



Creating your rosary using chain and nuts

Praying the rosary is a great opportunity to spend some time in quiet prayer with God. But as well as praying the rosary in stillness, it can also be a great prayer for when you're travelling around. Making a rosary bracelet or chain means that you've always got one with you to pray when you've got a spare minute! Follow the steps below to make your chain. You can either make it for yourself or for somebody else. While you're making it, try spending some time praying for somebody you know who is ill, asking Mary to pray for them.

Step 1: Choose whether you want to make your rosary chain out of linked chain or nuts and twine.

LINKED CHAIN:

Step 2: Cut the chain into 10-link sections. You simply need to pick up a key ring, and loop it onto the last chain segment.

Step 3: Then decide whether you want the chain to free hang or loop. You can wear it on your existing key ring, or from your belt...

Step 4: If you want it to hang, you're done... if you want it to loop, attach the last free section of the linked chain back onto the key ring. You can use each link as a 'Hail Mary' and the key ring as a 'Glory Be / Our Father'

NUTS AND TWINE:

Step 2: Grab a section of twine, 11 large nuts and a couple of smaller ones, or washers...

Step 3: Thread 10 nuts onto the twine, then one smaller one / washer, another nut, and a last smaller one / washer.

Step 4: Choose where you want to hang the chain - round your wrist or off your belt loop or wherever. Loop the twine through, and then tie the end in a double or triple knot to make it secure.

Put it on, and start praying