

THE Holy Communion is the very crown and sum of the Gospel. It enables God's forgiven children to plead before Him on earth that one and only Sacrifice of the Lamb slain from the foundation of the world on which their hopes depend. It conveys to them, presently, that continual cleansing, refreshment, and renewal which, amid the infirmities and trials of this life, they continually need.

It maintains and strengthens their living union with Christ. It is the communication of the Body and Blood of Christ, as a quickening Spirit, to us in our whole nature of body, soul and spirit.

It is the chief of the joints and bands whereby all the Body is knit together.

And it is the pledge of bodily resurrection and glory at the last day.

(From Canon Medd.)