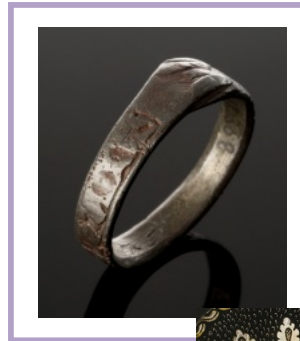


Did You Know? An Anglican Glossary

Cramp Rings

According to legend Westminster Abbey claimed to own a ring that was given the King Edward the Confessor by a pilgrim returned from Jerusalem, who was really St. John in disguise.

On Good Friday, beginning with the reign of Edward III (from 1308) kings of England would bless with the "royal touch" gold or silver finger rings to be worn for cur of cramps and the "falling sickness" (epilepsy.) There was a formal service with prayers and psalms for the blessing. The rings were distributed at the altar of the Chapel Royal in the Tower of London. The tradition ended in 1588 with the death of Queen Mary I.



Above: Cramp ring.
Science Museum, London.
Below: Edward I, The
Confessor and Mary I.