



A podcast full of practical magic to nourish your inner life

SHOWNOTES Episode 3
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Contact: zita@ritualrecipes.net
Mobile: 860.402.4231

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On the menu today: **Baby Blessings**

This is Episode 3. It's about welcoming a new twig on a family tree. It's about baby blessings.

That need for ritual is ancient. Do you remember the scene in Walt Disney's *The Lion King* when the witch Rafiki presents the cub to the gods while the parents beam with pride? Or the baby blessing scene from the Disney movie *Sleeping Beauty*? Family, friends, and fairy godmothers all gather to present gifts to baby Aurora. In both stories, we see and feel the importance of the baby's birth not only to the parents but also to the community.

Whether both fairy tales and real life, whenever a new member of the family arrives, the parents, the grandparents, the whole community wants to – needs to – celebrate.

Three years ago, I was the officiant for the wedding of Karla and Anthony. (You can hear more about it in the podcast.) For the birth of their first child, I created a ritual called "The Nest."

Items for "The Nest" Ritual

- Bird's nest made of grapevine, 8 inches in diameter
- Circle of brown paper, 2 inches in diameter
- Dried moss in assorted colors
- Two stones to represent the parents
- One small stone to represent the baby



My friend Carol Chaput is a fine artist by profession. She painted three stones to resemble the little family.

Parts of "The Nest" Ritual



1. Warming the Owlet / Pass the small stone among the guests
2. Softening the Nest / Grandparents place moss in the nest
3. The Parents' Promise / New parents make vows to their child and place the two big stones in the nest. Honor the family name.
4. The Family / The last guest holding the owlet stone places it in the nest.

Other Rituals in the Baby Blessing

- Poem “Tadpole” / The new father and new grandfather read alternating parts of the poem by Kermit the Frog a/k/a Jim Henson.
- Tie the Knot / Using the handfasting cord from the couple’s wedding, the new parents tie a small knot next to the big, marriage knot.
- Presentation of the baby to the guests

I hope this baby blessing inspired you to create one of your own. You can, of course, make your own nest and owls. If you’d like to purchase a nest, moss, and a family of owls – for yourself or as a gift -- please visit [my Etsy shop, Moon River Rituals](#). You’ll find a link in the shownotes. Here are a few families that would love to share their nest with you.



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Ritual Recipes is a “side dish” of MoonRiverRituals.com (the mother website) where I’ve worked since 2012 as a certified Life-Cycle Celebrant to officiate more than 100 weddings, bless babies, perform vow renewals, conduct funerals and memorial services, and create seasonal rituals for private circles and public gatherings. For more about these rituals, visit the website: MoonRiverRituals.com.



Rituals keep us oriented to the natural world and can connect us to our ancestors. That’s what this Baby Blessing ritual was all about. If you or someone you know is pregnant, or adopting a child, or you have a child but haven’t yet gathered friends and family for an official celebration, please consider this ritual. The impact can be just as powerful as that moment in *The Lion King*.

Thanks for listening. I believe in the power of ritual. If you do, too, please join me for the next episode...and share the magic.

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