Empty Myself Beads
aka: Good Deeds Beads

Supplies Needed:
• 20 in. 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 ½ “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.
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.