her father was James Chilton who, at the age of 64, was the oldest passenger to make the voyage to North America, accompanied by Mary's mother. The latter is described in William Bradford's accounts as 'Mrs Chilton' or 'James Chilton's wife' – suggesting that Bradford may have never known her Christian name.

Mary Chilton was one of 11 'minor' girls who travelled on the Mayflower, nine of whom survived during that first year in America. Though the Chilton family all made the transatlantic crossing, Mary was the only one to survive the first harsh winter in Plymouth Colony.

James Chilton died on 18 December 1620, with his wife and Mary's mother passing away just six weeks later on 21 January 1621. Following her parents' death, Mary was probably assigned to the Myles Standish household. She was given three shares in the land division of 1623 - one for herself and one for each of her late parents.

Mary went on to marry John Winslow (the brother of Edward Winslow) and the couple went on to have 10 children: John, Susanna, Mary, Edward, Sarah, Samuel, Joseph, Isaac, an unnamed child who presumably died in infancy, and Benjamin. The family moved sometime after Benjamin was born in 1653 to Boston, where John is said to have prospered as a merchant. John died in 1673, before Mary passed away in 1679. During that time, Mary made out a will on 31 July, 1676, and is believed to be one of only two female Mayflower passengers to do so – the other being Elizabeth Tilley.

The Story of Edward Winslow

Edward Winslow often isn't the most heralded of the Mayflower passengers. His skills in diplomacy, writing and politics don't usually put him in the story books' limelight. But his ability to forge friendships with the Native American community, battle in England's corridors of power and help communicate the Mayflower's legacy mean he is one of the story's crucial figures.

He was born in Worcestershire, in the town of Droitwich Spa in 1595. His family were involved in the salt production trade and owned a salt pit. Between 1606 and April 1611 he studied at the King's School at nearby Worcester Cathedral. He was one of ten students championed for a scholarship by the Dean of the Cathedral. He would have studied Grammar, Latin and Greek. This education would mark Winslow out in the Pilgrims and be a factor in becoming a leader in their ranks.

He became an apprentice to a stationer but after a dispute, decided against fulfilling his contract and began to travel in Europe, meeting the exiled English Separatist church in Leiden, Holland, in 1617. These Separatists had fled persecution for their religious beliefs and had settled in Leiden, a kind of refuge at the time, and would go on to plan the Mayflower's historic sailing in search of the New World and a new life. Winslow helped the Separatists in their underground printing activities and soon became one of the leading members of the group.

He became instrumental in organising the journey to America, helping decide how they would finance the operation with John Carver and Robert Cushman, who were negotiating with merchants in London. In the summer of 1620, Winslow was among the Pilgrims who sailed from Leiden on the Speedwell, arriving in Southampton to meet the Mayflower, with the intention of both ships sailing to America. It didn't work out that way and after a stop in Dartmouth the passengers on the Speedwell transferred to the Mayflower at their last stop, Plymouth. It meant that with 102 passengers onboard, the Atlantic crossing was extremely arduous and overcrowded. They arrived in Cape Cod in November 1620, many miles from their intended destination.

Recognising they needed something in law to allow them to settle in a place they had not expected to find, they drew up the Mayflower Compact - a document that pledged their allegiance to the crown and set out the basis of democracy in the new land. Edward Winslow was one of the signatures on the historic document. They eventually settled in Plymouth at the beginning of a bitter first winter that would claim more than half of the population.

During this tumultuous time, Winslow formed a positive relationship with Massasoit, the leader of the Wampanoag tribe whose land the Pilgrims had settled upon. It is thought that his natural ability as a

Week 3: Finding your sea legs

Seasickness amongst sailors has been well documented throughout history. Whilst today we can be prescribed medication, or make use of pressure bracelets, the Mayflower Pilgrims were not so fortunate.

