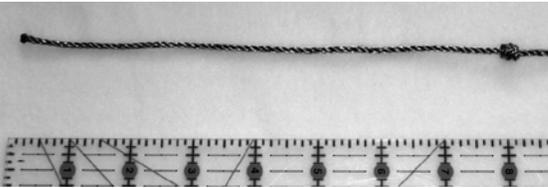




Kennedy's Rosary Project

Chaplet Instructions: page 1
Overview & Knotted Cross

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1. Make the first tri-barrel (Hail Mary) knot at about 8"-9" in from one end of the cord. See page 3 Tri-Barrel Knot sheet for knotting instructions.



2. Make a total of 10 tri-barrel knots using the long end of the cord. Try to space the knots about 1/4" apart. This forms the decade of the rosary

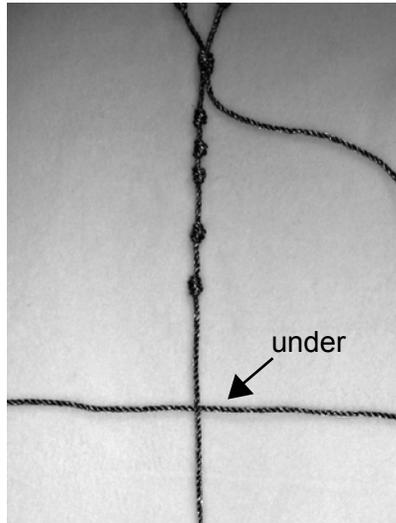


3. To join the two ends together, (see Joining the Strands & Quad-Barrel Knot sheet) tie them as one stand to make the center. Wrap the strands around the clip two times instead of three. Then put the ends through the barrel. Try to keep the decade evenly spaced from the center. Leave about a 3/4" to 1" of space between the decade and the center knot.

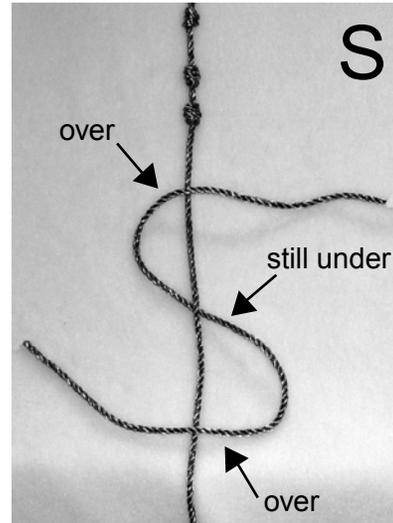


4. Using only the long strand, make 3 tri-barrel knots. Leave a space before and after the 3 knots. Then make 2 quad-barrel knots (see Joining the Strands & Quad-Barrel Knot sheet).

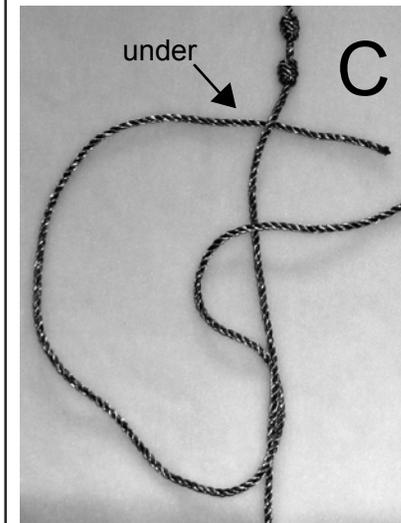
The second quad knot will be the top part of the cross. Make sure the knot is well formed and tight.



5. Lie the chaplet down with the long strand toward you. Take the second piece of cord and slide it under the long strand a couple of inches down from the last quad. Make the sides of the second piece even.



6. Using the ends of the second cord, make a large letter "S" by placing the ends over the long strand.



7. Using the strand from the bottom of the "S" we are now going to make a script "C". First bring the end of the cord up and slide it UNDER the long strand.

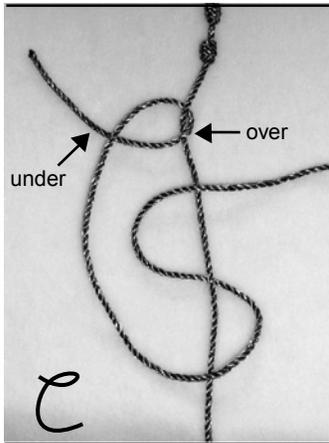


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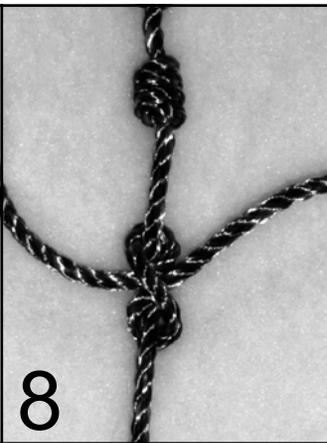
Chaplet Instructions: page 2

