

ALL SAINTS' EPISCOPAL CHURCH

San Diego, California



THE THIRD SUNDAY IN LENT

March 8, 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

Christ and the Woman of Samaria at the Well (c. 1640-1641)
Il Guercino; Giovanni Francesco Barbieri (1591-1666)

“A Samaritan woman came to draw water, and Jesus said to her, ‘Give me a drink.’ The Samaritan woman said to him, ‘How is it that you, a Jew, ask a drink of me, a woman of Samaria?’ Jesus answered her, ‘If you knew the gift of God, and who it is that is saying to you, “Give me a drink,” you would have asked him, and he would have given you living water.’ The woman said to him, ‘Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?’ Jesus said to her, ‘Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.’”

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

Adagio in C Minor

J. Christian Bach

PROCESSIONAL HYMN — *Please stand*

Nettleton



1 Come, thou fount of ev - ery bless - ing, tune my
2 Here I find my great - est trea - sure; hith - er,
3 Oh, to grace how great a debt - or dai - ly



heart to sing thy grace! Streams of mer - cy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.
plea - sure, safe - ly to ar - rive at home.
fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
Je - sus sought me when a stran - ger wan - dering
prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me
from the fold of God; he, to res - cue me from
leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.
dan - ger, in - ter - posed his pre - cious blood.
seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt.

Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813;
harm. Gerre Hancock (b. 1934)

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.

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever.

All: Amen.

FIRST READING Exodus 17:1-7 — *Please be seated*

A Reading from the Book of Exodus

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

The Word of the LORD.

All: Thanks be to God.

THE PSALM *Psalm 95:1-7 — Sung by the choir*

- 1 Come, let us sing to the LORD; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- 3 For the LORD is a great God, *
and a great King above all gods.
- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the LORD our Maker.
- 7 For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

SECOND READING *Romans 5:1-11*

A Reading from Paul's Letter to the Romans

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person— though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God.

For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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!**

Lord, you are truly the Savior of the world;

give me living water, that I may never thirst again.

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

THE HOLY GOSPEL John 4:5–26, 39–42

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.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (*His disciples had gone to the city to buy food.*) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (*Jews do not share things in common with Samaritans.*) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her,

“Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (*who is called Christ*). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

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, Cuba, and especially Iran.

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 Episcopal Church in Jerusalem & the Middle East, for all the clergy and people of St. Hugh's, Idyllwild, and Camp Stevens.

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 Marine Medium Tiltrotor Squadron 163, MCAS Miramar .

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 WIC.

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 Mrs. Tsui.

We pray for those whose anniversaries occur at this time: Kenneth Ray, Franklin Wong, June Tuttle, Chuck Haley, Edward A. Schuppert, Abb Scarbrough Sr., Marlene Wellborn, Josh Lindenmeier, Floyd E. Holland, Carol Phillips, Edward Bonney, and Doris S. Cutler.

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

As the Deer Longs for the Waterbrooks Peter P. Stearns

As the deer longs for the waterbrooks,
so long my soul for thee, O God.

My soul is athirst for the living God;
My soul is athirst for the living God

When shall I come to appear
before the presence of God?

Put your trust in God; for I will yet give thanks to Him,
who is the help of my countenance and my God.

As the deer longs for the waterbrooks,
so long my soul for thee, O God.

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

Toplady

1 Rock of a - ges, cleft for me, let me hide my - self in thee;
2 Should my tears for ev - er flow, should my zeal no lan - guor know,
3 While I draw this fleet - ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound - ed side that flowed,
all for sin could not a - tone: thou must save, and thou a - lone;
when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou - ble cure, cleanse me from its guilt and power.
in my hand no price I bring, sim - ply to thy cross I cling.
Rock of a - ges, cleft for me, let me hide my - self in thee.

Words: Augustus Montague Toplady (1740-1778), alt.

