



UNITY WEDDING CEREMONY IDEAS

PREPARED BY REV. KRISTEN DUPUIS

- 1) **SAGING CEREMONY:** A Cleansing, purifying, positive affirmation inspired Ceremony with Indigenous roots. The Couple will be saged (or cedar, palo santo, sweetgrass, ect) From head to toe cleansing and purifying - The wedding party/guest will sit silently saying prayer, positive affirmations, wishes and intents. You can also have a collective affirmation/prayer/intent.
- 2) **BLESSING STONES (AFFIRMATION/INTENTION)** Each Guest will be provided a stone/crystal - and a small intention card/book etc - when they arrive the can grab a stone write an intention for the couple and during the ceremony we ask each guest to place the stone in a basin/bucket/container of water, wishing well, a pond/lake/body of water, (really sky's the limit)- purifying the intentions and making ripples with the wishes and blessings (This one can be tailored to your ceremony - both indoor and out - the stones can be place in the water or other special container during or after the ceremony.
- 3) **ANNIVERSARY CAPSULE: WRITING AN ANNIVERSARY NOTE** -capsule ceremony is a reminder of the durability of your love and the lifetime commitment of marriage. During the ceremony, all of these tokens of love are sealed up in a box, and the couple can open it on their five-year, 10-year, or 20-year anniversary. The time-capsule ceremony can also include friends or family who are invited to bring photos, letters, or keepsakes to seal in the time capsule. Before the ceremony, the couple should gather important mementos from their relationship: ticket stubs, hotel room keys, notes, and cards. In addition, each should write a love letter to each other.

- 4) *PLANT AND TREE/POT A PLANT:* A sweet ceremony option for a woodland themed, garden, outdoor -inspired wedding. This creative nature-inspired idea is to plant a tree together, adding soil (perhaps gathered from both of your hometowns) to a pot to symbolize your union. Like the tree, your relationship will need love and care to grow and bloom.

- 5) *WATER POURING CEREMONY:* A unity water ceremony is a sweet and simple little ritual that involves both partners pouring water, wine or another liquid of your choosing from two separate glasses into one glass. In its new vessel it will mix together, symbolizing the merging of your two lives.

- 6) *WINE/DRINK MIXING CEREMONY:* Bride and groom pouring beer during unity ceremony If you've ever stumbled upon the perfect red blend wine that you couldn't get enough of, this is definitely the unity ceremony for you. The couple chooses two different, yet compatible, wines, pours them into a glass to create a perfect blend, and then drinks the blend together. This can also be done with beer, or it can be done with tea for a dry wedding.

- 7) *LIGHTING OF THE UNITY CANDLE:* each of you have one smaller candle and light together a unity Candle (larger) symbolizing the unity of your two separate lives coming together as one.

- 8) *PAINT CEREMONY:* The couple pick a colour they love (must be two different colours) they have a canvas on a stand and together they pour the paint down the canvas - signifying the two living pouring together to create one. This is a great keepsake for your home as well

- 9) *RING WARMING CEREMONY:* In this unity ceremony, the couple's wedding rings are placed either in a lovely box or sometimes tied together or a pillow etc. The officiant gives them to the first person and asks them to take a moment, hold the rings in their hands—warming the rings up—and put their happy thoughts, well wishes, or prayers for the couple silently into the rings. They then pass them on to the next guest and the rings make their way around to all guests (or a select amount/select people) before coming back to the officiant where the couple will then place the rings on each other's finger. This works really well with intimate or micro weddings but can be done at larger weddings as well. It brings extra loving, positive energy to the ceremony and is a wonderful way to include all of your guests in that special moment of your special day.”

- 10) ANNIVERSARY WINE BOX CEREMONY: purchase a wine/champagne/ or other alcoholic beverage and place it in a box - the couple take turns sealing the box - Open and drink on your first anniversary.
- 11) WASHING OF THE HANDS OF THE FEET CEREMONY - This symbolizes walking into your marriage with purity, cleansed, and anew (similar to saging) you are purifying yourselves as you embark upon your new lives together.
- 12) PLACING OF HANDS ON A STONE: This wedding ritual is done when you and your husband say your heartwarming wedding vows while holding one stone together. It is said that this Scottish custom is a sacred act that connotes togetherness.
- 13) SHARING WITH FRIENDS AND FAMILY: To perform this wedding ritual, you and your partner will need to gather your close family members and friends in one area to do a sharing of their feelings about the two of you. It is a simple yet heartwarming custom that can be done in small weddings or that will have a special circle of parents/siblings/best friends etc.
- 14) CREATE A COCKTAIL: combines the sentimentality of tradition with a fun—and delicious—modern twist. If you are beer lovers, pour two different but complementary beers—usually a light and a dark—into a glass and enjoy your first brew as husband and wife. If liquor is your thing, gather up single servings of your favorite ingredients, shake them up, and enjoy your custom creation. I recommend choosing a simple cocktail, such as a single mixer and liquor so that you can pour it together effortlessly.
- 15) INCORPORATE A SPIRITUAL MOMENT: For those who would like to add a spiritual element to their ceremony, taking communion, forming a prayer circle, or singing a song of your faith are all moving ways to incorporate your spirituality into your ceremony! The unity aspect here is to include your family and friends in order to symbolize the joining of your communities in your marriage. Another great option is to include a spiritual aspect from your heritage or the destination in which you are tying the knot. This can get very personal and unique to the couple (this could be religious or Spiritual based - Yoga inspired, Universal, Angels, a favorite author or spiritual leader prayer/saying/quote as you form a circle, hold hands, hold stones, or any other spiritual tools - you can get very creative - a group saging with a blessing, warming of the hands (transfers healing energy) and placing them on

the person next to you, your own heart centre, holding hands in a circle etc) You can get very creative here depending on your beliefs and desires.

**** This List is not limited to the above mentioned, there are other Unity ceremonies that can be used within your ceremony. The above are some I have collected/performed or been inspired by. Personally I find all the above mentioned very unique and different. Whatever you choose (or don't choose) will make your special day uniquely yours; Perfect and beautiful.*

With love,

Revered Kristen Dupuis.