



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."*

THE SEVENTH SUNDAY OF EASTER May 16 & Beyond

The Fullness of Him Who Fills All in All



In this world of ours up is always better than down. We are constantly striving to be at the top of lists or charts, and children love to jump as high as they can, so they defy gravity, at least for a moment. We want to live ascended lives, break free from what holds us down, so to speak.

There is nothing wrong with that. Something within us knows we are more than earthbound creatures. And that is good. Unfortunately, we have distorted what ascension and an ascended life means. We have forgotten that Christ's ascension sets humanity next to God and we trust in our attempts at self-ascension instead.

This distorts our understanding of God and makes us believe that heaven and holiness are up there somewhere while we are down here. So, we spend our lives comparing, competing, and judging others. We fill our lives with busyness hoping to climb to new heights. This fragments our world and our lives. It separates the creature from the Creator and destroys relationships and intimacy. Our attempts to

self-ascension ultimately become the gravity that deny us the ascended life we are seeking.

Jesus' ascension is the only authentic and life-giving ascension. It is the corrective and antidote to the fragmentation of our attempted self-ascension. Through Him we can also live true ascended lives.

His ascension is not about His absence but about His presence. It is not about His leaving but about "the fullness of Him who fills all in all", according to the writer of 1 John.

Jesus' ascension completes the resurrection. His resurrection is victory over death. However, His ascension lifts humanity up to heaven. It seats human flesh at the right hand of God the Father. Now we partake of God's glory and divinity.

When the men in white asked, "why do you stand looking up to heaven?" it was as if they were saying, "do not misunderstand and disfigure the moment. Do not deny yourselves the gift that is being given you."

Ascension is not so much about reaching and grasping, but about letting go. Asking "How do we ascend?" is useless. That has already been accomplished for us. The question should rather be, "What pulls us down?"

Think about the ballast in your own lives. Could it be fear, anger, or resentment? Or perhaps the need to be in control? For some self-righteousness, jealousy, or pride is their gravity. For others it may be the chains of perfectionism, or indifference and apathy.

This gravity that keeps us down is not creation or the circumstances in our lives. It is within us. Our participation in Jesus' ascension begins not by looking up but by looking within.

Based on ideas from a sermon by Michael K. Marsh, Episcopal Priest.

Fr. Carlos E. Expósito, Rector

Readings for this Sunday – The Seventh Sunday of Easter: The Sunday after
Ascension Day

Acts 1:15-26 Psalm 47 1 John 5:9-15 John 17:11b-19

CALENDAR

**Note: We are worshipping in our historic church. The service will also be on Zoom.
The service time is 10am.**

SUNDAY Seventh Sunday of Easter: The Sunday after Ascension Day
10:00am Mass in All Saints' Church
Join Zoom Meeting from our web site at www.allsaintschurch.org
Recording of Mass available before noon at www.allsaintschurch.org

TUESDAY Noon Mass in All Saints' courtyard

FRIDAY 10:00am Morning Prayer in All Saints' Courtyard

SUNDAY The Day of Pentecost: Whitsunday
10:00am Mass in All Saints' Church
Join Zoom Meeting from our web site at www.allsaintschurch.org
Recording of Mass available before noon at www.allsaintschurch.org