Music: Toplady, Thomas Hastings (1784-1872)

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.**

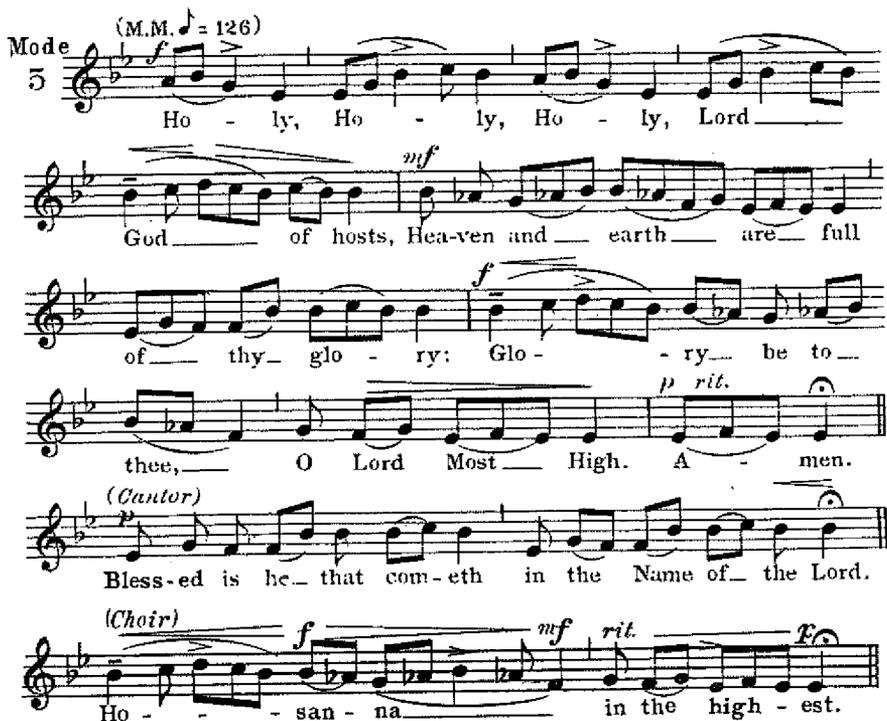
It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O LORD, Holy Father, Almighty, everlasting God.

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)



Ho - ly, Ho - ly, Ho - ly, Lord
God of hosts, Hea - ven and earth are full
of thy glo - ry; Glo - ry be to
thee, O Lord Most High. A - men.
(Cantor)
Bless - ed is he that com - eth in the Name of the Lord.
(Choir)
Ho - san - na in the high - est.

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.

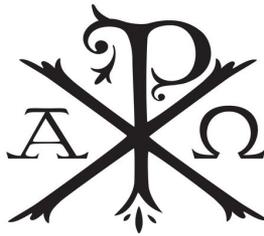
And lead us not into temptation,
but deliver us from evil.

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

p (Cantor) (Choir)

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

p (Cantor) (Choir)

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

mf (Cantor) (Choir)

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

f rit. poco *rit.*

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 shouldest 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

St. Agnes

1 Shep - herd of souls, re - fresh and bless thy cho - sen
2 We would not live by bread a - lone, but by thy
3 Be known to us in break - ing bread, and do not
4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the
word of grace, in strength of which we
then de - part; Sa - vior, a - bid with
and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.
trav - el on to our a - bid - ing - place.
us, and spread thy ta - ble in our heart.
heaven - ly wine, be our im - mor - tal food.

Words: James Montgomery (1771-1845), alt.

Music: St. Agnes, melody John Bacchus Dykes (1823-1876);

harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876)

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*

Cwm Rhonda

1 Guide me, O thou great Je - ho - vah, pil - grim through this
2 O - pen now the crys - tal foun - tain, whence the heal - ing
3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;
stream doth flow; let the fire and cloud - y pil - lar
fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,
lead me all my jour - ney through; strong de - liv - er - er,
land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -
 strong de - liv - erer, be thou still my strength and
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.
 shield, be thou still my strength and shield.
 thee, I will ev - er give to thee.

Words: Harry Emerson Fosdick (1878-1969), alt.

