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But this increase to the number of our membership is not our only cause of thankfulness: we are warranted to believe, from our intercourse with you as pastors, that many of you are striving to be freed from the power and influence of sin: to have the love of it in the heart entirely crushed and destroyed, and to be made complete in Christ: and this, dearly beloved, is your glorious privilege: for this were you called of God: for this have you received the witness of the Holy Spirit: and this is the great qualification for usefulness among your fellow-men. To maintain this spiritual life, and to grow daily in it, must be the prevailing desire of your heart and effort of your life. You must exercise an utter abnegation of self: strive against all fleshly lusts that war against the soul: mortify the deeds of the body: and avoid the very appearance of evil. Attendance upon the means of grace will greatly aid you in your observance of these precepts: not only the public means, such as the ministration of the Word, but those more private means, with which, as a Church, we are so greatly favoured, such as *divine worship in our families; class and prayer meetings; the devotional reading of the Holy Scriptures; and closet prayer.*

We take this opportunity of reminding you of the importance and necessity of greater attention being paid to the Sacraments of the Lord's Supper and Baptism: our religious experience is defective when either of these is slighted or neglected. As members of the mystical body of Christ, we should cheerfully and gratefully embrace every opportunity of showing our love for Him who has said of His Supper, "This do in remembrance of me;" and as Christian parents, desiring the spiritual happiness of our children, we should