

ALL SAINTS' EPISCOPAL CHURCH

San Diego, California



The Third Sunday in *Lent*

March 23rd, 2025
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.



THE FLOWERS ON THE HIGH ALTAR
are offered to the
GLORY OF GOD

ON THE COVER

Moses and the Burning Bush (1642-1645)

Sebastien Bourdon

"... the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed."

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

Rock of Ages

Alec Rowley

PROCESSIONAL HYMN — *Please stand*

St. Flavian

1 Lord, who through-out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,
5 A - bide with us, that so, this life of suf - fer-ing o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con-quer sin.
3 to die to self, and chief - ly live by thy most ho - ly word.
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898)

Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt, and harm.
Richard Redhead (1820-1901)

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. ♩ = 128)

Modo 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, you know that we have no power in 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 lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

FIRST READING Exodus 3:1-15 — *Please be seated*

A Reading from the Book of Exodus

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you!'

This is my name forever,
and this my title for all generations.”

The Word of the Lord.

All: Thanks be to God.

PSALM 27:5-11 — *Sung by the Choir*

1 O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.

2 Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.

3 For your loving-kindness is better than life itself; *
my lips shall give you praise.

4 So will I bless you as long as I live *
and lift up my hands in your Name.

5 My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,

6 When I remember you upon my bed, *
and meditate on you in the night watches.

7 For you have been my helper, *
and under the shadow of your wings I will rejoice.

8 My soul clings to you; *
your right hand holds me fast.

SECOND READING *Corinthians 10:1-13*

A Reading from the First Letter of Paul to the Corinthians.

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

GOSPEL ACCLAMATION — *Please stand*

Praise and honor to thee, Lord Jesus Christ!

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

Repent, says the Lord;

the kingdom of heaven is at hand.

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

THE HOLY GOSPEL Luke 13:1-9

The Lord be with you.

All: **And with thy spirit.**

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

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

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

The Gospel of the Lord.

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

GOSPEL AFFIRMATION

Dresden Amen

The Lord be with you.

All: **And with thy spirit.**

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

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

SERMON — Please be seated

The Rev. Fr. 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 also commend to the Lord a resumption of the ceasefire in the Holy Land, and continuing release of hostages.

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

We pray for thy Holy Catholic Church throughout the world. We pray for the Anglican Communion, Stephen Cottrell, interim Archbishop of Canterbury; and today for la Iglesia Anglicana de la Region de Central America; for Sean, Presiding Bishop, Susan our Bishop; and Carlos our rector, and his family. For the clergy and people of Good Shepherd, Hemet, our sister parish, St. Thomas the Apostle, Hollywood, and Canon Ian Davies, Rector.

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

Father, we pray for peace throughout the world, especially in Eastern Europe and the Middle-East. 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: Samuel, Jonathan, Sue, Mark, William, Patrick, Dirk, Ethan, Kyle, Caelan, Noah, Peter, Tua, Jordan, Cade and Cole. We also pray for the Officers, Crew, and families of 9th Communication Battalion, Camp Pendleton.

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 for all those unemployed or homeless, especially on cold nights; for our own families, and for our Parish family, that we may grow in faith and love. We pray for the director, Celina, the staff, the students and their 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: Donna, Elaine, Maureen, Louise, John G., Carson, George, Mia, Pamela, Sydnee, Briana, Christian, Mike, Patricia, Ruby, Verna, Antonio, Rhonda Beyer, Robert, Tina, Tanya, Tony, Twyla, Monique, Ellen, Susan, Tiante, Betty, John W, Nicolas, Joe, Norma, Amadeus, Matthew, Deborah, Jennie, Mrs. Tsui, Jack, Melanie, Preston, Delaney, Michelle, Hunter, Fr. Gaylord, and Fr. Edelman.

Litanist: Lord in thy mercy.

People: **Hear our prayer**

Father, we pray for the souls of the faithful departed and for those who have died recently, especially Rufus Williams and Joyce Johnson.

And those whose anniversaries occur at this time: John A. Willett, Tamara Lynn Watling, Pati Kerman Smith, Thomas Hazelton, Robbie Robertson, and Dorothy Brink.