"Hardly out of sight of land, many became violently seasick, which worsened once in mid Atlantic, when the ship was hit by the full force of the equinoctial gales, which tossed her about like a cork. For days the pilgrims were kept below deck in the hold, where conditions were appalling. Women struggled to look after the sick and children who lay on straw soaked in sea water. The sanitary provisions were so primitive that the atmosphere was nauseating." (Source: The Lady)

What were the remedies at the time? Which ones are the real remedies from the list of potential Seasickness remedies below? Decide which you think is a true historical remedy and which is false. Which of the remedies would you have opted to use? *The answers are at the bottom of the page.*

a) Gently slap the face of the Captain with a flouder three times.
b) Drink a glass of iced water whilst standing on one leg and singing God Save the King/Queen
c) Eat an apple every day
d) After vomiting drink a pint of warm water
e) After vomiting eat a large slice of onion
f) Drink the urine of young boys
g) Hide earth from the kitchen hearth under your hair.
h) Drink a few glasses of Rum the night before setting sail
i) Strap kippers under your armpits for the first week of travel

Week 4: Keeping busy at Sea

"Nine weeks after leaving England, having been blown off course, the *Mayflower* sailed round the tip of Cape Cod. Having spent 67 nights at sea in cramped conditions, the Pilgrims couldn't wait to step onto dry land. On Saturday 11 November 1620 the *Mayflower* finally dropped anchor in Provincetown Harbour but everyone remained on board to celebrate the Sabbath with worship, prayer and a time to rest. Despite being so weak and weary, the Pilgrims sang psalms and thanked God that they had survived the Atlantic Crossing. Two days later they went ashore, and Bradford recounts

They fell upon their knees and blessed the God of heaven Who had brought them over the vast and furious ocean and delivered them from all perils and miseries thereof, again to set their feet upon the firm and stable earth, their proper element." (Source: The Lady)

In these uncertain and challenging times now more than ever it is important to keep ourselves busy. As George Bernard Shaw tells us "We don't stop playing because we grow old; we grow old because we stop playing."

On the next two pages we have included a few Mayflower themed puzzles for you to enjoy at your leisure.

The answers: a, b, d, e, f, g, h are true and c and i are false!

