

What to Do On Valentines Day?

By Barrington H. Brennen, 2005, 2018

This is the day for lovers--Valentine's Day. I also like to call it "Loving Day." This allows everyone to participate, not only romantic partners. However, this article is for romantic partners. What are you planning to do today? On this February day, in most Western countries, flowers and gifts are exchanged all in the name of love. "One legend has it that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men--his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death."

For centuries now, February 14 has been known as a day for lovers to show mutual appreciation. Although couples should really show their appreciation for each other daily, it is great to designate a special day to do so. It may be Valentine's Day, the wedding anniversary, or another day.

FOURTEEN SUGGESTIONS

What are you going to do today to show appreciation for your lover? If you haven't planned anything yet, it is not too late. If you cannot do anything today, plan for tomorrow. Just tell your lover that you love him/her every day of the year not just on Valentine's Day, and express your love tomorrow in a unique way.

Here are the fourteen suggestions:

1. Write a poem to your lover, using pen and paper (You can send it via email or WhatsApp, however the old-fashioned way of actual paper is more special and significant). This simple expression of love goes a long way.
2. Get home early and sprinkle the bedroom or another special room with rose petals. Sprinkle the petals on the floor, bed, everywhere possible. Leave a love note or card and make sure the room is smelling sweet.
3. Ask a singing friend or a professional/Singing Telegram Service to go to your lover's place of work to deliver a "Singing Card/Sing-A-Gram." The friend will sing one or two love songs and deliver a sweet message and card in your behalf.
4. Have a florist deliver eleven roses or flowers to your lover at work. Send a note with the flowers stating, "Honey, here are a dozen flowers/roses to express my love for your

today. You only received eleven of them because I will personally deliver the twelfth one when you get home."

5. Have someone deliver a hot meal to your lover's place of work with a Valentine's card.
6. Close the house windows and dance privately with your spouse in the semi-nude or fully nude. This will certainly turn the juices on.
7. Have a candlelight dinner with soft romantic music playing in the background.
8. Make something with your own hands, even it is out of plain paper, as a special gift for your lover.
9. Go to a favorite restaurant for lunch or dinner.
10. Go parasailing together, kissing as you soar in the air.
11. Have a long, passionate, wet kiss when you get home from work.
12. Record a love note to your partner on a smart phone, iPad, etc., and email it or give it to your lover.
13. Spend the entire evening cuddling on the living room sofa.
14. Call your lover at work every hour today. Make the calls short. Each time you call, share a sweet thought or portions of a poem or song.

NO LOVE

Dear lover, make sure you show your appreciation for your lover today and every day of the year. If you are hurting because of lack of love in your relationship, then seek professional help. It is possible to rekindle the once-lost love. Remember, love is a verb. It is an action word. It is a choice. You can choose to love because you know it is right. The lack of love is no reason to end a relationship. Don't throw away your relationship simply because you have never loved, or your love has faded. There are some who cannot find faults with their spouse, but still decide to end the relationship on the grounds of lack of love. Remember the sacred vows you made to each other and the sacredness of marriage itself. Let this day begin a new day in your life by making a choice to love again. You may have to "act" as if you love until it becomes real. Start somewhere.

LOVING DAY

As stated earlier in this article I like to refer to Valentines Day as Loving Day. It focuses beyond romance and marriage. This allows everyone, including business, schools, etc. to participate. On loving day I encourage the showing or expressing of appreciation and love to everyone you see or work with, or go to church with.

Send your questions or comments to P.O. Box CB-13019, Nassau, Bahamas; or email question@soencouragement.org, or call 242-327-1908, or visit the website www.soencouragement.org for this or other articles.