

ALL SAINTS' EPISCOPAL CHURCH

San Diego, California



THE SECOND SUNDAY IN LENT

March 1, 2026
10:00 AM | Mass

Welcome to All Saints' Mass in our church or by live-stream, especially if you are a newcomer or visitor! Please help us to get to know you by introducing yourself to our rector, Fr. Carlos, if you are here in person.

We hope that you will find in this bulletin everything you need to make your link to our community a joyful one. In it you will find the text for all of the Mass prayers and readings.

The symbol + indicates when to make the sign of the Cross. It is also customary to make a discreet bow at the name of Jesus.



ON THE COVER

Nicodemus Coming to Christ (1924)

Henry Ossawa Tanner (1859-1937)

“He came to Jesus by night and said to him, ‘Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.’ Jesus answered him, ‘Very truly, I tell you, no one can see the kingdom of God without being born from above.’ Nicodemus said to him, ‘How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?’ Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, “You must be born from above.” The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’”

ALL SAINTS' MISSION STATEMENT

“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.”

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 gifts
- Remembering that God loves everyone unconditionally

CELEBRANT: The Rev. Carlos E. Expósito, Rector

MASS SETTING: Missa Penitentialis

ORGAN PRELUDE

Poem

Charles Shatto

PROCESSIONAL HYMN — *Please stand*

Leoni



1 The God of A - braham praise, who reigns en - throned a - bove;
2 He by him - self hath sworn: we on his oath de - pend;
3 There dwells the Lord, our King, the Lord, our Right - eous - ness,
4 The God who reigns on high the great arch - an - gels sing,
5 The whole tri - um - phant host give thanks to God on high;



1 An - cient of ev - er - last - ing days, and God of love;
2 we shall, on ea - gle - wings up - borne, to heaven a - scend;
3 tri - um - phant o'er the world and sin, the Prince of Peace;
4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!
5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;



1 the Lord, the great I AM, by earth and heaven con - fessed:
2 we shall be - hold his face, we shall his power a - dore,
3 on Zi - on's sa - cred height his king - dom he main - tains,
4 Who was, and is, the same, and ev - er - more shall be:
5 hail, A - braham's Lord di - vine! With heaven our songs we raise;



we bow and bless the sa - cred Name for ev - er blest.
and sing the won - ders of his grace for ev - er - more.
and, glo - rious with his saints in light, for ev - er reigns.
e - ter - nal Fa - ther, great I AM, we wor - ship thee."
all might and ma - jes - ty are thine, and end - less praise.



Words: Thomas Olivers (1725-1799), alt.

Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1875, alt.

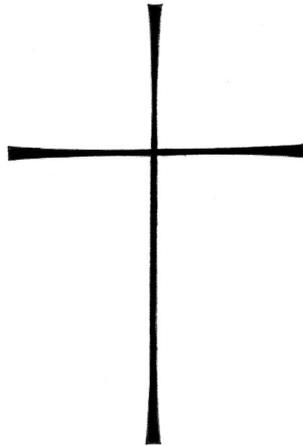
THE SALUTATION AND COLLECT FOR PURITY

Bless the LORD who forgiveth all our sins; +

All: **His mercy endureth for ever.**

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord.

All: ***Amen.***



THE DECALOGUE

God spake these words, and said:

I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Thou shalt not take the Name of the Lord thy God in vain.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Remember that thou keep holy the Sabbath day.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Honor thy father and thy mother.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Thou shalt do no murder.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Thou shalt not commit adultery.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Thou shalt not steal.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Thou shalt not bear false witness against thy neighbor.

All: **Lord have mercy upon us,
and incline our hearts to keep this law.**

Thou shalt not covet.

All: **Lord have mercy upon us,
and write all these thy laws in our hearts, we beseech thee.**

THE PENITENTIAL RITE — *Please kneel*

Let us humbly confess our sins unto Almighty God,
Most merciful God,

All: **We confess that we have sinned against thee
in thought, word, and deed,
by what we have done, and by what we have left undone.**

**We have not loved thee with our whole heart;
We have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.**

**For the sake of thy Son, Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will, and walk in thy ways,
to the glory of thy Name.**

Amen.

The Celebrant pronounces the Absolution.

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, + pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord.

All: ***Amen.***

KYRIE (Missa Penitentialis)

(M.M. ♩ = 138)

Mode 4

1, 2 Lord, have mer-cy up-on us. 3 Lord, have mer-cy up-on us.

4, 5 Christ, have mer-cy up-on us. 6 Christ, have mer-cy up-on us.

