



Feast  
for  
the  
Soul

# Guidelines for the Interdenominational Candle Lighting

This ceremony can be performed anywhere and by anyone who chooses to bring a few people together to launch the Feast. We encourage you to try to perform the ceremony on the 15th of January at a time and place that lends itself to your community.

For those not near a Feast community, the ceremony can be conducted at home, creating a private altar that can be the focus of your meditation throughout the Feast.

Through the lighting of a candle for many of the world's religions we embrace the oneness of our spiritual journey and invoke the presence of the prophets and masters who brought those teachings of Truth into form. Each of these prophets come forward in response to man's search for Truth. They simply differ in time and place when they were brought through. In the Feast for the Soul, we honor all religions as a path to the same Divine Presence.

The paths that are honored can be expanded as seen necessary for your ceremony. These are the ones that we have identified:

- Indigenous/Native American
- Divine Feminine/Goddess
- Hindu
- Zoroastrian
- Buddhist
- Sikh
- Jewish
- Christian
- Islam
- All other paths, known and unknown to the world

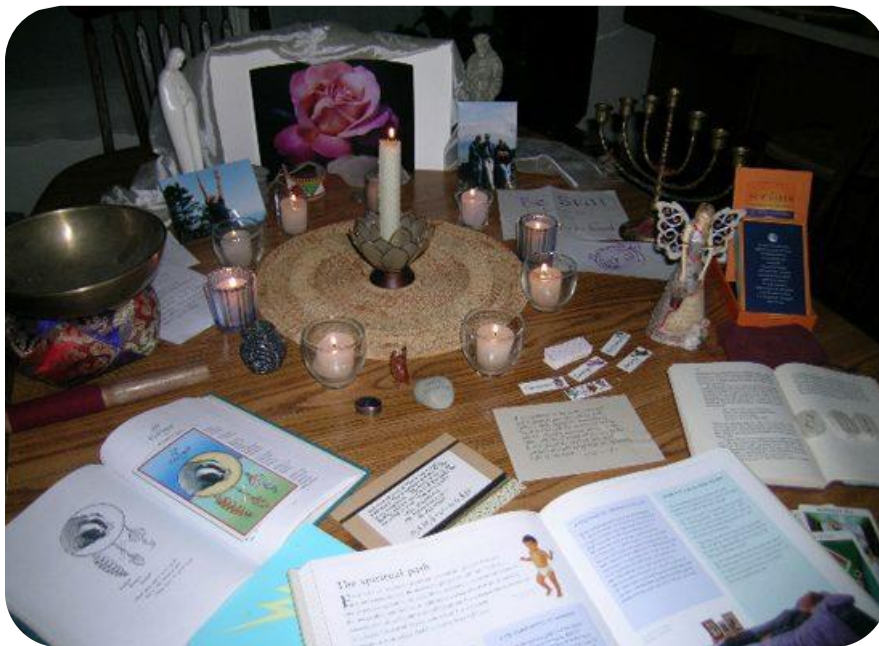
## General Outline:

|                    |            |
|--------------------|------------|
| Silent meditation: | 15 minutes |
| Candle Lighting:   | 30 minutes |
| Silent meditation: | 30 minutes |

## Materials Needed:

Pictures of altars created for previous Feast can be found below. These include those for group ceremonies as well as one for a private ceremony.

- 9 white candles of the same size
- 1 larger candle
- Candle lighter
- Cloth
- Small tapers for each person present at the ceremony
- Readings from each of the traditions
- Feast Logo to place on the altar







- Flowers and Crystals to represent the Earth and Nature
- Bowl of water to represent the element Water
- Candles represent the element Fire
- A feather or ferns represent the element Air
- Incense to represent the element Ether

You may open the ceremony with these words:

“This simple interfaith ceremony was first used in France in the early 20th Century.

Man’s search for Truth is found in many spiritual traditions that extend throughout recorded history. In this Candle Light Opening ceremony we honor the unity of these traditions as a way of bringing people together under the umbrella of our 40-day period of commitment to spiritual practice. We are all one in our search for peace.”

The candle of Truth is lit to open the Ceremony. One could say:

“I open this ceremony with the lighting of the candle of Truth.”

Then, in turn, each of the nine candles is lit from the candle of Truth. One could say:

“I light this candle from the candle of Truth in honor of the \_\_\_\_\_ tradition.”

As the candle is lit, an excerpt from the scriptures of that tradition is read to those present.

The reading is followed by a few seconds of silence before the next candle is lit.

The final candle to be lit honors all those, known and unknown, who have held aloft the lamp of Truth.

When the last candle is lit, then a taper carries the flame of Truth to each of the participants.



Remain in silence till all the candles are lit.

After five minutes the participants can blow out their candles and move into the silent meditation, which might be marked, by bells at the beginning and end, if available.

To learn more, visit [feastforthesoul.org/opening-ceremony](https://feastforthesoul.org/opening-ceremony).

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