Mayflower Crossword

1 down. The leaky ship that was left behind

2 down. Ocean crossed

3 down. Ruling elder of the separatists

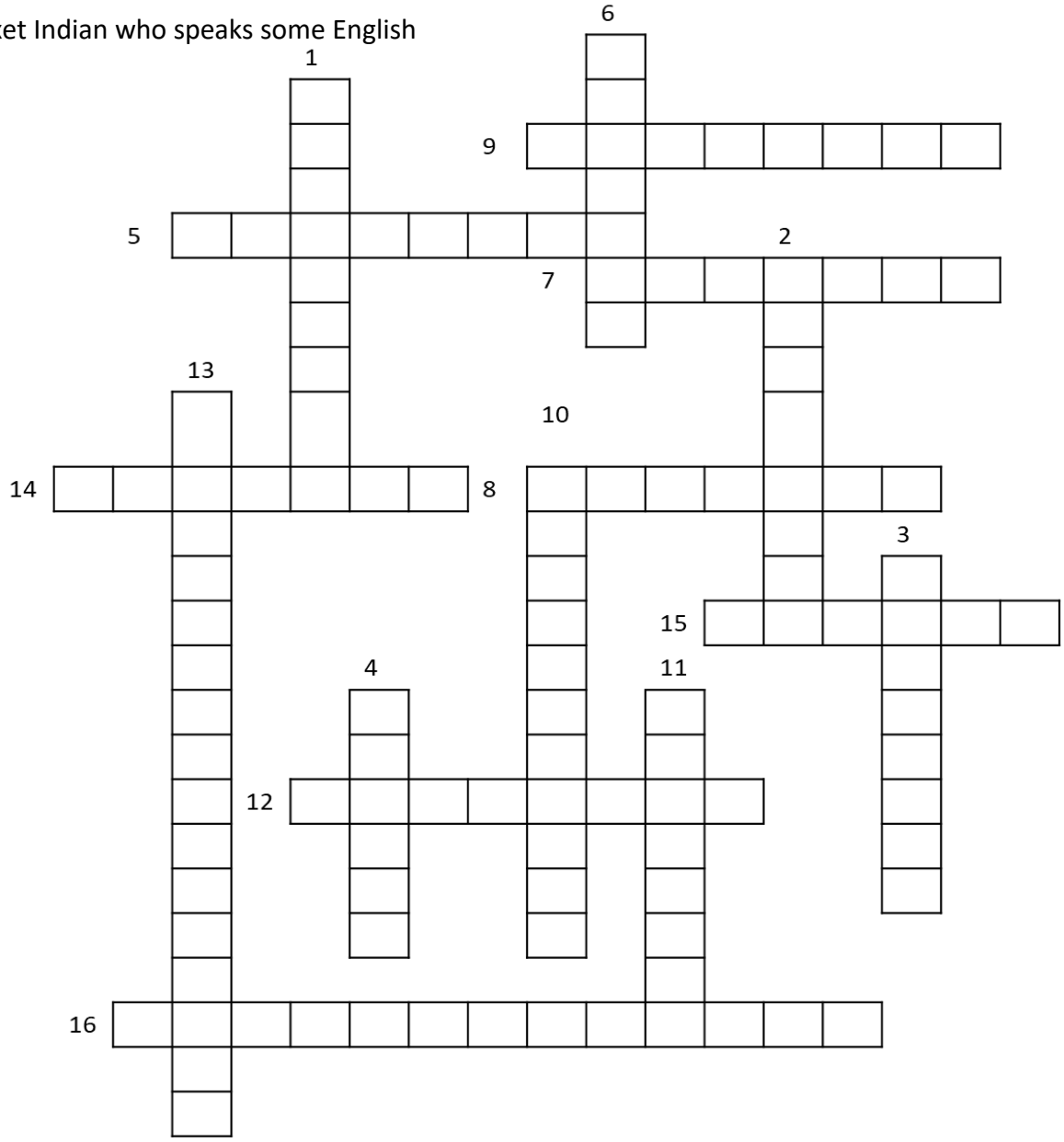
4 down. Settlement in Holland

5 across. Where the piolet steers the ship

6 down. Giles Heale does this job

7 across. Boy born on board the Mayflower

8 across. Pawtuxet Indian who speaks some English



9 across. Governor of the Plymouth colony

10 down. Group who rejected the Church of England

11 down. To leave your country in order to settle in another

12 across. Where the Pilgrims planned to land

13 down. The pilgrims written form of self government

14 across. Small single-sailed boat used for exploring

15 across. Disease caused by inadequate diet that killed many sailors

16 across. State originally inhabited by Native Americans such as the Wampanoag

Mayflower Wordsearch

N	S	H	D	N	C	R	E	B	M	E	V	O	N	O	N	S	T
H	C	O	P	I	E	P	O	A	O	H	G	B	G	E	O	O	N
S	O	V	V	R	C	T	D	N	A	A	R	E	E	D	E	L	D
H	T	I	A	F	E	H	T	F	O	R	E	D	N	E	F	E	D
O	L	R	N	I	H	S	R	I	U	H	A	I	I	O	A	M	H
N	A	G	Z	R	G	U	E	I	R	C	T	E	B	S	H	N	U
O	N	I	U	S	T	B	I	R	S	W	B	N	M	O	P	L	A
U	D	N	T	T	K	M	G	E	V	T	R	C	O	R	L	Y	E
R	N	I	N	C	D	I	N	O	C	A	I	E	C	D	A	L	N
L	A	A	N	O	I	S	N	W	O	N	T	A	D	I	W	L	H
N	L	L	G	L	M	S	L	G	I	D	A	I	N	N	S	A	E
U	E	L	T	O	X	I	D	I	J	T	I	R	O	A	U	U	L
D	R	M	A	N	C	O	V	E	N	A	N	T	F	N	B	T	N
Y	I	E	A	Y	C	N	Q	S	N	A	M	E	S	C	J	U	D
X	I	I	A	E	O	U	R	S	E	L	V	E	S	E	E	M	A
T	T	E	P	G	A	L	O	F	F	I	C	E	S	S	C	T	F
S	T	A	T	L	E	S	C	E	E	I	P	O	L	I	T	I	C
M	C	E	T	O	R	I	A	R	C	H	O	M	S	C	S	E	I