7, 8 Lord, have mer - cy up - on us.

9 Lord, have mer - cy + up - on us.

THE COLLECT OF THE DAY

The LORD be with you.

All: **And with thy spirit.**

Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever.

All: **Amen.**

FIRST READING *Genesis 12:1-4a — Please be seated*

A Reading from the Book of Genesis

The LORD said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the LORD had told him; and Lot went with him.

The Word of the LORD.

All: **Thanks be to God.**

THE PSALM *Psalms 121 — Sung by the choir*

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from the LORD, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; *
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The LORD shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, *
from this time forth for evermore.

SECOND READING Romans 4:1–5, 13–17

A Reading from Paul's Letter to the Romans

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations")—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The Word of the LORD.

All: **Thanks be to God.**

GOSPEL ACCLAMATION — *Please stand*

Praise and honor to thee, Lord Jesus Christ!

All sing: **Praise and honor to thee, Lord Jesus Christ!**

From the shining cloud the Father's voice is heard:

This is my beloved Son, hear him.

All sing: **Praise and honor to thee, Lord Jesus Christ!**

THE HOLY GOSPEL John 3:1-17

The LORD be with you.

All: **And with thy spirit.**

+The Holy Gospel of our Lord Jesus Christ according to John.

All: **Glory be to thee, O LORD.**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

The Gospel of the LORD.

All: **Praise be to thee, O Christ.**

SERMON — Please *be seated*

The Rev. Carlos E. Expósito, Rector

NICENE CREED (*Hymnal #759*) — Please *stand*

I believe in one God,

All sing: the Father Almighty,

maker of heaven and earth,
and of all things visible and invisible.

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father;
by whom all things were made;
who for us men and for our salvation
came down from heaven,

(Kneel for next 3 lines)

*and was incarnate by the Holy Ghost
of the Virgin Mary,
and was made man;*

and was crucified also for us under Pontius Pilate;
he suffered and was buried;
and the third day he rose again according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father;
and he shall come again, with glory,
to judge both the quick and the dead;
whose kingdom shall have no end.

And I believe in the Holy Ghost, the LORD, and Giver of Life,
who proceedeth from the Father and the Son;
who with the Father and the Son together is worshipped
and glorified;
Who spake by the Prophets.

And I believe one Holy Catholic and Apostolic Church;
I acknowledge one Baptism for the remission of sins;
and I look for the resurrection of the dead,
+ and the life of the world to come. *Amen.*

PRAYERS OF THE PEOPLE — *Please kneel*

Celebrant: Let us pray for the whole state of Christ's Church and the world.

Today's service is offered to the greater glory of God, Father, Son, and Holy Spirit. We commend to the LORD for all those who are displaced or suffering from storms, fire, hunger, or conflict across the world. We also ask the LORD for safety and peace throughout the United States, Venezuela, and Cuba.

Litanist: LORD in thy mercy. *People:* **Hear our prayer.**

We pray for thy Holy Catholic Church throughout the world. We pray for the peace of Jerusalem; the Anglican Communion, Sarah, Archbishop of Canterbury; for Sean, Presiding Bishop, Susan, the fifth Bishop of San Diego; for Carlos, our rector, and his family; for our sister parish, St. Thomas the Apostle, Hollywood, and Canon Ian Davies, Rector. Today, we pray for the Nippon Sei Ko Kai, for the clergy and people of St. Andrew the Apostle, Encinitas, and for all the presenters and participants in Leadership Academy at Trinity, Escondido.

Litanist: LORD in thy mercy. *People:* **Hear our prayer.**

Father, we pray for peace throughout the world, especially in Eastern Europe, the Middle-East, and the nations of Central Africa. We pray for Donald, our President, Gavin our Governor, and all those in authority.

Litanist: LORD in thy mercy. *People:* **Hear our prayer.**

We pray for our Armed Forces serving at home and abroad and for the family and friends who await their safe return. In this parish we pray for: Kyle, Ethan, Caelan, Noah, Tua, Jordan, Cade, and Cole. We also pray for the officers, crew, and families of the US Navy Reserves on their 111th Birthday.

Litanist: LORD in thy mercy. *People:* **Hear our prayer.**

We pray for the city of San Diego, and all who live and work in this neighborhood of Hillcrest, especially our new, incoming neighbors and the new Montessori School in our education building; for all those who are unemployed or homeless; for our own families, and for our Parish family, that we may grow in faith and love. We pray for the director, staff, and families of Colmena Academy.

