

Three 'Secret' Pearls

These pearls stand for the things you tell God. These pearls remind you of all your prayers and hopes and wishes that you share with God. These are your innermost dreams and hopes. Just touch the pearls. You don't even have to use words—God knows.

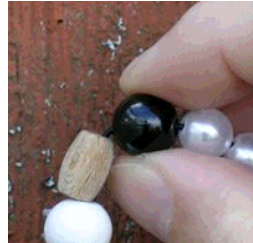
*"Even before a word is on my tongue
You, O Lord, know it altogether" (Psalm 139:4)*



The Night Pearl

The black pearl stands for the things that have happened in our lives that make us sad or hollow in the pit of the stomach when we remember them.

When you hold the black pearl picture light in the dark. God is in the dark. You are not forgotten. You are not alone. God is with you even when you feel sad or unhappy or you can't feel God's presence. God is still there with you even through hard, dark times in life.

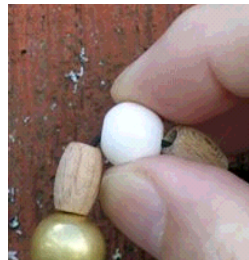


The Pearl of Resurrection

This is the pearl of peace and light. It is the pearl of hope; the one that helps us hope when life seems hopeless. In the midst of worry, it tells us that there IS a light that conquers dark. The big white bead reminds us of good triumphing over bad because of Jesus' love and courage, Jesus' resurrection. It reminds us that the world is full of God's light and life! Love IS stronger than evil.

This pearl stands for morning light after darkness!
Springtime after winter! Sunshine after rain!
A new beginning in life!

Help share God's love and life wherever you go.



The Pearls of Life have come to us through our link with Uppsala Diocese and we are very grateful for the gift of that discovery.

To find out more about the pearls or to buy some more pearls contact
Revd Caroline Pascoe, Diocese of Llandaff on 01656 868859
carolinepascoe@churchinwales.org.uk or visit www.llandaff.org.uk/ministry/baptism

The Pearls of Life

**"Frälsarkransen"
in Swedish**



**This is a special bracelet to help you pray—
and to remember what it means to be a Christian.**

How the bracelet of pearls was invented:

The Pearls of Life were invented on a Greek island... It was late summer when Bishop Martin Lönnebo, a Bishop from Sweden, was sailing around the Greek Islands. He had just retired and was taking each day as it came. Then there was a big storm and the boat he was travelling in had to land for safety. The island they took shelter on was small—with only 47 people living there including the village priest. For a few days, Bishop Martin found himself stranded in a small guesthouse, and during those quiet days, he started to invent the "Pearls of Life" bracelet.

Keep your pearls somewhere you can find them easily when you need them



Today, the pearls are in the pockets and bags of thousands and thousands of people. Some wear the pearls as a bracelet. Others sleep with them underneath their pillows. Some have it in their pocket or bag.

Keep your pearls somewhere safe so that they are easy to find when you need them.

Some ways of praying with the pearls

The Gold Pearl

The golden pearl stands for GOD, God the creator, source of all life and love.

The golden, largest pearl is to remind us that we are not alone. God is with us, supporting us, accepting us, loving us.

The Gold Pearl is the beginning and the end of the “bracelet”.

The Gold Pearl has its own prayer, written by Bishop Martin Lönnebo:

*“You are eternal
You are near
You are light
and I am Yours.”*



The pearls of Silence

The six oblong pearls are for silence.

It is meant for the quiet "in-between-moments" of quiet we often need in life.

As we get closer to God, words are not really needed.

Hold the Pearl of Silence and relax. Breathe deeply.

Stay as long as you want with God in the silence.

"For in him we live, and move, and have our being" (Acts 17:28)

If words would help, try repeating the Gold bead prayer in your head slowly.



The “I” pearl

The small, shimmering, “I” pearl is near the God pearl to remind us that we are made in the image of God and loved by God.

This pearl remind us that we are part of creation.

We are small.

We are just one part of it all. But we are precious to God.

We are created in God’s own image!

Hold the I Pearl and imagine your inner self. The most beautiful version of yourself ever imagined. See yourself through God’s tender eyes.



The Baptism Pearl of new beginnings

The big white pearl is to remind you of your baptism.

(If you haven’t been baptised you might like to talk to someone about it—a friend who goes to church, your parish priest, a teacher, youth worker...).

At Jesus’s baptism God said “you are my child, my beloved” and that is what he says to us too.

God also had a special job for Jesus to do—to spread his love across the world. God says that to us at our baptisms—and he asks each of us to help spread his love in our families, among neighbours, in school, work, at the gym, the club, in our communities, across the world...



The Desert Pearl

Sometimes, though, life can seem a bit like a desert. Being in the desert can feel lonely and difficult.

But desert times can help us separate the important from the unimportant. And then when we leave the desert behind, we can find that it has taught us something important. We can see things more clearly.

Hold the desert pearl and think about any “deserts” you have experienced in your life and how you came through them.

Hold on to the pearl if you feel that you are in a desert. Know that you are not alone and you will come through it.

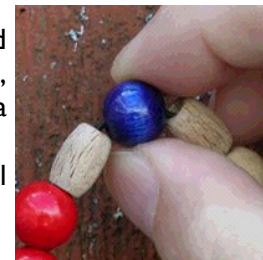


The Serenity (or calm) Pearl

Holding the blue serenity pearl. Shut your eyes and remember times in your life that have been carefree, happy, peaceful. Treasure these moments. They can be a place, another human being, nature, a walk on the beach...

Give thanks for those times and trust God that there will be more of them in the future, even at unexpected times!

Touch this pearl often. It is said that *"fear not"*, and other expressions with the same meaning, are mentioned 365 times in the Bible. That is one encouragement for each day of the year!



The Pearls of Love Given and Received

Hold the red beads and think about people who love you—and also, God’s love for you. Thank God.

Think about the love that you pass on too. Thank God.

Pray too for opportunities to share God’s love through who you are and what you do. Pray for the alertness to notice and take those opportunities.

