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Based on the gospel for Sunday 11 December, Third Sunday of Advent: Matthew 11:2-11

“The blind see again, and the lame walk... and the Good News is proclaimed to the poor.” Matthew 11:5

The world today is filled with bad news. Where there is good news, it doesn't often make headlines.

Manuel is a beekeeper and farmer from Guaymango, western El Salvador. A local organisation we support trained him in beekeeping, how to make flavoured honey and how to prepare it for sale.

But it is not just the financial benefits his bees can bring that appeal to Manuel. He explains: “I keep bees because I am a farmer. If they give me honey, then that's a bonus. When you start to understand and see bees as pollinators, honey comes in second place... because if there aren't pollinators then we don't have a harvest.

“I do it now not to earn money, but for their importance for the planet.”

When he was younger, Manuel moved to the capital San Salvador to find work. The hours were long and the pay was poor, however, so he returned to help his parents on the farm.

At the time they lived mostly from the sale of maize, but they now grow a variety of crops. Along with the honey, they sell fruit and firewood, and Manuel also raises chickens for sale. These days he can see how many possibilities there are, right on his doorstep.

“The training has helped us to see ourselves living here, not having to move abroad. That we can achieve lots of things staying here where we are from – this has been one of the most important aspects.”

Come, Lord, source of joy. Move us to be good news in our world by standing alongside our sisters and brothers in need. Amen.



Some good news

Read some more good news! Find out about what has been achieved through CAFOD's work with your help over the years

[Read our good news](#)



Advent prayers

Pray and reflect with us during this season of preparation, hope and expectation as we wait with joy for the Lord.

[Pray with us](#)



Advent appeal

This Advent we are asking for your help on behalf of families who ordinarily know how to cope, but are now living through the worst drought in 40 years.

[Give today](#)

This reflection and prayer were taken from our [Advent calendar](#).



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