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### **Anglican Prayer Beads Workshops**

This past Spring, Trinity Church was searching for a Lenten workshop theme that would enhance their collective prayer practice in a tangible and accessible way. The solution? Anglican Prayer Beads, inspired by the book, "A Bead and a Prayer" by Kirsten E. Vincent.

About twenty people arrived that Saturday in March learning the basics of beading and the process of creating prayer beads. There has been no stopping them since.

Thursdays at 5:30, Fridays during the knitting circle and often after church on Sundays the beaders gather their plastic boxes filled with a variety of beads and turn them into circles of prayer beads. There are now thirty five beaders who enjoy each other's company while creating prayer beads infused with laughter, love and prayers for the person that chooses the beads.

Following simple directions, beautiful combinations of beads and crosses come together. Dozens have been made with no two alike. Prayer beads are displayed in St. Michael's Hall at the church along with booklets on how to pray with beads and a few prayers to use as guides. There is no charge; the beads and booklets are a free offering to all who enter Trinity's doors.

Prayer beads are made up of 28 beads divided into four groups of seven called "weeks". Between each week is a single bead called a cruciform bead and those four cruciforms form a cross. There is also an invitational bead and a cross that hangs below the circle of beads bringing the total to thirty three beads, the number of years in Jesus' earthly life.

Like a Rosary, Anglican Prayer Beads are used to enrich contemplative prayer, to provide focus and concentration, allowing the one who prays to move more swiftly into the Presence of God. For some, the beads in their pockets are a tactile reminder to take a moment out of a busy schedule to lift a prayer.

Trinity beaders welcome newcomers, but watch out, this is an addictive ministry. Those wishing to aid the ministry may donate gift cards for Michael's, or Joann Fabrics.

