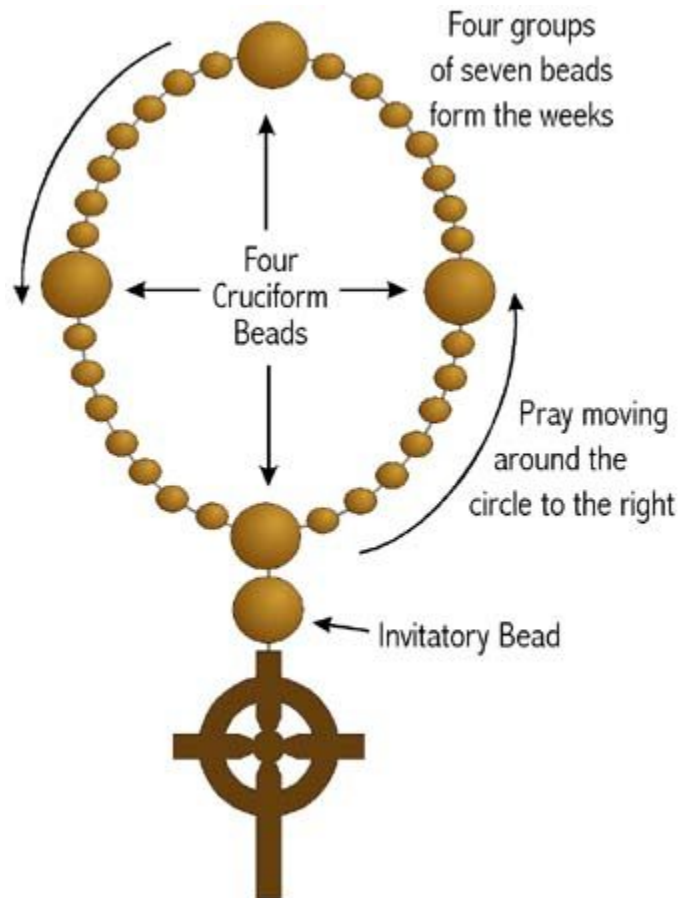


# Anglican Prayer Beads

## A Form of Contemplative Prayer



Anglican Prayer Beads are a relatively new form of prayer, blending the Orthodox Jesus Prayer Rope and the Roman Catholic Rosary. The thirtythree bead design was created by the Rev. Lynn Bauman in the mid-1980s, through the prayerful exploration and discovery of a contemplative prayer group. The use of the rosary or prayer beads helps to bring us into contemplative or meditative prayer—really thinking about and being mindful of praying, of being in the presence of God—by use of mind, body, and spirit. The touching of the fingers on each successive bead is an aid in keeping our mind from wandering, and the rhythm of the prayers leads us more readily into stillness.

## How to Use Prayers Beads--Anglican Rosary

The Anglican Rosary is made up of a Cross and a total of 33 beads; 1 Invitatory Bead, 4 Cruciform Beads and 4 groups of 7 Week Beads. The design is rich in symbolism reminding the user of key tenets of Christian faith and tradition. The total number of beads is 33, the number of years of Christ's life on earth, reminding us that Jesus is the source of our faith. The Cross recalls the saving grace of God; that God acts in our lives to bring us into the Kingdom of God. The Invitatory bead calls us to prayer; to pray without ceasing. The four Cruciform beads form the shape of a cross, again reminding us of the centrality of Christ in our lives. They also refer to the four points of the compass, the four elements, and the four seasons of the year. Thus we recall our connection with God, the earth, creation and Jesus' great commission to take the Gospel to the ends of the earth. The seven Week beads represent the seven days of

creation, the days of the week, the seasons of the liturgical year and the seven sacraments of the church. Again we recall our connection with God, the creator of all that is. We are also reminded that prayer is the center Christian life; in our daily prayers and in the liturgy and sacraments of the church. The circular nature of the Rosary formed by the Cruciform and Week beads remind us of the sense of completeness or wholeness that one gains from a deep relationship with God which is achieved through our personal prayer life, and through our communal prayer life with the church.

## 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.

## Make it your own

The Anglican Rosary - prayer beads - are intended for you to find a way to make the prayers your own. The intention of the beads is to help you enter into a quiet, meditative prayer time, and you can choose a prayer for each of the elements on the rosary. You can swap out the

prayers at any time for personal priorities, or follow the seasons of the church year (e.g. Prayers for Epiphany, for Lent, for Easter, etc.).