AMEN	FRANCE	MUTUALLY	POLITIC
CAPE COD	GOD	NAME	REIGN
CHRISTIAN	GOOD	NAMES	SCOTLAND
CIVIL	GREAT BRITAIN	NOVEMBER	SOLEMNLY
COMBINE	HONOUR	OBEDIENCE	SUBJECTS
COVENANT	IRELAND	OFFICES	SUBMISSION
DEFENDER OF THE FAITH	KING JAMES	ORDINANCES	UNDERWRITTEN
EQUAL	LAWS	OURSELVES	VIRGINIA
FIRST COLONY	LOYAL	PRESERVATION	WITNESS

Week 5:

Man over-board

The Story of John Howland

During one of the treacherous transatlantic storms, a young passenger named John Howland was swept off the deck of the Mayflower and into the sea. Howland boarded the Mayflower as a manservant of Governor John Carver. In later years, he also acted as Carver's executive assistant and personal secretary.

Howland was almost lost at sea, after being thrown overboard during nightmare sea conditions. However, he managed to grab hold of a trailing rope, giving the Mayflower crew just enough time to rescue him with a boat-hook.

After living to tell the tale, Howland went on to have an amazing life. A few years after arriving in North America, he married and had 10 children.

Thanks to his courage and will to live, millions of Howland's descendants are alive today - among them notable figures including former US Presidents George Bush and George W Bush, and the Baldwin brothers, Alec, Stephen, Billy and Danny.

Writing poems is a good way of expressing our emotions and telling a story. We would like to invite you to write a poem for Mayflower 400 Here are some definitions of poetry and some tips from those who practice the art or craft of writing professionally.

A poem is like an object made with words. It may do one of many things- it may be a description, or an expression of a deep feeling, it may be a joke or a wry comment, a discussion, a prayer or a story.

Whatever kind of poem it is, the language has been given a pattern. It may have, or perhaps usually has a pattern of rhymes particularly at the ends of lines, whether the rhyme repeats the sound and pronunciation or the look of the word on the page, such as great, meat, threat. Repetition carries an emphasis as well as making the poem more memorable. This is often found in verse for children.

There may be alliteration, a repetition of the first letters of words. There may be a strong rhythm, as in Hiawatha – 'By the shores of Gitche Gumee, By the shining Big-Sea-Water.,..', The poem may be set out in an appropriate shape, such as an acrostic or a tree or animal.

The text will probably contain metaphors and similes. Some poems follow a set pattern of syllables or rhymes, such as a 14-line sonnet, the most difficult form to write successfully.

Poetry is not decorative speech, but 'language used with intensity'. It gets to the heart of existence. It does not so much tell us something we never knew, as much as help us recognise what is latent, or has been overlooked or forgotten. It is not easy, it needs effort. Read it aloud, and if you are brave, show it to a friend. Then leave it a week, before you come back and rework it, letting it develop until it flows.

An easy way into the art of selecting a theme, a pleasing rhythm and a careful choice of words, is to write a Haiku. This is a poem of 3 lines, with 5, 7, and 5 syllables but no rhyme, that comes to a point or perhaps twist in the 3rd line.

Some examples for you:

The Pilgrim Fathers
Democracy their watchword
Laid local tribes low

Hard-won harvest home
Celebrated every year
Bad news for turkeys

I am sure you can improve on these!

Week 6: New Birth

Miraculously, one baby was born during the journey across the Atlantic. Elizabeth Hopkins gave birth to her first son whom she aptly named Oceanus.

The child's father was fellow Mayflower passenger Stephen Hopkins, who had already set foot on US soil more than a decade earlier and whose experience was to prove vital in the colonists' early expeditions and the years that followed.

To celebrate new life which in turn gives us hope for the future. You will find a bulb that we invite you to plant in the pot, using the compost (both also provided). You can watch its progress throughout the winter and into the spring.

It may bring a little sunshine in the depths of winter.

Week 7: Bearing a Storm

The Atlantic Ocean was certainly full of dangers in the 17th century. In rough seas, passengers would fall overboard and drown, or develop terrible illnesses which would often lead to death.

