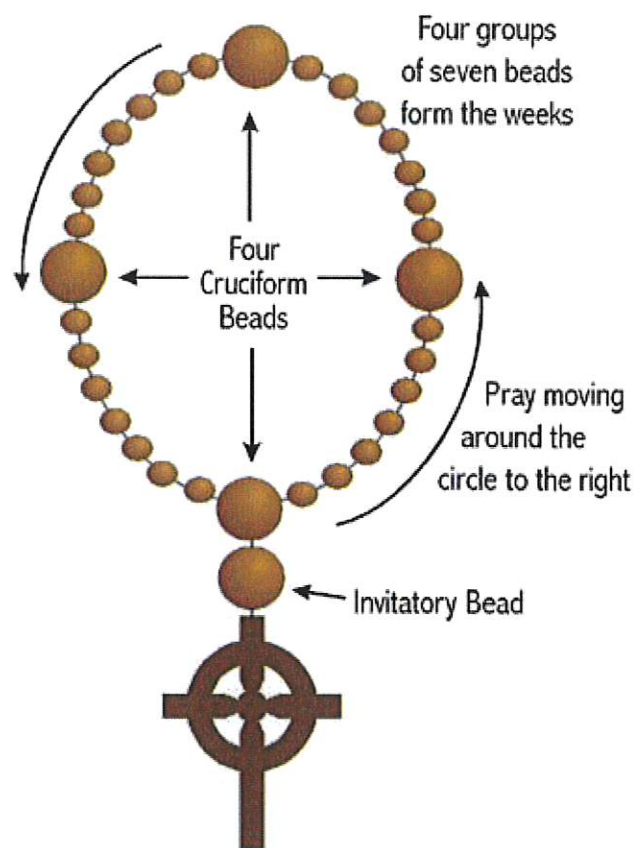


PRAYING WITH THE BEADS:

To begin, hold the Cross and say the prayer you have assigned to it, then move to the Invitatory Bead. Then enter the circle of the prayer with the first Cruciform Bead, moving to the right, go through the first set of seven beads to the next Cruciform bead, continuing around the circle, saying the prayers for each bead.

It is suggested that you pray around the circle of the beads three times (which signifies the Trinity) in an unhurried pace, allowing the repetition to become a sort of lullaby of love and praise that enables your mind to rest and your heart to become quiet and still.



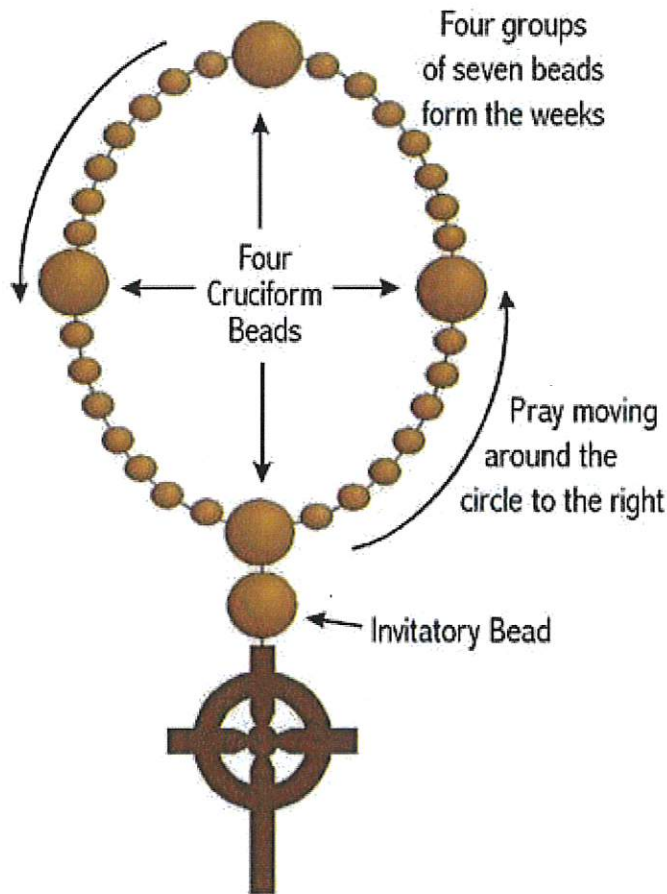
Praying through the beads three times and adding the crucifix at the beginning or the end, brings the total to one hundred, which is the total of the Orthodox Rosary. A period of silence should follow the prayer, for a time of reflection and listening. Listening is an important part of all prayer.

Begin praying the Anglican Prayer Beads by selecting the prayers you wish to use for the cross and each bead. Practice them until it is clear which prayer goes with which bead, and as far as possible commit the prayers to memory.

Find a quiet spot and allow your body and mind to become restful and still. After a time of silence, begin praying the prayer beads at an unhurried, intentional pace. Complete the circle of the beads three times.

When you have completed the round of the prayer beads, you should end with a period of silence. This silence allows you to center your being in an extended period of silence. It also invites reflection and listening after you have invoked the Name and Presence of God.

The Prayer of St. Francis for Anglican Prayer Beads



Cross: In the Name of God Father Son and Holy Spirit

Invitatory: The Lords Prayer

Cruciform: O divine Master, grant that I may not so much seek to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Weeks (one line for each bead,)

- Lord, make me an instrument of your peace:
- where there is hatred, let me sow love.
- where there is injury, pardon.
- where there is doubt, faith.
- where there is despair, hope.
- where there is darkness, light.
- where there is sadness, joy

Invitatory (Last time):

May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock, and my Redeemer. Psalm 19:14

Cross: In the Name of God, Father, Son and Holy Spirit