A good beginning for the prayers is to look in the Book of Common Prayer, either in Morning Prayer (Rite I, p. 37; Rite II, p. 75) or Evening Prayer (Rite I, p. 61; Rite II, p. 115) for collects that you might like. Or, you can find prayers in the Collects (Traditional, p. 159; Contemporary, p. 211). Another good beginning is to pick your favorite Bible verses, and use them for the cross and invitational as well as the cruciform beads.

If you like prayers of the Saints, you can look up the prayer of St. Francis (“Make me an instrument of your peace...”), or the prayer of St. Augustine (“Breathe in me, o Holy Spirit...”) or St. Teresa of Avila (“Let nothing disturb you. Let nothing frighten you...”), among others.

If you know of other prayers that speak to you, pull them out, and add them to your rosary arsenal.

Information compiled from “The Anglican Parishes of Whittington, Weeford and Hints,” St. Mark’s Episcopal Church in Montesano, WA, and St. Matthew’s Episcopal Church in Tucson, AZ.

## **Sample Prayers on the following pages**

If you wish to pray the rosary, and need a rosary, stop by the office to borrow one.

## Anglican Rosary for New Beginnings

We enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating the assigned prayer. We then move around the circle to the right as we pray the phrases assigned to the 7 weeks beads. We continue until we have completed three complete cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Invitatory Bead: Thank you, God, for the new beginnings you provide in every moment. My body is filled with praise and thanksgiving for the love, mercy, grace, and forgiveness you give. Even when I fail, you are there waiting to pick me up and guide me back on the path you have ready for me. Thank you for sending your Son, Jesus Christ, that I might have this new beginning. Amen.

Cruciform 1: Holy God, I thank you for being with me throughout every season of my life. I thank you for your Word, which reminds me that there is a time for every purpose under heaven. I praise you for endings and beginnings, because I know you have a plan for my life. I rejoice in your plan and, like Mary, submit to your will.

Weeks (7 beads): O Lord, restore my strength, my heart, my mind, my soul.  
*(Repeat for each bead.)*

Cruciform 2: God, I pray for an illumination of your truth in this season. May the truth of your Word become real to me in my life.

With Joseph, I pray for a revelation from you. Help me to absorb your Word in such a way that it grows within me and flows out of me into my life, my family, my church, and the world.

Weeks (7 beads): O Lord, help me to walk in newness of life. *(Repeat for each bead.)*

Cruciform 3: Lord you make all things new, the Creator who is continually nurturing, renewing, and developing every aspect of our remarkable universe, I dwell in the hope of this renewal. Take all I am, all I care for, and all I love into your gentle arms. You came into this world to touch and heal, teach and inspire, save and restore. Because you came into this world, my life is being remade.

Weeks (7 beads): O Lord, you make all things new. *(Repeat for each bead.)*

Cruciform 4: O God, today I offer myself anew and pray as one prayed of old, "Lord, I believe, help my unbelief." I acknowledge that my faith is often too weak. I desire a stronger, a renewed faith. So I pray today for a faith that will not falter, a faith that does not need to see a sign from heaven to believe.

Weeks (7 beads): O Lord, renew a right spirit within me. *(Repeat for each bead.)*

*Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.*

## Anglican Rosary of Love

We enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating the assigned prayer. We then move around the circle to the right as we pray the phrases assigned to the 7 weeks beads. We continue until we have completed three complete cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Our Father in the heavens, always near us and ready to help. May your name be precious to us and bring us delight always. May your kingdom of the heavens come rule over us so your good, pleasing, and perfect will is accomplished in us and through us. Provide for us the food and care we need today. Forgive our sins as we forgive those who sin against us. Please hold us by the hand so we don't succumb to temptations and are kept safe in your care from all evil. All we want is to live in your kingdom, by your power, and for your glory. Amen.

Invitatory Bead: God, thank you that you are love and you love us. Help us to love you with all our hearts, minds, strength and souls. As we receive your love this week, help us to extend your love to our neighbors. Awaken our hearts to pray for all your children and show us how to love ourselves and others the way you love us.

Cruciform 1: God of love, you are patient and kind. You have removed our sins as far as the east is from the west. Your love never gives up on us and endures through every circumstance. You love us with an everlasting, unconditional love. We can't comprehend the enormity of your love, but we can trust in it.

