

## Captain's Log October 2004

Dear Friends,

Autumn is now very much upon us! We can see the chestnuts falling off the trees and the leaves are changing from green to a multitude of colours until they fall from the tree. It is a season that prepares the earth and plants for the cold winter months. It is a time of change and preparation. Many of us use the autumn time to also prepare ourselves for winter. Maybe you put the heating on to make sure that it is all working, or have it serviced by a professional so that it is all in order for the winter months. You may start to put away the summer clothes and bring out the winter ones, the warm woolly jumpers and thick winter coat! All things we do to prepare ourselves for the winter months.

There are also other times in our lives that we could call our autumn time. Those times when we are aware that a change is going to take place in our lives and those moments that we have to prepare ourselves. The time of preparation is vitally important as it helps us to manage the change when it comes. As we look over the seasons of our lives, we could probably pinpoint those times in our lives which we could call our autumn time. You maybe able to see the time of preparation, things that were good, the things you wished you had done and those things that you wish you had not done. It is all a process of learning and brings new insights into our lives.

Change also happens within our Christian life, and the Bible is very clear on the concept that there is a time for every activity and that also includes change (see Ecclesiastes 3). We do not have to go through times of change on our own, as we have the reassurance that we have God by our side. We have to trust and lean on him and seek His guidance through reading His Word and prayer.

May God bless you,

Louise Wood  
Captain