

## Cup of Life ceremony

This is a very special day in \_\_\_\_\_'s life. It is a time for looking back on (his/her) childhood, yet also looking forward to promises which the future holds for (him/her) as a young, proud Jewish adult.

Throughout \_\_\_\_\_'s thirteen years, many people have helped weave the rich fabric of (his/her) life, and in the years ahead we hope will continue to do so.

In the Cup Of Life Ceremony, which we will share now, \_\_\_\_\_ honors some of those people who have helped (him/her) taste some of life's sweetest flavors along the way.

We know there are many important ingredients in the recipe for a good life. This (afternoon/evening) fourteen cups of wine will be blended into the large cup of life. Each is symbolic of a different ingredient we find in the recipe for a good life.

1. The first of the fourteen ingredients is the cup of **health**. We ask Grandparents \_\_\_\_\_ and \_\_\_\_\_ to pour the ingredients of good health into the Cup of Life.

2. Next we ask \_\_\_\_\_ to join us to pour the second cup. Yours is the cup of **compassion**.

3. \_\_\_\_\_ are next. You will pour the cup of **wisdom**.

4. We ask \_\_\_\_\_ to come forward to add the next ingredient, the cup of **virtue**.

5. To pour the cup of **devotion**, we call upon \_\_\_\_\_.

6. Next, we invite \_\_\_\_\_ to come forward to pour the cup of **prosperity**.

7. \_\_\_\_\_ will add the cup of **integrity**.

8. It is said that good friends help us to see the best within ourselves. Therefore, we ask \_\_\_\_\_ to come forward to pour the cup of **friendship**.

9. Next we ask \_\_\_\_\_ to pour the cup of **success**.

10. To pour the cup of **faith**, we invite \_\_\_\_\_.

11. To pour the cup of **loyalty**, we call upon \_\_\_\_\_.

12. Now we ask \_\_\_\_\_ to add the cup of **dedication**.

13. (Brother/Sister) \_\_\_\_\_, you are next. You pour the cup of **happiness**.

14. And finally, Mom & Dad. You pour what must be considered the most important cup of all, because there is a little bit of this in each of the preceding thirteen cups. We call upon you to add the cup of **love**.

Now that \_\_\_\_\_'s Cup of Life has been filled, I'll ask (Him/her) to sip from it, and as (He/She) does let us say **L'CHAYIM!**

~ option ~ 'Memory Cup' for the dearly departed

In memory of dearly departed & beloved \_\_\_\_\_ we now ask \_\_\_\_\_(ex Mom) to pour the memory cup in his honor.