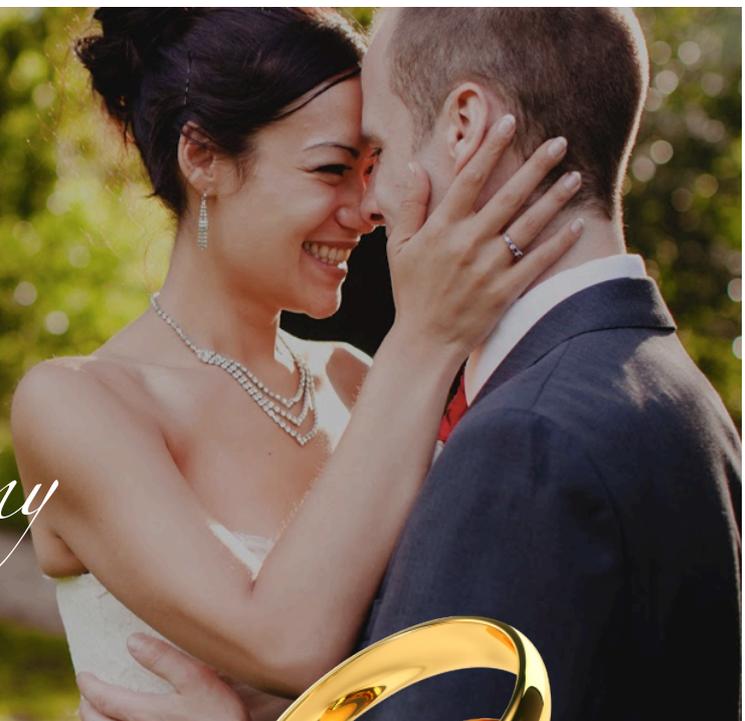


Wedding Tips for a Stress-free Ceremony



Preparations

Make your bookings with wedding specialists early to ensure that you get what you want. Have a checklist of questions and items with things that are important to you. www.weddingguide.com.au – this is a great resource for the many wedding services available in our local area.

Prepare and follow a checklist. Arrange your plans so that all preparations are completed a day or two before your wedding date. This gives you plenty of time to relax and spend time with family and friends.

State clearly on your invitations the arrival time and ceremony start time. This encourages your guests to arrive on time.

Delegate as much as possible. Friends and family usually love to get involved. Be clear with your directions to them and what you want – and then relinquish responsibility! enjoy your wedding day if you can arrive at your ceremony feeling relaxed and unflustered and ready to Delegate and call in your support teams.





On The Day

If you have any last minute running around to do – ask someone else to do it! (for example, pick up suits, flowers, decorate tables). You will enjoy your wedding day if you can arrive at your ceremony feeling relaxed and unflustered and ready to celebrate! This is even more important if you are planning a wedding at home.

Your wedding day is very special. On your wedding day – rest and relax – allow yourself to be pampered! Enjoy a walk along the beach, go for a surf or swim, have a game of golf or a massage. Enjoy getting your hair done, being with your family. Whatever it takes for you to have fun and relax!



Ensure that someone in the bridal party will have a tissue or handkerchief available – even if you think you won't need it. On very hot days, it is wise for the men in the bridal party to keep their jackets off until the last five minutes.

To keep your energy levels up, make sure that you eat breakfast –and lunch if your wedding is in the afternoon. This is especially important for the brides who have hair and make-up appointments at lunchtime. Ask one of your friends to make a beautiful platter and take it along with you. Drink lots of water and avoid drinking alcohol so that you arrive clear-headed and ready for the wedding ceremony.



Arrival

Arrive on time! This allows guests to feel comfortable and for everything to unfold as planned. This is important, if you want to create a sense of sacredness and respect about the commitment and honouring that you are about to share. Also, your celebrant or minister may have another commitment to attend afterwards.

If you are arriving in the traditional manner, with the groom arriving first:

- For the Groom: allow yourself plenty of time to greet guests (about 15 – 20 minutes).
- For the Bride: When you arrive in the car, stop and take a few relaxed and gentle breaths to help you relax and become present in the new surroundings. When you have stepped out of the car, if you can see your wedding guests, it can help to make eye contact with a few friends and family. Then take a relaxed breath again. Before you walk up though the guests stop again and make eye contact with your beloved. Remember to keep breathing and enjoy! The ceremony can seem to go really fast – so slowing down the arrival can really help you to become present. If you are walking in together, take five minutes beforehand to be quiet together – give each other a hug until you are relaxed.
- Coming together and mingling first: just before it is time to start the ceremony go for a short walk or go to a quiet room to give each other a hug in private, to relax and ensure you both feel present.



Children



Consider fun things for the children to do! Bubble blowing provides lots of fun!

If there are young children coming – especially if they are the bridal couples' children – nominate a special carer. Make sure that the person looking after them has a supply of drinks and snacks for them and that the child has gone to the toilet beforehand!

A special pillow can be made for them to sit on (this is more special to the child if given on the day).

If they are very young, decide what will happen if the child gets upset and wants to be held during the ceremony. Will you hold them or will someone take them out who does not mind leaving the ceremony? Discuss this decision with your celebrant.



Remember to Relax and Enjoy! It's Your Day



Turning Dreams Into Reality

Theresa Davidson - Civil Celebrant

Phone: 0405 182 245

www.theresacelebrant.com.au

hello@theresacelebrant.com.au

