



On the 14 February, we celebrate the feast of St. Valentine. Although this day is a popular event in the secular community, it is important to remember how and why the feast day came to be.

St. Valentine was a Roman priest who lived in the 3rd Century. The ruler at that time, was Emperor Claudius II. He was a man who valued toughness and viewed married men or men with families as weak. He believed single men made better soldiers, so he banned marriage so that he could more effectively recruit single young men into his army.

Despite the Emperor's law, many men still wanted to marry. St Valentine felt so sorry for these men that he risked his life to marry the couples in secret.

When Claudius discovered what Valentine was doing, he sentenced him to death. Legend states that while imprisoned and awaiting execution, St. Valentine even restored the sight of the daughter of his jailor – she experienced light for the very first time through his healing.

St. Valentine died on 14 February. His compassion for young couples in love earned him the title of patron of lovers.

Prayer on St. Valentine's Day

Most Gracious Heavenly Father,
You gave Saint Valentine the courage to witness to the gospel of Christ,
even to the point of giving his life for it.
Help us to endure all suffering for love of you,
and to seek you with all our hearts;
for you alone are the source of life and love.
Grant that we may have the courage and love to be strong witnesses of your
truth to our friends and family and to the whole world.

We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit, one God, for ever and ever.
Amen.

Novena to St. Valentine (patron of engaged couples and happy marriages)

If you need some extra heavenly help for your relationship, consider praying a novena to St. Valentine, invoking his intercession over a period of nine days. Pray this prayer with faith and trust in God, allowing him to have control over your love life.

O glorious advocate and protector,
St. Valentine,
look with pity upon our wants,
hear our requests,
attend to our prayers,
relieve by your intercession the miseries
under which we labour,
and obtain for us the divine blessing,
that we may be found worthy to join you
in praising the Almighty for all eternity:
through the merits of our Lord Jesus Christ.
Amen.



God's Valentine Gift

God's Valentine gift of love to us
Was not a bunch of flowers;
It wasn't candy, or a book
To while away the hours.

His gift was to become a man,
So He could freely give
His sacrificial love for us,
So you and I could live.

He gave us sweet salvation, and
Instruction, good and true--
To love our friends and enemies
And love our Saviour, too.

So as we give our Valentines,
Let's thank our Lord and King;
The reason we have love to give
Is that He gave everything.



By Joanna Fuchs

