

Suitable prayers in preparation for the Holy Communion are the first Collect in the Service (for purity) and the "Prayer of humble access" beginning "we do not presume to come to this Thy Table."

Receiving the sacred elements, think of your Saviour on the cross, plead His sacrifice on behalf of yourself and others, hold communion with Him in spirit, and offer praise and thanksgiving. Then, if there be time, read part of the Gospels for Holy Week or Communion hymns.

All should obtain for further help a "Communicants Manual," such as that by Bishop How (20c). If the course of preparation in these manuals be thought too long, certain portions, which are found helpful, may be selected and marked for use.

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## THE LAYMAN'S COMMISSION

Confirmation is really an ordination to the Priesthood of the laity (1 Pet. ii. 4, 5.) Henceforth you are commissioned and empowered to take your full part, particularly in the great Service of the Holy Communion, and generally in the maintenance and extension of Christ's Kingdom on earth. Do not speak of what "they should" but "of what we shall do." In humble confidence take your position and keep it. You have been appointed an agent for the Church. Gird yourself for the work. Give your Clergyman your active sympathy and support. Give a regular weekly contribution by Envelope. Exercise your ministry in the Choir, the Sunday-school, or beside the sick-bed. Do not be afraid at times to speak for Christ and his cause—for the right and against the wrong. Invite and call for your neighbours to attend the services of the Church, and say or do something to make strangers feel at home in the Father's House. In places or