



Day 3 - Thanks A spoonful of honey



The jar of honey was sitting on her doorstep when she got home from work hidden, inside a plain brown paper bag; it came unadorned. The accompanying card just said, **'I thought this might be a good time to bring you this gift'**. There had been a bereavement. It was a dark time. Her father had died a few weeks ago. The gift of the honey was a small drop of sweetness into the blackness, which her friend knew she needed – a small beginning on the steep path upwards. **In years to come she would think of that gift and recognise it as being precious.**

Take time to think of the difficult times in your life where you have had difficulty stumbling through a dark time. **Think of the spoonful of honey, the drops of sweetness that helped you.**

In your imagination enter your garden on a sunny day in summer. Relax as you enjoy the warmth of the sun. Listen to the garden sounds; the birdsong, faraway and near, a passing car and the gentle buzzing of the bees. Concentrate on the bees imagining them flying from flower to flower on their search for nectar, the sweetness in life; different shapes, different colours, some large, some small. **None rejected where some sweetness can be found.** So, in life, where God finds many different ways of bringing sweetness into our lives.

Think how you could be a spoonful of honey today.

Take time to pray for your friends that they will come to find that God's love can be the sweetener in their lives.

Waking up this morning, I smile,
Twenty four brand new hours are before me.
I vow to live fully in each moment
and to look at all beings with eyes of compassion.
THICH NHAT HANH