




+ A LINK TO
A FREE 30
MINUTE
CONSULTATION

WHY WE DO THE THING AND WHY WE DON'T HAVE TO

A DEEP DIVE INTO WEDDING
TRADITIONS SO YOU CAN DECIDE
IF THEY'RE RIGHT FOR YOU.





There is SO MUCH hype surrounding the wedding industry and so many of us just go along and include everything we think has to be included in a wedding.

My theory is, that by explaining WHY we have the traditions that we do, you will then have the power to decide if a particular tradition works for you and empower you to kick it to the curb if you really, really, really don't want to do it.

By NOT doing some of these things you may feel more relaxed, more “yourself” and save yourself a few dollars to.

If nothing else, you will learn that Queen Victoria has a lot to answer for!



01

CARRY FLOWERS

There is a new trend for brides to carry silk flowers rather than fresh ones and some are carrying bouquets made of floral alternatives like broaches or feathers, or even balloons!

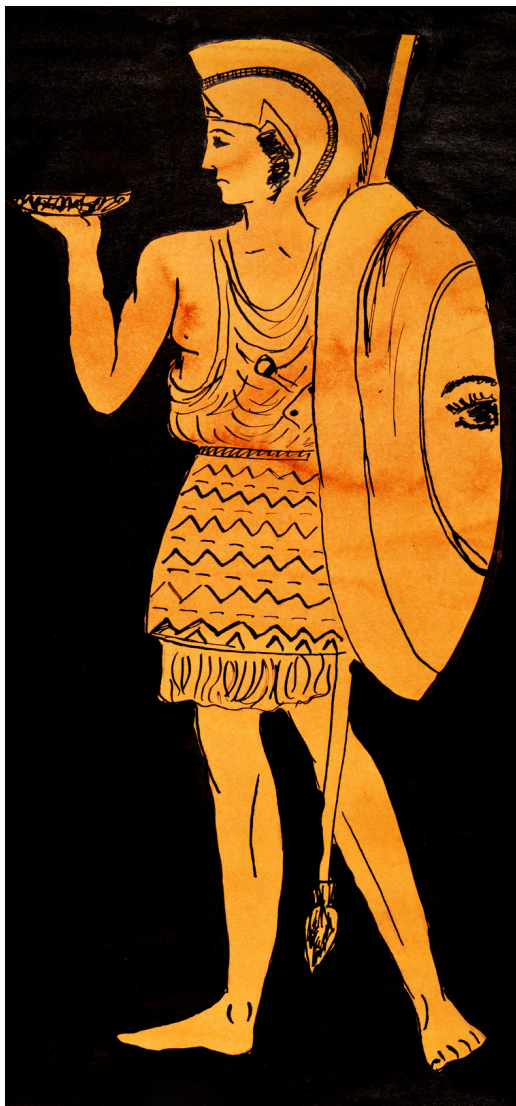
Here's the thing. Whatever you're carrying, once you've made it up the aisle to your partner you are going to give it to someone, or put it down until it's time to walk out again.

You need your hands free to hold each other's hands with excitement and joy and nerves; to hold the script and microphone for your vows, to do the wedding rings, to kiss, to sign the register..... et cetera.

Who's idea was it for brides to carry flowers?

Well the ancient Greeks started it by carrying garlic and other herbs to ward off evil spirits. The Romans then added the idea that the herbs promoted fertility.

This continued through into medieval times for pretty much the same reasons, and also to mask the smell when the fashion was not to bathe too often and no one wore deodorant. In fact, the tradition of June weddings came about because the peasants took their annual bath in May. Yes really.



Flowers were introduced by none other than Queen Victoria in 1840.

As far as history is concerned that makes the tradition of a bride carrying a bunch of fresh flowers quite a new one. Personally, I think a bride needs pockets in her dress way more than she needs a bunch of flowers to worry about.



Bouquets are beautiful and evocative and very traditional, but they are also very expensive.

If you are on a really restricted wedding budget consider not having a bouquet, or maybe just the bride and not her attendants.

Whoever is your person of honour ends up holding two most of the time, and if they are signing as a witness then someone else has to step in and hold them both.

So if flowers are your jam, that's awesome.. but remember you don't have to be a tosser... keep the dam thing.. have it preserved as a wonderful keepsake.

