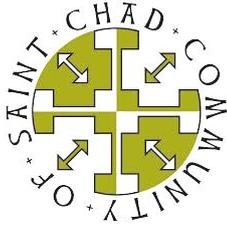


Community of St. Chad



Using a Rosary to Meditate on the Five Rhythms of Grace



The inspiration for this Community of St. Chad Rosary Meditation comes from the 2011 book compiled by Fr Clay Rountree entitled *"The Daily Prayer Rosary"* incorporating Common Worship texts.

The Community of St. Chad comprises members from a variety of spiritual traditions some of whom may be familiar with using beads as an aid to prayer. If you are familiar with this kind of prayer technique you will see quite readily how the five Rhythms of Grace lend themselves to a standard rosary having five decades of beads. If you are unfamiliar, it's hoped that this suggestion might be something you will try and perhaps add to your

repertoire of prayer resources thus helping maintain freshness and focus for your times of meditation and contemplation.

The technique can be used equally effectively by individuals praying and meditating alone or by CSC Spiritual Growth Groups meeting together. The accompanying card is but one example of how the prayer beads can be used. The texts are only suggested ones but have been specifically chosen because they relate quite well to each of the Rhythms of Grace.

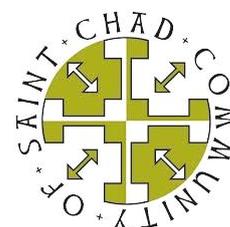
In his book, Fr Rountree acknowledges that the only thing really necessary for prayer is "a willing attentiveness to God" but also states that "millions of Christians have found beads to be a comforting prayer tool. Beads offer a way of externalising our prayer, reminding us that prayer is not something that simply goes on inside our heads."

The following description of the helpfulness of beads is offered by Fr. Basil Pennington of the Roman Catholic Dominican Order...

"Using beads often helps our concentration. This is one of their greater benefits. While they occupy and integrate our external senses into our prayer, our mind is left freer to attend to its own level of reality. There are mysteries to be pondered and experiences to be had, moments of enlightenment and touches of the divine, while the beads and their accompanying texts keep the lower faculties occupied. Even when the rational mind is occupied in conversation or some other simple task, beads can be a support to the spirit in its course of prayer. So for people used to discursive prayer, prayer beads are a step toward contemplative prayer, one way to take the step from 'talking to God' to 'listening to God.'

Fr Rountree adds that prayer with a rosary can feel a bit like going on a journey, a journey that begins and ends with the cross. The cross at the end of the rosary reminds us that we are not embarking upon the climbing of a spiritual ladder when we pray but are returning to the foot of the cross, the place where the love of God shone most brightly for humanity.

At the medal and then at the dividing beads which begin each decade, you are invited to read and silently reflect on the spiritual aspiration for each Rhythm of Grace. The ten verses which follow are said at each bead of the decade. The texts should be read slowly with a deliberate pause at the asterisk to allow God's word to penetrate our heart and mind.



CROSS

✠ In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Our Father in heaven, **hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.**

I believe in God, **the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

1st BEAD

God in Christ has revealed his glory.

Come let us worship.

From the rising of the sun to its setting

the Lord's name is greatly to be praised.

Give him praise, you servants of the Lord.

O praise the name of the Lord!

TRIPLET OF BEADS

2 We are often slow to follow the example of Christ.

Lord, have mercy.

Lord, have mercy.

3 We often fail to be known as Christ's disciples.

Christ, have mercy.

Christ, have mercy.

4 We often fail to walk the way of the cross.

Lord, have mercy.

Lord, have mercy.

5th BEAD

Glory be to the Father and to the Son and to the Holy Spirit;

as it was in the beginning is now and shall be for ever. Amen.

MEDAL or DIVIDING BEAD

Lord God, by your grace, help me as I seek
to be transformed into the likeness of Christ.

(Pause for reflection)

1st DECADE

1 Blessed are you, the God and Father of our Lord Jesus Christ, *

for you have blest us in Christ Jesus with every spiritual blessing in the heavenly places.

2 **You chose us to be yours in Christ before the foundation of the world***

that we should be holy and blameless before you.

3 In love you destined us for adoption as your children, through Jesus Christ, *

according to the purpose of your will,

4 **To the praise of your glorious grace,***
which you freely bestowed on us in the Beloved.

5 In you, we have redemption through the blood of Christ, *
the forgiveness of our sins,

6 **According to the riches of your grace, ***
which you have lavished upon us.

7 You have made known to us, in all wisdom and insight, *
the mystery of your will,

8 **According to your purpose which you set forth in Christ, ***

as a plan for the fullness of time,

9 To unite all things in Christ, *

things in heaven and things on earth.

[Ephesians 1.3-10]

10 **Glory to the Father and to the Son**
and to the Holy Spirit;*

as it was in the beginning is now

and shall be for ever. Amen.

DIVIDING BEAD

Lord God, by your grace, help my openness to the presence,
guidance and power of the Holy Spirit.

(Pause for reflection)

2nd DECADE

1 The Spirit of the Lord is upon me *
because he has anointed me.

2 **He has sent me to bring good news to the oppressed, ***
to bind up the broken-hearted,

3 To proclaim liberty to the captives, *
and the opening of the prison to those who are bound;

4 **To proclaim the year of the Lord's favour, ***
to comfort all who mourn,

5 To give them a garland instead of ashes, *
the oil of gladness instead of mourning,

the mantle of praise instead of a faint spirit,

6 **That they may be called oaks of righteousness, ***
the planting of the Lord, that he may be glorified.