Litanist: LORD in thy mercy. *People:* **Hear our prayer.**

LORD, send the Holy Spirit, the Comforter, to all who are in trouble, sorrow, need, sickness, for all prisoners and captives; and your blessing upon all those who have asked for our prayers, privately, especially those suffering from addictions, their friends and families; and for those whose names are attached to the prayer chain on the chancel entrance wall.

We especially pray today for: Elaine, Maureen, Louise, Carson, George, Pamela, Sydnee, Briana, Christian, Ruby, Verna, Antonio, Robert, Tina, David, Tanya, Tony, Twyla, Monique, Ellen, Susan, Tiante, Betty, Joe, Amadeus, Matthew, Deborah, Jennie, Jack, Delaney, Michelle, Hunter, Fr. Gaylord, Norma J., Pat, Lois, Jo-Darlene, Norma L., Kaeliana, Kathryn, Wayne, Garrett, Prince, Ellie, Angela, Eric, Fr. Ken, and Barbara.

Litanist: LORD in thy mercy. *People:* **Hear our prayer.**

Father, we pray for the souls of the faithful departed, for those who have died recently, especially John Johnson and Mrs. Tsui.

We pray for those whose anniversaries occur at this time and throughout last week: Alice Pinkerton, Margaret Caven, John J. Hackett, Barbara A. Satrang, Margaret Scarbrough, Jane Bredon, and Avis Gabbidon; Kent Gordon Kimball, Richard Lee Thomas, Jack Rabun, William Johnston, Marie Trumble, Carl Douglas Barrett, Duncan McArthur, Glen A. Stephenson, George M. Brooke I, Francis M. Scott II, Astrid Lindstrom, Ashley C. Shuler, and Patricia Brain.

Litanist: Rest eternal grant to them O LORD +

People: **And let light perpetual shine upon them.**

Father, we give thanks for the example and prayers of the ever Blessed Virgin Mary and all Thy saints, and now join them in offering our own prayers, petitions, and thanksgivings.

At this time, additional petitions and thanksgivings may be said quietly or silently.

Celebrant: LORD in thy mercy. **People:** **Hear our prayer.**

The celebrant concludes the Prayers.

Lord Jesus Christ, you said to your apostles, “Peace I give to you; my own peace I leave with you.” Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and for ever.

All: ***Amen.***

PEACE — *Please stand*

Celebrant: The Peace of the LORD be always with you.

All: **And with thy Spirit.**

*Please stand and exchange a sign of the peace of Jesus Christ with your immediate neighbors by greeting one another and saying:
“Peace be with you.”*

OFFERTORY SENTENCE — *Please stand*

Be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. *Ephesians 5:1–2*

A collection will be taken during the Offertory. Anyone who would like to make their contribution digitally (e.g. via credit card) may do so by scanning the QR code on the back cover.

OFFERTORY ANTHEM — *Please be seated*

All Saints' Choir

I Will Lift Up Mine Eyes Leo Sowerby

I will lift up mine eyes unto the hills,
from whence cometh my help.

My help cometh from the LORD,
which made Heaven and earth.

He will not suffer thy foot to be moved:
He that keep thee will not slumber.

Behold, He that keepeth Israel
shall neither slumber nor sleep.

My help cometh from the LORD;
My help cometh from the LORD,
which made Heaven and earth.

I will lift up mine eyes unto the hill,
from whence cometh my help.
He will not slumber.

The LORD is thy keeper;
thy shade upon thy right hand.

The sun shall not smite thee by day,
nor the moon by night.

LORD shall preserve thee from all evil,
He shall preserve thy soul.

The LORD shall preserve thy going out
and thy coming from this time forth,
and even forever more. *Amen.*

THE OFFERTORY PRAYER — *Please stand*

LORD, accept the gifts thy Church offers thee with joy, since in fulfillment of thy will thy Son offered himself as a lamb without blemish for the life of the world. Grant this through Christ our Lord.

All: *Amen.*

OFFERTORY HYMN

Olivet

1 My faith looks up to thee, thou Lamb of Cal - va - ry,
2 May thy rich grace im - part strength to my faint - ing heart,
3 While life's dark maze I tread, and griefs a - round me spread,

Sa - vior di - vine! Now hear me while I pray, take all my
my zeal in - spire; as thou hast died for me, O may my
be thou my guide; bid dark-ness turn to day; wipe sor - row's

guilt a - way; O let me from this day be whol - ly thine.
love to thee pure, warm, and change-less be, a liv - ing fire.
tears a - way, nor let me ev - er stray from thee a - side.

