

## Vows Traditional

Today

Today I marry my friend,  
the one I laugh and cry with,  
the one I have learned from and shared with.

This one I have chosen to support, encourage and give myself to, through all the days given us to share. Today I marry the one I love

A good relationship has a pattern like a dance and is built on some of the same rules. The partners do not need to hold on tightly, because they move confidently in the same pattern, intricate but happy and swift and free, like a country dance of Mozart's. To touch heavily would be to arrest the pattern and freeze the movement, to check the endlessly changing beauty of its unfolding. There is no place here for the possessive clutch, the clinging arm, the heavy hand; only the barest touch in passing. Now arm in arm, now face to face, now back to back — it does not matter which. Because they know they are partners moving to the same rhythm, creating a pattern together, and being invisibly nourished by it.

The joy of such a pattern is not only the joy of creation or the joy of participation; it is also the joy of living in the moment. Lightness of touch and living in the moment are intertwined. One cannot dance well unless one is completely in time with the music, not leaning back to the last step or pressing forward to the next one, but poised directly on the present step as it comes. Perfect poise on the beat is what gives good dancing its sense of ease, of timelessness, of the eternal.

Anne Morrow Lindbergh

Gift from the Sea

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“I honor the place in you where Spirit lives  
I honor the place in you which is of Love, of Truth, of Light, of Peace,  
when you are in that place in you,  
and I am in that place in me,  
then we are One.”

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I, (name), take you (name),  
to be my lawfully wedded (wife/husband),  
to have and to hold,  
for better or for worse,  
for richer or for poorer,  
in sickness and in health,  
to love and to cherish;  
from this day forward,  
until death do us part.

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Do you (name),  
knowing this man's love for you and returning it,  
realizing his strengths and learning from them,  
recognizing his weaknesses and helping him to overcome them,  
take (name) to be your lawfully wedded husband?

Do you (name),  
knowing this woman's love for you and returning it,  
realizing her strengths and learning from them,  
recognizing her weaknesses and helping her to overcome them,  
take (name) to be your lawfully wedded wife?

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In the presence of God, our family and friends,  
I offer you my solemn vow to be your faithful (husband/wife),  
for better or for worse,  
for richer or for poorer,  
in sickness and in health,  
so that we may serve Christ together,  
as long as we both shall live. I, (Bride/Groom), take you (Groom/Bride), to be my  
(wife/husband), to have and to hold from this day forward, for better or for worse, for richer,  
for poorer, in sickness and in health, to love and to cherish; from this day forward until death  
do us part.

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I, (name), take you, (name), to be my [opt: lawfully wedded] (husband/wife), my constant  
friend, my faithful partner and my love from this day forward. In the presence of God, our

family and friends, I offer you my solemn vow to be your faithful partner in sickness and in health, in good times and in bad, and in joy as well as in sorrow. I promise to love you unconditionally, to support you in your goals, to honor and respect you, to laugh with you and cry with you, and to cherish you for as long as we both shall live.

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I (name), take you (name) to be my (husband/wife), my partner in life and my one true love. I will cherish our union and love you more each day than I did the day before. I will trust you and respect you, laugh with you and cry with you, loving you faithfully through good times and bad, regardless of the obstacles we may face together. I give you my hand, my heart, and my love, from this day forward for as long as we both shall live.

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I, [name], choose you [name] to be my [husband/wife], to respect you in your successes and in your failures, to care for you in sickness and in health, to nurture you, and to grow with you throughout the seasons of life.

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I, (name), take you, (name), to be my partner, loving what I know of you, and trusting what I do not yet know. I eagerly anticipate the chance to grow together, getting to know the (man/woman) you will become, and falling in love a little more every day. I promise to love and cherish you through whatever life may bring us.

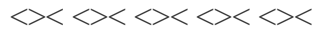
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I, (name), take you, (name), to be my friend, my lover, the (mother/father) of my children and my (husband/wife). I will be yours in times of plenty and in times of want, in times of sickness and in times of health, in times of joy and in times of sorrow, in times of failure and in times of triumph. I promise to cherish and respect you, to care and protect you, to comfort and encourage you, and stay with you, for all eternity.

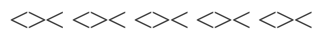
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I, (name) choose you, (name) in the presence of God and these our family and friends to be my partner in life. I will respect you and I will trust you, I will stay with you when the rain

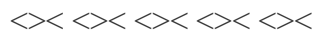
falls in our lives and I will rejoice with you when the rainbow signals the return of sunshine. I will love you whatever challenges await us and I look forward to growing with you throughout the seasons of our lives together.



I, (name) take you, (name) to be my friend, lover and my husband/wife. I will be by your side in times of want as in times of plenty. I will care for you in sickness and rejoice with you in health. I will walk forward with you to face whatever challenges await us with courage. I will love you throughout the seasons of our lives and will remain with you forever.

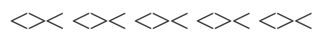


I, (name) choose you, (name) in front of our friends and family gathered here to be the one true love of my life. I will cherish our time together as the seasons of our lives change. Whatever challenges come our way you will face them with me at your side. I will love you and give you strength forever.



(Name), I love you. You are my best friend. Today I give myself to you in marriage. I promise to encourage and inspire you, to laugh with you, and to comfort you in times of sorrow and struggle.

I promise to love you in good times and in bad, when life seems easy and when it seems hard, when our love is simple, and when it is an effort. I promise to cherish you, and to always hold you in highest regard. These things I give to you today, and all the days of our life.



As freely as God has given me life,  
I join my life with yours.  
Wherever you go, I will go;  
for better or for worse,  
for richer or for poorer,  
in sickness and in health,  
I take you as my (husband/wife), and will give myself to no other.

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I, (name), take you, (name),  
to be my (wife/husband),  
knowing in my heart that you will be a faithful friend,  
and a loving companion.  
On this special day, in the presence of our relatives and our friends as witnesses,  
I give to you my sacred vow that  
I will always be with you and support you,  
in times of sickness and in times of health,  
in times of joy and in times of sorrow.  
I promise to love you completely,  
to console and comfort you during difficult times,  
to laugh with you and to grieve with you,  
to share with you life's simplest but most enduring pleasures,  
to be truthful and honest with you,  
and to cherish you,  
for as long as we both shall live.

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I (name), take you (name) to be my (husband/wife),  
my partner in life and my one true love.  
I will cherish our union and love you more each day than I did the day before.  
I will trust you and respect you,  
laugh with you and cry with you,  
loving you faithfully through good times and bad,  
regardless of the obstacles we may face together.  
I give you my hand, my heart, and my love,  
from this day forward,

for as long as we both shall live.