

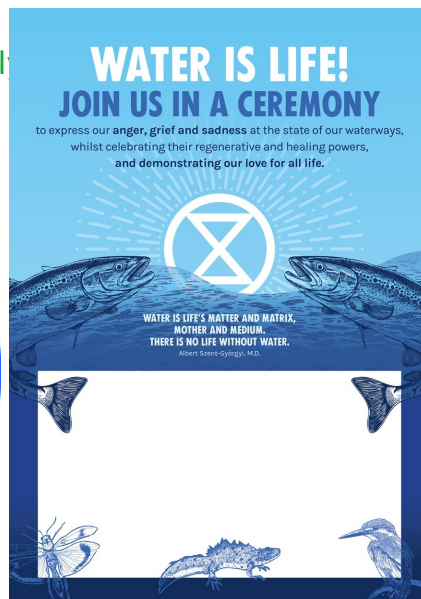
# Ceremony Ideas | Water is Life

## Ideas and Assets to Create Your Ceremony



On this page you will find many ideas for your water ceremony. We have also created outreach materials for you to promote your ceremony. You can use the editable versions of the leaflets to add your text, QR codes and date/place of your ceremony and also use the printer-ready versions to send to a professional printer.

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### WATER IS LIFE!

This is an invitation to join a ceremony around our local waterways, to raise awareness, to learn how to protect our waters. We come from water, our bodies are 60% water and our brains are 80%. Humans are a part of nature not apart from nature. Water is crucial for all life, we must honour it.

Throughout history, we have always held ceremonies and rituals. They are our means of celebrating, marking moments, or making sense of the world we experience. For example, events such as naming ceremonies, funerals and unions (marriages), or more frequently, a football match or gig, are all a form of ritual where we share our feelings. Ceremonies have a more sacred element and gentle nature, they can include performance and express a sense of mourning or appreciation.

We're inviting you to an event to reaffirm our relationship with our local water. This might encompass our anger, sadness, awareness and care, and it can inspire change and our best intentions for this relationship from now on.

Using ceremonies to honour our water can include contributions of stories, myths, music and song, shared meditations, and spoken word. They can be as simple or complex as the community needs. Ceremonies, done well, leave lifelong lasting memories and therefore permanent good effects.

What would you like to bring to this ceremony we make together? You could be a witness or make your contribution. Please join this ceremony to act now on behalf of life.



## Some Inspiration & Ideas

# Community

- Engage other river/water user groups to build a community of stewards.
- Lead walks, clear litter/blockages.
- Consider joining [water testing group](#) .
- Offer [Science Street Talk](#) to other groups.
- Share research to strengthen knowledge and connection to the waterways.
- Post on social media, highlighting local pollution issues.
- Discuss the change you want to see to the waterbodies you care about.

# Art/Creativity

- Create artwork
- Write or read poetry
- Make mandalas
- Chant/sing to rivers/make music (more on this below)
- Use Sound Bowls

[https://www.youtube.com/embed/NOyP07\\_I50g](https://www.youtube.com/embed/NOyP07_I50g)

# Music/Storytelling

- [Song of the Thames](#) (YouTube 29min) by Sam Lee - singer and song collector.
- Traditional Native Storytelling - [Salmon Boy](#) (YouTube 12min) with Roger Fernandes.
- [The Lost Words Blessing](#) - (YouTube 4min) a song created from Robert Macfarlane's book The Lost Words.
- Collect stories.
- [Running order](#) [Dropbox 1 min] for the Ceremony for the River Wye.

# Education

- Share the ceremony with local authorities, politicians, other water users and engage schools & colleges.

- Incorporate [Blue Plaques for Nature](#). This could include a QR code on the plaque which could point to the history of the river/waterway.



## Puppets/Masks/Costumes

- Make a 'big splash' in your local media with colourful [puppets, masks and costumes](#).
  - Welcoming the [River Wye Ceremony](#) [YouTube 5min] at Herefordshire Council featuring Wye River Goddess puppet.
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