

Unity Symbols

1. Flowers
3. Water
4. Sand
11. Unity Candles
21. Wine or Other Beverage
22. Lovers' Knot
23. Chocolate
25. PB&J Sandwich

Flowers, Water, Sand, Chocolate, Wine, Tying a Knot with rope, and Candles can all be used as symbols of Unity. A unity symbol ceremony usually takes place after the Vows and Exchange of Rings. It can also be performed after the Vows and before the Exchange of Rings.

Flowers

NOTE: One couple used Unity Flowers with the vase being on a wall at the Millennium Garden in Plymouth. A few minutes after they put the large flowers into the small vase, a gust of wind came along, and the flowers acted like a sail. The vase fell off the wall and smashed. Everyone gasped and then Judge Armstrong said. "It's traditional at a wedding to break a glass - *pause for laughter* - as a symbol that each of your past lives can never be the same again as you begin your future joined together as one."

Flower vases need to be big enough, wide enough, and have enough water in them to avoid any "sail effect."

Flowers - 1.

Unity Flowers

The Bride and Groom each take a flower from their Mothers.

Bde and Grm have each taken a flower from their Mothers symbolizing their two separate families. These two flowers will now be placed together in one vase. The two separate heritages of their families are joined together as one.

The two flowers are placed together in one vase.

Flowers - 2.

Combining Bouquets

Flower Ceremony

True partnership is only achieved by a man and woman who retain their individuality even as they unite. We ask God to bless and protect this union. Your union is also the joining of two families. Grm and Bde, as you combine your two families and these two bouquets into one, you join your lives together.

*The Bride and Groom each get a small bouquet from their Parents.
They then combine the two bouquets and place the flowers in a vase.*

Flowers - 3.

Rose Ceremony

Bde and Grm will each take a red rose representing the strength of love, from each of their Mothers, and a white rose in reverent remembrance of family members who have passed, from each of their Fathers. They will then place these roses in one vase to symbolize the joining of their heritages and families to form their new bouquet of love and life brought together by the strength of family members present and those who have gone before them.

The Bride and Groom each take a red rose from their Mothers and a white rose from their Fathers.

The Bride and Groom place the roses in one vase.

Water

The color of the water is up to each couple. Try the colors out before to see if they actually change. The couple who first wrote sample #1 found that Yellow didn't affect the Red and the water remained Red. The guests laughed when the Groom's color disappeared and the Bride's color remained the same. The Bride said afterwards "We should have experimented with the colors first."

I have had about nine ceremonies use the mixing of colored water. The only time that the colors mixed perfectly were Yellow and Blue - they made a great Green. Sometimes the couples have used colors that wind up with a brownish gray - that didn't match the bridesmaids' dresses.

Remember to test your colors first. Don't have a friend pick them out on the way to the ceremony. Plan ahead.

Water - 1.

Water Ceremony

Bde and Grm have decided to express their unity with a mixing of colors.

As you see there are two cylinders filled with colored water. Each color symbolizes Grm and Bde's personality.

We have Bde's color, Red - which is fiery, passionate and also the color of love. While Grm's color, Yellow, is warm, steady, and also the color of friendship.

When these two colors and personalities merge, they will unite love, passion, stability and friendship, making one balanced, unified color. Grm and Bde become a part of each other, while also maintaining a part of themselves.

Music

The Bride and Groom walk back to the table and pour the water together.

Water - 2. No words spoken

Water Ceremony

Music

The Bride and Groom mix colored waters as a symbol of their two lives joining.

Water - 3.

Water Ceremony

Bde and Grm have decided to express their unity with a mixing of colors. As the two colors mix together they symbolizing the joining of their two lives to create something new. Just as these waters can never be separated again, so their lives are joined together and inseparable.

Music

The Bride and Groom mix colored waters as a symbol of their two lives joining.

Water - 4.

Water Ceremony

Bde and Grm have chosen to symbolize the joining of their lives by pouring these two vases of water together into a third vase.

Music

The Bride and Groom mix colored waters as a symbol of their two lives joining.

