



# 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 — September 3, 2023**

**“Our True Spiritual Self”**



some clarity about what is meant by “being a spiritual person.”

In times when it has become almost a cliché to affirm “I am a spiritual person, but not a religious one; I am not affiliated to any particular denomination”, it is more significant than ever to have

As human beings, according to Anglican writer on spirituality Evelyn Underhill, we are amphibious creatures, because we live in both a physical and a spiritual realm.

What this implies is that by our very essence we are all “spiritual beings” in a sense. To what degree we show or develop the spiritual side of our nature is something else.

Unfortunately, there has been a tendency in the last few decades to equate spirituality with the practice of certain contemplative forms of prayer or meditation, some of which are part of the Christian tradition—particularly in its monastic expression, and some of which have been taken from other religions, like Buddhism and Hinduism.

Although there is nothing wrong with the cultivation of a greater inner awareness to center our beings in God, the real sense of spirituality goes beyond what any of these useful tools may bring about.

What really shows whether someone is spiritually advanced is how that person relates to the Creator, to themselves, to their fellow human beings, and to creation in general.

Trying to split body and soul while we are living on this planet will only bring about a lopsided sort of life—a life of detachment from our fellow creatures— which can even become the least spiritual form of life ever: a life filled with spiritual self-pride and contempt for the rest.

Our bodies have been given to us as an integral part of our beings. They are the genuine means by which we carry out the true spiritual worship on this earth.

Our Creator does not really need anything from us simply because the whole universe is His creation, including us. All offerings and other types of sacrifices that we may present to the Creator are not what the God we believe in would really want from us.

If we want to give our God the real worship that pleases Him, then we must understand that He created us for a purpose. He gave us a body that enables us to do wonderful things for ourselves and for others. Our hands, guided by our minds, can do wonders to transform creation into something ever more beautiful and grandiose. Our feet can lead us to places where our work is needed to help others with more limited resources and means.

Our mouths can pronounce words and sing songs that bring hope and transform lives into a much better expression. They can bring healing and comfort during rough times.

All this can be reversed, unfortunately, when our bodies and minds are used in a destructive, selfish, and devious way. This is the toll that being created with free will entails.

The true spiritual worship that God desires is the right use of our bodies, with all its capacities, and all the talents and special gifts that each of us has been granted, cooperating in love with one another to make this world a place that resembles, to the greatest possible extent, God's reign of unconditional love for all.

As St. Paul expresses it in his appeal to the converts living in Rome, “present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” No other “spirituality” is greater than this, for sure.

Fr. Carlos

Readings for The Fourteenth Sunday after Pentecost

Jeremiah 15:15-21   Romans 12:1-8   Psalm: 26:1-8   Matthew 16:21-27

## CALENDAR

Note: We continue worshipping in our historic church. The service will also be on Zoom. The service time is 10am. Tuesday Noon Mass and Friday Morning Prayer at 10:00am are held in All Saints' St. Mary Chapel

**SUNDAY   September 3, 2023   The Fourteenth 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** Meets next on Sunday September 10 at Noon in the Rector's Office. Book Study: “God's Secretaries: The Making of the King James Bible” by Adam Nicolson

**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   September 10, 2023   The Fifteenth 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** Meets next on Sunday September 10 at Noon in the Rector's Office. Book Study: "God's Secretaries: The Making of the King James Bible" by Adam Nicolson

### **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)