Weeks (7 beads): Thank you God for being love. *(Repeat for each bead.)*

Cruciform 2: Bless us with love, O Merciful God; that we may love as you love showing patience, acceptance, kindness, caring, mercy and compassion to all. May we love you in all things and above all things. May we embrace the joy which you have prepared for us.

Weeks (7 beads): Help us, Lord, to love you completely. *(Repeat for each bead.)*

Cruciform 3: Today, O Creator, I ask that you help me to accept myself just the way I am, without judgment. Help me to accept my mind the way it is, with all my emotions, my hopes and dreams, my personality, my unique way of being. Help me to accept my body just the way it is, with all its beauty and perfection. Let the love I have for myself be so strong that I never again reject the happiness, freedom, and love you offer.

Weeks (7 beads): Help me, Lord, to love myself. *(Repeat for each bead.)*

Cruciform 4: Heavenly Father, you desire all your children to love others as Christ loved us, but our love is often weak and far removed from all that You desire of us. Fill us with the love of Christ that we may love others in the same way that Christ loves us, so that as your love pours into our hearts, we may be used as a conduit for Christ's love to be poured out upon others you bring into our path.

Weeks (7 beads): Help us Lord, to love our neighbors. *(Repeat for each bead.)*

*Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.*

## Anglican Rosary for Rediscovering Jesus

This Rosary prayer is a personal prayer. Although the speakers will use personal pronouns, you are encouraged to say these prayers in unison with the speakers (though on MUTE). We will enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating its assigned prayer. We then move around the circle to the right as we pray the phrase assigned to the 7 weeks beads. We continue praying around the circle until we have completed three cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. *Amen.*

Invitatory Bead: Loving Father, here I am. I trust that you have an incredible plan for me. Transform me. Transform my life. Everything is on the table. Take what you want to take and give what you want to give. Transform me into the person you created me to be, so I can live the life you envision for me. I hold nothing back; I am 100% available. How can I help? *Amen*

Cruciform 1: Thank you Lord for all you have given me and done for me this day, this week, this month, this year and all the years of my life. Help me to express my gratitude to You by sharing a kind word, doing something to make our world a better place, and just basically passing along the abundance of love that you have showered upon me.



Weeks (7 beads): God of Abundance, I thank you and praise you.  
*(Repeat for each bead.)*

Cruciform 2: As you work in my life today and every day, help me to recognize your voice, your presence, and your actions that I might grow in wisdom, patience, and love.

Weeks (7 beads): God of Love, I thank you and praise you. *(Repeat for each bead.)*

Cruciform 3: Forgive me, Lord, when I get it wrong, especially when I ignore the promptings of your Spirit and fail to do anything at all. Encourage me when I get it right and fill me with your deep and abiding peace.

Weeks (7 beads): God of Understanding, I thank you and praise you.  
*(Repeat for each bead.)*

Cruciform 4: Open my ears to hear your invitation to make changes in my life so I can experience the freedom to be the best version of myself.

Weeks (7 beads): God of Transformation, I thank you and praise you.  
*(Repeat for each bead.)*

Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.

*(This Rosary prayer is based on the book "Rediscovering Jesus" by Matthew Sleeth)*

## Anglican Rosary - Seeing God

We enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating the assigned prayer. We then move around the circle to the right as we pray the phrases assigned to the 7 weeks beads. We continue until we have completed three complete cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

*Prayers adapted from poetry by Thich Nhat Hanh and John Hall Wheelcock.*

Cross Bead: Our Father in the heavens, always near us and ready to help. May your name be precious to us and bring us delight always. May your kingdom of the heavens come rule over us so your good, pleasing, and perfect will is accomplished in us and through us. Provide for us the food and care we need today. Forgive our sins as we forgive those who sin against us. Please hold us by the hand so we don't succumb to temptations and are kept safe in your care from all evil. All we want is to live in your kingdom, by your power, and for your glory. Amen.

Invitatory Bead: Tomorrow, God will continue to be. But we will have to be very attentive to see God. The Creator may be a leaf, or a bird, or a cloud, or even a stone. While in these forms, the Creator will say hello to us. If we are attentive enough, we will recognize God and greet God with joy. Our greeting will make God very happy.

