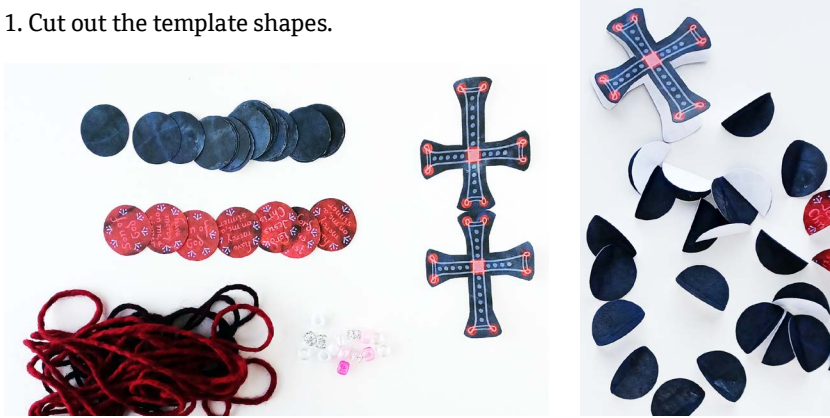


# SUNDAY OF ST. GREGORY PALAMAS



1. Cut out the template shapes.



2. Fold all the pieces in half. Pay attention to the direction of the fold on the red circles: if they are folded as shown in the photo, they will be easier to read as a whole phrase when placed in the finished craft.



3. Make the first "knot" of the prayer rope - for each "knot", you will need three paper circles. Glue two black circles together, only gluing them on one half side, and leaving the other half side unglued. Place a long piece of yarn between the two circles lengthwise, allowing some yarn to hang free on both sides. Glue a third circle onto the other two, sandwiching the yarn in the center.



4. If using pony beads, thread one or more beads onto the yarn. Make the second black "knot" in the same way as the first one.



6. Tie the loose ends of the yarn into a knot to make a closed loop. Attach the cross as follows: Unfold the cross, pass both threads of yarn through the unfolded cross from top to bottom, then fold the cross over the yarn and glue the two parts of the cross together, sandwiching the yarn between them. Tie another knot under the cross and thread one or more extra beads if you wish. Finish with one final knot.



5. Continue making the rest of the "knots" in the same way, paying attention to the direction of the letters on the red circles to make sure the phrase will be easy to read.



7. Make the tassel: Wrap a long piece of yarn several times around your fingers to make a thick loop. Use the free-hanging pieces of yarn from the prayer rope to attach the thick yarn loop under the cross. Tie the free-hanging pieces of yarn into a secure knot. Cut the thick loop of yarn at the bottom, and cut off the free-hanging yarn.

## You will need:

- The relevant crafting templates.
- Scissors and glue. Double-sided tape can be very handy but is not required.
- A piece of knitting yarn or string, about one yard long.
- Pony beads are optional.
- Optional materials of choice to further embellish, if desired.

For a detailed tutorial and teaching resources please visit: [orthodoxpebbles.com/lent-craft-kit-sunday2](https://orthodoxpebbles.com/lent-craft-kit-sunday2)