Sand

Find three containers, one for you and your fiancée to pour the sand into, two for each of you to pour the sand from. You can find colored or plain sand at most craft stores. After the Officiant reads the text pour the two containers of sand into the third container simultaneously. You may wish to leave a small amount of sand in each container to symbolize that although you are now joined as one, you each remain individuals. You may also wish to empty the two smaller containers – so be sure the sand doesn't overflow the larger container.

Sand - 1.

Sand Ceremony

As a symbol of their two lives joining, Bde and Grm will pour these two vials of sand together. Once these sands are mixed they can never be separated again – just like the lives of Bde and Grm are joined as one and inseparable.

The Bride and Groom slowly pour each vial of sand into a third empty vial. The sands are mixed as they pour.

Sand - 2.

Sand Ceremony

You are committing here today to share the rest of your lives with one another. Today, this relationship is symbolized through the pouring of these two individual containers of sand into a third one. One, representing you, Bde, and all that you were, all that you are, and all that you will ever be. One, representing you, Grm, and all that you were, all that you are, and all that you will ever be.

To Bride: Bde, pour some of your sand, which will represent you as an individual.

The Bride pours sand.

To Groom: Grm, pour some of your sand, which will represent you as an individual.

The Groom pours sand.

Just as the individual grains of sand can never again be separated and poured again into the individual containers, so your marriage will be.

Bde and Grm, now pour your remaining sand into the container together to represent the joining of your two individual lives into this union of marriage.

The Bride and Groom pour the remaining sand.

As you have joined yourselves in wedlock may you strive always to meet this commitment with the same spirit you now exhibit.

Sand - 3.

Sand Ceremony

Grm and Bde, you have just sealed your relationship by the giving and receiving of rings. This covenant is a relationship pledge between two people who agree that they will commit themselves to one another throughout their lives. The most beautiful example of this partnership is

the marriage relationship. You have committed here today to share the rest of your lives with each other.

Today, this relationship is symbolized through the pouring of these two individual containers of sand. One, representing you, Grm and all that you were, all that you are, and all that you will ever be; and the other representing you, Bde, and all that you were and all that you are, and all that you will ever be.

As these two containers of sand are poured into the third container, the individual containers of sand will no longer exist, but will be joined together as one. Just as these grains of sand can never be separated and poured again into the individual containers, so will your marriage be.

The Bride and Groom slowly pour each vial of sand into a third empty vial. The sands are mixed as they pour.

Sand - 4.

Unity Sand Ceremony

Grm and Bde, today you join your separate lives together. The two separate containers of sand symbolize your separate lives, separate families and separate sets of friends. They represent all that you are and all that you'll ever be as an individual. They represent your lives before today.

As these two containers of sand are poured into the third container, the individual containers of sand will no longer exist, but will be joined together as one. Just as these grains of sand can never be separated and poured again into the individual containers, so will your marriage be.

Bde and Grm pour the two containers of sand into a third container.

Sand - 5.

Sand Ceremony

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Groom and Bride, now that you have expressed your vows to each other and have exchanged your first marital gift, the rings, your separate lives have become as one. I now ask that each of you take the sand and jointly pour it into the larger container, thus symbolizing the blending of two separate lives into one. As these two sands blend together, so your lives join to become one.

The Bride and Groom pour the sand together.

You met as individuals and so remain but strengthened as you have also become one. You can look forward to the future knowing that you can face whatever it may hold because of your unity. May your love forever shine as a beacon to others.

Sand - 6.

Pouring of the Sand

Before you met, your lives were on separate roads, each going in different directions and seemingly leading to different destinations. But somewhere along the way you met, fell in love, and today you find yourselves standing together at the entrance of a new path that will forever join your once separate journeys into one.

Before each of you there is a container of sand. Each represents the separate journeys you once were on, as well as your own sets of friends and families that once were apart. In a moment I will ask that you both blend your individual containers of sand together - representing the coming together of your friends and family, through your marriage, into one. And as the sand is poured together into one container, your once solitary journeys will now be one of companionship, as you walk a single path together into your future.

Please pour your containers of sand together.

The Bride and Groom pour the sand together.

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As the sand has blended together, your lives are now joined, your separate journeys through life are now one. Your friends and family are as one as well, for now you will share those who are in your lives and will walk hand-in-hand along the path of your marriage - united and strong as husband and wife, as inseparable as these grains of sand.

