

## Thought for the Day, 2 July 2020 from Katherine-Alice Grasham

Did you know that St Valentine is not only the patron saint of love, but also of beekeeping? I'm personally a huge fan of bees – I love that they communicate by dancing, and that they are such hard workers but still find time to “stop and smell the roses”, quite literally.

The opening of the film 'Bee Movie' says this: “According to all known laws of aviation, there is no way that a bee should be able to fly. Its wings are too small to get its fat little body off the ground. The bee, of course, flies anyways. Because bees don't care what humans think is impossible.”

I like to think we can learn from this – we can often get weighed down by perceived impossibilities, but the bible says in the gospel of Matthew, “with God everything is possible.” I'll admit that I use the phrase “I can't do it” far too often, and forget that sometimes it's not about my capacity, but God's. When I put my trust in God, I am stronger, braver, and wiser than I ever could be alone. As a Christian, I believe that God can do amazing things through every single one of us, even when we think it's far beyond our capabilities.

In many traditions, bees symbolise community, which I think is another great example of a place from where we can draw strength. Bees cannot do their work alone – each of them has a task to do, and between them, they get the job done. Especially in this day and age, I think we can all learn a lesson from this – “no man is an island” as John Donne wrote in his famous poem, and we cannot thrive without the help of others. Perhaps we can use today to inspire us to reach out to others in support, and to ask for help when we need it