



ALL SAINTS' CHURCH

"Our mission is to bring the good news of Jesus Christ's love to our entire community through traditional Anglo-Catholic worship, fellowship, outreach, and Christian formation."

Our Vision: *"We strive to be a haven of healing, reconciliation, joy and peace in service to our wider community and beyond, so that our example in prayer and practice may reflect Christ's love for us all."*

THIS SUNDAY — August 8 & Beyond

Be Angry but Do Not Sin



Is anger an anti-Christian feeling?

Good question. But let us begin by reading what the Apostle Paul states in his letter to the Ephesians, Chapter 4,

verses 26-27: "Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil."

Notice that Paul does not tell the people at the church in Ephesus not to be angry. In fact, he admits that being angry is part of the Christian way. "But do not sin", he adds.

How can one be angry and not sin? It would seem that anger makes us lose all control, and when that happens we may destroy things or even harm others, including our loved ones.

This is what happens when we let anger overtake us completely. If we ruminate over personal offenses and let vindictive thoughts fill up our minds for an extended time, the likely result will be that we lose all control at some point, and lash out to the

offender, or, even worse, to the innocent ones. This is what Paul means when he warns us not to make room for the devil.

He also wisely says, “Do not let the sun go down on your anger.” This is a warning against letting our minds be filled with the angry feeling for long periods of time. We need to let go and occupy our minds on constructive and loving thoughts instead. Otherwise, our anger may be a convenient open door to the evil one.

Jesus Himself showed anger at some point in His ministry. One example everyone probably remembers is when He overturned the tables and cast out the merchants at the temple. The reason He felt anger was because He realized that the original intention of the temple as a place of worship for God had been twisted by these practices. His anger was not directed against these people in particular, but against the practice that had become the norm of the day. He did not hate these specific people, but the business that took place at the place of worship.

Feeling angry on the face of injustice done to our fellow human beings is in fact a Christian virtue. Being indifferent to injustice makes us accomplices of it, and allies of the evil forces.

The way we channel our just anger is vital though. When people protested peacefully after the atrocious murder of George Floyd, and demanded that justice be done and no more acts like these be repeated, they were channeling their anger in the proper way. That was perfectly in line with the Christian way.

However, when riots broke out, police cars were overturned and burned, police officers injured and killed, and businesses were ransacked and destroyed, they were doing what Paul describes as “making room for the devil.”

As Christians, we must not always align with what goes on in the world. There is a lot of inhumanity and injustice in this world, and if it does not make us angry and we do not raise our voices and try to do something about it, how can we claim to be followers of the One Who overturned the tables at the temple?

Feeling just anger, however, does not give us permission to attack or hurt others. Jesus never did that, not even when He was unjustly accused, arrested, tried, and condemned to death. He had followers who could have defended Him with weapons, but He never incited them to do so.

The teachings of Rev. Martin Luther King Jr., a man who had deep Christian formation and convictions, give us the clue as to which path to follow. He raised a powerful and unstoppable movement for the civil rights of the black people, but he constantly insisted on the use of non-violent forms of protest and demonstration.

He was killed, but his movement achieved tremendous and lasting changes in American society, making it more just and equitable for all.

The answer to the question with which we started is: No, anger is not an anti-Christian feeling per se. In fact, anger on the face of injustice is a Christian virtue. But the way we channel it does make a difference. We need to use it as a non-violent weapon to make positive changes in our world, but we should never allow the evil one to feed on our anger in order to make his destructive power even greater.

Fr. Carlos E. Expósito, Rector

Readings for this Sunday – The Eleventh Sunday after Pentecost

Deuteronomy 8:1-10 Psalm 34:1-8 Ephesians 4:25-30-5:2 John 6:37-51

CALENDAR

Note: We are worshipping in our historic church. The service will also be on Zoom. The service time is 10am. Tuesday Noon Mass and Friday Morning Prayer are held in All Saints' St. Mary Chapel.

SUNDAY The Eleventh Sunday after Pentecost

10:00am Mass in All Saints' Church

Join Zoom Meeting from our web site at www.allsaintschurch.org

Recording of Mass available before noon at www.allsaintschurch.org

TUESDAY Noon Mass in St. Mary Chapel

FRIDAY 10:00am Morning Prayer in St. Mary's Chapel

SUNDAY The Twelfth Sunday after Pentecost

10:00am Mass in All Saints' Church

Join Zoom Meeting from our web site at www.allsaintschurch.org

Recording of Mass available before noon at www.allsaintschurch.org

OUR CORE VALUES:

- Welcoming Strangers like Old Friends
- Embracing the Anglo-Catholic tradition
- Being Dependable Members of a Caring Community
- Respecting Each Other's Differences
- Being Faithful Stewards of God's Gift
- Remembering that God Loves Everyone Unconditionally

An Anglo-Catholic Parish in the Episcopal Diocese of San Diego
www.allsaintschurch.org