Music: *Cwm Rhondda*, John Hughes (1873-1932)

ORGAN POSTLUDE

Fugue in D Minor

J.S. Bach

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
- **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=SWRHaGxOUXU2VXZqTzhGNnhSYStLUT09](https://us02web.zoom.us/j/87935063092?pwd=SWRHaGxOUXU2VXZqTzhGNnhSYStLUT09)

- **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**
This Sunday, March 8th—today!—, we will be continuing our new book for the Lenten season, “*The Screwtape Letters*” by C.S. Lewis; see the next few pages (p. 27, 28) 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.

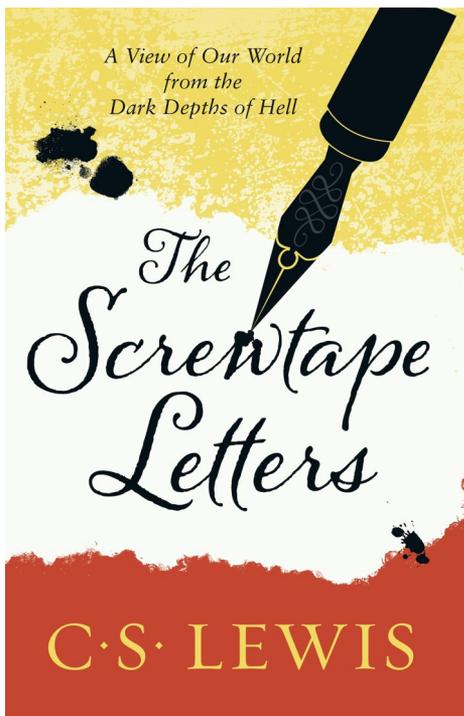
This study isn’t just about “demons and temptation” – it’s really about understanding our hearts and how God pursues us even in the ordinary moments.

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 **today**, on 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!

(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. 26)).

SAN DIEGO MUSIC COTERIE



Join the **Greater San Diego Chamber Orchestra and Chorus** for a musical celebration of Clara and Robert Schumman **today**, 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

PALMS & EASTER LILIES:



Your help is needed to enhance our church with palms and flowers for Palm Sunday and Easter!

Easter Sunday is on April 5th! We are offering an opportunity for parishioners to sponsor memorial Easter lilies, with which we will decorate the High Altar and Sanctuary for Easter!

This year, the cost of each lily/ sponsorship will be **\$30**. Forms for sponsorship can be found at the transept table and the narthex table, and payment is due at the time of the order (which can be paid by cash or check). In order for purchases to be made in a timely manner for Easter, forms must be submitted to the parish office, or placed on the offertory plate by **Sunday, March 29th**, or at the *very* latest, **the 30th, the Monday after.**

On **Saturday, March 28th**, help is needed in decorating our courtyard and church for Palm Sunday! We will be gathering in the courtyard at 9:00 AM. Bring gloves and clippers! There are usually 8 to 10 people needed and will by God's grace participate.

Palm Sunday is even more special for its need of Palm branches of all sizes. Some palm branches will come from the palm trees around the church, but they will still have to be cleaned. If you cannot stay to assist with the placement and securing of palms, it would also be **VERY** helpful if you just have palm branches that you can cut, bring, and drop off. These need to be delivered on **Friday, March 27**; we can also pick them up if you are unable to deliver them.

On Holy Saturday, April 4th, gather around at 9:00 AM and help decorate the church by helping others in arranging Easter flowers and lilies for Easter Sunday. There are always varied jobs to do besides arranging flowers, too!

All ages and abilities are welcome!

If you have any questions, please contact Sue Johnston-Eaton at
(619) 840-0629

PARISH NOTICES

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 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.

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:

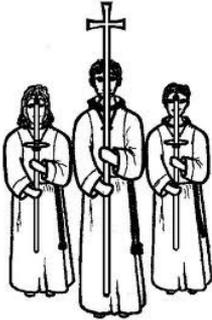
rector@allsaintschurch.org

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.

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/

PARISH NOTICES

HURRICANE RELIEF FOR JAMAICA

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: Elaine Williams
targosbbq@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 Jörgensen

Ms. Dinora Barragan

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