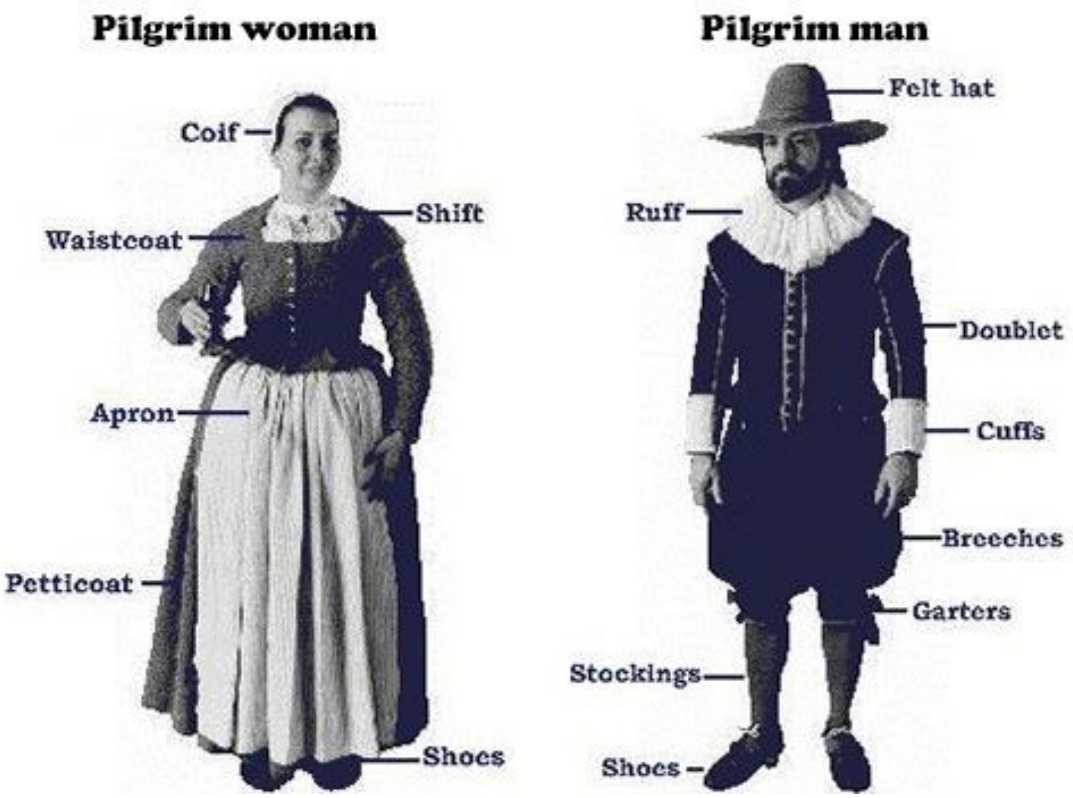
The Mayflower may not have had to deal with pirates, sailing on a northern path across the Atlantic to avoid them, but those on board were battered by the elements during the crossing.

A terrible storm near the midway point of the journey is thought to have cracked one of the huge wooden beams that supported the frame of the ship. It was so bad that the crew came close to making the decision to return to England.

We have provided two poems (enclosed separately) that you can colour in while you reflect on the storms and the emotions encountered by the Mayflower Passengers as they crossed the Atlantic.

Week 8:

The Need for Resourcefulness



Those onboard the Mayflower sailing on a northern path across the Atlantic, were battered by the elements during the crossing. A terrible storm near the midway point of the journey is thought to have cracked one of the huge wooden beams that supported the frame of the ship.

Fortunately, one of the colonists had brought with them a metal jackscrew they had purchased in Holland to help with the construction of the new settler homes when they arrived in America. This "great iron screw," helped raise the broken beam back into place so that the ship could continue.

The Pilgrims had to be resourceful to survive their long sea journey and the first bleak winter in their new settlement.

How resourceful are you?

We have included a craft pack of materials to create a pair of puritan peg dolls. We'd love to see pictures of your creations and hope they bring a smile.

Week 9:

Land-ho

The Mayflower took 66 days to cross the Atlantic – a horrible crossing afflicted by winter storms and long bouts of seasickness – so bad that most could barely stand up during the voyage. By October, they began encountering a number of Atlantic storms that made the voyage treacherous. It was so bad that the sails often could not be used, instead they simply drifted.

The Pilgrims intended to land in Northern Virginia and the Hudson River (today New York) was their intended destination. The Mayflower was almost right on target, missing the Hudson River by just a few degrees. As they approached land, the crew spotted Cape Cod just as the sun rose on November 9, 1620. The Pilgrims decided to head south, to the mouth of the Hudson River in New York, where they intended to make their plantation.

