

*A Circle of Prayer:
The Anglican Rosary for
All of God's People*



Anglican Fellowship of Prayer (Canada)

Anglican Rosary
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The Anglican Rosary

The Anglican rosary was created as a tool for prayer. It is a prayer form which is a blending of the Marian (Roman Catholic) Rosary and the Orthodox Jesus Prayer Rope and encourages a wider range of prayers. It is a simple form of prayer available to all of God's children, and is a way of allowing God's Word to sink deeply into the soul and become prayer in us.

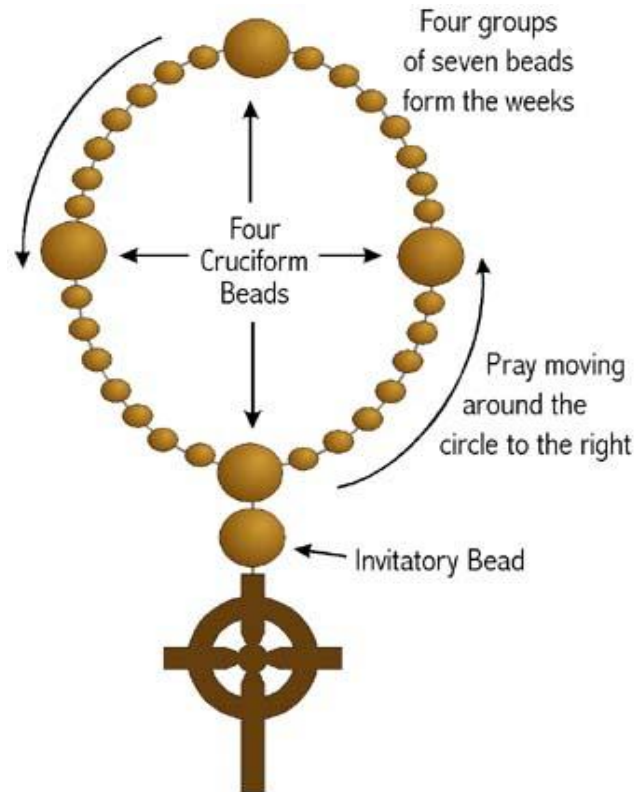
The rosary is made from 33 beads or knots, plus a cross or crucifix. The number 33 is a reminder of the Incarnation - the number of years Jesus lived among us.

The cross is a reminder of our identity as Christians, and of Jesus' call to take up our own crosses and follow him. It speaks of the lengths God is willing to go to reach us. It is our entry into the circle of prayer.

The knot or bead above the cross is the Invitatory. It is an invitation to trust God; to offer our worship, our praise, our whole life.

When the rosary is laid out in a circle, the four larger beads or knots represent the points of the cross. They are the Cruciform knots/beads. They also symbolize the four seasons—the sanctity of time; and the four directions—the sanctity of creation. The circle is a symbol of God's unending love and of our unity as Christians.

The four sets of seven beads/knots are called Weeks. They symbolize our offering of our time and lives. The number 7 is traditionally associated with completion and perfection in Hebrew and Christian mysticism. This is not static perfection, but the ongoing work of God in all of us.



The Prayers

Any prayers may be used with the Anglican rosary. The examples in this pamphlet are suggestions only, and can be adapted. Scripture is the first resource for prayers. Hymns, writings from the mothers and fathers of the faith, prayers that rise from the yearning of your heart are all appropriate.

It may be helpful at first to write down your prayer, but it will soon be in your heart and memory. Once your prayer is formed, it is wise to pray it for several weeks before making any changes.

Begin on the Cross with a brief invocation— e.g. "In the Name of God: Father, Son and Holy Spirit." You may wish also to make the sign of the cross.

On the Invitatory, you offer a prayer that summarizes your intention. Many find the Lord's Prayer to be helpful here.

The Cruciform knots/beads serve as places of rest and remembering your intention, and should emphasize the purpose of your prayer.

The Weeks are the yearning of your heart toward God. The Weeks prayer should be concise.

It is usual to pray three times around the circle of prayer, and then to return to the Invitatory. A repetition of the prayer you used on the Invitatory at the beginning is appropriate, or some expression of thanksgiving.

End on the Cross with an offering of praise and thanksgiving.

Give yourself a few moments, before and after, to be in silence with God. Rest, Listen. Don't rush into or away from your time of prayer. As you move on with your day, the prayer will go with you, and, in time, you may find that it continues to pray itself in you.



