

Baptismal Meditation

Cross/Crucifix: The Lord's Prayer

Invitatory Bead: "Blessed be God, Father, Son, and Holy Spirit. And Blessed be God's Kingdom, now and forever.

Cruciform Beads:

*"There is one Body and one Spirit;
There is one hope in God's call to us.
One Lord, one Faith, one Baptism;
One God and Father of us all."*

Week Beads:

Bead 1: Deliver me, O Lord, from the way of sin and death

Bead 2: Open my heart to your grace and truth

Bead 3: Fill me with your holy life-giving spirit

Bead 4: Keep me in the faith and communion of your Holy Church

Bead 5: Teach me to love others in the power of the Spirit

Bead 6: Send me into the world in witness to your love

Bead 7: Bring me to the fullness of your peace and glory

Invitatory Bead: All praise and thanks to you, most merciful Father, for adopting me as your own child, for incorporating me into your holy Church, and for making me worthy to share in the inheritance of the saints in light; through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Cross/Crucifix: The Lord's Prayer

A.C.T.S. (Adoration, Confession, Thanksgiving, Supplication)

Cross/Crucifix: The Lord's Prayer

Invitatory Bead: Prayer Before Worship (BCP 833)

Cruciform Beads: Sing or say a verse or line from a favorite Hymn or Song of Praise

Week Beads: One Prayer on each bead as follows:

first set: Prayers of Adoration

second set: Prayers of Confession

third set: Prayers of Thanksgiving

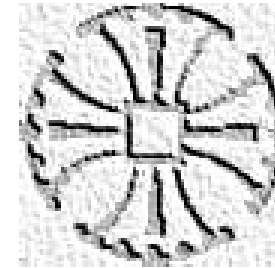
fourth set: Supplication and Petition

Invitatory Bead: Prayer After Worship (BCP 834)

Cross/Crucifix: The Lord's Prayer

Visit the following websites to order books containing more prayers and information about the Anglican Rosary:

<http://open-hands.com/Publications/publications.html>
<http://www.praxisofprayer.com/Publications/Books/books.asp>
<http://gigibeads.net/prayerbeads/prayers/booklet.html>



*A brief guide
to understanding
and praying the
Anglican
Rosary*

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www.prayingwithbeads.com

A Bit about Beads

The word "bead" comes from the Middle English word *bebe*, or prayer. It is similar to Old English "biddan" to entreat or pray. It has roots in German, that echo today - bitte, the German word for "please" and the noun *bitten* - to ask for.

Rosaries and Prayer Beads

In recent years, people of various religions have begun using prayer beads and rosaries as tools to deepen their prayer life and spirituality. Some form of rosary or prayer beads is found in virtually every major religious tradition in the world.

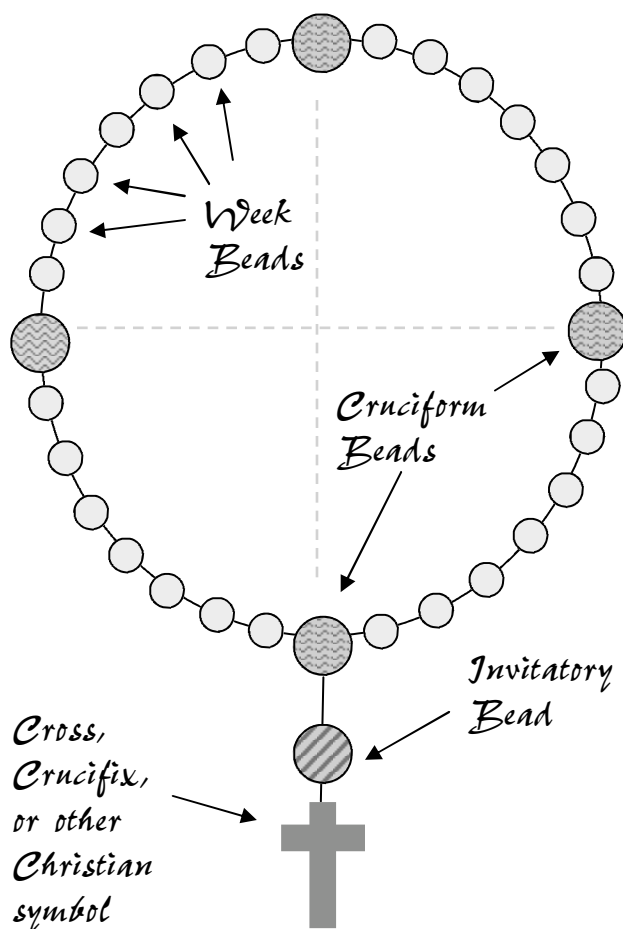
The tradition of **Marian** (Roman Catholic) **Rosary** is very old, reaching back at least 500 years. During those 500 years it has become associated with the Blessed Virgin Mary.

The **Anglican Rosary** is a more recent form of rosary originating within the Anglican (Episcopal Church, USA) Church in the 1980s by a contemplative prayer group in Texas.

If you have never used either a rosary or prayer rope, you are encouraged to explore this prayer form. It is a wonderful vehicle for deeper prayer using not only your spirituality, thoughts and emotions, but also the sense of touch. Using these can help you learn to use your entire being as a prayer. Praying the rosary is sometimes viewed as a health practice as well as a religious one.¹

¹Effect of rosary prayer and yoga mantras on autonomic cardiovascular rhythms: comparative study. British Medical Journal 2001; Vol. 323: pp. 1446-1449 (22-29 December)

The parts of an Anglican Rosary



Description of Anglican Prayer Beads

There are 33 beads in the **Anglican Rosary**, which is the number of years Christ walked among us. The rosary is divided into four groups of seven beads, called **Weeks**.

The **Week** beads remind us of numerous Biblical references, the temporal week, the seven seasons of the Church year, and the seven sacraments.

Weeks are divided by four **Cruciform** beads. The Cruciform beads point to an unseen cross in the center of the rosary, the cross being the central symbol of our salvation. The four beads may also remind us of the four seasons of the temporal year, as well as the four points of the compass.

A **Cross**, Crucifix, or other Christian symbol, is followed by a single **Invitatory** bead, which leads one into a circle of prayer with the Beads. The Invitatory bead is used in a manner similar to the Invitatory (opening psalm) of the Daily Office or the Opening Collect at the beginning of the Liturgy of the Word.

This brief description of the Anglican Rosary shows that this particular prayer form is well grounded in our familiar theological symbols, as well as a reminder of God's creation.