

## *The “Blessing Way Ceremony” for Carly*



Hello everyone, I want to start this short ceremony, the Blessing Way, by welcoming everyone here to celebrate this wonderful time in our lives, the upcoming birth of my daughter Carly's first baby. This beautiful supportive ritual honours the pregnant woman and the upcoming birth of her child.

This sacred time also serves to pay respect to the miracle of birth and life itself.

Furthermore it aims to strengthen the connection between invited guests creating support that will last after the child is born.

It is thought to have originated from the Native America Navajo people. In our Western culture the blessing way is beginning to replace the more commercial baby shower.

Pregnancy is an amazing time in a woman's life- touched by wonder, fear, excitement, hesitation and of course, many changes at the physical, emotional, mental and spiritual levels.

This blessing way ceremony is usually held in the latter stage of pregnancy, and is an opportunity to provide the expectant mother with support, resources and strength at this time of transition, opening the way for a healthy pregnancy, an empowering birth experience and a restful recovery.

The ceremony is aimed at helping to reduce any anxiety or fear the expectant mother holds, and to inspire her sense of inner strength and courage to face the challenges involved with childbirth. It is also a time for fun and to celebrate the sheer joy of being pregnant.

For the women here today who have experienced birth and parenting, please continue to give Carly guidance and support. The importance of passing skills and knowledge from one generation to another is a great gift. (In days gone by it was usually done while carrying out the daily chores- preparing food, weaving baskets and other tasks that brought women together).

If you all could write a short blessing or wish for Carly and /or bubby on the "Onesie" and on the "late night nappies" in the basket. I am sure the little messages on the nappies will put a smile on Carly's face when she is changing bubby's nappies late at night. It will be lovely to read the messages on the onesie when bubby is wearing it, and it will be a precious keepsake.

Even though this pregnancy was a complete surprise to us all, it has brought out the best in Carly. She has set up a home for her and Alex, which will be a beautiful place for them both to bring their precious little girl home from hospital to. It has been a real pleasure to watch the excitement that Alex and her have for this little baby. And I must say, the rest of us in the family are pretty excited too!!

So thank you all for coming today to help share this wonderful time in Carly's life. We wish her good luck with the birth, and cross fingers she is a better baby than she was....

Carly would you like to cut the cake now, and if anyone else would like to say something please feel free...

