

# Resources

Suggested vows, songs, graphics, flyers etc

- [Graphics, social media, posters, flyers etc](#)
- [Songs, Music and Storytelling](#)
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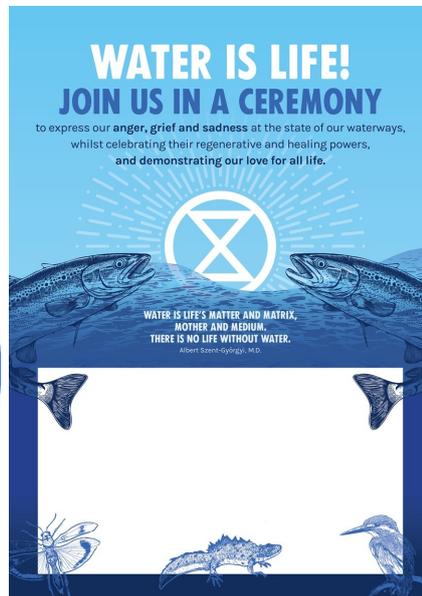
# Graphics, social media, posters, flyers etc

Here you'll find loads of resources you can use to promote your event/campaign.

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.

## Downloadable Assets

Stickers | posters | flyers



### 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.



## Promote

- 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 waterbody.



# SWIFTS

were once a common sight and sound of summer here.

Can we save them?



# SWIFTS

were once a common sight and sound of summer here.

Can we save them?

You can also find everything we've put together for the Dirty Water campaign [here](#). There are loads of ideas and resources available - check them out!

# Songs, Music and Storytelling

## Songs

The [Climate Choir Movement](#) have songs to learn and a growing number of choirs around the UK that you could connect with.

### Other suggestions:

[Backwater Blues](#) - Bessie Smith

[The River is Flowing](#) - Native American song

[The River](#) - kids song

[When the Levee Breaks](#) - Led Zeppelin

### 'Old Macdonald'

#### Possible rewording of 'Old Macdonald had a farm for children with actions

This old river's full of life

Ee eye ee eye oh

And in its care it has some fish

Ee eye ee eye oh

With a splash splash here and a splash there, here a splash, there a splash, everywhere a splash splash

This old river's full of life

EE eye ee eye oh

beaver-dive/ kingfisher-zoom/ frog-croak etc

Accompanied with handouts for adults about the actual state of our rivers and seas.

You can [find more songs here](#).

## 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.
- Water Stories for Children - You can find a selection of water stories for children [here](#) and the beautiful Water Princess [here](#).

# VOWS

## Commit to Water for Life!

To commit to water wedding vows, you can draw inspiration from **the symbolism of water** – its flow, depth, and ability to cleanse and renew – to craft vows that reflect your love and commitment. Consider incorporating phrases about the ever-flowing nature of your love, the strength and resilience of water, or the peace and serenity it can bring.

### Flow and Continuity

Compare your love to a river, always moving forward, ever-changing, yet always returning to the source. This can represent the enduring and evolving nature of your relationship.

### Depth and Mystery

Use language that speaks to the deep and mysterious aspects of the ocean, emphasizing the hidden depths of your love and the adventures you will share.

### Cleansing and Renewal

Highlight water's ability to cleanse and renew, symbolizing the fresh start and purification that marriage brings.

### Resilience and Strength

Refer to the power of water to shape landscapes and withstand storms, symbolizing your ability to face challenges together.

## Writing Your Own Vows

When writing your own vows, consider what you love most about water, how it's impacted your life, and your hopes for the future. Consider specific examples of your relationship and the promises you want to make. Start with an opening that addresses the water body directly, then share your feelings, make your promises, and conclude with a heartfelt closing.

## Tips for Writing and Delivering Vows

- Be authentic and sincere.

- Speak from the heart.
- Practise beforehand to ensure a smooth delivery.
- Consider your audience and choose language that is appropriate for your ceremony.
- Remember that your vows are a personal expression of your love and commitment.

## River Inspired Vows

### Focus on Personhood of the River:

"I vow to love you as deeply as the river, with all its beauty, its power, and its sense of adventure. Like the water that flows ever-forward, my love for you will be unyielding, unstoppable, and unending."

"With the sound of the water rushing by and the warmth of the sun on our skin, I promise to love you with all my heart. I vow to be your partner in all of life's adventures, and to share with you all of life's joys and sorrows."

"As we stand here by the river, I am reminded of the flow of life and the power of nature. With you by my side, I feel supported, loved, and filled with joy. I vow to cherish and honor you for all the days of my life."