Cruciform 1: Deftly does the dust express / in mind, God's hidden loveliness. / For the earth that breeds the trees / breeds cities too, and symphonies. / Equally her beauty flows / into a Savior or a rose.

Weeks (7 beads): Help us, Creator, to see you in the flora. *(Repeat for each bead.)*

Cruciform 2: Grasshopper, your tiny song / and this poem alike  
belong / to the dark and silent earth / from which all  
poetry has birth. / All we say and all we sing / is but as  
the murmuring / of that drowsy heart of hers / when  
from her deep dream God stirs. / If we sorrow, or rejoice  
/ you and I are but God's voice.

Weeks (7 beads): Help us, Creator, to see you in the fauna. *(Repeat for each bead.)*

Cruciform 3: Out of the earth this poem grows / like the lily or the  
rose. / In holy thundering that sounds / deafening,  
God's love abounds. / And all man is, or yet may be / is  
but God's planned ecstasy. / When all dust shall be the  
Whole / the Universe – one conscious soul.

Weeks (7 beads): Help us, Creator, to see you in the firmament.  
*(Repeat for each bead.)*

Cruciform 4: If you would know what earth is, scan / the intricate,  
proud heart of man / which is the earth articulate / and  
learn how holy and how great / how limitless and how  
profound / is the nature of the ground. / How, without  
question or demur / we may entrust ourselves to her /  
when we wearied out and lay / our bodies in the  
common clay.

Weeks (7 beads): Help us, Creator, to see you in the terra firma.  
*(Repeat for each bead.)*

*Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.*

## Anglican Rosary for Lent

We enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating its assigned prayer. We then move around the circle to the right as we pray the phrase assigned to the 7 weeks beads. We continue praying around the circle until we have completed three cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. *Amen.*

Invitatory Bead: Most Merciful God, we confess that we have sinned against you in thought, word, and deed; by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son, Jesus Christ, have mercy upon us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your Name. *Amen*

Cruciform 1: If we say we have no sin, we deceive ourselves, and the truth is not in us, but if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

Weeks (7 beads): God, our Redeemer, have mercy upon us and forgive us. *(Repeat for each bead.)*

Cruciform 2: Jesus said, "Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil."

Weeks (7 beads): God, our Sustainer, have mercy upon us and forgive us. *(Repeat for each bead.)*

Cruciform 3: Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name.

Weeks (7 beads): God, our Comforter, have mercy upon us and forgive us. *(Repeat for each bead.)*

Cruciform 4: O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne.

Weeks (7 beads): God, our All in All, have mercy upon us and forgive us. *(Repeat for each bead.)*

Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.

## Anglican Rosary for the Loss of a Loved One

We enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating the assigned prayer. We then move around the circle to the right as we pray the phrases assigned to the 7 weeks beads. We continue until we have completed three complete cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory for ever and ever. Amen.

Invitatory Bead: Almighty God, our Father in heaven, before whom live all who die in the Lord: we are grateful that you have welcomed our *(brother/sister)* \_\_\_\_\_ into the courts of your heavenly dwelling place. We rejoice that her heart and soul now ring out in joy to you, O Lord, the living God, and the God of those who live. Amen.

Cruciform 1: God, our Father, your power brings us to birth, your providence guides our lives, and by your command we return to dust.

Weeks (7 beads): O Lord, give us your peace. *(Repeat for each bead.)*

Cruciform 2: Lord, those who die still live in your presence, their lives change but do not end. We pray for \_\_\_\_\_'s family, relatives, and friends in this difficult time of transition.

Weeks (7 beads): O Lord, give us your peace. *(Repeat for each bead.)*

Cruciform 3: In company with Christ, who died and now lives, may \_\_\_\_\_ rejoice in your kingdom, where all tears are wiped away. We claim your promise to unite us together again as one family to sing your praise forever and ever.

Weeks (7 beads): O Lord, give us your peace. *(Repeat for each bead.)*

Cruciform 4: Christ has been raised from the dead, the first fruits of those who have fallen asleep. For since by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. Alleluia.

