

Rehearsal Tips

Things to think about the day before your BIG DAY

SUSTENANCE- Eat breakfast, drink plenty of water, go easy on the grog the night before & while you are getting ready. Avoid curries and “windy” foods the night before. Pack an esky of food and snacks to bring out during the photos- you’ll be starving after the ceremony.

SOBRIETY- You will be signing legal documents on your wedding day. If I assess that you are under the influence of alcohol or drugs, tomorrow will be a commitment ceremony, not a marriage. Same goes for your witnesses.

ON THE DAY-

Bride- wear your engagement ring on your right hand (swap it over to your left hand to sit next to your wedding ring when you are at the registry table- then you are all set for the certificate photos)

Maid of Honour- ensure at all times the bride’s train and veil are beautifully positioned and free of leaf litter. Don’t step on her! Be in mobile phone contact with a guest at the venue so you can advise if you are running late. Things happen. It’s OK.

Bridesmaids- Hold your bouquets to cover your belly button, dry stems so you don’t mark your dress. As you begin the Processional, keep your chin up, shoulders back and SMILE. Walk naturally, no Death March. Enjoy the day. If you are relaxed, the Bride will be too.

Best Man- know where the rings are at all times! Carry a clean hanky for the groom in case of tears. I will have your contact phone number, so if by bad luck I have car trouble, you will be my contact and will be able to arrange for someone to come and collect me from the roadside.

Groomsmen- you have two jobs- (1) Stay upright and (2) Look good. You’re the best-looking guys the groom knows- don’t let him down! Smile as soon as you see the bridesmaids- it will relax them. No hands in pockets (left hand over right, so you can see your watch). Put your drinks away out of sight. Sunglasses inside your jacket. If you feel faint, move your knees, wriggle your toes, even shake your hands. Take a few deep breaths. If this doesn’t work, go down on one knee and rest your forehead on your hands- this is my signal to get you assistance. If you collapse, you’re on your own, so don’t be a hero.

DURING the Ceremony- look at each other when saying your vows, not at me! I will talk you through the entire ceremony- relax. Put the ring on your partner’s finger to the knuckle, say the words, pause for a photo then gently put the ring on the rest of the way. Brides- sign all documents with your maiden name.

After the Ceremony, nominate a responsible adult (one of the Mums?) to take the Presentation Marriage certificate. They will keep it safe for you. Treasure this document as it cannot be replaced.

Smile, take a deep breath and enjoy your wedding day. RELAX 😊