



# Communion Reflections

*(optional)*

Suitable for Weddings

## A Good Marriage

A good marriage must be created and constantly recreated,  
building on layers of respect for each other.

It is DIY loving, lasting a lifetime but tested every day.

It's love in motion.

For love begets love, maturing from countless little acts of kindness,  
some thoughtful, many instinctive.

It is recognising that the little things are the big things:  
the gentle touch, the smile, the single word of praise or thanks,  
or those three magical words, I love you.

It is not being afraid to laugh or cry;

it's holding angry words back;

it is saying a prayer together;

it is pretending it's Sunday every day;

it's switching on or off;

it's sharing your feelings and your problems;

it's doing silly things together.

It's rediscovering each other each morning and never going to sleep on angry words.

It is forgiving quickly and freely and then forgetting.

It is a constant sharing of secrets and secret signs of affection.

It is not just lending support but giving it all the time.

It is seeking the best in, and for, each other.

It is being content within your own ambitions.

It is constantly listening to your hearts.

It is giving and getting love from all your family and friends,  
and growing in their love.

So, it is living to give and giving to live.

## **The Art of a Good Marriage**

*Wilfred Arlan Peterson*

Happiness in marriage is not something that just happens.

A good marriage must be created.

In marriage, the little things are the big things.

It is never being too old to hold hands.

It is remembering to say "I love you" at least once a day.

It is never going to sleep angry.

It is at no time taking the other for granted.

It is having a mutual sense of values & common objectives.

It is standing together facing the world.

It is forming a circle of love, that gathers in the whole family.

It is doing things for each other, not in the attitude of duty or sacrifice, but in the spirit of joy.

It is speaking words of appreciation & demonstrating gratitude in thoughtful ways.

It is not looking for perfection in each other.

It is cultivating flexibility, patience, understanding & a sense of humour.

It is having the capacity to forgive & forget.

It is giving each other an atmosphere in which each can grow old.

It is a common search for the good & the beautiful.

It is establishing a relationship in which the independence is equal,  
dependence is mutual & the obligation is reciprocal.

It is not only marrying the right partner, it is being the right partner...

## **True Love**

True love is a sacred flame that burns eternally,

And none can dim its special glow or change its destiny.

True love speaks in tender tones, and hears with gentle ear.

True love gives with an open heart and true love conquers fear.

True love makes no harsh demands, it neither rules or blinds.

And true love holds with gentle hands the hearts that it entwines.

## **Apache Wedding Blessing**

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 a companion to the other.

You are two bodies,

But there is one life before you and one home.

When evening falls, each will look up and the other will be there.

He will take her hand; she will take his

And you will turn together to look at the road you travelled to reach this: the hour of your happiness!

It stretches behind you, even as the future lies ahead;

A long winding road, whose every turning means discovery.

Old hopes, new laughter, shared fears,

Your adventure has just begun!

### What is Love?

Love is a little word with a big meaning, used by many, but sadly understood by so few.  
Love is like a diamond, beautiful, precious, expensive & lasts forever.  
It is hard tell a real diamond from a fake.  
Like the diamond, there are many good fakes for love.  
So, what is love?  
In a word, love means thoughtfulness.  
It means forgetting about yourself & thinking about someone else.  
That is never easy because we are selfish by nature.  
Love is not simply a feeling, feelings come & go.  
Love is a decision, freely made by two people & remade every day, no matter how they feel.

### Wedding Day

For two people this dawn brought on a magical day;  
Now husband & wife, they head on their way.  
As a boat setting sail may their journey begin,  
With the calmest of waters, most helpful of winds;  
And if they should stumble upon turbulent sea,  
May it pass them un-harming and leave them be;  
For here are two people whom love has well bitten;  
Here opens their book which has yet to be written.  
As the first page unfolds and their life links its path,  
May it write a true story where forever love lasts.  
Let their journey be happy til death they do part  
Of one thousand chapters may this be the start....

### You will always have my love

There is nothing that means more to me  
Than the joys in life you've helped me see  
With your openness and honesty –  
You will always have my love.  
Every dream you have is my dream too,  
For I want what's truly best for you,  
And I'll cherish you my whole life through –  
You will always have my love.  
You don't need to hide your doubts or fears,  
For I want to share your smiles and tears  
And to be there for you through the years –  
You will always have my love.  
I don't think I'll ever find a way  
To describe just what I feel each day,  
I can only hold you close and say –  
You will always have my love.

## The Legend of St. Valentine

The legend says St. Valentine  
was in a prison cell,  
thinking of his little flock  
he had always loved so well,  
and wanting to assure them of  
his friendship and his love,  
he picked a bunch of violets  
and sent them by a dove.  
And on those violets velvet leaves  
he pierced these lines divine  
that simply said  
“I love you and I’m your Valentine”.  
So through the years that followed  
from that day until this  
folks still send messages of love  
and seal them with a kiss.  
Because a saint in prison  
reached through prison bars one day  
and picked a bunch of violets  
and sent them out to say  
that faith and love can triumph  
no matter where you are  
for faith and love are greater  
than the strongest prison bar.