7 For as the earth puts forth her blossom, *

and as seeds in the garden spring up,

8 **So shall the Lord God make righteousness and praise ***
blossom before all the nations.

9 You shall be called priests of the Lord; *

they shall speak of you as ministers of our God.

[Isaiah 61.1-3, 11, 6a]

10 **Glory to the Father and to the Son**
and to the Holy Spirit; *

as it was in the beginning is now

and shall be for ever. Amen.

DIVIDING BEAD

Lord God, by your grace, help me to set aside time
for prayer, worship and spiritual reading.

(Pause for reflection)

3rd DECADE

1 Give ear, O heavens, and I will speak; *
and let the earth hear the words of my mouth.

2 **May my teaching drop as the rain,**
my speech distil as the dew, *
as the gentle rain on the grass,
and as the showers upon the meadow.

- 3 For I will proclaim the name of the Lord. *
Ascribe greatness to our God!
- 4 **The Rock, his work is perfect; for all his ways are just: *
a faithful God without deceit, just and upright is he.**
- 5 His degenerate children have dealt corruptly with him; *
a perverse and crooked generation.
- 6 **Remember the days of old, consider the years long
past; *
ask your father, and he will show you; our elders,
and they will tell you.**
- 7 For the Lord's own portion is his people, *
Jacob his allotted heritage.
- 8 **He sustained him in a desert land,
in the howling waste of the wilderness; *
he shielded him and cared for him;
he kept him as the apple of his eye.**
- 9 As an eagle stirs up its nest, and hovers over its young, *
spreading out its wings, takes them,
and bears them aloft on its pinions,
- 10 **So the Lord alone did guide him, *
and no foreign god was with him.**

[Deuteronomy 32.1-5, 7, 9-12]

DIVIDING BEAD

Lord God, by your grace, help me to be a gracious presence
in the world, serving others and working for justice
in human relationships and social structures.

(Pause for reflection)

4th DECADE

- 1 Rejoice and be glad for you are the light of the world, *
and great is your reward in heaven.
- 2 **Blessed are the poor in spirit, *
for theirs is the kingdom of heaven.**
- 3 Blessed are those who mourn, *
for they shall be comforted.
- 4 **Blessed are the meek, *
for they shall inherit the earth.**
- 5 Blessed are those who hunger
and thirst after righteousness, *
for they shall be satisfied.
- 6 **Blessed are the merciful, *
for they shall obtain mercy.**
- 7 Blessed are the pure in heart, *
for they shall see God.
- 8 **Blessed are the peacemakers, *
for they shall be called children of God.**
- 9 Blessed are those who suffer persecution
for righteousness' sake, *
for theirs is the kingdom of heaven.
- 10 **Glory to the Father and to the Son
and to the Holy Spirit; *
as it was in the beginning is now
and shall be for ever. Amen.**

[Matthew 5.3-10]

DIVIDING BEAD

Lord God, by your grace, help me to sensitively share my faith
with others and support your mission both locally and globally.

(Pause for reflection)

5th DECADE

- 1 Seek the LORD while he may be found; *
call on him while he is near.
- 2 **Let the wicked forsake their ways *
and the unrighteous their thoughts.**
- 3 Let them turn to the LORD, and he will have mercy on them, *
and to our God, for he will freely pardon.
- 4 **"For my thoughts are not your thoughts, *
neither are your ways my ways," declares the LORD.**
- 5 "As the heavens are higher than the earth, *
so are my ways higher than your ways and my thoughts
than your thoughts.
- 6 **As the rain and the snow come down from heaven, *
and do not return to it without watering the earth
making it bud and flourish, *
so that it yields seed for the sower and bread for the eater,
so is my word that goes out from my mouth: *
It will not return to me empty,
but will accomplish what I desire and achieve * the
purpose for which I sent it.**
- 10 **Glory be to the Father
and to the Son and to the Holy Spirit; *
as it was in the beginning
is now and shall be for ever. Amen.**

[Isaiah 55. 6-11]

DIVIDING BEAD

Eternal God and Father, you create and redeem us by the power of
your love: guide and strengthen us by your Spirit, that we may give
ourselves in love and service to one another and to you; through
Jesus Christ our Lord. **Amen.**

5th BEAD

**Be with us as we seek to follow in the footsteps of your servant
Chad, whose humility and prayerfulness attracted so many to
your kingdom. Let our lives like his, reflect the light of Christ
and the hope of faith. In the name of your Son, Jesus Christ,
our Lord. Amen**

TRIPLET OF BEADS

- 4 Be with us Spirit of God;
nothing can separate us from your love.
- 3 Breathe on us, breath of God;
fill us with your saving power.
- 2 Speak in us, wisdom of God;
bring strength, healing and peace.

1st BEAD

Light eternal, shine in my heart, power eternal, deliver me from evil:
wisdom eternal, scatter the darkness of my ignorance. Grant that I
may ever seek your face, with all my heart and soul and strength;
and in your infinite mercy, bring me at last to your holy presence,
where I shall behold your glory and possess your promised joys.
Amen.

[Alcuin 735-804]

CROSS

May Christ, who has opened the kingdom of heaven, bring us to
reign with him in glory. **Amen.**

Let us bless the Lord.
Thanks be to God.