

Significance of Valentine's Day

Valentine's Day, also known as Saint Valentine's Day or the Feast of Saint Valentine, is an extremely popular holiday that celebrates and honors St Valentine and to express gratitude and love to dear ones.

History of Valentine's Day

Historically, Valentine's Day is said to have originated in Europe and made it's way to North America in the 19th century by British settlers. It originated as a **Western Christian liturgical feast day** honoring saints named Valentinus.

Several stories associated with the various Valentines that were connected to February 14 were told. It is said that the popular hagiographical account of Saint Valentine of Rome inspired the holiday. Saint Valentine was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, Saint Valentine healed the daughter of his jailer, Asterius, and before his execution, he wrote her a letter signed "Your Valentine" as a farewell.

The day first became associated with romantic love in the 14th century, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). Today, Valentine's Day is recognized as a significant cultural and commercial celebration in many regions around the world, although it is not a public holiday in any country.

Traditions of Valentine's Day

Valentine's Day traditions include card and gift giving. Popular gifts exchanged on the day include cards, fresh flowers (mainly the rose), chocolates and sweets. Additionally, people also complement these with other gifts of love to express affection and love. Valentine's Day dinner and dance parties are organized all over the country to celebrate the occasion. Many couples hold private celebrations in homes or restaurants. Children also gift handmade gifts and cards to their friends and loved ones.

* This info borrowed from Calendar.365.com

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