But the rough seas nearly shipwrecked the Mayflower and instead they decided to stay and explore Cape Cod rather than risk another journey south. They anchored in what is now Provincetown Harbour.

It is notable that the pilgrims still clung to their faith and recognised God's blessings despite all their hardships. They were thankful that the native indigenous tribe they encountered early on were friendly, one even spoke English and taught them which crops to grow in the spring.

They persevered through the dark days of their journeying, believing that God would not let them down. Let us be encouraged too that despite all the uncertainties and difficulties of our current situation, we can also be resilient as we care for each other during the storm of COVID 19, knowing that it will eventually pass.

Reaching land provided the pilgrims with hope for the future; many view stained glass windows as a source of hope.

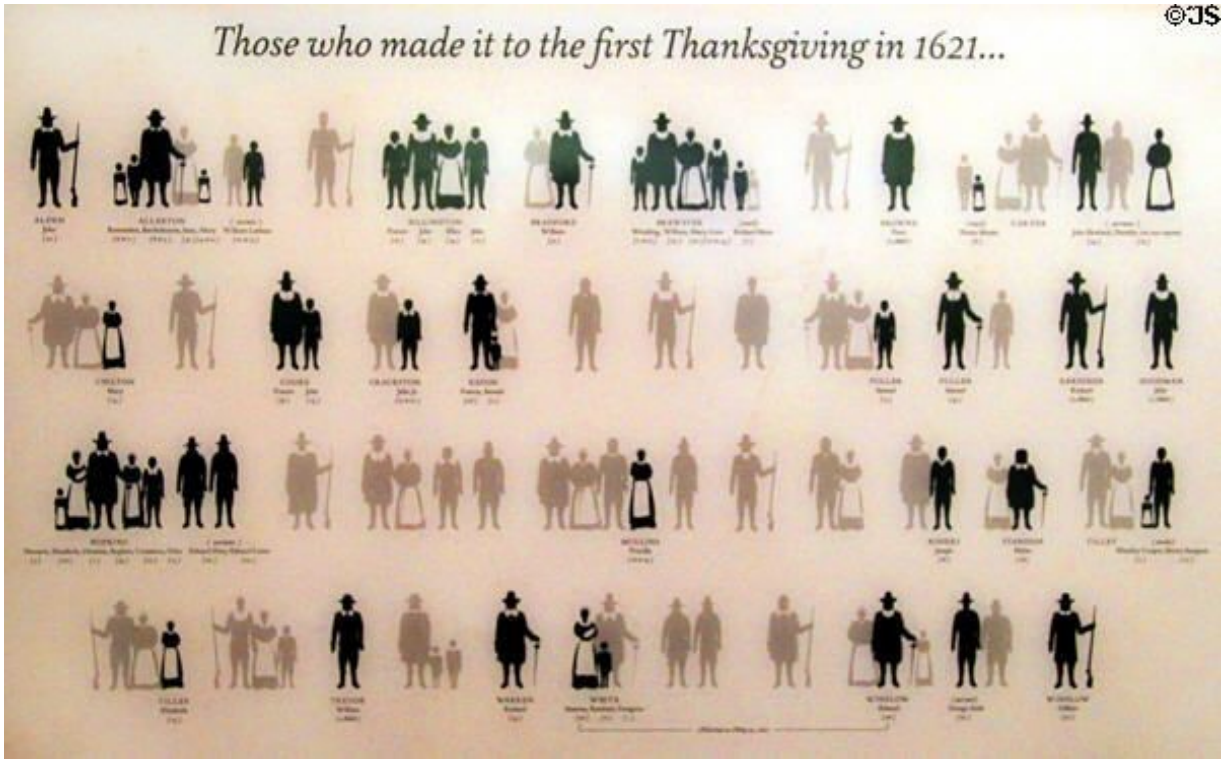
To close our journey, the pilgrims set us a spiritual example of faithfulness in hard times, especially of illness, not dissimilar to ourselves in 2020. Join us in creating your own stain glass window from the kit we have included as a source of hope for the uncertain months ahead of us this winter.

