



# ALL SAINTS' CHURCH

## THIS SUNDAY February 26 & BEYOND



We all know that rest and relaxation is vital for our well-being. Sometimes this comes in smaller, regular doses like a weekend or day off, while there

are other times that we might need something more, an actual vacation. I think that “vacations” can take a lot of different forms because what’s really important is truly “vacating” or emptying some part of my life. For example, it doesn’t matter where I go or how long I’m gone if I have to bring my work with me – in fact, it’s more stressful than just being in the office getting it done! Renewal comes from creating space in our lives that isn’t usually there, and I think that’s especially important to understand as we prepare to enter Lent.

I realize that a penitential season imitating Jesus’ 40 days of fasting doesn’t fit the usual picture of a vacation, but it’s interesting to know that some saints and spiritual writers have actually described the Exodus (which Lent also recalls) as a kind of honeymoon! The reason is that God called both Jesus and Israel into the wilderness to experience a special kind of intimacy, made possible only by stripping all the usual cares and concerns. Obviously the Israelites didn’t experience it that way, and it was for the same reason we don’t always experience vacations as refreshing – because of what they brought with them.

One of my favorite descriptions of the Exodus is that “God brought the people out of bondage in an instant, but it took a lifetime to get the bondage out of the people.” They were alone with God and all their needs were met, a taste of heaven in some ways, but the pulls of their various desires, expectations, and woundedness kept drawing them away. That’s a universal experience, and so we enter the wilderness of Lent to create space through our prayer and fasting where we can meet God in a special way. Fasting can be unpleasant, but we do it to master our physical desires so they can’t pull us away from God. Setting aside extra time for prayer can be

difficult, but we do it to build our capacity for God, fight laziness, and reorient the priorities of our hearts. Giving alms to the poor is just practicing love; depriving ourselves of something for the benefit of someone else.

If we're not refreshed at Easter, just relieved to get back to "normal," it's because of what we've brought with us. Our fasting, prayer, and almsgiving have to be aimed at permanently freeing us to be with God or we're just like the Israelites longing to return to Egypt. Jesus is calling us to come away with him to a lonely place (Mark 6:31), just as he did when the 12 disciples were in need of rest. What are the personal desires and expectations for your life that keep you from being present to him? What needs to be renewed? What needs to be left behind?

Father McQueen

Readings for this Sunday – The Last Sunday after the Epiphany

Exodus 24:12, 15-18 Psalm 99 Philippians 3:7-14 Matthew 17:1-9

## Calendar

**SUNDAY:** 8:00a Low Mass (Church)  
9:30a Christian Formation (Fireside Room)  
10:30a Solemn Mass (Church)  
4:00p Award Winning Young Organists in Concert  
—*The entrance to the church is on 6<sup>th</sup> Avenue*—

*Note: Child care is provided at the 8:00a, 10:30a Mass, Coffee Hour & Fellowship follow the Mass in the Parish Hall.*

**MONDAY** 7:00p (AA) Doctors' Group (Fireside Room)

**TUESDAY:** Noon Mass (St. Mary's Chapel)

**FRIDAY:** 9:00a Morning Prayer (St. Mary's Chapel)  
9:30a Mass (St. Mary's Chapel)

### AA Meetings

6:30p Rainbow Bridge (Fireside Room)  
8:00p Ladies' Group (Fireside Room)  
8:15p Men's Group (Parish Hall)

## UPCOMING EVENT

### AWARD WINNING YOUNG ORGANISTS IN CONCERT



All Saints' is delighted to be hosting a concert highlighting the talents of three awarding winner young organists this **Sunday, February 26<sup>th</sup> at 4:00pm**. The young organists are John Yokoyama, winner of the 2015 and 2016 Intermediate Division AGO/Spreckels Scholarship; Miranda Kaack winner of the 2015 and 2016 Novice Division AGO Spreckels Scholarship and Vincent Pham, winner of the 2015 Advanced Division AGO/Spreckels Scholarship and the 2016 first place winner of the Southern Junior Bach Festival Complete Works Auditions.

Please join us for an opportunity to hear and support these 3 talented San Diego young artists as they perform organ works from Bach to 20<sup>th</sup> century composers.

After the concert a reception will be held in the Parish Hall to meet the young artists.

Donation \$10 — supports the Music Outreach Ministry at All Saints'