Overview & Knotted Cross

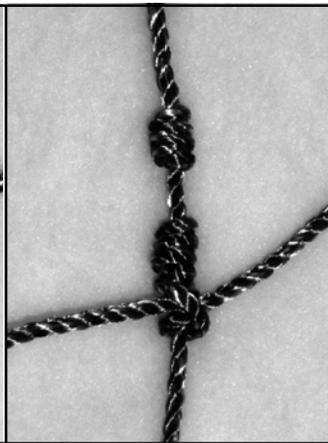
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8. Now we will make the flourish on the "C". Take the piece you just slid under & cross it over the long strand. Now pull it under the the body of the "C".

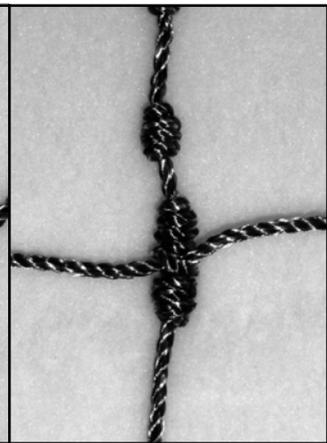


9. Slowly tighten the knot trying to keep the center in place by holding it with a finger. When you have tightened it, pull the two strands of the long cord. You should now be able to see the figure 8.



10. Check to make sure the two pieces are about equal length. Adjust if needed.

Slide the figure 8 knot up against the quad. You won't be able to keep it tight until the next knot is pressed up against it.



11. Make a quad-barrel. Make sure you tighten it as much as possible against the figure 8 and the previous quad.



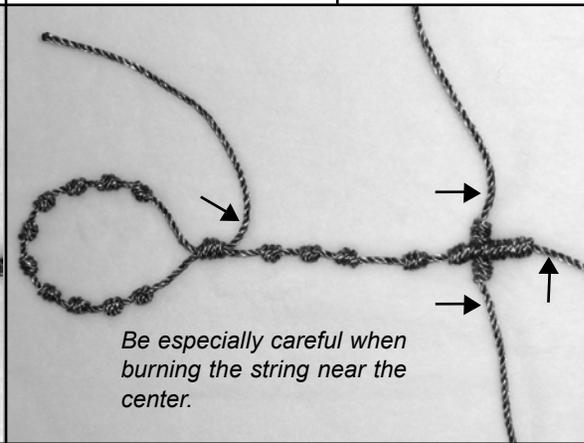
12. Make a second quad. Tighten it against the last quad. You have now completed the bottom of the cross.



13. To make the arms of the cross pull the figure 8 tight, then tie a quad. Tighten it against body of the cross.



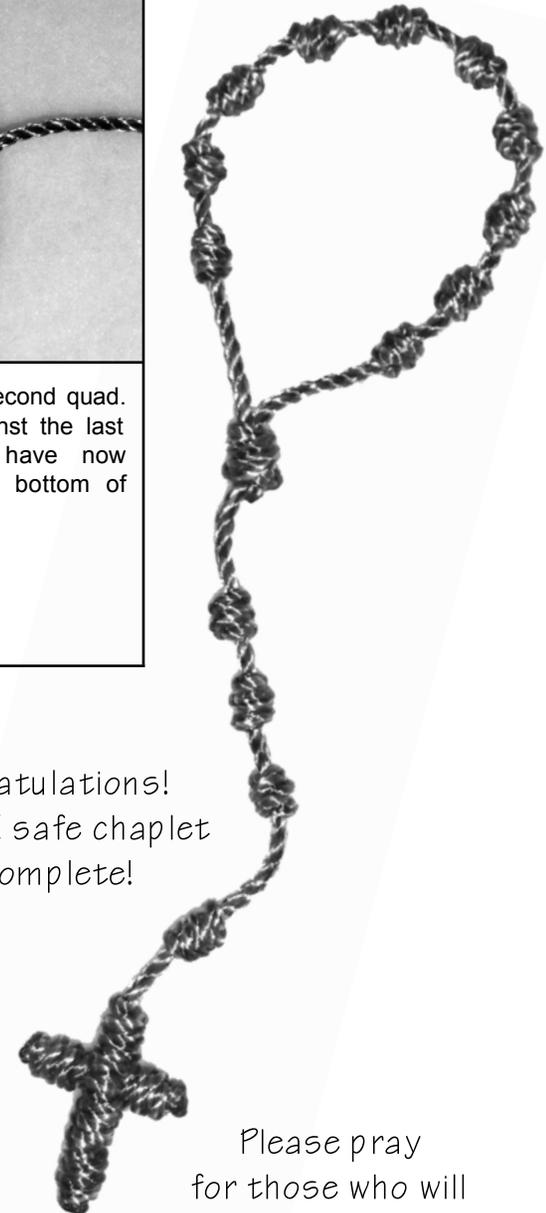
14. Make the second arm of the cross in the same way.



