

Offering Hope and Healing



SAMARITAN

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The Samaritan Spirit Feb. 2018

Going Beyond Valentine's Day Love

By [The Rev. Dr. Graham Standish, PhD, MSW, MA, MDiv - Executive Director](#)

Throughout my life and career, the theme of love has been a primary theme for me, and it's led me to ask a constant question: how do we make love more central in a world that seems to push it to the margins?

I'm not talking about the type of love that our world and culture seems to value and devalue the most-romantic love. *I'm talking about a deeper love that transforms people.* Our culture prizes romantic love, but even that kind of love has been devalued and degraded into a kind of "hook-up" love, where all that matters is sexual acts that merely imitate love. *The love I love is the kind that changes lives.* It's the kind of love talked about in the Good Samaritan story. [More](#)

"...the most effective therapy was the one where the client felt the most loved by the therapist."



[Read another article by The Rev. Dr. Standish - Strengthening Community and Faith](#)

Have You Held Hands Lately?

Samaritan therapist, [Ellen Knox](#), shares a sweet memory



"Research shows marital satisfaction generally drops when children arrive and doesn't increase significantly until they leave the nest. It doesn't have to happen! It's challenging to find new, creative ways to invest in your relationship with the stresses of family, but your marriage and family will both benefit. Kids come and go, but marriage is for life. I can still see my parents after 66 years of marriage at 89

and 90, walking down the street holding hands. When people told them how cute it was, my dad always said 'we're just holding each other up!' "

The Love Hormone

An article in *Positive Psychology News* has interesting news about the neurotransmitter oxytocin. Oxytocin, which plays a major role in bonding and childbirth, "is released when we feel safe and connected." Studies show that oxytocin promotes positive behaviors such as compassion, generosity and trust. Touch incites the most powerful release of oxytocin, so hug, hold hands, get a massage and dance with someone you love! [Dr. Paul Zak](#) (oxytocin expert, a.k.a. Dr. Love) prescribes eight hugs a day to feel happier and more connected! [Learn more.](#)



Without Love?

Samaritan therapist, [Judith Connor](#), shares a passage by the late [Fr. Richard P. McBrien](#) "...justice without love is legalism; faith without love is ideology; hope without love is self-centeredness; forgiveness without love is self-abasement; fortitude without love is recklessness; generosity without love is extravagance; care without love is mere duty; fidelity without love is servitude. Every virtue is an expression of love. No virtue is really a virtue unless it is permeated or informed by love."

Your comments are always welcome! Email bhealey@samaritancounseling.net

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