Words: Ray Palmer (1808-1887)

Music: Olivet, Lowell Mason (1792-1872)

LITURGY OF THE HOLY EUCHARIST — *Please stand*

Pray Brethren,
that this my sacrifice and yours may be acceptable to God,
the Almighty Father.

All: May the LORD receive the sacrifice at thy hands,
to the praise and glory of His Name,
to our benefit and that of all His Holy Church.

EUCHARISTIC PRAYER

The LORD be with you.

All: And with thy spirit.

Lift up your hearts.

All: We lift them up unto the LORD.

Let us give thanks unto our LORD God.

All: It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O LORD, Holy Father, Almighty, everlasting God.

Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying:

SANCTUS ET BENEDICTUS (Missa Penitentialis)

Mode 5 (M.M. ♩ = 126)

f Ho - ly, Ho - ly, Ho - ly, Lord

mf God of hosts, Hea-ven and earth are full

f of thy glo - ry: Glo - ry be to

p rit. thee, O Lord Most High. A - men.

(Cantor) *p* Bless-ed is he that com-eth in the Name of the Lord.

(Choir) *f* Ho - san - na *mf rit.* in the high - est. *F.*

PRAYER OF CONSECRATION — *Please kneel*

All glory be to thee, O LORD our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, “Take, eat, this is my Body, which is given for you. Do this in remembrance of me.”

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, “Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me.”

Wherefore, O LORD and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O LORD, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; + and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our LORD;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

All: *Amen.*

THE LORD'S PRAYER *(Hymnal #722)*

And now, as our Savior Christ hath taught us, we are bold to say:

All sing: **Our Father, who art in heaven,
 hallowed be thy Name,
 thy kingdom come,
 thy will be done,
 on earth as it is in heaven.**

**Give us this day our daily bread.
And forgive us our trespasses,
 as we forgive those who trespass against us.**

**And lead us not into temptation,
 but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory,
 for ever and ever. *Amen.***

THE BREAKING OF BREAD

Christ our Passover is sacrificed for us;

All: Therefore let us keep the feast.

AGNUS DEI (Missa Penitentialis)

(M.M. ♩ = 132)

Mode 8

(Cantor) *p* (Choir)

O — Lamb of — God, — † that ta — kest a — way — the — sins
of — the world, have mer — cy up — on — us.

(Cantor) *p* (Choir)

O — Lamb of — God, — † that ta — kest a — way — the — sins
of — the world, have mer — cy up — on — us.

(Cantor) *mf* (Choir)

O — Lamb of — God, — † that ta — kest a — way the sins
of the world, — *f rit. poco* grant — us thy — *rit.* peace.

PRAYER OF HUMBLE ACCESS

All: We do not presume to come to this thy Table,
O merciful LORD, trusting in our own righteousness,
but in thy manifold and great mercies.
We are not worthy so much as to gather up the crumbs
under thy Table.
But thou art the same LORD whose property
is always to have mercy.
Grant us therefore, gracious LORD,
so to eat the flesh of thy dear Son Jesus Christ,
And to drink his blood,
that we may evermore dwell in him and he in us. *Amen.*

THE INVITATION

Behold the Lamb of God, +
behold Him that taketh away the sins of the world.

All: LORD, I am not worthy that thou shouldst come under my roof,
but speak the word only, and my soul shall be healed.

All baptized Christians are invited to come forward for communion.

Those who are unable to receive communion, or do not yet receive, are invited to come forward for a blessing. To indicate that you wish to receive a blessing, please cross your arms over your chest rather than holding out your hands.

COMMUNION HYMN — *Please kneel*

Liebster Jesu

1 Bless - ed Je - sus, at thy word we are gath - ered all to
2 All our know - ledge, sense, and sight lie in deep - est dark - ness
3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -

hear thee; let our hearts and souls be stirred
shroud - ed, till thy Spi - rit breaks our night
ceed - ing, o - pen thou our ears and heart,

now to seek and love and fear thee; by thy teach - ings
with the beams of truth un - cloud - ed; thou a - lone to
help us by thy Spi - rit's plead - ing. Hear the cry thy

pure and ho - ly, drawn from earth to love thee sole - ly.
God canst win us; thou must work all good with - in us.
Church up - rais - es; hear, and bless our prayers and prais - es.

Words: Tobias Clausnitzer (1619-1684); tr. Catherine Winkworth (1829-1878); alt.