Sand - 7. With Children

Sand Ceremony with Children

As a symbol of their two families joining, Bde and Grm, along with their children (children's names) will pour these (number) vials of sand together. Once these sands are mixed they can never be separated again - just like the families of Bde and Grm are joined as one and inseparable.

The Bride and Groom along with the children slowly pour each vial of sand into an empty vial. The sands are mixed as they pour.

Sand - 8. Layering the Colored Sand - Light Brown, Red and White

Sand Ceremony

Bde and Grm have chosen to commemorate their marriage through the celebration of the Sand Ceremony. This mixing of colored sand symbolizes the inseparable union of Bde and Grm into a new and eternal Marital relationship.

Love is the eternal force of life. Love is the force that allows us to face fear and uncertainty with courage. Grm and Bde, you will be sharing one life, but you are two separate people. Cherish and affirm your differences. Love each other. Keep your commitment primary. Together you will laugh and cry, be sick and healthy, be happy and angry, share and grow. You will grow sometimes together, and sometimes separately. To symbolize the importance of the individual within the marriage and

the joining of two lives into one, three colors of sand will be layered into a container.

Please begin with the Neutral Sand, which symbolizes that your marriage is well grounded.

Pause

Then pour in the Red Sand, which symbolizes your love and that your marriage is based on the strength of each one of you together in love.

Pause

Now pour the White Sand, which symbolizes purity of heart, mind and purpose.

Pause

All these grains of sand can never again be separated into their individual colors. Thus shall your marriage be – united and inseparable.

Sand – 9 Getting the Guests involved

Use whatever wording you like for the ceremony, but do this before the ceremony starts.

As the guests arrive, the two ushers will have them pour a little sand (a tea spoon or table spoon size) into a big vase. When all the guests are seated, before the ceremony begins, one of the ushers will bring the big vase and the other will bring the Bride and Groom's sand containers to the front for the sand ceremony.

Be sure to have a table for this at the entrance and a table at the front for the sand containers. Make sure the big vase is very big and that

you have enough sand – but not too much. The bride and Groom will then add their sand to the big vase with the sand of all the guests.

Unity Candles

NOTE: The side candles are called taper candles. They can be lit before the ceremony by anyone designated by the Bride and Groom – the ushers, parents, etc. The taper candles can be lit during the ceremony by the Bride and Groom, or by a member of each of their families – mothers, fathers, both parents. These taper candles are then used to light the Unity Candle.

Hurricane Lamps

For an outside ceremony, it is usually very difficult to light the candles and to keep them lit. Use hurricane lamps with each candle. Don't have the side candles lit during the ceremony – light them just before the Unity Candle is lit. The Best Man or the Officiant can lift the large hurricane lamp from the Unity Candle as you light it and then quickly replace it.

NOTE: Purchase a hurricane lamp for the Unity Candle that is wide enough for the candle to fit inside and tall enough to be a couple inches, or more, above the top of the flame. The side candles should also be short enough to fit inside their two hurricane lamps. The hurricane lamp doesn't help when the candle is taller than the lamp or when the Unity Candle is too wide for the lamp because of the decorations around the base of the candle. Be sure everything works together before the day of the ceremony.

Making Fire

Humanity's ability to make fire is how our ancestors were able to keep warm and thus maintain our DNA through the Ice Ages. We wouldn't be here without fire – so how will you light your candles? Matches can be great, but if they don't light the first time – very awkward. Lighters are modern and come in many sizes and configurations. The

long lighter with a trigger is okay, but sometimes the spark doesn't turn into a flame and many repeats – click - click - click - brings laughter. Tom has seen all this happen. What's best? Lighting the taper candles before an inside ceremony – or having a lit tea candle (vigil light) in a glass hidden behind the Unity Candle gives you a place to effortlessly light the taper candle or taper stick.

Transferring Fire

Although taper candles work well inside to light the Unity Candle, if you are using hurricane lamps or water vases – see below – you may want a taper stick to transfer the fire. It may be difficult to get the lit taper candles out of the hurricane lamp and keep them lit. You would be holding the glass lamp in one hand and the taper candle in the other. Here is a site that explains taper sticks – but you don't need a thousand of them. A store that sells lots of candles should have these taper sticks.

