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## Wedding Traditions: A History Lesson

By Melissa Burton

Throughout the millennia, the concept of family and marriage have been so closely knotted together that it is sometimes impossible to separate one from the other.

Marriage is present in every culture in some form. Although the laws, norms, and cultures may differ, they all still recognize the union of man and woman under one roof.

Marriage has evolved in so many ways from the different cultures all throughout the world throughout the ages. For each culture, there are diverse ways of celebrating something like marriage. But in each culture, there has always been one thing that has remained the same - that in every culture, and every tribe, marriage has always been one to be celebrated with the utmost of festivities, with singing, eating, and celebrating.

Along with these festivities, man has also adopted a growing, and evolving number of traditions each filled with meaning and - believe it or not - shocking origins.

The Wedding Cake Today's tall, elaborated, and delicately crafted wedding cakes evolved from the simple grooms-cakes made by family members for the bride. Before the wedding day, one of these cakes was put under the pillow of the bride. The bride would then sleep and "dream" of the groom, and yes, squish that cake into oblivion.

The real wedding cake would be a pound cake that would be "pound up" and crumbled and tossed at the couple as a sign of fertility. That is where we get today's custom of sprinkling the couple with rice after the wedding.

Cakes during weddings are usually stacked up in large layers. The higher the stack, the more 'glamorous' the cake. People usually regard these arrangements are mere style. However, they were done so in the past as a symbol of fertility. Couples would stack these cakes to symbolize how many children they wished to have. So in the past, the higher the stack, the more the children.

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Tying the Knot Now the truth can be told. Tying the knot did not necessarily mean getting knotted together. During ancient tribal times, the bride would usually be wrapped in a sheep with a knot out in front. This was to symbolize virginity. `Untying the knot' was the groom's privilege after the wedding the night.

Best Man - Secret Agent And startling enough, the best man used to play a different role in the early days. During tribal times, it was the best man's duty to abduct potential brides from other tribes. He would usually do so by clubbing the poor damsel over the head and drag her back home - just like those comic skits about cavemen seem to suggest. It was also the best man's job to ward off the angry relatives of the bride. So in the early days, it was the best man swinging his axe while the groom got hitched.

Today Although we are a little less barbaric than earlier times, we still see an evolution of the wedding ceremony and its tradition. These traditions are filled with meaning and can only serve to make your wedding day more memorable.

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<http://www.discountweddingguide.com/>

### **Planning Your Wedding**

**By Sharon Stajda**

Tips to Avoid Turning It Into A One-Sided Affair

You just got the most romantic marriage proposal of your life. You said yes, of course. News of your engagement spreads among family and friends and you can't wait for the day when the two of you exchange I do's.

Planning your wedding can be exciting. Important decisions need to be made. However, don't get too caught up in your wedding plans that you forget to involve the other most important person in the event - your groom. You can avoid turning your wedding day into a one-sided affair. Here are some tips:

1. When you plan your wedding, plan it as a couple. This is a prelude to your married life - everything needs to be decided together. Discuss your thoughts and come up with a plan that makes both of you satisfied and comfortable.
2. Don't let your and your groom's differences in religious beliefs and race be an obstacle. Consider having a double-ceremony wedding wherein you receive wedding blessings from both traditions.
3. How formal do you both want your wedding? Decide if you both want a formal black-and-white affair or a semi-formal one? What about having a wedding theme? Consider both of your lifestyles and interests when deciding on this aspect of your wedding.

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4. Discuss the monetary aspect of your wedding. As a couple, the two of you should agree on the expenses involved in the wedding. Decide on a wedding budget and stick to it no matter what. Remember, financial stress after the wedding is over can lead to trouble.

Planning a wedding can be a source of stress. It can even take its toll on you as a couple. However, don't let the stress rule love. Remember, the key thing is to enjoy your wedding. It is your special day that you will treasure forever.

For more information about planning a wedding, please visit the following url:

<http://www.oldsold.com/articles05/wedding-planning-1.shtml>



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