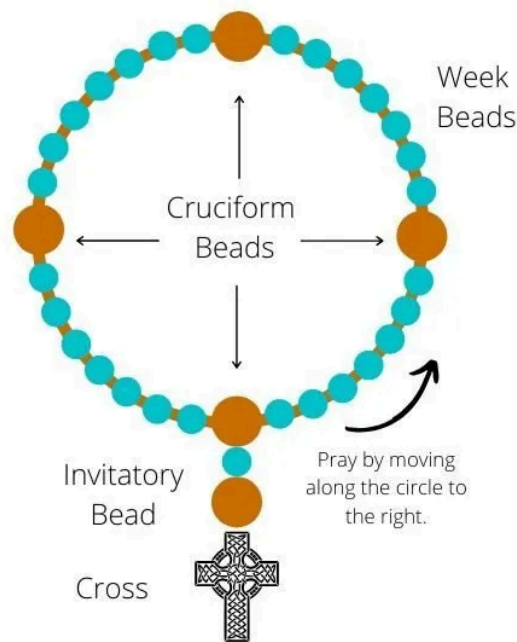


# “Praying with Anglican Prayer Beads: A Guide for Reflection, Grounding, and Grace”



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## Welcome + Introduction

Anglican Prayer Beads are a simple tool for prayer, reflection, and rest — but you don't need to consider yourself “religious” to find them meaningful. There is no wrong way to use Anglican Prayer Beads.

In fact, you might think of them as the original fidget tool — something to hold, to ground you, to help you breathe and be present.

If you are a person of faith, the beads can guide your prayers.

If you are seeking peace or grounding, they can offer a quiet way back to your center.

And if you're unsure where you stand spiritually, they can simply be a companion into stillness.

**They are a gentle, tangible invitation: to breathe, to center, to rest.**

## What are Anglican Prayer Beads?

Anglican Prayer Beads are a modern adaptation of an ancient spiritual practice. In the 1980s, a group of Episcopal parishioners began exploring how prayer beads could be used in a distinctly Anglican way. The result was a simplified rosary that invites reflection, prayer, and presence.

Smaller in size than the Roman Catholic rosary, the Anglican rosary is not associated with Marian devotion. Instead, it is highly adaptable — suited to the seasons of the Church calendar or your own personal spiritual journey. Christians from many denominations now use them as a tool for centering prayer, breath work, or contemplative reflection.

## Why use them?

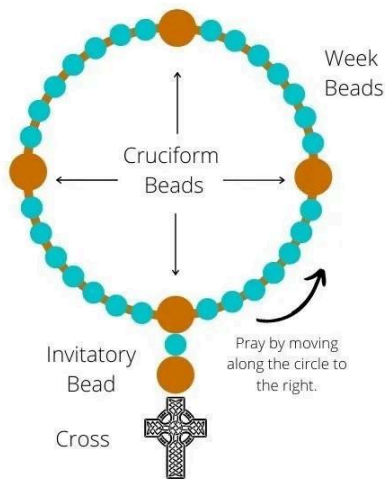
Moving bead by bead invites a slower pace, deeper breathing, and a greater sense of calm.

They can be used in many ways:

- As a moment of silence between patients or meetings
- As a way to breathe intentionally during times of stress

- As a centering practice before or after a long day
- As a way to hold hopes, intentions, or gratitude — bead by bead

## Structure of the Beads



### The Beads

An Anglican prayer bead strand consists of the following:

- **Cross:** The starting and ending point.
- **Invitatory Bead:** A single bead following the cross.
- **Cruciform Beads:** Four beads, equally spaced, forming a cross shape within the circle.
- **Week Beads:** Four sets of seven beads, located between the Cruciform Beads.

## Tips for Prayer

- **Find a Quiet Space:** Choose a place where you can pray without interruption.
- **Relax:** Take a few deep breaths to center yourself before you begin.
- **Hold the Beads:** Gently move the beads through your fingers as you say each prayer.
- **Be Flexible:** If a particular prayer or phrase resonates with you, feel free to pause and spend more time with it.
- **Listen:** Be open to hearing God's voice in the silence.
- **Consistency:** Try to pray with your beads regularly, even if it's just for a few minutes each day.

## How to Use the Beads

1. **Begin at the Cross:** Hold the cross and say the Cross Prayer.
2. **Move to the Invitatory Bead:** Say the Invitatory Bead Prayer.
3. **Move to the First Cruciform Bead:** Say the Cruciform Bead Prayer.
4. **Move to the First Set of Week Beads:** Say the Week Bead Prayer ("Show me your way") for each of the seven beads.
5. **Move to the Next Cruciform Bead:** Say the Cruciform Bead Prayer.
6. **Continue Around the Circle:** Repeat steps 4 and 5, moving through each set of

Week Beads and Cruciform Beads.

7. **Return to the Invitatory Bead:** Say the Invitatory Bead Prayer again.
8. **Conclude at the Cross:** Hold the cross and say the Cross Prayer.

## Sample Prayer

**These prayers are designed to guide you through a prayer practice that balances contemplation and action.**

- **Cross Prayer:**
  - "In the name of the Father, and of the Son, and of the Holy Spirit, Amen."
- **Invitatory Bead Prayer:**
  - "Glory to the Father, and to the Son and to the Holy Spirit:  
As it was in the beginning, it is now, and will be for ever. Amen."
- **Cruciform Bead Prayer:**
  - "Jesus have mercy on me"
- **Week Bead Prayer:**
  - "Come Holy Spirit"