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*

Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*

OFFERTORY ANTHEM — *Please sit*

All Saints' Choir

Wondrous Love Eric Thiman

What wondrous love is this, O my soul, O my soul!
What wondrous love is this, O my soul!
What wondrous love is this, That caused the Lord of bliss
To bear the dreadful curse for my soul, for my soul,
To bear the dreadful curse for my soul.

When I was sinking down, sinking down, sinking down,
When I was sinking down, sinking down,
When I was sinking down Beneath God's righteous frown,
Christ laid aside his crown for my soul, for my soul
Christ laid aside his crown for my soul.

To God and to the Lamb I will sing, I will sing,
To God and to the Lamb I will sing, I will sing.
To God and to the Lamb who is the great I AM.
While millions join the theme, I will sing, I will sing.
While millions join the theme, I will sing.
While millions join the theme, I will sing.

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

Wer nur den lieben Got

Unison or harmony

1 If thou but trust in God to guide thee, and hope in him through
2 Sing, pray, and keep his ways un - swerv - ing; so do thine own part

all thy ways, he'll give thee strength what - e'er be - tide thee,
faith - ful - ly, and trust his word, though un - de - serv - ing;

and bear thee through the e - vil days. Who trusts in God's un -
thou yet shalt find it true for thee; God nev - er yet for -

chang - ing love builds on a rock that nought can move.
sook in need the soul that trust - ed him in - deed.

Words: Georg Neumark (1621-1681); tr. Catherine Winkworth (1829-1878), alt.

Music: *Wer nur den lieben Gott*, Georg Neumark (1621-1681)

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.**

EUCCHARISTIC 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 in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto 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 (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 con - 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)*

All sing: O Lamb of God,

 that takest away the sins of the world,
 have mercy upon us.

O Lamb of God,
 that takest away the sins of the world,
 have mercy upon us.

O Lamb of God,
 that takest away the sins of the world,
 grant us thy 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*

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)

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

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord.

And the blessings 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 as before...

And the Word was made flesh.

All: **And dwelt among us.**

The Hail Mary is repeated as before...

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*

Sicilian Mariners

1 Lord, dis - miss us with thy bless - ing; fill our hearts with
2 Thanks we give and a - dor - a - tion for thy Gos - pel's
3 so that when thy love shall call us, Sa - vior, from the

joy and peace; let us each, thy love pos - sess - ing,
joy - ful sound: may the fruits of thy sal - va - tion
world a - way, fear of death shall not ap - pall us,

tri - umph in re - deem - ing grace: O re - fresh us,
in our hearts and lives a - bound: ev - er faith - ful,
glad thy sum - mons to o - bey. May we ev - er,

O re - fresh us trav - eling through this wil - der - ness.
ev - er faith - ful to thy truth may we be found;
may we ev - er reign with thee in end - less day.

Words: Att. to John Fawcett (1739/40-1817)

Music: *Sicilian Mariners*, Sicilian melody; first published *The European Magazine and London Review*, 1792, alt.

ORGAN POSTLUDE

Fugue in A minor J. S. Bach



The winged ox, traditional symbol of the Gospel according to St. Luke

PARISH NOTICES

ALL SAINTS' MASSES & GATHERINGS

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

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

- **Every Tuesday:** 12:00 PM, Noon – Mass
Our next monthly "First Tuesday" Mass – which will include praying the Rosary and a following potluck – will be on April 1st. at 11:15am.
- **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. The devotional service can also be attended online. Join us this coming Thursday, either in person or via Zoom; find the link to join these sessions in this week's newsletter!
- **Every Friday:** 11:30 AM – Lenten Services
There will be Lenten Services, with the Great Litany taking place in the chapel at 11:30 AM, as well as the Stations of the Cross at 12:00 PM.

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**
Continues on the 2nd and 4th Sundays. This Sunday, March 23rd, is one of those Sundays! See Notices page 2 for further details on this month's book.

PARISH NOTICES

CHRISTIAN FORMATION FOR ADULTS

In Your Holy Spirit: Traditional Spiritual Practices in Today's Christian Life — By Michelle Heyne

Dear All Saints' parishioners,

As part of our Christian formation in Lent this year, I am inviting you to join us in the study of the book shown below. We will conduct the study on the second and fourth Sundays of each month, continuing this Sunday, March 23, in the library at noon. The study of the whole book

may extend beyond Lent into the Easter Season, but that is also proper.