A Prayer for Serenity

(Based on the Serenity Prayer by Reinhold Niebuhr and Psalm 71)

On the Cross: In the name of the God of truth, of healing and peace. Amen

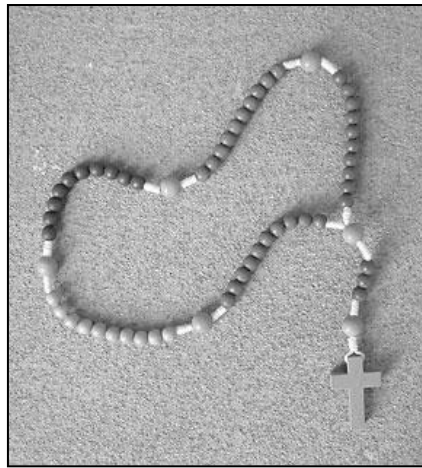
On the Invitatory knot/bead: In you, O Lord, have I taken refuge; let me never be ashamed. In your righteousness, deliver me and set me free; incline your ear to me and save me. (Ps 71:1-2)

On the Cruciform knots/beads: O God, be not far from me. Come quickly to help me, O my God. (Ps.71:12)

On the Weeks: God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

On the Invitatory knot/bead: (last time around) You strengthen me more and more; you enfold and comfort me. (Ps. 71:21)

On the Cross: The Lord's Prayer.



The Jesus Prayer

On the Cross: Blessed be God; Father, Son and Holy Spirit (or Creator, Redeemer, Sustainer).

On the Invitatory knot/bead: The Lord's Prayer.

On the Cruciform knots/beads: Shepherd me (us), O Christ, through fears and hopes, through doubts and faith, through death into life.

On the Weeks: Lord Jesus Christ, Son of God, have mercy on me(us), a sinner(s).

On the Invitatory knot/bead: (last time around) Glory to God whose power, working in us, can do infinitely more than we can ask or imagine.

On the Cross: Blessing and honour and glory and power be Yours, now and forever. Amen.

A Transfiguration Prayer

On the Cross: In the Name of Jesus Christ; our light our hope, our joy and our Saviour.

On the Invitatory knot/bead:

Open my (our) eyes, O Christ, to see You.

Open my (our) ears, O Christ, to hear You.

Open my (our) heart(s), O Christ, to love You.

Open my (our) hands, O Christ, to serve You.

On the Cruciform knots/beads: Let Your light so shine through me (us), O Christ, that all may see Your face and receive Your transfiguring love.

On the Weeks: Stir up in me (us) the flame of love, O allconsuming fire.

On the Invitatory knot/bead: (last time around) Grant me (us), Lord, the lamp of charity which never fails, that it may burn in me (us) and shed its light on those around me (us).

On the Cross: The Lord bless me (us) and keep me (us). The Lord make his face to shine upon me (us) and be gracious to me (us). The Lord lift up his countenance upon me (us) and give me (us) peace. Amen



Other Suggested Prayers for the Rosary

O Lord, my heart is restless. May I find my rest in You. (adapted from Augustine of Hippo)

Lord, make us one, as You and the Father are one.

Open my lips, O Lord, and my mouth shall proclaim your praise. (Ps. 51:16)

Teach me, Lord, to do your will, to bide your time, to see your glory. (Adapted from the Collect for St Augustine of Canterbury, *Lesser Feasts and Fasts*)

With my whole heart I seek you. Let me not stray from your commandments. (Ps. 119:10)

Softening our hearts, O Lord, that we may be vulnerable to you and tender toward each other.

(Note: Any prayer can be adapted for individual or group use.)

HOW TO MAKE AN ANGLICAN ROSARY

One can make a Rosary from simple materials.

SUPPLIES: 1 KIT INCLUDES:

- 28 Week beads
- 5 Cruciform beads
- 80 Spacer beads
- 1 Cross
- 1 pc $\frac{3}{4}$ yard waxed linen thread

INSTRUCTIONS

- Start with the thread, put a slip knot in one end.
- Add 7 Spacer beads.
- Add 1 Week bead followed by 2 Spacer beads.
- Repeat 1 Week bead and 2 Spacer beads until you have 7 Week beads.
- Add 2 Spacer beads and then a Cruciform bead followed by 2 more Spacer beads.
- Repeat 7 more Week beads and Cruciform beads until you have 4 weeks.
- Add 7 Spacer beads.
- Tie the string together and snip off the short end (glue here after tying the Cross on at the end).
- Add a Cruciform bead and 3 Spacer beads.
- Add a second Cruciform bead and 3 Spacer beads.
- Then tie the Cross on, snip and glue with super glue.

Anglican Rosaries can be purchased at places that sell Christian books, gifts & jewellery. A known source is The Anglican Book Centre, Canada (www.anglicanbookcentre.com).



ACKNOWLEDGEMENT

This pamphlet contains information taken primarily from a condensed form of the book of the same title, available from the Convent of the Transfiguration, 495 Albion Ave. Cincinnati, OH 45246, e-mail: clsisters@aol.com.