### Focus on the river's journey:

"Like the river, our love will carve its own path, sometimes gently, sometimes with force, but always moving forward, together."

"Just as a river never stops flowing, my love for you will be a constant, a steady current in our lives."

"We will navigate the rapids and bask in the calm pools, just like a river flowing to the sea."

### Highlighting interconnectedness:

As tributaries feed the river, my life is enriched by your presence, and I promise to be a source of strength for you as well."

"Like the river's connection to the ocean, our lives are intertwined, and I pledge to honour and cherish this bond."

"We are two rivers flowing towards the same sea, each with our own unique course, but destined to be one."

### Emphasizing enduring presence:

"I promise to be your constant companion, your steady shore, through all the seasons of life, just as a river is always there."

"Our love will be like a river, ever-changing yet eternally present, a source of life and beauty."

"Just as a river shapes the landscape, our love will shape our lives, creating a beautiful and enduring testament to our commitment."

### **Celtic Wedding Vows Option 1**

You are blood of my blood, bone of my bone. I give you my body, that we might be one. I give you my spirit, until our life is done.

### **Celtic Wedding Vows Option 2**

You are the star of each night,  
You are the brightness of every morning,  
You are the story of each guest,  
You are the report of every land.  
No evil shall befall you, on hill nor bank,  
In field or valley, on mountain or in glen.  
Neither above, nor below, neither in sea,  
Nor on shore, in skies above,  
Nor in the depths.  
You are the kernel of my heart,  
You are the face of my sun,  
You are the harp of my music,  
You are the crown of my company.

Sacred Earth Activism: [Back to Source - When the Rivers Were Goddesses](#) Written By Lorien Cadier

### **Traditional Christian Wedding Vows**

'I, (name), take you, (name) to be my wife/husband/partner to have and to hold from this day forward; for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death us do part, according to God's holy law. In the presence of God I make this vow.'

Here, the wedding ring is placed on the finger: 'With this ring I thee wed, with my body I thee worship, and with all my worldly goods I thee endow: in the name of the Father, and of the Son, and of the Holy Ghost. Amen.'

The vows according to the service in Common Worship - followed since 2000 - are as follows:

'I, (name), take you, (name), to be my wife/husband/partner, to have and to hold from this day forward, for better for worse, for richer for poorer, in sickness and in health, to love and to cherish, till death us do part, according to God's holy law. In the presence of God I make this vow.'

## **Vows From Different Religions and Cultures**

[Eighteen Vows From Different Religions and Cultures.](#)

# More Inspiration & Ideas

## The Power of Celebrating Water

Connection through water, with nature and each other, fosters well-being, through a regenerative and healing relationship, encouraging the flow and exchange of energy and knowledge. Consider making more of an impact by following some of these suggestions:

- Actively cultivate a sense of curiosity/care/communication/collaboration through creative interactions with the river (e.g. song, music, poetry, arts and crafts workshops or installations).
- Demonstrate vulnerability: create an impactful ceremony to demonstrate your anger, grief and sadness at the state of our waterways and your love for all life.
- Explore: physically get to know your local waters (the source, wells and tributaries) to engage with and care for your local waterway.
- Research: look at wider connections, the history of the local waters and collect local stories and images.
- Consider your catchment area, sewage treatment works, landfills and other sources of pollution. How can you bring awareness of all the different sources of pollution to this waterway?
- Presence: Be present around waterways and feel the energy and power they can give to you.

Here is an example [running order](#) for the Ceremony for the River Wye.

## Words & Inspiration

<https://www.youtube.com/embed/LOJ27gEM8hQ?autoplay=1>

Word Cloud created from [The Symbolism Of Fish: Exploring Different Cultures And Meanings](#)

Fresh water is precious and finite | All life depends on it

Our waterways are the arteries and veins of the earth. If we pollute those waterways, life will die.



“Nothing on this planet had so forcefully hammered into her the ultimate value of water. Not the water-sellers, nor the dried skins of the natives ... Here there was a substance more precious than all others - it was life itself and entwined all around with symbolism and ritual.” - Frank Herbert, Dune

“Thousands have lived without love, not one without water.” W H Auden, First Things First

Although issues are faced in multiple facets of water, some communities may prioritise different areas, such as flooding or pollution.

## Community

- Engage other river / water user groups to build a community of stewards.
- Lead walks, clear litter / blockages.
- Consider joining a [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.
- Read about [other ceremonies](#).

## 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)

## 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.