

Creating a More Meaningful Valentines Day

LWCC marriage Ministries Extra Email – February 2026

Some of what's below comes from the 12th email I have received this week, all of them in various ways telling me how important Saturday is, and what I must do to celebrate it. You're probably a little like me - you don't need reminding. Though for me it's a little bit different. You see, I don't know anyone else who celebrates their Wedding Anniversary the day before Valentines Day, or on Valentines Day either for that matter. I've said to family and friends for years, I chose to get married on the 13th February because, with my forgettery being what it is, down the track it would mean I would never forget our Anniversary date or Valentines Day again. Truth is, when we got married I don't remember ever hearing about Valentines Day. I think, a bit like Halloween, it's one of those things that crept up on us along the way. In fact, in recent years we've noticed something else that's crept up around it - an ever-growing wide spectrum of, on the one hand, support, to, on the other, a sense of dread at the thought of another Valentine's Day. Some embrace it and enjoy the day with special treats and moments, while others find it quite the opposite, often letting others know their feelings, without thinking of the impact their words are having on their spouse. For many couples, it very much feels like a contrived "Special Day" in which there's extra pressure to show love through grand gestures, expensive gifts, and over-the-top dates. All of this can make even heartfelt expressions of Love feel inauthentic or forced, and they wonder, "Are these people doing all this stuff because they want to... or just because it's Valentine's Day?"

The truth is, it can be Both. And if you're someone who loves celebrating Love, and looks forward to February 14th every year, that's great! There is nothing wrong with that by any means. However, if you find yourself feeling jaded with all the bombardment and hype, here's a couple of tips for creating a more meaningful Valentine's Day experience, that you might find drops some unexpected engagement into the day and into your relationship with your 'significant other'.

Start a Tradition:

Research has shown that rituals and traditions, like Valentines Day, have an overwhelmingly positive effect on marriage. They foster connection, shared meaning, and a sense of stability in your bond. They act as constant relational touch points that help you stay tethered to each other and your unique identity as a couple. By establishing a Valentine's Day tradition that you carry on year after year, you create something deeper that threads throughout your relationship, carrying more meaning as time goes by. Even if the tradition is small or even anti-Valentine's Day, like purposely staying in and ordering Uber-eats in your pyjamas, the ritual becomes a source of connection and bonding, that you may find you even start to look forward to each year! So, if you're one who finds it a bit stressful or ho hum, consider the contribution to a deepening of the bond in your relationship and start a new Tradition!!!

Spread the Love:

Sure, Valentine's Day is about expressing love toward your spouse, but it's also about love in general – so why not share that with your kids, extended family, friends, or neighbours! Lean into something that you and your spouse enjoy doing together, then think about how you can get others involved. Maybe you love cooking together, so you invite friends for a dinner party. Or you enjoy a family movie night with special sweet treats. When you express love and affection to those around you,

you're also modelling this for your children as well. So why not try getting your kids together, or inviting some family, or friends, or neighbours for a barbie, or a special meal and finish with a romantic movie.

Check in With Intention:

I seriously don't think there's a rule that says it has to be an expensive night out. So what about just focusing on each other and having a meaningful conversation instead? Use the day as a standing opportunity for the ultimate relationship check-in. What's going well in your marriage? What areas could use some work? What do you love most about each other, and when do you feel most loved? Jot down things you'd like to talk about beforehand, and set aside some quiet time with minimal distractions.

Ultimately, Valentine's Day doesn't have to be celebrated out of a sense of obligation. It doesn't have to feel forced or fake. Instead, you can create a more meaningful experience by focusing on what feels genuine and true for you and your spouse, whether it's a no-frills tradition, insightful conversation, or the traditional special night out. Ultimately, see it as an opportunity for meaningful connection - one of those special 'touch point' moments to sow something deep and meaningful into your relationship.

With greetings, and a sincere hope you Enjoy your Valentines Day;

Your Marriage Ministries Team, Stan & Ronnie, John & Karen

(Adapted from an Article from Prepare/Enrich)