

F. Saint Patrick's Breastplate¹

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

Prayer each phrase 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

G. An Evening Prayer¹

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.

H. A Celtic Prayer²

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

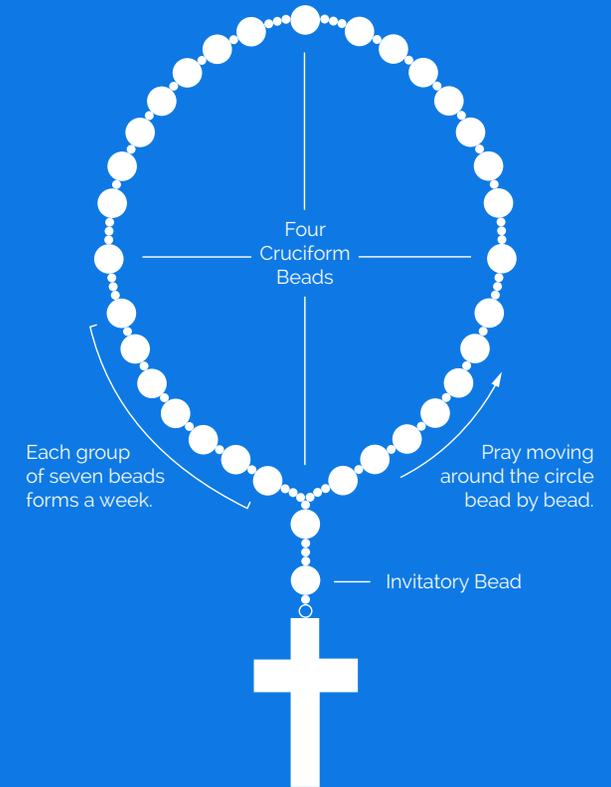
Pray each phrase on a separate bead.
I bow before the Father who made me,
I bow before the Son who saved me,
I bow before the Spirit who guides me, in love and adoration.
I praise the Name of the one on high.
I bow before thee Sacred Three,
The ever One, the Trinity.

1. Reprinted from www.kingofpeace.org with permission of the Rev. Frank Logue,
Pastor, King of Peace Episcopal Church, Kingsland, Georgia.

2. Written by Sister Brigit-Carol, S.D., Solitaries of DeKoven (Vigean Radix Hermitage,
1101 CR 204, Santa Ana, TX 76878). Reprinted with permission.

Anglican Prayer Beads

a form of contemplative prayer



Anglican prayer beads, or the Anglican Rosary, created in the 1980s by an Episcopal priest, Father Lynn Bauman, consist of 33 beads divided into four weeks, with an invitatory bead and four cruciform beads. The symbolism in the Anglican Rosary is unique to the Anglican tradition, as are the prayers.

Prayer beads or rosaries can be traced as far back as the 8th century BCE and can be found in every major religion. All prayer beads have a common purpose as an aid to meditation or contemplation. Fingering the beads helps one stay focused on the prayers. To this end, most prayer beads are made of similar shaped beads of stone or wood or other natural materials.

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Symbolism of the Beads

Anglican prayer beads are made up of 33 beads divided into four groups of seven, called weeks, four cruciform beads, and an invitatory bead. In the Judeo-Christian tradition the number seven represents spiritual perfection and completion. Between each week, the single cruciform beads form a cross. The invitatory bead between the cross and the wheel of beads brings the total number of beads to 33, the number of years in Jesus' earthly life.

Praying the Anglican Rosary/Guidelines

The following are guidelines for using your prayer beads:

1. Plan and practice. Become familiar with each bead in the circle. Decide what thoughts or prayers you wish to assign to the cross and to each bead. If possible, memorize the words and thoughts. Since the beads are an aid for meditation or contemplation, you want to be able to work through the beads intuitively, focusing on your state of mind versus on a certain line on a page of prayers.
2. Find the right time and place. Allow yourself enough time to work through the beads in an unhurried pace. Find a place that is quiet, where you can be undisturbed.
3. Start and end with a moment of silence. Get centered. Leave worldly concerns behind, so to speak. Prepare to focus on your meditation, then start with the thoughts or prayers you have assigned to the cross. Also, end with silence to allow time for reflection.
4. Hold the Cross. Say the prayer you have assigned it.
5. Move to the Invitatory Bead. Say the prayer assigned to it.
6. Enter the circle of the prayer with the first Cruciform Bead. Moving to the right, go through the first seven beads to the next Cruciform bead, continuing around the circle, saying the prayers for each bead. Many sources suggest you pray around the circle of the beads three times to signify the Holy Trinity.
7. Close your prayers. After circling the prayer beads, you may recite The Lord's Prayer with the invitatory bead, and say, I Bless the Lord, with the cross.

Prayers

A. Bless the Lord¹

The Cross

Blessed be the one, holy, and living God.
Glory to God for ever and ever. 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

Behold now, bless the Lord, all you servants of the Lord.
You that stand in the house of the Lord,
lift up your hands in the holy place and bless the Lord.

The Weeks

I lift up my eyes to the hills;
From where is my help to come?
My help comes from the Lord,
The maker of heaven and earth.

B. Julian of Norwich Prayer²

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.

C. Agnus Dei Prayer¹

The Cross

Recite The Lord's Prayer

The Invitatory

"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer."
—Psalm 19:14

The Cruciforms

Oh, Lamb of God that taketh away the sins of the world
have mercy upon us,
Oh, Lamb of God that taketh away the sins of the world
have mercy upon us,
Oh, Lamb of God that taketh away the sins of the world
give us Thy Peace.

The Weeks

Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us. Amen.

D. Trisagian and Jesus Prayer¹ (Trisagian means "thrice holy")

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

Holy God, Holy and Mighty,
Holy Immortal One, Have mercy upon me (us).

The Weeks

Lord Jesus Christ, Son of God,
Have mercy on me, a sinner.

E. Come Lord Jesus Prayer¹

The Cross

Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen. —Rev 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