There will be a number of books available for purchase at the price of \$10.00 each. You can also order the book online at Amazon for a slightly higher price.

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; the link to join these sessions is accessible through this week's newsletter.

IN YOUR HOLY SPIRIT:

TRADITIONAL SPIRITUAL PRACTICES IN TODAY'S CHRISTIAN LIFE

This book provides practical assistance to Christians seeking to deepen their own spiritual discipline in the traditional areas of Weekly Practice (Eucharist, Mass, Holy Communion), Daily Practice (Office, Liturgy of the Hours), Reflection, Community and Service. Readers will expand their understanding of traditional Christianity and how it speaks to members of the Body of Christ today.

A focus primarily on practice—on traditional worship in community—rather than primarily on doctrinal or political differences, goes a long way toward transforming the divisions among us. This orientation has much to offer, both inside and outside of the church.

Using ancient practices, modern adaptations, and a Spiritual Practices Map, this book will help readers form their own Rule of Life, and create their own approach to spiritual discipline and practice within the church's traditions.

This book meets readers where they are and then provides concrete, manageable opportunities to stretch and grow, and to experiment with a wider range of choices about spiritual life.

The companion book, *In Your Holy Spirit: Shaping the Parish Through Spiritual Practice*, by Robert Gallagher, OA, is focused on how the parish church and its clergy can better support and foster the development of spiritual life and practices, and thereby improve the health of the whole parish.



Michelle Heyne, OA, is a church trainer and consultant, and the first lay superior of the Order of the Ascension. She is the co-author of *A Wonderful and Sacred Mystery: A Practical Theology of the Parish Church*. Michelle is a partner in a financial services consulting firm and lives in Seattle with her family.



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PARISH NOTICES

SOCIAL ACTION UPDATE

We are in the third week of Lent, a time of reflection, deliberate turning toward Christ, self-discipline (including fasting). We are in a part of the city where we see and interact with folks whose daily practice is self-discipline (of a sort) and fasting by default due to their lack of housing, food, resources, and ability to navigate society for whatever reason. This does not make them any "less" than the rest of our world. Like us, they are children of God, too! To help acknowledge this, we all need to learn to see the Christ in each person - no matter what. As part of that, we continue with our year-round effort to provide food through the Serra Mesa Food Bank, and to provide clean, new sweat pants and sweat shirts to the Scripps-Mercy ER for their homeless patients (they are currently overloaded with socks). Your faithful generosity is greatly appreciated!!



Thank you . . .

Your Social Action Committee

EUCCHARISTIC VISITOR MINISTRY

Under Father Carlos, the ministry of Lay Eucharistic Visitors (LEVs) at All Saints' Church has been revived with the licensing of several LEV's who are making regular visits on Tuesdays and Sundays. 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:

Father Carlos
(rector@allsaintschurch.org),

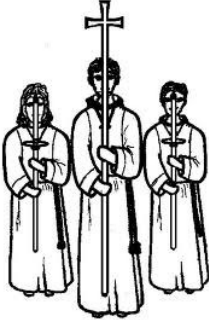
or

Ed Heck
(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

Sharing our Gifts

The Vestry of All Saints' Parish has once again adopted a year-round stewardship program that focuses on almsgiving for the benefit of those in need in Lent, on bequests and various methods of supporting the long-term needs of the parish during the Easter season, and on the traditional fall pledge drive from late September through early December.

As an Anglo-Catholic parish, All Saints has a long history of focusing on spiritual acts of prayer, fasting, and almsgiving during the Lenten season. We might choose to expand our prayer lives by participating in weekday services including the Noon Mass on Tuesdays.

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.

Prayer, scripture reading, self-examination, and almsgiving

PARISH NOTICES

(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 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.

WHAT ARE YOUR SPIRITUAL GIFTS? DO YOU KNOW?

The lesson from 1 Corinthians 12 lists nine that St. Paul initially identifies. But there are more in the next two chapters. The Church needs you to activate them! Even if you don't know or haven't activated them, your serving is important to the healthy life of the parish. For Instance:

Do you bake or cook? Good enough?

