

## **Loving cup ceremony:**

Officiant:

On this your wedding day, we celebrate the Celtic spirit of the Anam Cara. Anam Cara is translated from the Gaelic as "soul friend." By entering in a partnership with your Anam Cara, you are joined in an ancient and eternal way with this person whom you most cherish. In everyone`s life there is a great need for an Anam Cara and so I ask you to toast one another by repeating the following.

*(Fred and Ginger hold the loving cup)*

Fred and Ginger please repeat after me (in unison):

Today I recognize you, my Anam Cara  
And ask that you become a part of me, in sacred kinship.  
With you, I have lost all fear and have found the greatest courage.  
I have learned to love and to let myself be loved.  
With you, I have found a rhythm of grace and gracefulness.  
Love has reawakened in my life; a rebirth; a new beginning.  
With you my Anam Cara,  
I am understood,  
I am home.

And now, please drink to the love you have shared in the past.

*(The couple takes turns sipping from the loving cup)*

Drink to your love in the present, on this your wedding day.

*(The couple takes turns sipping from the loving cup)*

And drink to your love in the future and forever more.

*(The couple takes turns sipping from the loving cup)*

The Celts believed that the way you view your future actually shapes it. I now ask you to take a moment to visualize a future for yourselves.

*(A moment of silence is taken. The Officiant then offers this final toast)*

Above you are the stars, below you are the stones, as time doth pass, remember.....  
Like a stone should your love be firm; like a star, should your love be constant. Let the powers of the mind and of the intellect guide you in your marriage.  
Let the strength of your wills bind you together.  
Let the power of love and desire make you happy and the strength of your dedication make you inseparable.  
Be close to each other but not too close.

Have patience with one another, for storms will come but they will pass quickly.  
Be free in giving affection and warmth.  
Have no fear and let not the ways of the unenlightened give you unease.

*(The couple takes turns sipping from the loving cup)*