

Empty Myself Beads

aka: Good Deeds Beads



Supplies Needed:

- 20in. piece of string (cooking twine)
- Glue to prevent unraveling (use Dritz Fray Check)
- Eleven beads (Beadery/Bead Extravaganza)
- Wooden cross or St. Therese medal (or any Saint)
- 2" x 12" Cardstock (in scrapbooking aisle)
- Empty Myself wording (see page 2)
- Hole puncher
- Double stick tape
- 3 1/2 " of curling ribbon

Assembly Instructions:

Cut string and lightly glue ends so as to prevent fraying.

Once dried, double knot the cross or medal to the center of the string. Glide string with opposing sides meeting in the bead's center and pull through. Repeat the process ten more times.

Place middle finger on top of last bead to allow for space.

Tie a double knot with finger in place and then remove finger.

Beads should slide up and down the string with ease.

Card Assembly Instructions:

Fold the card stock in half and cut along crease.

Taking one half, fold it again followed by punching a hole in the top left corner.

Attach Empty Myself wording to front of card and St. Therese wording in the inside.

Trim card as needed. Slide ribbon through the back of the card and bead string and tie.

EMPTY MYSELF

*"When I stand before God at
the end of my life I would hope
that I would have not a single
bit of talent left and could say,*

*'I used everything You
gave me.'"*

Erma Bombeck

*St. Therese had a string
of beads like these to count
her daily sacrifices and acts
of love done for God.*

*It was used to bring her
closer to Him.*

*Her's had ten beads to pray the
Rosary, This has 11 to remind me
to empty myself.*

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