

# Catholic Prayers: Saint Anne's Cord for Christian Mothers



The Saint Anne's Cord for Christian Mothers is made of white tape. On one of the ends are five knots and a medal of Saint Anne.

## *Signification*

The Cord is in honor of the maternity of Good Saint Anne and, for the Christian mother, is both a protection and a symbol. Great precautions should be taken in order not to expose the health, the good qualities and the eternal salvation of a child during pregnancy. Honored in her most glorious privilege, Good Saint Anne will not fail to intercede in behalf of a mother invoking her with confidence.

Thousands of children owe to the glorious Mother of Mary, with the life of the body, the grace of holy Baptism.

The Cord is also a symbol. Girdling the loins, it signifies by its whiteness purity of body and soul. The five knots in honor of Jesus, Mary, Joseph, Joachim and Good Saint Anne, symbolize penance, meekness, humility, patience and confidence in God, all virtues necessary to her who wishes her virtues to be infused from her heart into her child's soul.

## *Practices of Devotion*

In imitation of your holy Patroness, spend the time of pregnancy in prayer, the fulfilment of duties and the practice of all virtues. With that intention:

1. Invoke daily the holy Patron and Model.
2. Receive frequently the Sacraments.
3. Make the ordinary novena or the nine consecutive Tuesdays in honor of Good Saint Anne.
4. Often say the following ejaculatory prayers: *Good Saint Anne, pray for us*, and *Jesus, Mary, Anne*.