

# EXAMPLE PRAYERS, POEMS & BLESSINGS:

POSSIBLE FORMS OF WORDS TO MARK YOUR COMING TOGETHER

## WHAT THIS HANDOUT IS ABOUT

The following provides examples of prayers, poems and blessings that you might like to adopt or adapt for your own ceremony. You can substitute any word or words you like for "God" in these, whatever is meaningful for both of you. A blessing may be as simple as an intention (or will) that you might be happy, or might explicitly ask for the "hand" of the Universe, God, or whoever or whatever external aide is relevant for you to offer you protection and care.

### 1. EXAMPLE PRAYERS

[Your names], GOD HAS brought you here as your love and faith came softly upon each other's hearts, and as the sea foam lies softly before us on this glorious day, and just as there will never be a morning without the ocean's flow, may there never be a day without your love for each other. As the tides ebb and flow so to, do the fortunes of life. Footprints in the sand are washed away, driftwood moves on its endless quest for a peaceful harbour and only a deep and abiding love can withstand the tides of change in two lives. The love you have for each other is enduring and profound and your friends and family both on earth and in spirit are gathered here to witness this love and the vows you will make to each other.

- Heather McDonald



MAY GOD guide you always on your journey of union,  
May your love always be as constant and unchanging as the  
Never-ending waves that break onto the shore,  
Flowing endlessly from the depths of the sea,  
Just as the water nourishes the earth and sustains life,  
May your constant love nourish and sustain you until the end of time.  
May you always be happy.

- Heather McDonald



MAY YOU know your wholeness  
May you dwell in the heart  
May you be free from all suffering  
May you be healed  
May you be happy  
May you be at peace  
- Buddhist metta prayer (variation)



I CALL UPON the great power of the Spirit of God to rest upon us all, and to bear witness to the exchange of love that [couple's names] both wish to share for each other. May the intangible supernatural force that pervades through the Heavens, now interpenetrate with the physical realm of this Earth. I ask for the Mighty Power of the Spirit to BREAK OUT and meet with us now as one universal body of love, interconnected as divine souls, each one of us IMMERSED by love.  
- Haydn Hammond



Let us pray. Oh Spirit of Love and Life. We give thanks for [Couple's names] and celebrate the journey that they have already travelled since their hearts met and we acknowledge that love begets love. [Couple's names] stand before you as one unit, a family in the presence of their loved ones. We ask that you watch over them now as they deepen their spiritual commitment to each other.  
-Jim Carter



THROUGH HARD TIMES and good times,  
Unexplored places and adventures to come,  
[Names of Couple] make known today their deep love for each other.  
May we, their family and friends, and, for those who call upon a power greater than ourselves,  
With the Will of the Great Provider and Sustainer that you call upon,  
Make known your heart-felt desire that [Names of couple] be happy,  
That they will enjoy a life full of wonderful surprises together,  
And grow stronger and deeper through the sharing of their lives together.  
We wish that they will follow safe paths and will be given  
All that they need for their journey ahead.  
As their hearts have been joined, may they support each other, teach each other,  
And bring each other peace.  
May this be so.  
- Clive Johnson

## 2. SAMPLE POEMS

Whenever we're together  
Whenever we're together  
You outshine the sun  
When I need a friend to hold  
Or a friendly listening ear  
I always hope it's you  
And it is when you're here  
Together our friendship flows  
Together we both seem to grow  
And flower and bloom  
Like friends sometimes do  
I like me better  
When I'm with you.  
- Mist Glantz

*For Marriage*

As Spring unfolds the dream of the earth,  
May you bring each other's hearts to birth.

As the ocean finds calm in view of land,  
May you love the gaze of each other's mind.

As wind arises free and wild,  
May nothing negative control your lives.

As kindly as moonlight might search the dark,  
So gentle may you be when light grows scarce.

As surprised as the silence that music opens,  
May your words for each other be touched with reverence.

As warmly as the air draws in the light,  
May you welcome each other's every gift.

As elegant as dream absorbing the night,  
May sleep find you clear of anger and hurt.

As twilight harvests all the day's colour,  
May love bring you home to each other.  
- John O'Donohue



*Tomorrow's worries will not trouble us*

Dear friend, already we've come so far.  
Now we stand together, companions and partners in this life.  
We are each made of strong stuff, but together we are invincible.  
As iron sharpens iron, so we mould each other.

This adventure called life is for us best shared together.  
Our spirits soar in harmony, and our breath infuses each other.  
We are companions on the journey indeed - friends, lovers, soul mates.  
As life begets life, so we enliven each other.

