

## HAVING A MARY HEART: “NO FEAR” BEAD CRAFT

- Print off instructions and “N.O. F.E.A.R.” Promise Cards” from links at [www.HavingaMaryHeart.com](http://www.HavingaMaryHeart.com)
- Gather material needed

You will need to purchase the following for each of the ladies in your group:

9 colored plastic beads  
6 white plastic “alphabet” beads to spell out NO FEAR  
12” piece of black plastic cording

You can find what you need at Walmart, large craft stores, or online. **NOTE:** You’ll have to buy several bags of alphabet beads to get enough of the letters you need. However, I used the leftovers to make W.W.J.D. bracelets for a children’s church craft.

### INSTRUCTIONS:

Fold a piece of 16-½” black plastic cord in half and secure with a knot about ¾- inch down from fold. Start with a colored bead, and then add the “N”; then a colored bead and the “O”; then two colored beads. Alternate the remaining letters with colored beads and end with two colored beads. Using both pieces of cord, form a knot and pull it tight to the last bead. Trim as needed.

