



SALT February Newsletter

Valentine's Day and the Essence of Love

Valentine's Day, celebrated on February 14th, has evolved from its origins as a day to honor St. Valentine into a global celebration of love and affection. It is a time when people express their feelings through gifts, cards, and heartfelt messages to those they cherish.

Valentine's Day offers an opportunity to reflect on the importance of love in our lives. It encourages us to express our gratitude for the people who make our world brighter and to recognize the small acts of kindness that demonstrate love in everyday life. It is a day to celebrate not only romantic relationships, but also the love that sustains us in its many forms. Valentine's Day serves as a reminder of the deeper essence of love.

In her book *"The new book of Christian Mysticism"* Carol McColman writes: "Love has inspired poets and philosophers for as long as human beings have enjoyed telling a good story. Without love, we would have no Romeo and Juliet." She also continues: "Without love, we wouldn't have the passionate work for a better world that informed the spiritual activism of Dorothy Day, Dag Hammarskjold, Mother Teresa or Howard Thurman." Without the love shown by our beloved foundress, Venerable Mary Angeline Teresa, we, the Carmelite Sisters, would not have our great charism of care for the Aged & Infirm. After all, "The difference is love". Love is what we are made for and who we are.

Love is a powerful and transformative force that brings people together, fosters connections, and enriches our lives. It is a fundamental aspect of human experience and can be expressed in countless ways. During our SALT Service Programs, young women are given an opportunity to love and serve; love and service are two sides of the same coin. Love motivates individuals to serve others and acts of service are a powerful expression of love. Together, they create a more compassionate, connected, world in the lives of the elderly population.

"And now these three remain: faith, hope and love. But the greatest of these is love." This verse from Corinthians 13:13 emphasizes the profound importance of love in the Christian faith. It suggests that while faith and hope are essential virtues, love surpasses them all in significance. Love is portrayed as the highest and most enduring of all virtues, and it is through love that we can truly connect with and care for others.

Love is a feeling, a very funny feeling.

A feeling you never felt before. A feeling that you feel

When you really want to feel

And a feeling you feel for evermore.