

an extra and exceptional service in December last: the Special Communion Services for Annual Thanksgiving and for the Missionary Union we also have joined in; let us remember both the special services and the ordinary ones. Day by day let the spirit here worship in spirit and in truth that God who is the Father of our spirits.

Week by week let us gather round the Lord's Table and meet Him in the Eucharistic feast; abiding in Him, feeding on Him spiritually, living in such wise that the constant and regular Communion of His Body and Blood shall be to us not only a blessed privilege, but a blessed necessity. Let us form habits of worship, habits of reverence, habits of purity, habits of self-sacrifice,—above all, a habit of personal union with our Lord, and for this reason, amongst others, that thereby we may be fitted not only for the service of God upon this earth but also for His service in the unseen world to which it may be His will to call us at any time. If Christ is being formed in us death will cease to be to us a rude shock, it will rather be a sign of growth, or a new stage in growth, as when the chrysalis emerges