

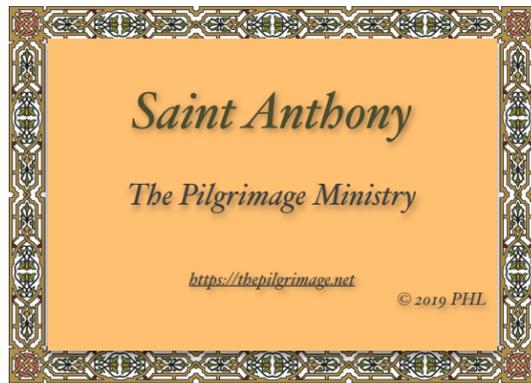
Bead Prayers

In the bead-prayers which follow you are given the prayer in the following format:

-  **The Cross**
-  **The Invitatory**
-  **The Cruciforms**
-  **The Week**

If you follow the pattern below it will soon become familiar:

Cross → Invitatory → Cruciform → Weeks → Cruciform → Weeks → Cruciform → Weeks → Cruciform → Weeks → Cruciform → [traditionally you repeat this making three circuits around the beads] then on the final circuit you back out of the beads by concluding with Invitatory → Cross.



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SAINT ANTONY

The Cross

Someone asked Abba Anthony, ‘What must one do in order to please God?’ The old man replied, ‘Pay attention to what I tell you: whoever you may be, always have God before your eyes; whatever you do, do it according to the testimony of the holy Scriptures; in whatever place you live, do not easily leave it. Keep these three precepts and you will be saved.’

The Invitatory

Abba Anthony — Taught Abba Ammonas saying: “You must advance yet further in your reverence of God.” Taking him outside he showed Ammonas a stone saying: “Go and insult that stone and beat it without ceasing.” When this was done St. Anthony asked, “Did the stone answer back?” “No,” said

Ammonas. Abba Anthony then said: “You too must come to a place where you no longer take offense at anything.”

The Cruciforms

"Saint Anthony was confused as he meditated upon the depths of God's judgements, and he asked God, 'Lord,, how is it that some die young and others grow old and sick? Why are there some poor and some rich? Why are there those who are bad and rich and oppress the good poor?' He heard a voice saying to him, 'Anthony, worry about yourself; these other matters are up to God, and it will not do you any good to know them.'"

The Weeks —

† Antony said, ‘Those who renounce the world but want to keep their money are attacked in that way by demons and torn in pieces.’

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† “Do not trust in your own righteousness, do not worry about the past, but control your tongue and your stomach.”

† Antony said, ‘He who sits alone and is quiet has escaped from three wars: hearing, speaking, seeing: but there is one thing against which he must continually fight: that is, his own heart.’

† Antony said, ‘Some wear out their bodies by fasting; but because they have no discretion this only puts them further away from God.’

† Antony said to Poemen, ‘Our great work is to lay the blame for our sins upon ourselves before God, and to expect to be tempted to our last breath.’

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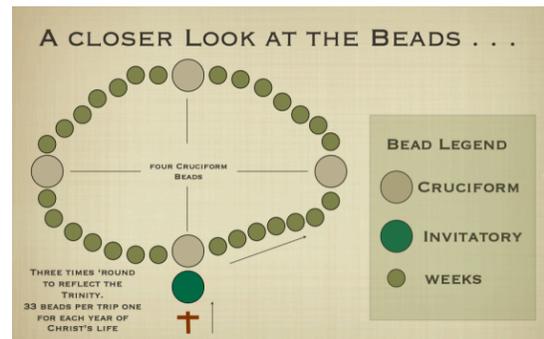
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