



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 29 & Beyond

The Battle Within



In Chapter 6 of his letter to the Ephesians, the Apostle Paul acknowledges that the main battle that Christ's followers need to fight is not against earthly forces, but against spiritual ones.

He defines these enemies as rulers, authorities, cosmic powers, and spiritual forces of evil in the heavenly places. The language used by Paul may be somewhat mystifying for contemporary readers, but one thing is clear: these are forces that we cannot fight against in the outer physical world, but in the inner world of our souls.

Then Paul cleverly uses the image of the Roman soldier's armor to make his readers understand the spiritual graces that Christ's followers must strive after, in order to be well entrenched against the attacks of the evil one.

His list includes the belt of truth, the breastplate of righteousness, the shoes of readiness for the proclamation of the Good News, the shield of faith, the helmet of salvation, and last, but certainly not least, the sword of the Spirit, which is the Word of God.

At the same time, Paul urges Christ's followers to pray in the Spirit at all times, and to keep alert and always persevere in supplication for all the saints, including him.

It was clear for Paul, as it should be for us all, that there is no individualistic way of keeping safe from the attacks of the evil one. It is precisely the tendency to become self-centered that evil forces use most easily against us, to deviate us from Christ's all-inclusive Way of Love.

What that means in practical terms is that no matter how well we attire ourselves in God's armor, our intentions in prayer and action must always reflect Christ's love for all, or else, we will become the easy target of the evil one.

Prayer is powerful, and we Christians have no doubt about it. There is nothing wrong in making petitions to God for ourselves, if they are in line with God's loving will. However, our prayer practice, if it is to be truly Christian in nature, must always include intercessions for others in need.

In this Sunday's Gospel reading according to St. Mark, Jesus points out the Pharisees' and scribes' hypocrisy when they insist on the need to keep the practices of ritual washing of all food and other objects, and condemn Jesus and His disciples for not following the practice strictly. They claim that the disciples eat "with defiled hands".

Jesus' response is radical indeed. He makes it clear that the things that enter a person cannot defile that person, but it is what comes from inside the person, that is to say, the evil intentions that live within, that really defiles human beings, and cause all the evil in this world.

Jesus' message here, although with a different intention, is quite akin to Paul's. Both point to the fact that the origin of evil is inside us, and it is inside us that the main battle needs to be fought.

It is a hard battle that cannot be won by opposing with more of the same, as in the battles that are fought on earthly battlefields, but by intentionally filling our inner lives with the spiritual graces with which the Holy Spirit is more than willing to fill us with, if only we ask.

Fr. Carlos E. Expósito, Rector

Readings for this Sunday – The Fourteenth Sunday after Pentecost

Deuteronomy 4:1-9 Psalm 15 Ephesians 6:10-20 Mark 7:1-8, 14-15, 21-23

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 Fourteenth 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 Fifteenth 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