Tomorrow's worries will not trouble us, as we move forward in our power.  
Yesterday's anxieties are now lost to history.  
Today we stand strong in the gifts that we see in each other.  
As light shines more brightly through more light, so we shine together.  
- Clive Johnson



*From 'The Prophet'*

You were born together, and together you shall be forevermore.  
You shall be together when white wings of death scatter your days.  
Aye, you shall be together even in the silent memory of God.  
But let there be spaces in your togetherness,  
And let the winds of the heavens dance between you.  
Love one another, but make not a bond of love:  
Let it rather be a moving sea between the shores of your souls.  
Fill each other's cup, but drink not from one cup.  
Give one another of your bread, but eat not from the same loaf.  
Sing and dance together and be joyous, but let each one of you be alone,  
Even as the strings of a lute are alone though they quiver with the same music.  
Give your hearts, but not into each other's keeping.  
For only the hand of Life can contain your hearts.  
And stand together, yet not too near together:  
For the pillars of the temple stand apart,  
And the oak tree and the cypress grow not in each other's shadow.  
- Kahlil Gibran



*Today*

I will open my heart to the brightness of sunrise  
And the cold of a rainy night.  
I will feel my feet on the Earth  
And drink in the air around me.  
I will accept confusion when I find it in my heart  
And remember to ask what it would show me.  
I will trust the strength of my experience  
And remember it is mine and not others,  
And I will keep the door open for new  
Experiences to enter.  
I will ask for help before I feel helpless  
And accept it from unexpected directions.  
It's a big world and I'm standing here -  
The most beautiful place to be.  
And I will open my heart  
And remember who I am.  
- Jonathan Horwitz

Note: Some of the poems above may be subject to copyright and require permission to be included in a distributed leaflet or 'order of ceremony'.

### 3. EXAMPLE BLESSINGS

GOD, BLESS our friends [couple's names] and their rings of eternal promise to one another. May their marriage be held in your loving arms and may their union bring healing, joy and awakening to all those who know and meet them throughout their lives. May the world remember your everlasting love through [couple's names]'s commitment and devotion to one another. And so may it be.  
- Zia Ali



[Couple's names,] MAY YOU grow deep routes towards each other underground, and when all the pretty blossoms have fallen from your branches you will find that you are one tree and not two."

- St. Augustine (Adapted by Haydn Hammond)



MAY THE blessings of God rest upon you  
May God's peace abide with you  
May God's presence illuminate your hearts  
Now and forever more.

- Sufi blessing/song.



NOW YOU will feel no rain,  
For each of you will be a shelter to the other.  
Now you will feel no cold,  
For each of you will be warmth to the other.  
Now there is no loneliness for you,  
Now there is no more loneliness.  
Now you are two bodies,  
But there is only one life before you.

Go now to your dwelling place,  
To enter into your days together.

And may your days be good  
And long on the earth.

- Traditional Apache prayer



NOW YOU will feel no rain, For each of you will be shelter to the other.  
Now you will feel no cold, For each of you will be warmth to the other.  
Now you will feel no loneliness, For each of you will be companionship to the other  
Now you are two persons, But there is only one life ahead of you  
Step forward onto your path with the abundant blessings of The Divine Spirit to enter into the days of your life together as Life Partners, forever bound by one love

- Haydn Hammond



GREAT FATHER, MOTHER and CREATOR of the Universe, bless [names] this day, we pray. Give them strength and courage to face adversity, compassion to face hostility, and wisdom to choose what is right. May they grow into a fuller knowledge of themselves, opening ever more their hearts to each other, and to the gifts that have been given to them. May they learn to harness the dance of opposites, to greet all aspects of each other and themselves with gratitude. May they be attuned to their hearts, and to doing what You will have them do, ready to go where You will have them go. Bless them, all the days of their lives.



I CALL UPON the Divine to Bless this union of [couple's names].

May their love bring love to others. May they know the joy of life together and, when the time is come and they must part, let their memories be gentle and kind on each other and may they never forget this moment when all was love.

- Jim Carter



IN THE PRESENCE of the Beloved, the God of your understanding, I ask you all to let your hearts open, to the true purpose and meaning of marriage. May J [couple's names] feel the transformative power of love in every breath. This is the beginning of a new life together, and it can only be made possible through the grace of the Beloved, which moves in your devotion to one another. Let us embrace this mystery and be thankful for it. For it has brought us all together today.

- Zia Ali



MAY THE GRACE of the Beloved be always with you both, so that you may always support one another to your truest, fullest and brightest selves. May you see God in one another and feel the Beloved in your ever-restoring devotion to each other.

- Zia Ali

