



# 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 —August 21 & Beyond**

**"Be Still and Know That I Am God"**



Verse 11 in Psalm 46 has this line at the beginning of the verse, and this has lately been widely used in contemplative prayer practices as one of the main lines from scriptures to lead people to the practice of Centering Prayer.

There is nothing wrong with using this line as a powerful lead to centering oneself in God's sole presence; however, it is never a good idea to decontextualize a line or verse from the whole corpus from which it is taken.

Psalm 46, which is the Psalm appointed for this Sunday in the Lectionary, is, above all, a psalm that gives us a deep sense of total trust in God's help. It begins with the words, "God is our refuge and strength, a very present help in trouble."

Then it keeps on giving images that assure us that no matter how troublesome and dangerous the times may be, the Lord of hosts, the God of Jacob, who has done awesome things on earth, is with us, and is our stronghold.

One of the most beautiful images within this psalm is the one on verse 10, “It is He who makes war to cease in all the world; He breaks the bow, and shatters the spear, and burns the shields with fire.”

This is a powerful image of God as peacemaker. Even though in the Old Testament God is often portrayed as the Lord of hosts, and this image appears in this very same psalm (verse 8), now the psalmist turns the image around and affirms that God Himself will make all wars cease, and all weapons will be consequently destroyed.

The command to be still is, above all, a reassuring command. It is like saying, “there is no need to fuss and fret, put your whole trust in me and you can simply be quiet, if you acknowledge that I rule, and nothing or no one can oppose my rule.”

This psalm is a powerful tool for any person or group of persons undergoing hard times. It is a strong reminder that in God’s presence there is no room for fear, not because trouble and hardships will suddenly cease, but because God’s unconditional love will fill us with the power to be reassured even in the very presence of death.

It is not our own clever preventive plans and devices that will eventually save us in times of trouble, but God’s powerful help.

As verse 7 puts it, “The nations make much ado, and the kingdoms are shaken; God has spoken, and the earth shall melt away.”

Here we can clearly grasp the futility of human plans that do not take God’s will into account.

The command to be still by no means implies a quietist attitude or a call to do nothing but wait. What it does mean is that our ultimate trust and the greatest help in our troubles comes solely from our Maker, who, as the last verse reiterates, “is with us”, and “is our stronghold.”

Fr. Carlos E. Expósito. Rector

Readings for The Eleventh Sunday after Pentecost

Isaiah 28:14-22 Hebrews 12:18-19, 22-29 Psalm 46 Luke 13:22-30

## CALENDAR

Note: We are worshipping in our historic church. The service will also be on Zoom. The service time is 10am. Tuesday Noon Mass and Friday Morning Prayer are held in All Saints' St. Mary Chapel.

**SUNDAY** Eleventh Sunday after Pentecost

**10:00am Mass in All Saints' Church**

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)

**Christian Formation and First Communion Instruction for Children**

Ages 5-12 in the Parish Hall from 10:00am-10:45am

**Christian Formation** every second and fourth Sunday of the month at

11:30am Studying *Sacred Earth, Sacred Soul* by John Philip Newell

Rector's Study

A Spanish Mass will be held on the first, second, fourth (and fifth)

Sundays each month at 1pm. Everyone is welcome.

**TUESDAY** Noon Mass in St. Mary Chapel

**THURSDAY** Spanish Class 1:00pm to 3:00pm in the Flower Room. Taught by Fr. Carlos

**FRIDAY** 10:00am Morning Prayer in St. Mary Chapel

**SUNDAY** The Twelfth Sunday after Pentecost

**10:00am Mass in All Saints' Church**

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**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 gift
- Remembering that God loves everyone unconditionally

An Anglo-Catholic Parish in the Episcopal Diocese of San Diego  
[www.allsaintschurch.org](http://www.allsaintschurch.org)