Weeks (7 beads): O Lord, give us your peace. *(Repeat for each bead.)*

*Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.*

## Anglican Rosary for Care of Creation

We enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating the assigned prayer. We then move around the circle to the right as we pray the phrases assigned to the 7 weeks beads. We continue until we have completed three complete cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Eternal Spirit, Earth-maker, Pain-bearer, Life-giver; source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts we absorb from one another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

Invitatory Bead: Creator God, you reveal yourself to us as Father, Son and Holy Spirit, so as we gather in this place, come amongst us. Help us to discern your Spirit in the world around us. Let us find joy in the world that you created. Help us to worship you with all our being, and to hear and receive your word and your gifts. As we think about our local community and the glory of the natural world may we respond to you in love for our neighbors and for your creation, through Jesus Christ our Lord. Amen.

Cruciform 1: Living God, you call us to be good stewards of this earthly home, strengthen us to care for your creation; forgive us when, through our greed and indifference, we abuse its beauty and damage its potential. Empower



us, through your Spirit to so nurture and love the world,  
that all creation sings to your glory.

Weeks (7 beads): Creator, help us to be good stewards. *(Repeat for each bead.)*

Cruciform 2: God of creation and Lord of life, you entrusted us to care for our environment, but in many parts of the world we have failed. Help us to realize how fragile and unstable our surroundings are, because we are not looking after creation. Guide us to be true stewards and to understand how the most insignificant flowers, the tiniest insects, each creature, and individual people are all part of a wondrous whole.

Weeks (7 beads): Creator, help us to be good stewards. *(Repeat for each bead.)*

Cruciform 3: God, make us people who recognize, nurture, and act towards a more sustainable world for the benefit of all who draw life from this planet. Raise up campaigners who will speak out for wisdom, restraint, and compassion. And teach us to take action in protecting this precious world and the lives of our most vulnerable global neighbors.

Weeks (7 beads): Creator, help us to be good stewards. *(Repeat for each bead.)*

Cruciform 4: God, you formed us from the dust of the earth and placed us in a garden. Remind us of our place as your creatures at home in your creation. Forgive us when we forget our connection to the earth, and our dependence upon the goodness of your world.

Weeks (7 beads): Creator, help us to be good stewards. *(Repeat for each bead.)*

*Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.*

## Anglican Rosary for Understanding (based on Psalm 119)

We enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating its assigned prayer. We then move around the circle to the right as we pray the phrase assigned to the 7 weeks beads. We continue praying around the circle until we have completed three complete cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Invitatory Bead: Teach me, O Lord, to follow your decrees; then I will keep them to the end. Give me understanding, and I will keep your law and obey it with all my heart. Direct me in the path of your commands, for there I find delight. Turn my heart toward your statutes and not toward selfish gain. Turn my eyes away from worthless things; preserve my life according to your word. Amen.

Cruciform 1: Oh, that my ways were steadfast in obeying your decrees! I will praise you with an upright heart as I learn your righteous laws. I seek you with all my heart; do not let me stray from your commands.

Weeks (7 beads): O Lord, teach me your decrees. *(Repeat for each bead.)*

Cruciform 2: I have hidden your word in my heart that I might not sin against you. I rejoice in following your statutes as

one rejoices in great riches. I meditate on your precepts and consider your ways.

Weeks (7 beads): O Lord, teach me your decrees (*Repeat for each bead.*)

Cruciform 3: I delight in your decrees; I will not neglect your word. Open my eyes that I may see wonderful things in your law. My soul is consumed with longing for your laws at all times. Your statutes are my delight; they are my counselors..

Weeks (7 beads): O Lord, teach me your decrees. (*Repeat for each bead.*)

Cruciform 4: Let me understand the teaching of your precepts; then I will meditate on your wonders. Keep me from deceitful ways; be gracious to me through your law. I have chosen the way of truth; I have set my heart on your laws. I hold fast to your statutes, O Lord; do not let me be put to shame. I run in the path of your commands, for you have set my heart free.

Weeks (7 beads): O Lord, teach me your decrees. (*Repeat for each bead.*)

Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.

## Anglican Rosary for Healing

We enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating its assigned prayer. We then move around the circle to the right as we pray the phrase assigned to the 7 weeks beads. We continue praying around the circle until we have completed three complete cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Invitatory Bead: Almighty God, our heavenly Father, you declare your glory and show forth your handiwork in the heavens and the earth: Heal us, our communities, our nation and our world; for the sake of him who came among us as healer, teacher, and Savior, your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Cruciform 1: Loving God, creator of all that is: you knit us together in our mother's womb. Fill our hearts with faith in your love that with calm expectancy we may make room for your power to possess us and gracefully accept your healing where we need it most.

