



# ALL SAINTS' CHURCH

*"Our mission is to bring the good news of Jesus Christ's love to our entire community through traditional Anglo-Catholic worship, fellowship, outreach, and Christian formation."*

**Our Vision:** *"We strive to be a haven of healing, reconciliation, joy and peace in service to our wider community and beyond, so that our example in prayer and practice may reflect Christ's love for us all."*

## THIS SUNDAY February 28 & BEYOND

### When Losing Means the Greatest of Gains



Fasting as a spiritual discipline is found in practically all religions. Abstaining oneself from food or drink, or in a wider sense perhaps, from the things or habits that we are most addicted to, may be a

liberating personal and communal experience.

What happens when you fast? You deprive yourself from your routine food or drink intake. You stretch your body needs, so to speak. You humble yourself before your Creator. You partially empty yourself and make room for something different. Only the empty or almost empty space can take in something new. Cluttered spaces have room for nothing else.

It is mainly for this reason that the spiritual practices of fasting and self-denial are encouraged in religions, especially during certain times of the liturgical year. Lent is the season that reminds us of Jesus' 40 days of fasting, prayer, and meditation in the wilderness. It is a preparatory period for the major week of the Christian Year, Holy Week, when we enact and live out Christ's passion, death, and glorious resurrection.

This preparatory period for Jesus has antecedents in the Old Testament. The number 40 is significant in Holy Scripture. God's people went through the wilderness for 40 years before coming to the promised land. Moses prepared himself through fasting for 40 days before receiving the Law, and so did Elijah before receiving God's final command.

When we fast or deprive ourselves of certain things to share them with those who are in need, it seems as if our life is being restricted, as if we are losing parts of our lives. In fact, that is the intention. By emptying ourselves of what we routinely value as important or even essential in our lives, we can open space for what is real and valuable in God's eyes for us. And God always knows best.

When Jesus tells His followers to deny themselves, even to the point of losing their physical lives if needed, He is not thinking of punishing them or giving them an impossible task so they give up on it. He is making the point that unless we get rid of a lot of unnecessary self-gratifying clutter in our lives, God's loving life cannot take its due place in us -- simply because God's loving life is utterly selfless and all sharing.

The Lent disciplines seem hard to undertake because they move in a direction that is contrary to our ingrained habits and routines. Nevertheless, by following them properly, in a spirit of humility and openness, we have much to gain, and what we may see as loss is the blessing of getting rid of ballast, so that our lives can soar to the blessed heights where our loving Christ, together with the Father and the Holy Spirit, awaits us to share His abundant life with us.

Fr. Carlos E. Expósito, Rector

Readings for this Sunday – The Second Sunday in Lent

Genesis 22:1-14 Psalm 16:5-11 Romans 8:31-39 Mark 8:31-38

## CALENDAR

Note: Each Sunday we will have a Zoom meeting for our Sunday Mass whether it is held in the courtyard or the church. If the service is held in the church because of inclement weather, parishioners may be present. **The service time has been moved to 10am for a warmer environment in the courtyard each Sunday.**

**SUNDAY** The Second Sunday in Lent  
10:00am Mass (See note above)  
Join Zoom Meeting from our web site at [www.allsaintschurch.org](http://www.allsaintschurch.org)  
Recording of Mass available before noon at [www.allsaintschurch.org](http://www.allsaintschurch.org)

**TUESDAY** Noon Mass in All Saints' courtyard

**WEDNESDAY** Lenten Disciplines offered by Father Mark Michael through *Living Church*. Visit our web site at [www.allsaintschurch.org](http://www.allsaintschurch.org) to learn more and register

**FRIDAY** Stations of the Cross in the courtyard at Noon

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10:00am Mass (See note above)  
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