Doing it yourself? A lot of clients are buying nice faux flowers from Kmart and making their own bouquet but here's a top tip.

I've seen so many now I can pick a Kmart flower. Go to the other cheap shops. The \$2 shops that are everywhere have BETTER flowers and a BIGGER selection and they won't be instantly recongizable.



02

THE WEDDING PARTY

You must have two adults to witness the marriage and sign the paperwork but they don't have to be the bridesmaid or best man – and you don't have to have bridesmaids and groomsmen at all.

These days I prefer to call them your attendants, which frees up traditional gender roles and you get to stand beside your bestie, whomever they might be.

Traditionally bridesmaids were in attendance to confuse the evil spirits in Roman times. They dressed the same as the bride so the evil ones wouldn't know which woman they were supposed to curse or kidnap.

The best man dates back to the dark ages (after the fall of the Roman Empire and before the Norman Conquests for those playing at home) where he was there to help the groom fight off the bride's family if they changed their mind about giving her to him.

These days punch ups at the wedding are usually toward the end of the reception when uncle Frank starts telling cousin Andrew what he really thinks, but in the time of the Goths (the real ones, not the kids with black eye liner) weapons were stashed in the church for just such an occasion.



Of course you can have as many as you want- of any gender, and you don't have to have the same number on each side. You can have 3 bridesmaids and 4 bridesmen on one side, a best woman leading 9 groomsmen on the other.

Because you are not trying to confuse the evil spirits or fend off marauding hoards, they also don't have to dress alike. At one of my favourite gigs this year the 4 groomsmen wore matching shirts and ties (not suits) and four bridesmaids wore something nice they already had and felt comfortable in.

Thousands of dollars were saved and they all felt comfortable in the Queensland summer heat.

Traditions are lovely but with a little understanding of how and why they came about you might feel more comfortable about not including them if you really don't want to.



