

Happy St. Valentine's Day!

Did you know that there are three different St. Valentines in early martyrologies? CatholicEducation.org tells us the first St. Valentine was a priest and physician in Rome. He was condemned to death for his faith and beheaded on Feb. 14, 270. The second St. Valentine was the Bishop of Interamna (now Terni), and he, too, died for his faith. Little is know about the third St. Valentine, who suffered martyrdom in Africa with several companions.

Both the love of faith that the Sts. Valentine lived and the sacrificial practices of Lent that Catholics embrace are rooted in the love of Christ for us. As Jesus says in John 15, "This is my commandment: love one another as I have loved you. There is no greater love than this: to lay down one's life for one's friends."

Take a moment this St. Valentine's Day to tell your family and friends how much you love them!