

Love's Grand Gestures

By Rachel Loveday

'Surviving the night of food poisoning together wasn't the stuff of great romance, but it was the stuff of lasting love.' -Carrie Bradshaw (Sarah Jessica Parker) on *The Ick Factor*, season six, *Sex and the City*.

On the *Sex and the City* episode; *The Ick Factor*, the meaning and authenticity of the romantic gesture are questioned between the four main characters as they believe that romance is dead and these gestures are fake. Carrie is overwhelmed by her boyfriend, Petrovsky's grand romantic gestures of writing a song for her and dancing in the street. Miranda, who has never believed in grand romantic gestures, proposes to her boyfriend, Steve over three dollar beer. Charlotte, a big believer in the grand romantic gesture has a romantic dinner with her husband, Harry at a French restaurant, only to suffer from food poisoning later in the night.

The point that the above quote made was that romantic gestures are purely that—romantic. They don't necessarily equate to love, even though love can be the intention behind them. I think the most romantic gestures aren't the ones that are extravagant, clichè and over-the-top, that come across as sweet and loving, rather the gestures that are simple, silent, understated, but you know deep down show real love, are more romantic and powerful.

The kind of gestures I'm talking about are certain moments in a relationship that are significant, but if you blinked you would miss them at the same time. Such as my father helping my mother bathe after she had knee surgery, my cousin and his wife taking in each other's children from previous relationships and loving them as their own, my father turning down the television beyond his limited hearing range so I can get some sleep and a good friend of mine, Ned raising awareness of Lupus because his wife and my best friend, Danielle suffers from the painful disease every day.

It is these gestures that are the stuff of lasting love, no matter what the relationship and it is these gestures that should be displayed and celebrated by everyone to their loved ones every day, without hesitation. A “simple” hug and a kiss can go a long way.