03

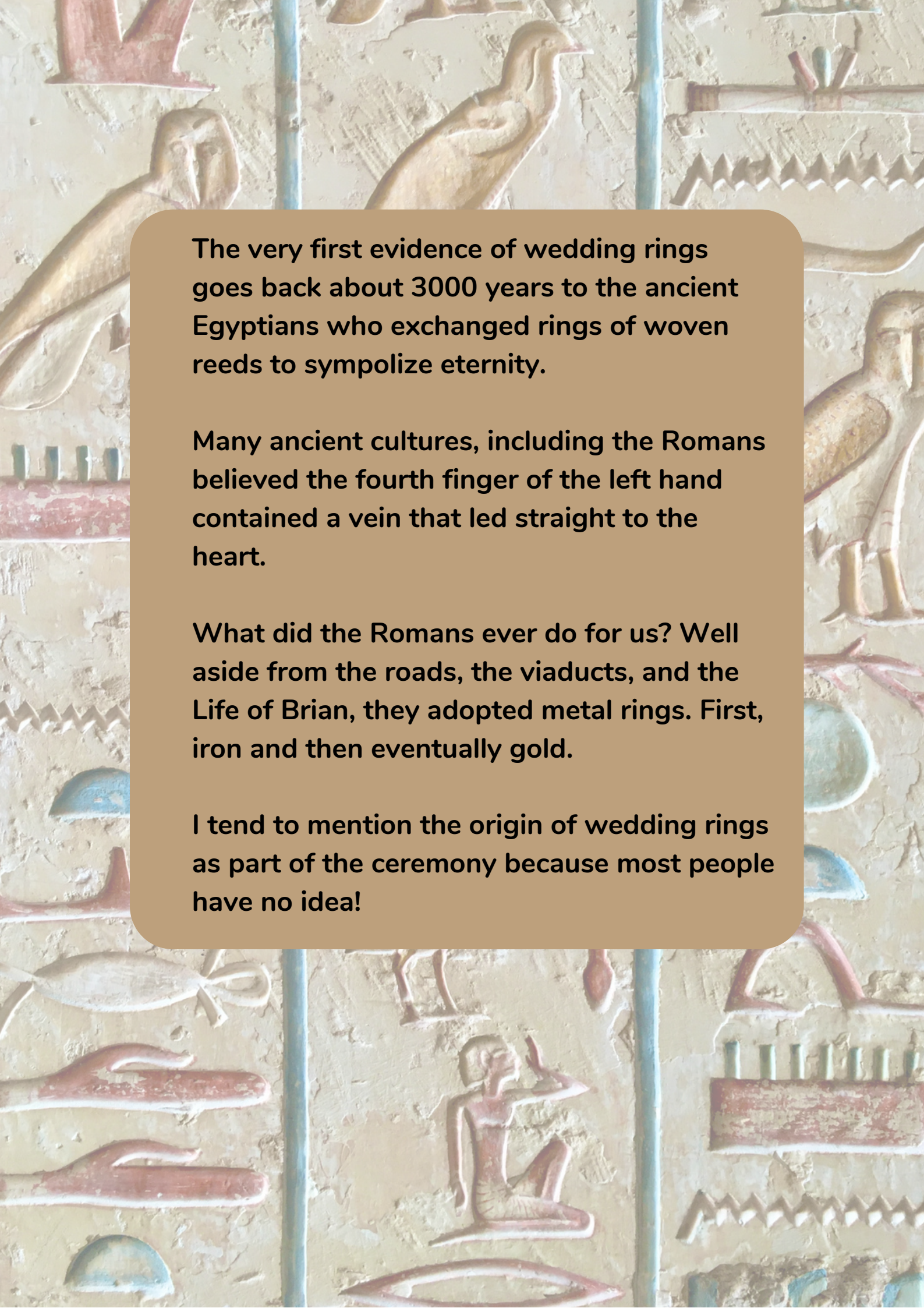
WEDDING RINGS

A lot of people are really surprised to find out that this is an optional extra.

Yes you are really married whether you wear a ring or not.

In our grandparents day, men didn't wear wedding rings and it was still considered an avante garde option for men when I was first married in the 1980's.



The background of the image is a wall painting in an ancient Egyptian style. It features several birds, including a large white bird with a long neck and a smaller white bird with a long beak. There are also various symbols, such as a red 'V' shape, a blue and red striped band, and a red and white striped band. The painting is set against a light-colored wall with some wear and tear.

The very first evidence of wedding rings goes back about 3000 years to the ancient Egyptians who exchanged rings of woven reeds to symbolize eternity.

Many ancient cultures, including the Romans believed the fourth finger of the left hand contained a vein that led straight to the heart.

What did the Romans ever do for us? Well aside from the roads, the viaducts, and the Life of Brian, they adopted metal rings. First, iron and then eventually gold.

I tend to mention the origin of wedding rings as part of the ceremony because most people have no idea!



04

WEDDING DRESSES

The idea of a bride being married in white is relatively modern. Queen Victoria chose to be married in a white dress in 1840 and it became popular then. The colour white came to symbolize purity and chastity. When I was a child, white weddings were only available to “nice girls” and it was never, ever seen for a second marriage.

Even the mega rich wouldn't have had a special dress made for one occasion and never wear it again. Queen Vicky wore hers to other state occasions and the less well-off simply got married in their “Sunday Best”.

Beginning in ancient times a veil was worn by a bride to protect her from evil spirits. As human history moved on it was useful when most marriages were arranged according to politics or property as it disguised the poor women in case her husband didn't find her attractive.

In Biblical times a groom would cover his bride's face prior to the ceremony to represent his love for who she was, not how she looked.... Aww.... Also, until the 1960's women were expected to cover their heads in church and that's where most weddings were.

Once again we can thank Queen Victoria for introducing the white veil as we know it today.





05

WEDDING CAKES

Starting in ancient Greece and carried on by the Romans, a wedding tradition was to break bread over a newly married couple to encourage fertility. They would eat a few crumbs as their first act of unity as a married couple.

The Romans took this through their European empire where it was adapted by the natives. In medieval times small pies or sweet buns were stacked into a high tower and if the couple could successfully kiss over the top without the tower falling it became a good omen for a successful marriage.

The French took this tradition and created the croquembouche – the delicious profiterole tower that is still a custom there today.

The Brits developed the “Bride’s Pie” in the 1500’s which was a savoury pie shared between the guests. One recipe published in 1685 calls for live birds to be added at the last minute as a surprise for everyone when they cut into it. Are you old enough to remember the nursery rhyme “Four and Twenty Blackbirds?”. Probs not. Google it.

By 1700 sugar had made it’s way into the diet of rich Europeans so the savoury pie was replaced by a sweet cake. This fruit cakewas still the standard wedding cake until the late 80s when the new fangled mud cakes started to creep in. You see, fruit cakes keep quite well if they’re wrapped up tight, and you were supposed to keep the top tier to use as the Christening Cake for your first child.



