**Saint Valentine**

Saint Valentine was a Roman priest in the 3rd century, during the reign of Emperor Claudius II. At that time, the emperor banned marriages for young men, believing single soldiers fought better than married ones. Valentine defied this decree, secretly performing Christian weddings for couples in love. When Claudius discovered this, he imprisoned Valentine.

While in jail, legend says Valentine befriended the jailer’s blind daughter, Julia. Through faith and prayer, he miraculously restored her sight. Before his execution on February 14, 269 AD, he sent her a farewell letter signed, “From your Valentine.”

Valentine was later venerated as a martyr, and by the Middle Ages, February 14th became associated with courtly love. Poets like Geoffrey Chaucer romanticized the day, linking it to the pairing of birds and love. Over centuries, the day evolved into a celebration of love, with couples exchanging letters, flowers, and gifts.

Today, Valentine’s Day is a global tradition symbolizing romance and affection. Though its roots lie in Christian martyrdom, it has become a universal celebration of love, reminding the world of Saint Valentine’s defiance and devotion to love against all odds.