



Sacred Cycles Celebrant Training

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Sample Wedding Opening Words and Address

Opening Words

Welcome everyone!

Today we all have the honor of witnessing the joining of two lives!

Rachel and Brian have fallen in love so deeply, so completely, that today they make a bond, a sacred promise whereby their hearts and their souls will be united as one for the rest of their days.

The first order of business is to extend, on behalf of Rachel and Brian, a warm welcome and big thank you to everyone who has traveled near and far to be her today. There are friends and family members here not only from the New York area, but also from Washington State, Illinois, California, and even Mexico and London! Rachel and Brian have shared with me that family and friends are very important to them, and they are so grateful for everyone's presence here today. The couple also shared with me that they are both particularly close with their parents, and I wanted to take a moment to honor them right now, at the beginning of the ceremony, for you have contributed greatly to the development of these two wonderful individuals,

Rachel and Brian, and the incredible partnership that is being committed to today, and all that will be created from it.

It has been quite a few years since that evening at a Black Angus restaurant in San Diego in 2003 when Rachel and Brian first met. Though the romance between them wasn't quite sparked that evening, they both separately shared with me that one began to fall in love with the other at a party in San Diego a short while later. With their friend Megan, who is here with us today as the Maid of Honor, Brian and Rachel went to this party together, and as Brian tells it, "We talked for hours. The longer I spoke with her that night, the more interested I was." From there, it was many beautiful memories in San Diego and then a journey across the country to settle here in New York. Many wonderful memories here, including an engagement on top of Rockefeller Center. And here we are.

(pause)

So, Rachel and Brian – take a moment now and see all of those loved ones. I want you to really take a good look at the smiling and loving faces of all the people who are here to support you today.

(pause)

And today, before all of you – their most cherished family and friends – our couple will say the most powerful, loving words that two people can say to each other. They will take their wedding vows. And it is our honor and privilege to stand witness.

So I ask you now to go to your hearts and open them as wide as you can so that we come with our full presence to honor Rachel and Brian and they join together as husband and wife.

Celebrant's Address

(Have them look at each other)

Rachel and Brian, in just a few moments something magical occurs. A transformation takes place. You will transform into a family, a nuclear family for all to see. Now, this is quite profound because family means that you literally become part of each other. You carry each other deep inside, wherever you may go. No matter what life may bring, whether it is the wonderful sound of laughter or the anguish of tears, now you walk this walk called life hand in hand, committed as husband and wife.

And what better way to begin your life together than to hear, to really hear, to let penetrate your hearts and your souls, the ways in which you love each other. It is a great privilege for me now to share with you some of the words that you wrote about each other.

Now, I have to just mention that it was SUCH a pleasure to read what the two of you wrote to each other. You both wrote so much, such beautiful, touching, funny, loving things about the other and about your relationship. It was actually difficult for me to edit it down for tonight because it was all so wonderfully inspiring.

Brian told me about when he really started to fall for you, he said, “We went to Balboa Park one night. I remember letting Rachel out of the passenger seat and she started walking. She was so beautiful and she was smiling and had a bounce in her step. My heart melted. We went to La Jolla Cove a short time after and I asked her to be my girlfriend. She is everything I’ve ever wanted in a person.”

When I asked Brian what he finds unique about your relationship, he said, “we have a better time doing nothing and just being with each other than we do going out and doing things. Our friend Bill (who is from New Orleans) calls us foxhole. It means that we’d rather be with each other in seclusion than amongst the public. It’s not that we were not social, we just love to be with each other. We have the same stupid pet names and jokes since we got together and they don’t get old. Rachel is my best friend and I have more fun with her than anyone!”

When I asked Brian what qualities he admires most about you, Rachel, here is what he said: “I admire how smart she is. If someone was to ask me who the smartest person I know is, I would say Rachel. She’s amazing! I also admire her work ethic. She takes so much pride in her work and works so hard. The word fail is not in her vocabulary. She is so focused and it’s amazing to watch. I love her sense of humor and her ability to have fun. We have such a blast together. We both have such a goofy nature that we can laugh for hours over nothing.

And, Brian also told me what he loves most about you. He said, “I love Rachel’s beautiful smile. Her smile can light up the room! She has a great

laugh. It has everyone in the room cracking up when she gets going. I love her work ethic and determination. There is nothing that gets in her way! She gets so many things done in such a short time! Lastly, I love her fun loving-happy personality. Rachel has blast in anything she does! We have fun in everything we do. Everywhere, that she is with me, makes that moment and place better!

And finally, Brian said: “My years with Rachel have been the happiest years of my life. In my years with her, I’ve grown so much into the person I want to be. I’ve learned so much about life and love. Rachel has shown me patience. She was there with me through everything and now we’re getting married!

Now Brian, Rachel, too, had some things to say about you and your relationship together. Just like you, Rachel knew something important was happening at that party in San Diego. She told me:

“That night We realized we had a lot in common and from that day we’ve only spent a handful of days apart. From that point I fell in love with Brian almost instantly – I knew he was the one. From day one it has always just been so easy to be together – like we were always meant to be. “

She went on to say:

“There are so many qualities in Brian that I admire. Brian is one of the most positive people I have ever met. He is almost never in a bad mood and lives

life to the fullest. He always sees the good in everyone and the best in every situation good or bad. He makes me want to be a more positive person – he inspires me every day.

I love Brian with all that I have. We love each other unconditionally. I love him for who he is at his core – a loving, nurturing, caring, all around good person. Brian inspires me every day and makes me a better person. I respect him, I trust him, I cherish him. I am thankful to have such an amazing person by my side every day.

And, when I asked Rachel how you make her feel loved, here is what she said:

Brian makes me feel loved every day. He’s never held back his feelings for me. He is always complementary and makes me feel beautiful even when I don’t feel my best; he makes me feel happy even when I am having a bad day.

And finally, Rachel said:

Brian and I have been together a long time, and we met when we were very young, essentially we have grown up together and have experienced a lot of

growing pains together. I would not be the person I am today without Brian. He has made me a more confident woman; he always builds me up and never puts me down; he always believes in me and never hesitates to tell me how proud he is of me. He has taught me to be more positive – I work on it all the time – and to laugh at myself more.

Well, It is so clear from meeting with you, from seeing the two of you together, and from hearing your words for each other that there is so much love and respect and support and FUN in your relationship. This is quite something! May that love and respect grow as you continue to grow as individuals and as a couple. You have both told me that you believe communication to be one of the strongest foundations for a good marriage. May you continue to communicate clearly, to hear into each other's hearts, to share your dreams and your passions with each other, and to support each other to develop your individual potentials. May you challenge each other to laugh as often as possible and to take pleasure in all that life will offer you.