Week 10:

Thanksgiving

One year after arriving and a lot of hardship later the pilgrims celebrated their harvest crops with the Indians and created the tradition of Thanksgiving.

Bradford records the loss of half the Pilgrims during the early months in Massachusetts. He wrote "*That which was most sad and lamentable was, that in two or three months time half of their company died, especially in January and February (1621) being the depth of winter and wanting houses and other comforts, being infected with the scurvy and diseases which this long voyage and their inaccommodate condition had brought upon them, so there died sometimes two or three a day, in the aforesaid time that of 100 and odd persons,* ***scarce 50 remained****.*"



On December 25, 1620, the Saints and the Strangers departed the bleak shores of Provincetown and arrived, finally, in what is now Plymouth Bay, Massachusetts, on 26th December 1620.

They decided this place, once home to the people of Patuxet, would be where they settled and began construction of their first buildings. But the first winter was cold and many of the passengers stayed on board the Mayflower. The ship became home to the sick and dying, with many succumbing to a mixture of contagious diseases.

The Pilgrims were settling on land home to the Wampanoag – one of many tribes in the wider region. The Wampanoag had lived here for 10,000 years before they arrived. Each tribe in New England had their own territory in which to fish, harvest and hunt. The boundaries for hunting were very strict as some areas had large populations. The Wampanoag people knew how to work with the land and moved between sites to get the best of their harvest. They spent the summer near the shore and the winter inland, amongst the woods.

Time to reflect on the many Thanksgiving Traditions and what we are thankful for?

During March 1621, an English speaking member of the Wamponaog, named Samoset, entered the grounds of the Plymouth colony and introduced himself. He is said to have asked for a beer and spent the night talking with the settlers. Samoset, later, brought another member of his tribe – Tisquantum, whose experience meant his English was much advanced. Tisquantum taught them to plant corn, which became an important crop, as well as where to fish and hunt beaver. He introduced them to the Wampanoag chief Ousamequin, chief of the Pokanoket people known as Massasoit, an important moment in developing relations.

Success followed and following a bumper harvest in the autumn of 1621, the colonists decided to celebrate with a three-day festival of prayer. The 53 surviving settlers invited their Native Americans friends to join them for a huge feast in what was to become known as the first Thanksgiving.

From the story on the previous page and what we know about the modern day tradition of Thanksgiving, food plays a central role in this holiday. The origin of many of these traditional foods can be found in the story of Mayflower Voyage and the Pilgrim Passengers.

Some examples are:

Maltesers	The Pilgrims went to the New World to find religious freedom
Mini Pretzels	Represent the Pilgrims praying hands seeking religious freedom
Crackers	They journeyed for 10 weeks eating dry bread and crackers while at sea
Mini Bread Sticks	Representing the logs used to build their new homes
Mini Marshmallows	The first winter was very hard and many pilgrims died
Animal Biscuits	The many wild animals they had to learn to deal with in the New World
Popcorn	In the spring Squanto taught them how to plant corn
Raisins & Cranberries	Squanto taught them how to find wild berries and dry them for winter
Peanuts & Sunflower Seeds	He also taught them how to collect and dry seeds for the next harvest
Bugles corn snacks	The Autumn feast to celebrating the horn of plenty for their first harvest

We have enclosed a recipe using some of the Mayflower Munch ingredients that you might enjoy making for this years Thanksgiving on the 26th November 2020.

WITH THANKS TO

EVERYONE WHO HAS PARTICIPATED

EVERYONE WHO HAS KINDLY CONTRIBUTED

THE VOLUNTEER DELIVERY CREW

KAREN BICKNELL — SCONE BAKING EXTRAORDINAIRE

ROS SIMPSON, HANNAH STANLEY & TIM HYDE — ZOOM PRESENTERS

FOLKACTIVE—SEASHANTIES & MOVEMENT

TIM HYDE — BINGO CALLER

SENIOR SAINTS — EXERCISE SESSION

Information throughout this booklet has been sourced from:

www.mayflower400uk.org
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Mayflower: a story of Courage, Community and War. Viking Press, published 2006, Philbrick, N.
Why the Mayflower Matters, thebridgehead.ca, Blog post, published 16 October 2020, Van Maren, J.

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