<http://www.churchcandlesonline.com/wood-lighting-tapers-thin-sticks-1000box-p-355.html>

Water Vases

If wind is a problem, or even if not, floating candles in three water vases – the center and larger vase being the Unity Candle – will work well. If it's windy, put less water in the vase so the floating candle is well below the top of the vase and out of the wind. Use taper sticks to dip into the side vases and then light the center floating Unity Candle.

Instructions

With candles lighted, the Bride's and Groom's Parents come forward and then light the Unity Candle held by the Bride and Groom.

The Bride and Groom each take a lighted candle and join the flames of the two candles to light the Unity Candle. The two candles can then be extinguished leaving only the Unity Candle lighted.

The Bride and Groom each light a candle and then join the flames

of the two candles to light the Unity Candle. The two candles can then be extinguished leaving only the Unity Candle lit.

Candles - 1.

Unity Candle

The flames of life from these two families are now being united as one. May the light and warmth of this new single flame grow ever stronger through the years protecting and giving joy and strength to all those whose lives it may touch. May it also serve to remind Gm and Bde of God's eternal light and love, especially in times of trouble and sorrow.

The Bride and Groom light the Unity Candle.

Candles - 2.

Remembrance

Our community is shared, if in a different way, by those who have passed beyond this life. Their roles in the life of Gm and Bde are no less remembered and honored as we savor today's joyous moments. Join with us, then, in fond memory of all these people, and in particular the grandfathers/grandmothers fathers/mothers of the Groom and Bride, () and (), In their memory, let us be silent together.

Moment of Silence

In all the quiet of this very special moment, we pause, also to give thanks for all the rich experiences of life that have brought Gm and Bde to this point in their lives. We are grateful for the values which have flowed into them from those who have loved them and nurtured them and pointed them along life's way and for the values which they have found by their own strivings. We are grateful that within them is the dream of a great love and the resources to use that in creating a home that shall endure.

Unity Candle Lighting

The heritage each brings to this marriage will continue to be an important element in their lives, but now will be shared between them. In commemoration of the merging of these two rich heritages and in memory of those, living and dead, who are part of these heritages, I now invite Grm's parents and Bde's parents to come forth and light candles, representing each of the families of this couple.

Parents light side candles.

Grm and Bde will now light the unity candle with these candles, symbolizing the union of their two families in this marriage and the rich heritage each brings to it. As they light the unity candle, they do not extinguish their flames. Although they are embarking upon a new and unique relationship in the union of their lives in marriage, they, nonetheless, retain their own separate and unique identities and personalities.

The Bride and Groom each take a lighted candle and join the flames of the two candles to light the Unity Candle.

Candles - 3.

Unity Candle Ceremony

The lighting of the Unity Candle is a ritual symbolizing the union of a man and a woman as they enter into marriage. The Unity Candle represents the oneness that is being created by the joining of their individual lives into a shared journey. The individual candles symbolize the uniqueness of Bde and Grm, as they walk side by side, heading in the same direction.

By committing to one another today, they kindle the light within each other, and promise to do their best to always see that light within one another. To nurture and tend that flame in each other, especially in troubled times, when this may be difficult to do.

To Bride: Bde, take this candle as a symbol of your individual path.

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To Groom: And Groom, take this candle as a symbol of your individual path.

Now joining your individual flames together, light the center candle, which symbolizes the torch of your union, and the new greater flame of your marriage. And as you do so, silently vow to tend to the flame of this union, and to never forget that just as this union is made stronger, by your strength as individuals, so are you as individuals made stronger by the strength of this union.

The Bride and Groom light the Unity Candle.

Candles - 4.

Unity Candle Ceremony

Groom and Bride, the two separate candles symbolize your separate lives, separate families and separate sets of friends. I ask that each of you take one of the lit candles.

The Bride and Groom each take a candle.

These candles represent your lives before today. Now together light the center one.

The Bride and Groom light the Unity Candle.

Now extinguish your own candles.