Music: *Liebster Jesu*, melody Johann Rudolph Ahle (1625-1673);

alt. *Das grosse Cantional: oder Kirchen-Gesangbuch*, 1687;

harm. George Herbert Palmer (1846-1926)

PRAYER FOR SPIRITUAL COMMUNION

*I believe that Thou art truly present in the Holy Sacrament,
and, since I cannot at this time receive communion,
I pray Thee to come into my heart.*

*I unite myself with Thee and embrace Thee with all my
heart, my soul, and my mind.*

*Let nothing separate me from Thee;
let me serve Thee in this life until, by Thy grace,
I come to Thy glorious kingdom and unending peace.*

Amen.

POST COMMUNION PRAYER — *Please kneel*

Almighty and everliving God,
All: We most heartily thank Thee
for that Thou dost feed us,
in these Holy mysteries,
with the spiritual food of the most precious
Body and Blood of Thy Son our Savior Jesus Christ;
And dost assure us thereby of Thy favor
and goodness towards us;
And that we are very members incorporate
in the mystical body of Thy Son,
the blessed company of all faithful people;
And are also heirs, through hope,
of Thy everlasting kingdom.
And we humbly beseech Thee, O heavenly Father,
so to assist us with Thy grace,
that we may continue in that Holy fellowship,
and do all such good works as Thou
hast prepared for us to walk in;

Through Jesus Christ our Lord,
to whom, with Thee and the Holy Ghost,
be all honor and glory,
world without end. *Amen.*

PRAYER OVER THE PEOPLE AND BENEDICTION

Bow down before the LORD.

Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through, Christ our Lord.

All: Amen.

And the blessing of God Almighty, + the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always.

All: Amen.

NOTICES — *Please be seated*

Birthday Prayer

Many happy returns of the day of thy birth,
May seasons of joy be given.
May God in his mercy prepare you on earth
For a beautiful birthday in Heaven. *Amen.*

Anniversary Prayer

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

THE ANGELUS — *Please stand*

The Angel of the LORD brought the tidings to Mary:

All: **And she conceived by the Holy Ghost.**

Hail Mary, full of grace, the LORD is with thee.

Blessed art thou amongst women,

and blessed is the fruit of thy womb Jesus.

Holy Mary, Mother of God, pray for us sinners,

now and at the hour of our death. *Amen.*

Behold the handmaid of the LORD:

All: **Be it unto me according to thy word.**

The Hail Mary is repeated.

And the Word was made flesh.

All: **And dwelt among us.**

The Hail Mary is repeated.

Pray for us, O holy Mother of God.

All: **That we may be made worthy of the promises of Christ.**

Let us pray.

We beseech thee O LORD, pour thy grace into our hearts: That as we have known the incarnation of thy son Jesus Christ by the message of an angel, so by His cross and passion + we may be brought to the glory of His resurrection. Through the same Christ our Lord.

All: ***Amen.***

DISMISSAL

Let us go forth in the name of Christ.

All: **Thanks be to God.**

RECESSIONAL HYMN — *Please stand*

Crucifer

Descant



Lift high the cross, the love of Christ pro - claim

Refrain



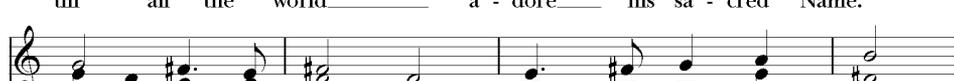
Lift high the cross, the love of Christ pro - claim



till all the world a - dore_____ his sa - cred Name.



till all the world_____ a - dore_____ his sa - cred Name.



Led on their way by this tri - um - phant sign,
Each new - born ser - vant of the Cru - ci - fied
O Lord, once lift - ed on the glo - rious tree,
So shall our song of tri - umph ev - er be:



Repeat Refrain



the hosts of God in con - quering ranks com - bine.
bears on the brow the seal of him who died.
as thou hast prom - ised, draw the world to thee.
praise to the Cru - ci - fied for vic - to - ry.



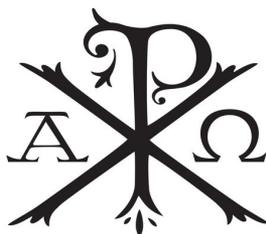
Words: George William Kitchin (1827-1912) and Michael Robert Newbolt (1874-1956)

Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947); desc. Richard Proulx (b. 1937)

ORGAN POSTLUDE

In The Cross of Christ I Glory

Seth Bingham



PARISH NOTICES

ALL SAINTS' MASSES & GATHERINGS

- **Every Sunday:** 10:00 AM – Mass
On Sundays we continue worshipping in our historic church. The Sunday service will be on Zoom.