Be especially careful when burning the string near the center.

15. The last step is to finish the ends with a candle flame. CAUTION: make sure you do not wear loose clothing. Tie back long hair and make sure you have a safe work area. Be careful not to place the finished part of the chaplet too close to the flame.

Congratulations!
Your MRI safe chaplet is complete!



Please pray
for those who will
be receiving these chaplets.

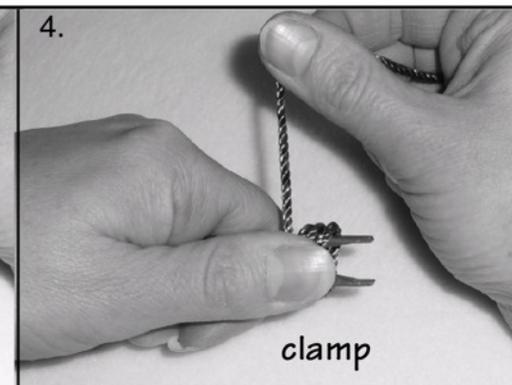
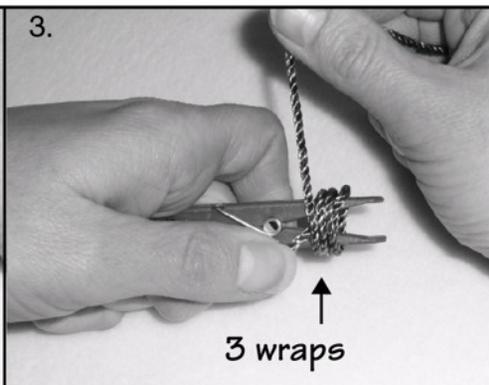
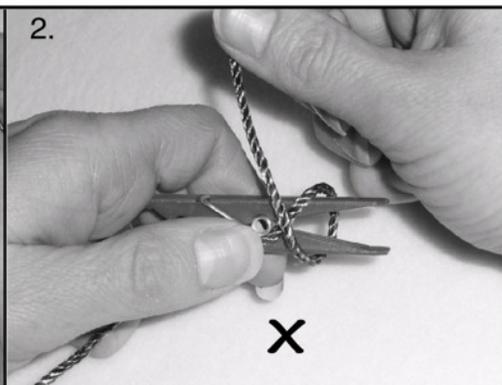
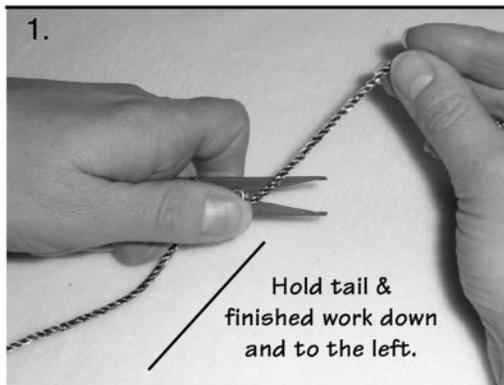


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Chaplet Instructions: page 3

Tri-Barrel Knot

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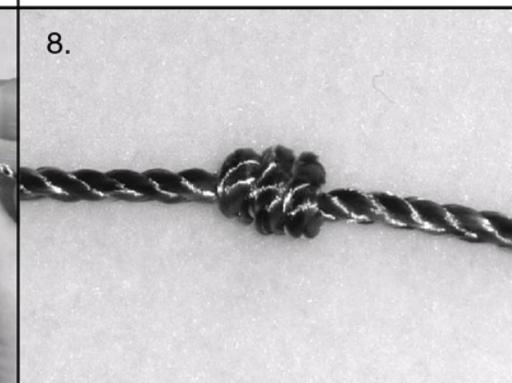
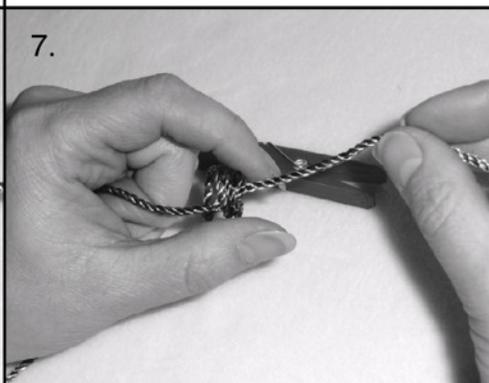
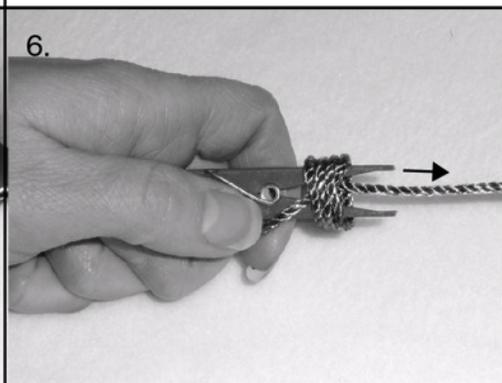
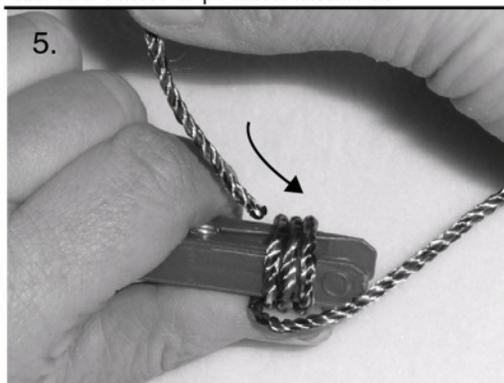


