

About the Spiritual Growth Resources Committee

The Spiritual Growth Resources Committee consists of lay and ordained persons whose mission is to support and strengthen the spiritual life of the diocese.

Members bring a wide variety of interests and experiences to their ministry of service to enhance the prayer life of parishes and individuals.

If you have an interest in participating in the work of this committee, contact the chair listed below.

How to contact us

Diane Powell, Chair (215) 242-2055 X25

E-mail dpowell@stpaulschestnuthill.org

Mail St. Paul's Church
22 East Chestnut Hill Avenue
Philadelphia PA 19118



To access this and other resources on the web

Go to

www.stpaulschestnuthill.org

Scroll down and click on:

Diocese of Pennsylvania

Spiritual Growth Resources

This takes you to the Spiritual Growth Resources Committee's introduction under

Links to Resources

You will find brochures and information to browse or print.

To purchase prayer beads

Order your beads, already put together, from www.solitariesofdekoven.org/Prayer_beads.html

Two books you might find helpful

Holding Your Prayers in Your Hands: Praying the Anglican Rosary, by Kristin M. Elliot & Betty Kay Seibt. Published by Open Hands, 624 West University Drive, Suite 110, Denton, TX 76201, e-mail: orders@open-hands.com

The Anglican Rosary, by Lynn C. Bauman. Published by PRAXIS, 737 PR 249, Telephone, TX, 75488, (903) 664-4310, e-mail: praxis@netexas.net web site: <http://www.praxisofprayer.com/default.asp>



Anglican Prayer Beads

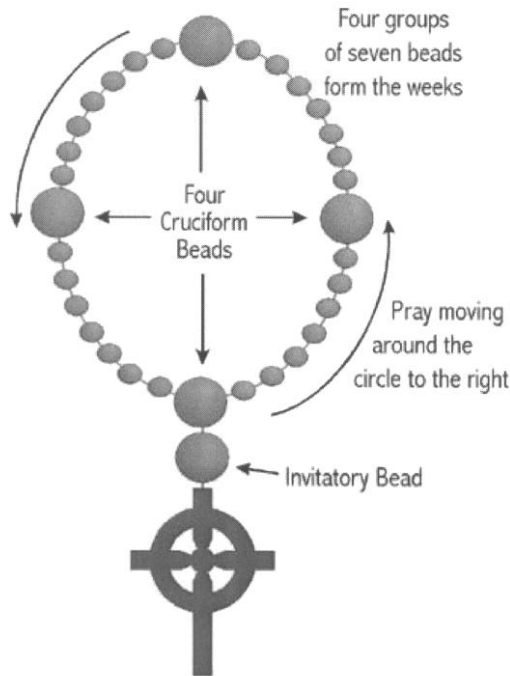


What are they?

How to use them
and Resources

A brochure in the Spiritual Disciplines series created for individuals and parishes by the Spiritual Growth Resources Committee of the Episcopal Diocese of Pennsylvania

What are Anglican Prayer Beads?



Most major religions have some form of prayer beads. In 1985, a Contemplative Prayer group meeting in Texas created a form particular to Anglicanism.

Anglican Prayer Beads are made up of 33 beads, the number of years Jesus lived. There are four groups of seven “weeks.” The number seven signifies wholeness or completeness as it is the number of days God took to create the world. It also signifies the temporal week, the seasons of the Church year, and the sacraments.

There are four cruciform beads in the shape of a cross, reminding us that the cross is central to our faith. The number four also signifies the temporal seasons and the four points on the compass, another reminder of the temporal world.

There is also an invitatory bead, our invitation into prayer, our reminder that we are entering into a holy time.

How to pray with the beads

Praying with beads engages our body, mind, and spirit. The beads are an anchor, something solid to hold on to. They may simply serve as a reminder to help us stay in the moment, focused on our prayer. Eventually as we learn particular prayers, their rhythm can lead to stillness. When our minds are stilled and quiet, our hearts can be open to the Spirit.

There is no “wrong” way to pray with the beads. You can simply hold them as you pray. You can go through the beads repeating one word or phrase. Or you can pray specific prayers.

You may reach for your beads when you wake in the morning. Set an intention for the day: listening more carefully, being more grateful, seeing others through God’s eyes, etc. Come back to your beads throughout the day to be reminded of your intention. Or as you move from one place to another, hold your beads. Be still. Listen. Breathe. Be aware of everything around you.

You may keep your beads in your car. When you’re stuck in traffic, or at a long red light, rather than getting impatient and angry, pick up your beads. You can’t change your situation, but you are in control of your reaction. At the end of the day, pick up your beads and reflect on your day. When were you in touch with God? When were you not?

A more structured way to pray with your beads is to pray one sentence holding the cross, another at the invitatory bead, then another sentence for each of the cruciform beads, and another for each of the week beads. There are currently two books available with some examples of specific prayers, but you can also make up your own, perhaps using favorite lines from a hymn or the Book of Common Prayer.

Here is an example of Evening Prayer prayed with your Anglican Rosary:

Holding the Crucifix bead, pray,
Let my prayer be set forth in your sign as incense, the lifting up of my hands as the evening sacrifice.

Holding the Invitatory, pray,
O God, make speed to save us. O Lord make haste to help us.

As you get to each of the four Cruciform beads, pray,
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.

As you get to each of the week beads, pray,
Keep watch, dear Lord, with those who work, or watch, or weep this night.