The following worship services will be held in All Saints' St. Mary Chapel.

- **Every Tuesday:** 12:00 PM, Noon – Mass
Our next monthly “First Tuesday” will take place this Tuesday, March 3, with Rosary starting at 11:15 AM! It will be followed by Mass at noon and an informal potluck in the library; all are welcome to some or all of it! Please consider contributing something according to the following guidelines:

Last Name	Contribution
A-G	Salad
H-O	Dessert
P-Z	Main Dish

PARISH NOTICES

- **Every Thursday:** 1:00 PM – Devotional Service
There is a short devotional service in the Rector's office, followed by a Bible study session based on one of the readings for the Sunday of that week. Join us either in person or via Zoom; find the link to join these sessions in our weekly digital newsletter; you can also enter the link below into your web browser:
<https://us02web.zoom.us/j/87935063092?pwd=SWRHaGxOUXU2VXZgTzhGNnhSYStLUT09>
- **Every Friday:** 11:30 AM, Noon – Lenten Services
From February 20 to March 27th, the Great Litany will be held in the Chapel at 11:30 AM, and Stations of the Cross will be held in the Church at Noon.

SPECIAL CLASSES AND PROGRAMS

- **Christian Formation and First Communion Instruction for Children Ages 5-12**
Sundays from 10:00 AM to 10:45 AM in the Parish Hall, taught by Lucretia Locke. For registration, call (619) 298-7729 or email us at info@allsaintschurch.org.
- **Christian Formation – Book Study**
Next Sunday, March 8th, we will be continuing our new book for the Lenten season, “*The Screwtape Letters*” by C.S. Lewis; see the next few pages (p. 28, 29) for more details on this book!

PARISH NOTICES

A LENTEN INVITATION: CHRISTIAN FORMATION FOR ADULTS

The Screwtape Letters, by C.S. Lewis

“Join us this Lent in a journey through one of the most engaging Christian books ever written... A book that doesn’t just tell you what temptation is – it shows you how it works.”

Each letter opens a window into the spiritual life that’s accessible, reflective, and deeply pertinent in our day-to-day living.

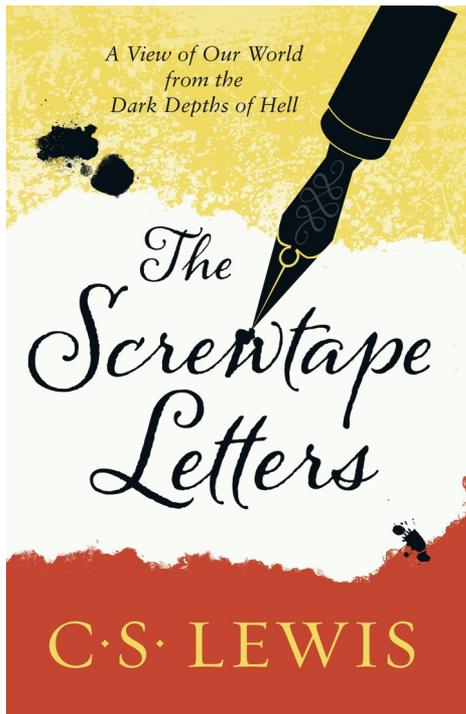
This study isn’t just about “demons and temptation” – it’s really about understanding our hearts and how God pursues us even in the ordinary moments.

Why *The Screwtape Letters* Matters

The Screwtape Letters is a brilliantly written Christian classic in which C.S. Lewis lets a senior demon teach a junior tempter how to lure a human away from the Enemy – that’s God. Through satire and reversal, Lewis invites us to see spiritual struggle from a fresh, often humorous angle.

Rather than a typical sermon or theological treatise, it’s a set of 31 fictional letters full of psychological insight, moral challenge, and sharp spiritual wisdom – cleverly disguised as advice from Hell’s perspective.

Lewis’ use of irony – calling God “the Enemy” and demons’ tactics wise counsel – helps us recognize frequently overlooked temptations: complacency, pride, distraction, and subtle self-deception.



PARISH NOTICES

A Little Flavor from the Book

In his letters, Screwtape urges Wormwood to keep the Patient focused on vanity, boredom, fear, and self-absorption – because the daily battles are the ones that matter most.

One of the most quoted insights is:

“The safest road to Hell is the gradual one – the gentle slope, soft underfoot, without sudden turnings, without milestones...”

It gets you thinking about how small choices shape your spiritual life

Who Is This For?

