

by the faithful in the Lord's Supper. That is, those who come with prepared hearts, and trusting in their Saviour, to this holy feast, will have their souls fed and strengthened with the Body and Blood of Christ, just as the bread and wine would strengthen their bodies. We need not trouble ourselves about how this can be; we have the words of our Saviour telling us to "do this," and in another place He says, "He that eateth My flesh and drinketh My blood, dwelleth in Me, and I in him." So that we know we are drawn near to the Saviour and strengthened to lead better lives. What is required of them who come to the Lord's Supper? I have told you it is the duty of all who come to the Lord's table carefully to prepare themselves, and in the Catechism we are told of four things we must search our hearts to see if we have before we come,—Repentance, Faith, Thankfulness and Charity. We must examine ourselves. St. Paul says: "Let a man examine himself and so let him eat of that bread and drink of that cup." We are to have a true repentance or sorrow for the sins of our past life, and this will make us really intend to lead new and better lives afterwards; we must believe that our sins will be forgiven for the sake of Jesus Christ, with our hearts full of thankfulness for the sacrifice of His death; and we must be at peace with all people. You need never stay away from the Lord's Supper because you do not feel as sorry as you would wish for your sins, for it is from the Holy Spirit alone that repentance comes; we cannot make ourselves sorry, and the way we may know that our sorrow is real is by the change it makes in our lives; so that if we really wish to do better in the future, and have asked the Holy Spirit to help us, we need not stay away.

Some people say, "We cannot go to the Lord's Supper, for we are not good enough." They fancy it is only for good people. This is quite wrong, for if all were to wait till they were "good enough," they would never go at all; for we know we have no goodness of our own that can make us fit to go; but we trust to the goodness of the Saviour Himself, and our part is to go with true sorrow in our hearts for our sins, and really intend to live better lives for the time to come.

We are to have a thankful remembrance of His death. Our thankfulness will show itself, like repentance, in our lives. As the Prayer Book says, we will "show forth His praise, not only with our lips but in our lives."

And we are to be in charity with all men. We must not think of going to the Lord's table unless we are living at peace with every one, and unless we have forgiven those who have wronged us; and if we have injured any person we are to do all in our power to make up for it. Is it our duty to go to the Lord's supper? It is, most certainly; and although it is very wrong to go in a careless spirit, with an unprepared heart, it is also very wrong and dangerous to lead such a life that one dare not go. How can a person who cannot go to the Lord's

Supper be ready to die should he be called to do so at any moment? I trust, my dear children, that it will not be so with you; that once you are allowed to come to the Holy Communion, that you will never neglect it, but that you will grow in grace more and more until you are brought to the Kingdom of Heaven.

### THE MISSIONARY POTATO.

It wasn't a very large church, and it wasn't nicely furnished. No carpet on the floor, no frescoing on the walls; just a plain, square, bare, frame building away out in Illinois. To this church came James and Stephen Holt every Sunday of their lives.

On this particular Sunday they stood together over by the square box-stove waiting for Sunday school to commence, and talking about the missionary collection that was to be taken up. It was something new for the poor church; they were not used to having collections taken up for them. However, they were coming up in the world, and wanted to begin to give. Not a cent had the Holt boys to give that day.

"Pennies are as scarce at our house as hen's teeth," said Stephen, showing a row of white, even teeth as he spoke. James looked doleful. It was hard on them, he thought, to be the only ones in the class who had nothing to give. He looked grimly around the old church. What should he spy lying in one corner under a seat but a potato!

"How in the world did that potato get to church?" he said, nodding his head toward it. "Somebody must have dropped it that day we brought the things here for the poor folks. I say, Stennie, we might give that potato. I suppose it belongs to us as much as to anybody."

Stephen turned and gave a long, thoughtful look at the potato.

"That's an idea!" he said eagerly. "Let's do it!"

James expected to see a roguish look on his face, but his eyes and mouth said, "I'm in earnest!"

"Honor bright?" asked James.

"Yes, honor bright."

"How? Split it in two and each put a half on the plate?"

"No," said Stephen, laughing, "we can't get it ready to give to-day, I guess; but suppose we carry it home and plant it in the nicest spot we can find, and take extra care of it, and give every potato it raises to the missionary cause? There'll be another chance; this isn't the only collection the church will ever take up, and we can sell the potatoes to somebody."

Full of this new plan they went into the class looking less sober than before; and though their faces were rather red when the box was passed to them and they had to shake their heads, they thought of the potato, and looked at each other and laughed.