Not everybody who bakes or cooks is ready to serve up 30 cupcakes, or egg bites, or salmon appetizers! But there are so many in this parish alone who CAN! Even if you don't feel confident in that, the work of serving in preparation and setting and clean-up from Sunday coffee hours, or receptions after funerals or weddings, or a Holy Week dinner, is critical for our hospitality culture. You should consider being one of those foodies for All Saints.

PARISH NOTICES

**Are you creatively minded?
Does it work out through your
hands and fingers?**

Of course, not all creatively-minded persons get those thoughts and impressions into constructive presentations. But All Saints is willing to mold you and fashion you into members of our Flower Guild, creating new Altar masterpieces, or handcrafting vestments, or designing banners and other art work. And if you are already molded and fashioned you should consider being one of those people for All Saints.

**Are you a “Hail fellow,
well met!” person?**

...and are you sincere about it?

"Hail fellow, well met," is a now-archaic English idiom used when referring to a person whose behavior is hearty, friendly, and congenial, manner. But these are the kinds of personalities of people in the parish who do really, really well at greeting people (especially new people and visitors) coming to church or any service or activity or event in the life of the parish.

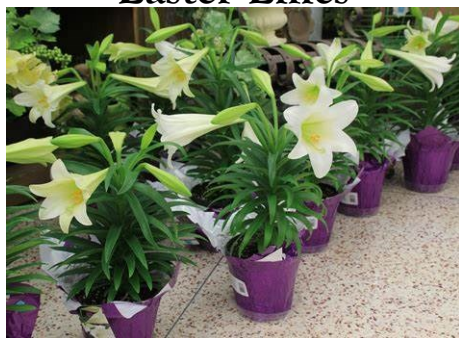
You are NEEDED, because of who you are and what the Holy Spirit may have gifted in you in making

the first encounter of a safe and hospitable place of worship and fellowship.

You should consider being one of those greeters for All Saints!

NOT TOO FAR AWAY:

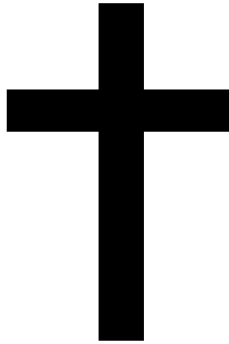
Easter Lilies



Mark your calendar about Easter lily memorial flowers for Easter Sunday, April 20. We are offering an opportunity for parishioners to sponsor memorial Easter lilies, which will decorate the High Altar and Sanctuary for Easter. Each person memorialized will be noted in the Easter bulletin.

Flower forms will become available next Sunday, March 30. The deadline for ordering will be Tuesday, April 15. Check the Parish Notices in the March and April bulletins for further details.

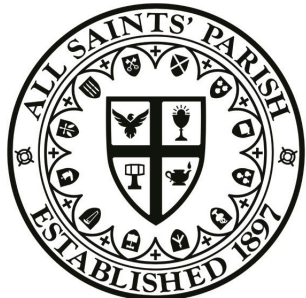
PARISH NOTICES



Holy Week Services

- April 13 – Palm Sunday Mass at 10:00 AM
- April 16 – Service of Tenebrae at 7:00 PM
- April 17 – Maundy Thursday Solemn Mass at 7:00 PM
- April 18 – Good Friday Liturgy at 7:00 PM
- April 19 – Holy Saturday at 10 AM, in the Chapel
The Great Vigil at 7:00 PM
- April 20 – Sunday of the Resurrection: Easter Day
Solemn High Mass at 10:00 AM

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

Mrs. Louise D. Lawson

administrator@allsaintschurch.org

Business Administrator

Mrs. Theresa Krist

finance@allsaintschurch.org

MUSIC

Organist & Choirmaster

Robert MacLeod

Soprano: Emily Ortlieb

Alto:

Tenor: Dennis Williams

Baritone: John White

ALL SAINTS' VESTRY

Sr. Warden

Mx. Barbara Wilder

Jr. Warden

Ms. Lois Myers

Clerk

Ms. Emily Ortlieb

Mrs. Lucretia Locke

Mr. James Hansen

Mrs. Lynette Blakney

Mr. Gary Beyer

Ms. Tanya Tatem

Mr. Ted Crittenden

Ms. Jeannie Gehagan

Mr. John Blumeyer

Treasurer

Mr. Ed Heck

Facilities Liaison

Mr. Cree Craig



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