

## BEADS OF CHRIST – FRÄLSARKRANSEN



The Beads of Christ want to be like a good friend: they don't make any demands, they don't impose, they don't exclude anyone, they remain close at hand. You can hang them above your bed as a reminder: "Here we are – in case you need us." You can put them on your bedside table. They like to sit around your wrist or in your pocket.

The Beads of Christ are 18 beads, and 18 is an important number in the Judeo-Christian tradition. In Hebrew, the language of the Old testament in the Bible, the most common word for "life" has the numeric value of 18. The Beads of Christ can be the beads of your life. You can pray like an ant, diligently working. Or you can pray like a butterfly, spontaneously, fluttering from one flower to another.

A moment of prayer with the Beads of Christ can be like this.

Start – as always – with the golden Bead of God and say:

*You are infinite*

*You are near me*

*You are light*

*and I am yours*

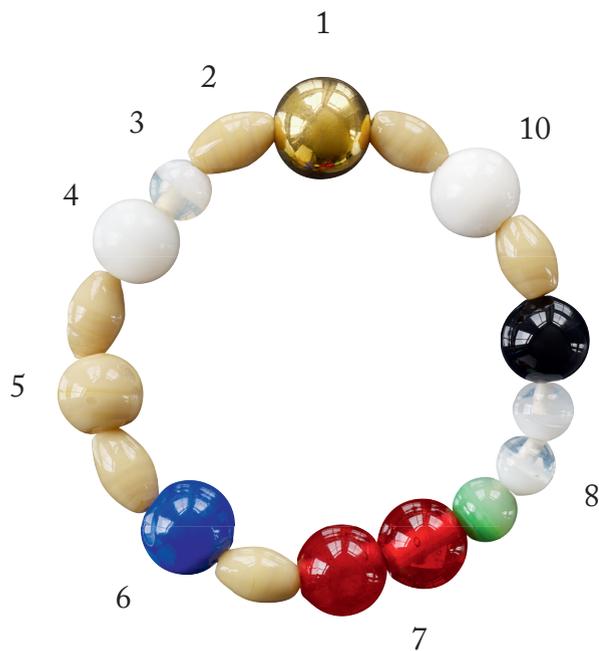
Then you touch the bead that you need at the moment. If you are worried, you choose the Serenity Bead; if you need forgiveness you might choose one of the Love Bead. Your wishes, desires and intercessions are in the three Beads of Mystery. When troubles come, you can touch a Bead of Silence. You exhale and sit in peace on the bench at the shore of the Sea of Grace – and you stay there as long as you like. You will love the Beads of Silence more and more. They speak beyond words. You finish your prayer by holding the Bead of God again. You may say the Lord's Prayer, the nine prayers, one for each one of the round beads except the Beads of Mystery. And then you read the Lord's Blessing which has been shining for people in this world for more than three thousand years. It consists of six prayers, and thus you can read it with the six Beads of Silence – see my book *Frälsarkransen*.

When you pray you can freely disregard all my advice. You and your Beads of Christ will find your own way.

May God bless you and keep you.

*Martin Lönnebo*





1. Bead of God – about the mysterious presence
2. Bead of Silence (all the long ones) – for wordless concentration
3. I-Bead – about seeing oneself as worthy and responsible
4. Bead of Baptism – about being born again, entrusting oneself
5. Desert Bead – for times of spiritual trial and the endeavour to live a legitimate life
6. Serenity Bead – about the light-heartedness and freedom of the eternal now
7. Love Beads – about reconciliation and about giving and receiving love
8. Beads of Mystery – for personal subjects of prayer, such as your children, your beloved, a deep desire and all living things
9. Night Bead – about crisis and death
10. Resurrection Bead – about hope and the renewal of life

Bishop Emeritus Martin Lönnebo has created a contemporary rosary or prayer garland with a bead for each moment. You may carry it wherever you go. Touch the beads now and then, stay in touch with your prayers and dreams. Or reserve a time every day for silence and sharing with God. You can find out more about the meaning of the beads and how to use them in the book *Pearls of Life*.

Martin Lönnebo has opted to pass his royalties on to Individuell Människohjälp (Swedish Organization for Individual Relief), where he has established a fund in the name of his son Jonas, aiming to help children and young people who have learning difficulties.

The garland is crafted by Tara Projects in India according to the guidelines for Fairtrade. Each bead is handmade in a village in northern India, and the garlands are assembled at Tara Projects in New Delhi. 40–50 families in the village have a stable income through the bead-making. Child labour is eliminated in these families, and instead the children attend school, a school built by Tara Projects with proceeds from Frälsarkransen. The Fairtrade certificate means that workers have decent working conditions, fair salaries and a chance to further their education. The position of the women is strengthened, and children's rights are protected. The products are manufactured in an environmental-friendly way. See also [www.taraprojects.com](http://www.taraprojects.com).

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Martin Lönnebo har valt att låta sin royalty för Frälsarkransen gå till Individuell Människohjälp (IM) där han har inrättat en fond i sonen Jonas namn för barn och ungdomar med psykisk utvecklingsstörning.

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