Weeks (7 beads): God, our Creator, heal us and make us whole.  
*(Repeat for each bead.)*

Cruciform 2: Almighty God, teach us to rely on your strength and guidance as we accept our responsibilities to our fellow citizens that all may be healed and united as one in our communities.

Weeks (7 beads): God, our Restorer, heal us and make us whole.  
*(Repeat for each bead.)*

Cruciform 3: Oh Lord, our Governor, we pray for healing within our nation that remains deeply divided. May we come together for the common good and do as you have called us to do – to act justly, love mercy, and walk humbly with you.

Weeks (7 beads): God, our Redeemer, heal us and make us whole.  
*(Repeat for each bead.)*

Cruciform 4: Eternal God, give us wisdom and reverence for this earth and all your creation that we may work together to heal the damages our actions have caused and preserve your bounty for future generations.

Weeks (7 beads): God, our All in all, heal us and make us whole.  
*(Repeat for each bead.)*

Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.

## Anglican Rosary for Peace

This Rosary prayer is a personal prayer. Although the speakers will use personal pronouns, you are encouraged to say these prayers in unison with the speakers (though on MUTE). We will enter and exit this prayer time through the Cross and Invitatory bead. To begin, hold the Cross on your Anglican Rosary and say the prayer below. Then move to the Invitatory bead and say the prayer assigned to it. We enter the circle of prayer by holding the first Cruciform bead (this bead will be slightly larger than the weeks beads) and repeating its assigned prayer. We then move around the circle to the right as we pray the phrase assigned to the 7 weeks beads. We continue praying around the circle until we have completed three cycles and then we exit with the Invitatory bead prayer and close with the Cross prayer.

Cross Bead: Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. *Amen.*

Invitatory Bead: This is the way of peace — overcome evil with good, and falsehood with truth, and hatred with love.

Cruciform 1: Make me a channel of your peace. Where there is hatred let me bring your love. Where there is injury, your pardon Lord, and where there's doubt true faith in you.

Weeks (7 beads): O Lord, make me a channel of your peace. (*Repeat for each bead.*)

Cruciform 2:     Make me a channel of your peace. Where there's despair in life, let me bring hope. Where there is darkness, only light; and where there's sadness, ever joy.

Weeks (7 beads): O Lord, make me a channel of your peace. *(Repeat for each bead.)*

Cruciform 3:     O Master grant that I may never seek, so much to be consoled as to console; to be understood as to understand, and to love as to love with all my soul.

Weeks (7 beads): O Lord, make me a channel of your peace. *(Repeat for each bead.)*

Cruciform 4:     Make me a channel of your peace. It is in pardoning that we are pardoned; in giving of ourselves that we receive; and in dying that we're born to eternal life.

Weeks (7 beads): O Lord, make me a channel of your peace. *(Repeat for each bead.)*

Continue with Cruciform Prayers and the Weeks phrase for three complete cycles. Exit the prayer cycle using the Invitatory Prayer followed by the Cross Prayer.

*(The Invitatory prayer is the peace message shared by Peace Pilgrim. The Cruciform prayers are from the peace prayer attributed to St. Francis.)*

## **Julian of Norwich Prayer**

### **The Cross**

In the Name of God, Father, Son, and Holy Spirit. Amen.

### **The Invitatory**

O God make speed to save me (us),  
O Lord make haste to help me (us),  
Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning, is  
now, and will be forever. Amen.

### **The Cruciforms**

God of your goodness, give me yourself,  
For you are enough to me.  
And I can ask for nothing less that is to your glory.  
And if I ask for anything less, I shall still be in want, for only in you have I all.

### **The Weeks**

All shall be well, and all shall be well,  
And all manner of things shall be well.

Or

In His love He has done His works, and in His love He has made all things beneficial to  
us.



## **A Celtic Prayer**

### **The Cross**

In the Name of God, Father, Son, and Holy Spirit. Amen.

### **The Invitatory**

O God make speed to save me (us),

O Lord make haste to help me (us),

Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning, is now, and will be forever. Amen.

### **The Cruciforms**

Be the eye of God dwelling with me,

The foot of Christ in guidance with me,

The shower of the Spirit pouring on me,

Richly and generously

### **The Weeks**

*Pray each phrase on a separate bead.*

I bow before the Father who made me,

I bow before the Son who saved me,

I bow before the Spirit who guides me,

In love and adoration.