The Bride and Groom extinguish their individual candles.

Your two lives are now joined in one light, the joining together of your two families and sets of friends to one, that neither time nor circumstance can alter.

Candles - 5.

Unity Candle

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Grm and Bde, the two separate candles symbolize your separate lives, separate families and separate sets of friends. The individual candles represent your lives before today. Lighting the center candle represents that your two lives are now joined to one light, and represents the joining together of your two families and sets of friends to one. I ask that each of you take one of the lit candles and that together you light the center candle.

The Bride and Groom light the Unity Candle.

They can either extinguish the individual candles or leave them lit.

Candles - 6.

Unity Candle

Together Bde and Grm will light one candle from two smaller candles as they acknowledge their union as husband and wife. By allowing the flame of the two smaller candles to remain lit, they also accept the individuality of each other as a means to fulfilling their oneness.

The Bride and Groom light the Unity Candle.

Candles - 7.

Lighting of Unity Candle

I am my beloved and my beloved is mine. From every human being there rises a light that reaches straight to heaven and when two souls that are destined to be together find each other their streams of light flow together and a single brighter light goes forth from their united being.

Bde and Grm will now light the Unity Candle.

Music

The Bride and Groom light the Unity Candle.

Candles - 8.**Lighting of the Unity Candle**

Grm and Bde the two distinct flames represent your lives to this moment; individual and unique. This candle before you is a candle of Commitment because it takes two people working together to keep it aflame. This candle is also a candle of Unity because both must come together, giving a spark of themselves, to create the new light. Grm and Bde will light the center candle to symbolize the union of their lives. As you light this candle, may the brightness of the flame shine throughout your lives. May the radiance of this one light be a testimony of your unity. May this candle burn brightly as symbols of your commitment to each other. May it give you courage and reassurance in darkness, warmth and safety in the cold.

The Bride and Groom light the Unity Candle.

The flames of life from these two families are now united as one. May the light and warmth of this new single flame grow ever stronger through the years protecting and giving joy and strength to all those whose lives it may touch. May it also serve to remind Grm and Bde of God's eternal light and love, especially in times of trouble and sorrow.

Candles - 9.**Unity Candle**

Grm and Bde have brought light, meaning, and joy into each other's lives. They are unique individuals with their own personalities and their own strengths. Their individuality is symbolized by the two candles that we see before us today. And as they go forward now to light the center candle, they are declaring the fact that something new is being created here. Their individuality still exists and they will honor each other's uniqueness, but they also joyfully declare that they are one! May the light of their shared journey burn brightly from this day forth.

The Bride and Groom light the Unity Candle.

Candles - 10.

Unity Candle

Today Grm and Bde come here from two different families, from which a new family will be created. At this time, I invite the parents of Grm and Bde to come forward to light the individual candles. The individual flames, representing each family and their values and hopes for their children, symbolize two families and individuals who will become one.

Parents come forward and light the individual candles.

Grm and Bde, the candle you are about to light is a Candle of Marriage. Its fire is magical because it represents the light of two people in love. This candle before you is a Candle of Commitment because it takes two people working together to keep it aflame. This candle is also a Candle of Unity because the flames of both families must come together, to create the new light.

As you light this candle today, may the brightness of the flame shine throughout your lives. May it give you courage and reassurance in darkness, warmth and safety in the cold, and strength and joy in your bodies, minds, and spirits. May the light of love, the light of understanding, the light of respect, and the light of tolerance shine eternally for you both. May your union be forever blessed.

The Bride and Groom light the Unity Candle using the individual candles.

Candles - 11.

Unity Candle

Today, each of us has been touched and renewed by the power of love, which we have seen in Bde and Grm. The love and joy you have discovered in one another is not of your own creation. God's creative love has been nurtured within you through the love you have known in family

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and friends. These two candles reflect love which is forever restless until it touches another. As you now join these flames into one, may the love, which you have promised to each other, be enriched, each day through the grace of God.

The Bride and Groom light the Unity Candle.

Candles - 12.