Sugar was really expensive so ornately decorated, sweet iced cakes were not available to ordinary people until Victorian times.

Yep, her again. Queen Victoria was the first to have white icing (on top of traditional cream coloured marzipan) and we have called that type of fondant Royal Icing ever since. Multi layered wedding cakes on pillars came into vogue in the early 1900's and have stuck with us. When I was married in 1986 the tiers were always on pillars and the “direct stacking” we see today is quite recent.





06

OTHER STUFF

Throwing the bride's garter comes from France, where historically members of the congregation would rush to tear off a piece of the bridal gown for good luck. This custom is also the origin of a bride tossing her bouquet; it distracts the onlookers while the happy couple make their escape.

Confetti sounds like an Italian word, because it is, although originally petals and perfumed leaves were tossed by rich people into the crowds of commoners that watched them go by during celebrations. Ancient cultures tossed not just rice, but other grains onto newlyweds to encourage fertility and prosperity.

● Giving away the Bride is a very old tradition but it's not compulsory. A father (or mother) can walk their son or daughter down the aisle as a symbol of support and thanks, but I don't have to ask them to "give" you to your intended.

We can explore many alternatives that involve your parents or other family and friends; in fact, we can ask all your guests for their blessings on your union without a woman being treated like a possession to be transferred.

● Bad luck for the groom to see the bride (and/or her dress) before the wedding? Yeah, nah!

Again, back when a marriage was a contract for the exchange of property between two men, the prospective husband was prevented seeing his betrothed just in case he didn't find her attractive enough and wanted to back out of the deal.

FFS - get ready together if you want to.

There is a whole lot of tradition, expectation and superstition around weddings and, for the most part, your mum's had at least one and so have all your aunties and nannas and they all "know best".

If there's a tradition you think is unique to your family or would like to learn about a specific wedding custom please drop me a line. Either way, I'd love to hear from you.



CLAIM YOUR FREE NO-OBLIGATION 30-MINUTE CONSULTATION AND I'LL SPILL ALL THE TEA ON EXACTLY WHAT YOU NEED TO KNOW ABOUT YOUR WEDDING.

Thank you for taking the time to read this eBook – I hope you've found the information helpful and can use what you've learned to successfully choose your perfect wedding suppliers.

During your 30-minute session, we'll discuss your current situation, what your hopes are and how to make all your wishes come true.

We'll also cover a stack of valuable information together, including...

- What the real difference is between a \$500 celebrant and a \$2500 one
- What you DON'T have to do at your wedding
- Is there really a "wedding tax"?
- What to look out for when you're booking a venue

There's no cost or obligation to move forwards with me as your celebrant. It's simply a free information session designed to educate you and provide value to you in advance.

You won't find a link to this on my (hilarious) website. This offer is exclusively made to couples who download my eBooks.

To claim your free consultation all you have to do is click the link below.

[BOOK IT IN HERE](#)

TESTIMONIALS



**SALLY WAS AMAZING, EVEN WHEN I WAS OVER WORKED AND NOT KEEPING UP WITH EMAILS, SALLY REMAINED CALM AND HELPED WITH EVERYTHING. I GAVE HER LYRICS FOR A SONG THAT I WANTED AS A POEM THE NIGHT BEFORE AND SHE DELIVERED IT BEAUTIFULLY. THANKS SALLY 😊
(MANDY B)**



**SALLY IS ONE IN A MILLION, SALLY MADE OUR DAY PERSONAL, CHEEKY, FUN AND INCLUSIVE AND SHE FELT LIKE FAMILY. THANK YOU FOR MAKING OUR DAY ABSOLUTELY FLAWLESSLY INCREDIBLE.
(JADE B)**



**THANK YOU SO MUCH FOR YESTERDAY! THE CEREMONY WAS AMAZING AND WE LOVED IT ❤️ YOU HAVE A LOT OF GOOD FEEDBACK FROM THE GUESTS! YOU HONESTLY WENT OVER AND ABOVE!
(MAGGIE T)**

THANK YOU FOR READING!



SALLY-ANN THOMAS
AUTHORIZED
MARRIAGE
CELEBRANT

BOOK IT IN HERE