- Curious seekers who want to understand spiritual temptation in a new way,
- Long-time believers who crave fresh reflection during Lent,
- Anyone who’s ever wondered why everyday life sometimes feels spiritually tricky.

Study Format Snapshot

We’ll meet on the second and fourth Sunday of each month in the library at 12:00 PM during Lent and beyond, continuing next Sunday, March 8th. Each session will explore a set of 3 chapters together – mixing conversation, prayer, and insight.

No prior C.S. Lewis familiarity is required – just an open heart and a desire to grow in faith!

We will purchase 10 books and sell them at the price of \$5.00 each. If more than 10 people would like to purchase the book, they can easily do so online.

(For those of you who do not attend in person regularly, but would like to join us in the study sessions, there is an opportunity to join us [via Zoom](#); find the link to join on the first few pages of the Parish Notices (p. 27)).

OUR STEWARDSHIP



Prayer, scripture reading, self-examination, and almsgiving (offerings above and beyond our pledges to the parish) are among the spiritual disciplines that Father Carlos recommends for Lent. Traditionally, Lenten almsgiving is intended primarily to support those in need. In that spirit the Vestry has decided that this year’s designated Lenten and Easter offerings will be

PARISH NOTICES

allocated for the use of our parish Social Action Committee (SAC). Special envelopes marked “Lenten and Easter offerings” are available in the church for those who wish to present alms during Lent.

As an Anglo-Catholic parish, All Saints’ has a long history of focusing on spiritual acts of prayer, fasting, and almsgiving during Lent. We might choose to expand our prayer lives by participating in weekday services such as the Noon Mass on Tuesdays or The Great Litany and Stations of the Cross on Fridays.

Fasting might take the form of skipping lunch on Fridays or giving up at least one luxury (chocolates and wine are popular choices) for Lent. Such practices would also allow us to set aside the money saved by fasting and abstinence as a special offering to help those in need.

Those who use the offering envelope package may present their offerings by using the designated “Easter offering” envelope. During Lent, we will also make available in the church special Lenten/Easter offering envelopes, which can be used at any time between Ash Wednesday and the Second Sunday

of Easter (April 12). Offerings set aside for those in need will also include checks marked “Easter offering” and cash placed in the offering plates at the Maundy Thursday, Easter Vigil, and Easter Sunday services.

REQUIEM MASS FOR JOHN JOHNSON

On January 25th, our beloved parishioner, John, peacefully passed away.

His Requiem Mass will be held on March 6th at 2:00 PM, here in All Saints’ church.



PARISH NOTICES

SOCIAL ACTION UPDATE

We have six weeks of Lent plus Holy Week to examine our lives in the light of repentance. If we can slow down the outside world for a bit, and look at our inside world more closely, we may be able to better see those in need of our help. We can act as Jesus would have acted toward those in need of shelter, food, safety - give of ourselves including through this Social Action Committee.

Your help is needed by providing new sweatpants in sizes M, L, XL for homeless patients at the Scripps-Mercy ER.



Any donation of non-perishable foods put in the wagon for our local food banks is wonderful.

Any financial donation earmarked for SAC is always welcome also.

Thank you for manifesting Jesus to the benefit of our less fortunate neighbors! Your faithful generosity is always appreciated . . .

Your Social Action Committee

EUCCHARISTIC VISITOR MINISTRY

We are in need of more Lay Eucharistic Visitors (LEVs)! Under Father Carlos, the ministry of LEV has been revived at All Saints' Church. They go out after Sunday Mass and Tuesday Mass, doing no more than two visits a day. There are currently only three LEVs but many more parishioners in need of their ministry. We would like to serve more of our shut-ins in a timely manner. Help would be greatly appreciated!

Eucharistic Visitors are members of the congregation who are licensed by the Bishop to take the Blessed Sacrament "in a timely manner" to those who are unable to attend a regularly scheduled celebration of the Holy Eucharist in the church or chapel.



If you would like to add a name to the list of those to be visited, please contact Fr. Carlos or Ed Heck: (rector@allsaintschurch.org) (edheck46@gmail.com).

PARISH NOTICES

CHRISTIAN FORMATION FOR CHILDREN

Sundays from 10:00 to 10:45 AM



Christian Formation and First
Communion Instruction
for Children Ages 5-12 in the Parish
Hall taught by Lucretia Locke.

For registration, call (619) 298-7729,
or email us at
info@allsaintschurch.org.