Candle Ceremony

Now, we're going to engage in a ceremony of spiritual symbolism. Ancient sages tell us that for each of us, there is a candle, a symbol of our own inner light, but that no one can kindle his or her own candle. Each of us needs someone else to kindle it for us. When two people fall in love, they kindle each other's candles, creating great light and joy and glorious expectations.

Grm and Bde, I'd like you to remember when it was in your relationship that you first realized you were truly in love and wanted to spend the rest of your lives together. And holding that thought...

To Groom: Grm, take this candle

The Groom picks up a candle.

symbol of the inner light in Bde. Light it by the eternal light, with the dedication to rekindle it again and again, whenever necessary.

To Bride: And Bde, take this candle

The Bride picks up a candle.

symbol of the inner light in Grm. Light it by the eternal light, with the dedication to rekindle it again and again, whenever necessary.

With these candles, we can see how to achieve a beautiful marriage. In your marriage, you will try to bring these lights, the symbols of yourselves, closer and closer to each other, until they become one

The Bride and Groom join their flames and hold them together.

great torch of light, a radiant symbol of love, joy, peace, and harmony. This is the mystery of the union two becoming one.

Yes, it is vitally important to remember that there are always really two

The Bride and Groom divide their flames.

in marriage, each with his or her own desires, yearnings, dreams, and wishes. And these must be respected and responded to with great love, with great compassion, and with genuine tenderness.

We know that it is the prayer of your beloved, as it is the prayer of each of us here, that you will continuously light these candles of love, so that there will always be light and joy, peace and harmony in your hearts and in your home.

The Bride and Groom set the candles down.

Candles - 13.

Unity Candle

Groom and Bride have brought light, meaning and joy into each other's lives. They are unique individuals with their own personalities and their own strengths. Their individuality is symbolized by the two candles that we see before us today. As they light the center candle, they are declaring the fact that something new is being created here. Their individuality still exists and they will honor each other's uniqueness, but they also joyfully declare that they are one! May the light of their shared journey burn brightly from this day forth.

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The Bride and Groom light the Unity Candle.

Candles - 14.

Unity Candle

Bde and Grm will light their Unity Candle, a symbol of their relationship and love. The candles from which they light it have been lit by their parents to represent their lives to this moment.

The two candles, representing the faith, wisdom, and love they have received from their parents, are distinct, each burning alone. Bde and Grm will light the center candle to symbolize the union of their lives. As this one light burns undivided, so shall their love be one.

The Bride and Groom light the Unity Candle.

May the radiance of this one light be a testimony of their unity. May these candles burn brightly as symbols of their commitment to each other, and as a tribute to their parents' everlasting love for them.

Candles - 15. Also symbolizing Child / Children

Unity Candle

Grm and Bde light the candles that represent their love for each other and for (Child/ren). From the uniqueness of these separate flames, they kindle a larger and brighter flame that represents the union between Grm, Bde, and (Child/ren). The side candles remain burning to symbolize the continuing importance of the individual integrity within the marriage relationship. The volume of the center candle depicts their belief that together they can become more than either could alone.

The candles are lit.

Candles - 16. Another symbolizing Children

Unity Candle Recognition of Child/Children

*Grm and Bde take separate lit candles and go to the Unity Candle.
While they are lighting the Unity Candle
Judge Armstrong reads the following:*

Grm and Bde believe that the lighting of their Unity Candle not only signifies their joining to each other, but also the union of their child/ren, (Child/ren names), into this family. It also recognizes the creation of a larger, stronger family including their brothers, sisters, aunts, uncles, nieces, nephews, grandparents, guardian angels and friends. The joining of two flames into one signifies this strength and support extending this circle of love.

Wine or Other Beverage Ceremony

1. Wine

Wine Ceremony

To symbolize and celebrate the blending of their two lives into one, Bde and Grm will each chosen a separate carafe of wine, symbolizing their lives before today. They will then combine the two wines into one and together drink a toast with this new wine.

The couple proceeds to the table and each takes an individual carafe and pours some wine into the larger carafe. The Groom then takes the larger filled carafe with the combined wine and pours some in a glass for the Bride and the Bride pours a glass for the Groom.

They raise glasses and toast each other with:

Now our lives are one.

The Bride and Groom place the wine glasses back on the table and turn back to Judge Armstrong.

