



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 1, 2024 **Praying in the Spirit and Keeping Alert**



That prayer was overwhelming, but much needed.

That prayer is an integral part of a true Christian's life goes without saying. Starting with Jesus Himself, and then St. Paul, St. Peter and all the Apostles, and the first followers of Jesus' Way, the insistence on constant and persevering

Prayer is not exclusive to the Christian Faith, and we all know this. What characterizes Christian prayer, though, is that is addressed to the Creator of All That Is, through Jesus Christ Our Lord, in the power of The Holy Spirit.

Apart from this essential Trinitarian character of Christian prayer—which can also be understood when only one of the persons of the Trinity is mentioned in our prayers—St. Paul is insistent on the need to always pray in God's Holy Spirit, and to keep alert for the evil forces that govern our world.

But what does praying in God's Spirit imply?

It may be hard for us to discern when our prayers are really aligned with God's Spirit of Truth, Peace, and Love, but a few hints here and there may help us along the way.

First of all, we need to be aware that the Creator of the Universe we Christians address in our prayers is the epitome of unconditional, self-giving love, which was clearly shown to us humans in His incarnate Son, Jesus Christ Our Lord. In this respect, if our prayers are to be in tune with His Spirit, they must not be selfishly centered, even if it legitimate to ask for our personal needs.

Another important aspect to consider is how our prayers align with Holy Scripture. If we believe that the Bible is God's inspired book, and shows forth God's loving intentions for humankind, our prayers should not contradict what Holy Scripture states.

Prayer can give us the strength we need to face the powers of darkness and evil, if it is aligned with God's loving will. Our prayers must always start from a place of humbleness, recognizing our offenses to God and to others, and asking God for forgiveness in a spirit of true repentance.

We need to acknowledge that the true strength comes from God, and not from ourselves. It is His strength in the power of His Spirit that enables us to triumph in the face of evil forces. It is a fact that evil can only be defeated by God's unconditional love, even though we may be tempted to fight evil with human forces.

In his Letter to the Ephesians, in chapter 6, St. Paul makes a well-known comparison between the parts of a Roman soldier's armor and what we—as Christ's followers—must be spiritually dressed with to defeat all evil powers. The components of such armor are truth, righteousness, peace, faith, and God's Spirit. With such an armor, the forces of evil are useless against the power that comes from above and acts through us.

We may not be willing to talk about evil and the forces of darkness. A continuous mental and verbal dwelling on these topics is not to be encouraged. However, as St. Paul himself warns, it is necessary to be aware of their existence, and be ready, through constant prayer in God's true Spirit, to stand against their wiling and deceptive nature.

As St. Paul did in this letter, even when we are facing personal hardships—and not often shall we face imprisonment as he did—our priority must be to ask others—in all humbleness—to pray for us, so that we may always declare the truths of the Gospel of Salvation as we must.

Fr. Carlos E. Expósito, Rector

Readings for The Fifteenth Sunday after Pentecost: Deuteronomy 4:1-9
Psalm 15 Ephesians 6:10-20 Mark 7:1-8, 14-15, 21-23

CALENDAR

Note: We worship in our historic church. The service will also be on Zoom. The Sunday service time is 10:00am, Tuesday Noon Mass, and Friday 10:00am Morning Prayer.

SUNDAY September 1, 2024 The Fifteenth Sunday after Pentecost

10:00am Mass in All Saints' Church

Join Zoom Meeting from our web site at w.allsaintschurch.org

Recording of Mass available at www.allsaintschurch.org

Christian Formation and First Communion Instruction for Children

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

Adult Christian Formation meets next in October

TUESDAY Noon Mass in St. Mary Chapel

THURSDAY Spanish Class on Thursdays, from 1pm-3pm in the Library

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

SUNDAY September 8, 2024 The Sixteenth Sunday after Pentecost

10:00am Mass in All Saints' Church

Join Zoom Meeting from our web site at www.allsaintschurch.org

Recording of Mass available at www.allsaintschurch.org

Christian Formation and First Communion Instruction for Children

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

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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