To make the tri-barrel knot hold the clothes pin with the alligator mouth pointing to the right in your left hand. Use your left thumb to hold the string in place. The string and any finished knots should be down and to the left on a diagonal. For the first knot make sure you have about 8" hanging down. For all other knots, make sure you hold the last knot against the clip to help the next knot be easier to position next to it.

Wrap the string around once making an "X".

Wrap 2 more times around CLOSER TO YOUR LEFT THUMB EACH TIME!!! This gives you a total of 3 wraps.

Place your thumb on the wraps to clamp them in place.



Rotate your hand so that you can see the back of the alligator. Insert the cord into the small part of the mouth and pull it through the other side.
TIP if your string is coiling up on you as you pull it through, don't hold it tight as you wrap. Let the cord rotate as you wrap.

Once the cord is all the way through **place your fingers on top and below the knot to help keep the coils in order.** Gently slip the wraps off of the clip keeping them coiled.

This is important: how you tighten the barrel will effect the knot. SLOWLY move the knot towards the place you want to position it as you BEGIN to tighten it. Once in place tighten the knot while keeping the coils in their order.

To really tighten it you will have to pull the knot side to side while still making sure you are ending up with the spacing you want. **Improvement comes with experience.**



1. To join the strands hold both of the stings in your hand. Make sure the first and last knots of the decade are even.



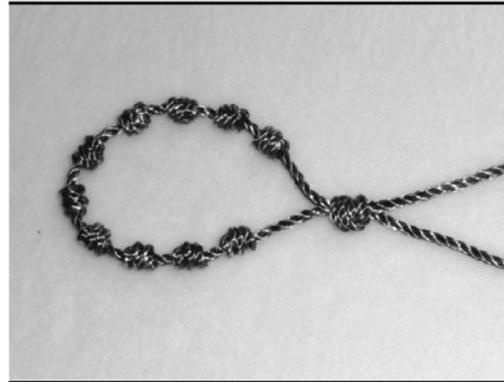
2. Hold the finished work close to the clip. Now begin to make the knot wrapping with both strings as one.



3. Since we have the 2 strands, wrap only **twice**. It will look like you have wrapped 4 times.

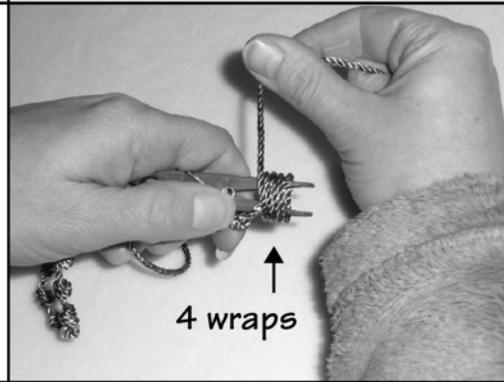


4. Slide both strings through the opening.

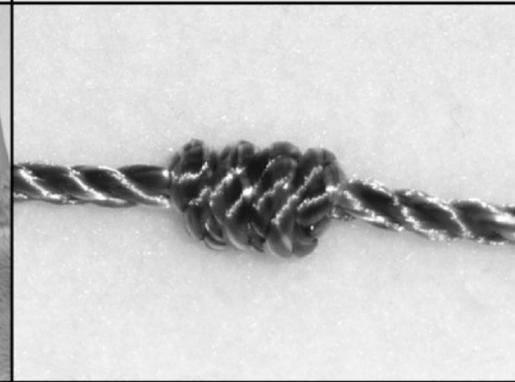


5. Make sure to leave about 3/4" to 1" of cord between the decade and the center knot. Pull each of the two strands after tightening to make sure the knot is as tight as can be.

Quad-Barrel Knot



1. The only difference between a quad-barrel and a tri-barrel is one extra wrap of the cord around the clip.



2. Finished quad- barrel knot.