**Seasons**

So the leaves turn, the nights draw in and the talk is all about the latest named hurricane which is heading our way from the US and hitting us with wind and rain that is somehow meant to be different from the usual wind and rain we get.

I love the seasons if I’m honest. There are great aspects about all of them, and just as you’re getting bored of one season another comes along. I do sometimes moan about the cold and wish I lived somewhere perpetually warm, but actually I think we have it just right.

An interesting piece of research recently compared stress symptoms in California with London and discovered some fascinating patterns. In the summer we tend to live a bit more; have less sleep and do more activities than in winter. During the colder winter months with lower light levels us Brits tend to sleep more and do less. They were saying that it was a healthy pattern to the year which didn’t exist in California, where the almost permanent summer didn’t give a season for people to slow down in. Those cold winter evenings of crawling under a duvet and watching reruns of The Professionals? They’re actually good for you!

So spare a thought for those poor people in California who are so stressed out because of the beautiful all-year-round sunshine. Let us remember them in our prayers.

And I must say that there is something special about miserable, dark Saturday afternoons at Home Park, the weather getting steadily colder as the second half draws to a close and the floodlights casting an eerie misty glow across the turf. Maybe it’s because my earliest memories of supporting football are of such afternoons, but I love those times (yet long for a warm sunny Saturday in May just the same).

Each season is special and as Autumn heads towards winter, without wanting to wish the year away, may I draw your attention to the Argyle Carol Service – another marker in the year – when the faithful in both senses of the word gather to sing carols and celebrate Christmas.

As usual we will have the players giving readings, and this year we welcome the Plymouth Youth Concert Band to lead our singing, helped by the school choir of St Andrew’s Primary, Buckland Monachorum. We are pleased to announce that we will be combining with the Hospital to raise money for RICKS HOLIDAY FUND and of course no Argyle Carol Service would be complete without the appearance of the real special one Father Christmas!

The date to put in your diaries is Tuesday 15th December and it will start at 7pm so I hope to see you there!