This ceremony represents your two individual lives, combined like the two wines into one single life. The drinking of the combined wine signifies the commitment you now make to live your lives as one family. May you remember this day of commitment you have sealed with drinking of the new wine joining your lives as one.

2. Unity Cocktail

Mixing of the Unity Cocktail

And now for something completely different...

This Unity Ceremony represents the flowing of two lives into a single vessel. Bde and Grm hold their separate drinks, which, when poured together, can never be separated. It would be impossible to ever decipher, or pull apart the exact drops that once belonged to the other. The blending of the spirits represents the union not only of them but their friends and families as well. They are forever entwined and while the marriage may be shaken it will never be stirred.

Music

The Bride and Groom mix and drink the cocktail.

Lovers' Knot

You can find this knot on the web.

www.ehow.com/video_4468114_tie-true-lovers-knot

Tying of the Unity Knot

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Today, Bde and Grm will actually be tying a knot. They will be making the “true lovers knot.” Although it is one of the simplest knots to tie, it is also one of the strongest; it will not break, and will only become stronger when under pressure. The rope itself will break before the knot comes undone.

Bde and Grm begin to tie the knot.

This triple knot represents the past that brought you two together, the present moment of this union and the future you two plan together from this day forward.

Bde and Grm complete the knot.

Chocolate

Unity Chocolate Ceremony

Many couples choose to include symbols of unity in their ceremonies; unity candles, a shared glass of wine ... but those couples are not this couple! Grm and Bde choose to do something a little different.

Chocolate is a delightful metaphor for love and life! The possible flavors and textures for chocolate are endless. Each truffle, each sliver, or kiss promises the discovery of a new treat for the palette. For a chocolate lover, navigating the world of chocolate is as exciting as a lone explorer discovering new and uncharted territory. So too, should be your relationship with each other.

Your uncharted territory is the coming years that lie ahead, years that will present so many opportunities to learn and grow, to challenge each other and to comfort each other, to revel in the new and find comfort in your history; a history you create every minute of every day.

Your life together will certainly mirror the experience of tasting chocolate. There will be times that are sweet, filled with cream and honey; and times that are dark and bittersweet. And probably some times that are really nutty! But every experience will nourish your body, heart, and soul. By sharing this chocolate with each other, you promise to always be present for each other, in darkness and light, in bitter and sweet, in desperate and delicious!

Music

The Bride and Groom share chocolate.

Peanut Butter and Jelly Sandwich

This is a fun thing to do. Depending on the personalities of the families, the Groom could have the jelly, and the Bride could have the peanut butter. If you have a program you may want to just say Unity Ceremony and keep the surprise for the Guests. No one will expect this and everyone will remember it.

Unity PB & J Ceremony

While Tom is reading these first few lines (explaining the situation), Groomsmen will bring out the table, which has on it two aprons, two bread slices, two table knives, two plates, a jar of peanut butter and a jar of jelly.

Throughout history, couples have chosen many symbolic rites, from medieval European Handfasting to modern Unity Candles, to mark the joining of their lives. Gm and Bde have chosen to mark the combining of their lives with a non-traditional, but still very symbolic, spin on the Unity Ceremony ... with the creation of a Unity Peanut Butter and Jelly Sandwich.

Tom gestures towards Bde, who is putting on an apron and then spreading jam on a slice of bread.

Presented from the (*Bde's Last Name*) Family, we have jelly: sweet, colorful, and rather fruity.

*Tom gestures towards Grm, who is spreading
peanut butter on a slice of bread.*

Presented from the (*Grm's Last Name*) Family, we have peanut butter: sometimes smooth and sometimes crunchy, always pleasantly nutty.

These are two very different tastes, textures, and personalities. They are each wonderful on their own and have their own identity.

The bread symbolizes shared interests, goals, and dreams; common values, beliefs, and lifestyle choices. When anchored by these shared values and combined into one unit, Bde and Grm complement and balance each other like peanut butter and jelly: that is to say, each component is wonderful on its own, - but - the whole is even greater than the sum of its parts.

*Bde and Grm put the sandwich together
and take a simultaneous bite of the sandwich.*

Applause