I praise the Name of the one on high.

I bow before thee Sacred Three,

The ever One, the Trinity.

## **Come Lord Jesus Prayer**

### **The Cross**

"Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen."—Revelation 7:12

### **The invitatory**

"God is our refuge and strength, a very present help in time of trouble."—Psalm 46:1

### **The Cruciforms**

"Bless the Lord, O my soul, and all that is within me, bless God's Holy Name."—Psalm 103:1

### **The Weeks**

"Come Lord Jesus, draw us to yourself."—John 12:32

## **Saint Patrick's Breastplate**

### **The Cross**

I bind unto myself today the strong Name of the Trinity,  
by invocation of the same, the Three in One, and One in Three.  
Of whom all nature hath creation, eternal Father, Spirit, Word:  
praise to the Lord of my salvation, salvation is of Christ the Lord.

### **The Invitatory**

Christ be with me, Christ within me, Christ behind me, Christ before me,  
Christ beside me, Christ to win me, Christ to comfort and restore me.  
Christ beneath me, Christ above me, Christ in quiet, Christ in danger,  
Christ in hearts of all that love me, Christ in mouth of friend and stranger.

### **The Cruciforms**

I bind unto myself today  
the strong Name of the Trinity,  
by invocation of the same,  
the Three in One, and One in Three.

### **The Weeks**

*Each collection of seven phrases is said on a separate bead.*

1. I bind this day to me for ever, by power of faith, Christ's Incarnation;
2. his baptism in Jordan river;
3. his death on cross for my salvation;
4. his bursting from the spiced tomb;
5. his riding up the heavenly way;
6. his coming at the day of doom:
7. I bind unto myself today.

1. I bind unto myself the power of the great love of cherubim;
2. the sweet "Well done" in judgment hour;
3. the service of the seraphim;
4. confessors' faith, apostles' word,
5. the patriarchs' prayers, the prophets' scrolls;
6. all good deeds done unto the Lord,
7. and purity of virgin souls.

1. I bind unto myself today the virtues of the starlit heaven,
2. the glorious sun's life-giving ray,

3. the whiteness of the moon at even,
4. the flashing of the lightning free,
5. the whirling of the wind's tempestuous shocks,
6. the stable earth, the deep salt sea,
7. around the old eternal rocks.

1. I bind unto myself today the power of God to hold and lead,
2. his eye to watch, his might to stay,
3. his ear to hearken, to my need;
4. the wisdom of my God to teach,
5. his hand to guide, his shield to ward;
6. the word of God to give me speech,
7. his heavenly host to be my guard.

Words: attributed to St. Patrick (372-466) translated by Cecil Frances Alexander, 1889  
Adapted for use with Anglican Prayer Beads by Laura Kelly Campbell

## **An Evening Prayer**

### **The Cross**

Glory to the Father, and to the Son, and to the Holy Spirit. as it was in the beginning, is now, and will be for ever. Amen.

### **The Invitatory**

Open my lips, O Lord, and my mouth shall proclaim Your praise.

### **The Cruciforms**

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

### **The Weeks**

Jesus, lamb of God, have mercy on us.

Jesus, bearer of our sins, have mercy on us.

Jesus, redeemer of the world, give us your peace.

## Prayer of St. Francis Anglican Rosary

### **The Cross**

In the name of God, Creator, Redeemer, and Sanctifier of life.

### **The Invitatory**

O God lead us from death to life, from falsehood to truth. Lead us from despair to hope, from fear to trust. Lead us from hate to love, from war to peace. Let your peace that passes understanding fill our hearts and our world.

### **The Cruciforms**

Lord, make me an instrument of your peace.

### **The Weeks** *(each phrase on a separate bead)*

Where there is hatred, let me sow love.

Where there is injury, let me sow pardon.

Where there is discord, let me sow union.

Where there is doubt, let me sow faith.

Where there is despair, let me sow hope.

Where there is darkness, let me sow light.

Where there is sadness, let me sow joy.

### **The Invitatory** *(Last time through)*

The Lord's Prayer

### **The Cross**

O God, 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 I receive; it is in pardoning that I am pardoned; and it is in dying that I am born to eternal life