## I’ll Walk Beside You

I’ll walk beside you through the world today  
While dreams and songs and flowers bless your way  
I’ll look into your eyes and hold your hand  
I’ll walk beside you through the golden land

I’ll walk beside you through the world tonight  
Beneath the starry skies ablaze with light  
Within your soul love’s tender words I’ll hide  
I’ll walk beside you through the eventide

I’ll walk beside you through the passing years  
Through days of cloud and sunshine, joys and tears  
And when the great call comes, the sunset gleams  
I’ll walk beside you to the land of dreams

## What is Love?

Love is a temporary madness,  
It erupts like volcanoes and then subsides.  
And when it subsides you have to make a decision.  
You have to work out whether your roots have so entwined together  
that it is inconceivable that you should ever part.  
Because this is what love is.  
Love is not breathlessness,  
It is not excitement,  
It is not the promulgation of eternal passion.  
That is just being "in love" which any fool can do.  
Love itself is what is left over when being in love has burned away,  
and this is both an art and a fortunate accident.  
Those that truly love, have roots that grow towards each other underground,  
and when all the pretty blossoms have fallen from their branches,  
They find that they are one tree and not two.

## Your Wedding Day

Today is the day you will always remember,  
The greatest in anyone's life.  
You'll start off the day two people in love,  
And end it as Husband and Wife.  
It's a brand new beginning, the start of a journey,  
With moments to cherish and treasure.  
And although there'll be times when you both disagree,  
These will surely be outweighed by pleasure.  
You'll have heard many words of advice in the past,  
When secrets of marriage were spoken.  
But you know that the answers lie hidden inside,  
Where the bond of true love lies unbroken.  
So live happy ever after, as lovers and friends,  
It's the dawn of a new life for you.  
As you stand here together with love in your eyes,  
From the moment you whisper "I do".  
With luck all your hopes and dreams can be real,  
May success find its way to your heart.  
Tomorrow can bring you the greatest of joys,  
But today is the day it all starts.

## True Love

True love is a sacred flame,  
That burns eternally,  
And none can dim its special glow,  
Or change its destiny.  
True love speaks in tender tones,  
And hears with gentle ears.  
True love gives with open heart,  
And true love conquers fears.  
True love makes no harsh demands,  
It neither rules nor binds,  
And true love holds with gentle hands,  
The hearts that it entwines.

## If...

If you have found a smile that is the sweetest one you've known.  
If you have heard, within a voice, the echoes of your own.  
If you have felt a touch that stirs the longing of your heart,  
and still can feel that closeness in the moment you're apart.  
If you are filled with wonder at the way two lives can blend,  
to weave a perfect pattern that is seamless end to end.  
If you believe some things in life are simply meant to be,  
then you have found your soulmate, your hearts own destiny.  
If you can always be as close and happy as today,  
yet be secure enough to grow and change along the way.  
If you can keep for you alone your love as man and wife,  
yet find the time to share your joy with others in your life.  
If you can be as one and walk through marriage hand in hand,  
yet still support the goals and dreams that each of you have planned.  
If you can dare to always go your separate ways together,  
then all the wonders of today will stay with you forever.

### **Marriage is Love**

If you can always be as close and happy as today  
Yet be secure enough to grow and change along the way.  
If you can keep for you alone your love as man and wife  
Yet find the time to share your joy with others in your life.  
If you can be as one and walk through marriage hand in hand,  
Yet still support the goals and dreams that each of you have planned.  
If you can dare to always go your separate ways together;  
Then all the wonder of today will stay with you forever.  
Always love each other.  
And keep close to your heart the plans you've made  
And the dreams you've seen come true.  
Keep close to your heart the loving things each of you say and do.  
Keep close to your heart  
The memories of the happy times you've known  
The caring and understanding times  
And the way your love has grown.  
And may you both treasure all these things,  
for they're such a special part of your union today,  
with the one you love, who will always be close to your heart

### **Marriage**

Marriage is about giving and taking  
And forging and forsaking  
Kissing and loving and pushing and shoving  
Caring and sharing and screaming and swearing  
About being together whatever the weather  
About being driven to the end of your tether  
About sweetness and kindness  
And wisdom and blindness  
It's about being strong when you're feeling quite weak  
It's about saying nothing when you're dying to speak  
It's about being wrong when you know you are right  
It's about giving in, before there's a fight  
It's about you two living as cheaply as one  
(you can give us a call if you know how that's done!)  
Never heeding advice that was always well meant  
Never counting the cost until it's all spent  
And for you two today it's about to begin  
And for all that the two of you had to put in  
Some days filled with joy, and some days with sadness  
Too late you'll discover that marriage is madness!!