Formación Cristiana y clases de Primera Comunión para niños y niñas

(de 5 a 12 años)

Domingos de 10 a 10:45 AM, en el
salón parroquial.

A cargo de Lucrecia Locke.

Para la matrícula llame al (619) 298-
7729

o envíenos un correo electrónico a
esta dirección:

info@allsaintschurch.org.

SAN DIEGO MUSIC COTERIE



Join the Greater San Diego
Chamber Orchestra and Chorus for
a musical celebration of Clara and
Robert Schumman on Sunday,
March 8 at 2:30 PM (note daylight
savings!) in the All Saints' Parish
Hall. Dr. Angela Yeung will conduct
a selection of the couple's
symphonic, choral, solo and duet
works featuring All Saints' own
sopranos, **Tara Austin** and **Emily
Ortlieb**! Bring a blanket to enjoy
from the courtyard, if the weather is
agreeable.

PARISH NOTICES

SAFE CHURCH, SAFE COMMUNITY

Our diocese offers the following information for everyone regarding any sort of misconduct within the church community:

REPORTING MISCONDUCT

The Episcopal Diocese of San Diego considers the reporting and investigation of misconduct to be of critical importance. Reporting enables the diocese to protect the complainant, the respondent, and the larger community. It also allows the diocese to assist with the spiritual, psychological, and emotional needs of all concerned during and after the report of misconduct.

To learn more, please visit

edsd.org/safe-church-safe-communities/reporting-misconduct/

HURRICANE RELIEF FOR JAMAICA

A poster for hurricane relief for Jamaica. The background is a vibrant green and yellow with a glowing, abstract pattern. On the left, a portion of the Jamaican flag (green, yellow, and black) is visible. In the center, the text reads: "Hurricane Relief For JAMAICA". Below this, it says "Help Fill Barrels for Hurricane Mellisa Victims in Jamaica" and "Let's Show Some One Love". It describes the devastation in Jamaica and the preparation of barrels with essential supplies. A list of needed items includes non-perishable food, hygiene products, baby items, first-aid supplies, and clothing. On the right, there is an image of a blue barrel with its lid removed, and text stating that barrels are already being packed and inviting people to join the effort. Contact information for Flaine Williams is provided.

**Hurricane Relief For
JAMAICA**

Help Fill Barrels for Hurricane Mellisa
Victims in Jamaica

♥ Let's Show Some One Love ♥
Hurricane Mellisa has devastated
communities across Jamaica.

We're preparing barrels filled with essential
supplies to send relief directly to those
affected.

What's Needed
Non-perishable food (canned goods, rice,
pasta)
Hygiene products (soap, toothpaste,
feminine care)
Baby items (diapers, formula)
First-aid supplies
Clothing and shoes (gently used or new)

Barrels Are Already Being
Packed—Join the Effort!
Your contribution can make a
real difference.

Let's come together in unity
and compassion.
Drop-off & Pick-up Info:
Call or text [619-517-7957] for
coordination.
Zelle donations also accepted
at 619-300-0735
Contact: Flaine Williams
fargosbbq@cox.net

ALL SAINTS' EPISCOPAL CHURCH



625 Pennsylvania Avenue
San Diego, CA 92103-4321
Office Hours: Mon. - Fri, 9:00 AM - 3:00 PM
Phone: (619) 298-7729
Fax: (619) 298-7801
Email: info@allsaintschurch.org
Website: www.allsaintschurch.org

Rector: Fr. Carlos E. Expósito rector@allsaintschurch.org

If you would like to contact the **Episcopal Diocese of San Diego**, visit their website at edsd.org

PARISH STAFF

Parish Administrator

Mr. Renzo C. Seguin
administrator@allsaintschurch.org

Business Administrator

Mrs. Theresa Krist
finance@allsaintschurch.org

MUSIC

Organist & Choirmaster

Robert MacLeod

Soprano: Emily Ortlieb

Tenor: Dennis Williams

Baritone: John White

During the Offertory, you may make your contribution digitally (e.g. via credit card) by scanning the following QR code:



ALL SAINTS' VESTRY

Sr. Warden

Mx. Barbara Wilder

Jr. Warden / Clerk

Ms. Emily Ortlieb

Treasurer

Mr. Ed Heck

Facilities Liaison

Mr. Cree Craig

Mrs. Lynette Blakney

Mr. Gary Beyer

Ms. Tanya Tatem

Mr. Ted Crittenden

Ms. Jeannie Gehagan

Mr. John Blumeyer

Mr. Michael Lockridge

Mr. Karl Jørgensen

Ms. Dinora Barragan

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