

# ALL SAINTS' EPISCOPAL CHURCH

San Diego, California



## THE FIRST SUNDAY IN LENT

February 22, 2026  
10:00 AM | Mass

Welcome to All Saints' Mass in our church or by live-stream, especially if you are a newcomer or visitor! Please help us to get to know you by introducing yourself to our rector, Fr. Carlos, if you are here in person.

We hope that you will find in this bulletin everything you need to make your link to our community a joyful one. In it you will find the text for all of the Mass prayers and readings.

The symbol + indicates when to make the sign of the Cross. It is also customary to make a discreet bow at the name of Jesus.



## ON THE COVER

**The Temptation of Christ (1854)**

Ary Scheffer (1795–1858)

*“...the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, ‘All these I will give you, if you will fall down and worship me.’ Jesus said to him, ‘Away with you, Satan! For it is written,*

*“Worship the Lord your God,  
and serve only him.”*”

*Then the devil left him, and suddenly angels came and waited on him.”*

# ALL SAINTS' MISSION STATEMENT

“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.”

## 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 gifts
- Remembering that God loves everyone unconditionally

**CELEBRANT:** The Rev. Carlos E. Expósito, Rector

**MASS SETTING:** Missa Penitentialis

## ORGAN PRELUDE

A Modal Piece for Lent

Jean Langlais

# THE GREAT LITANY — *Please stand*

*Please refer to the separate Great Litany booklet.*

## KYRIE (*Missa Penitentialis*)

(M.M. ♩ = 138)

Mode 4

*mf*

1, 2 Lord, have mer-cy up-on us. 3 Lord, have mer-cy up-on us.

*f*

4, 5 Christ, have mer-cy up-on us. 6 Christ, have mer-cy up-on us.

*mf*

7, 8 Lord, have mer-cy up-on us.

*rit.*

9 Lord, have mer-cy + up-on us.

# OPENING HYMN — *Please stand*

St. Flavian

The musical score is written for a choir in G major and 4/4 time. It consists of two systems of music. Each system has a vocal line (treble clef) and a basso continuo line (bass clef). The lyrics are printed below the vocal line. The first system covers the first five lines of the hymn, and the second system covers the next five lines. The music is a simple, homophonic setting with a steady bass line.

1 Lord, who through-out these for - ty days for us didst fast and pray,  
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,  
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,  
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,  
5 A - bide with us, that so, this life of suf - fer-ing o - ver - past,  
1 teach us with thee to mourn our sins, and close by thee to stay.  
2 O give us strength in thee to fight, in thee to con-quer sin.  
3 to die to self, and chief - ly live by thy most ho - ly word.  
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.  
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898)

Music: St. *Flavian*, melody from *Day's Psalter*, 1562;  
adapt, and harm. Richard Redhead (1820-1901)

## THE COLLECT OF THE DAY

The LORD be with you.

All: **And with thy spirit.**

Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever.

All: *Amen.*

# FIRST READING *Genesis 2:15–17; 3:1–7, — Please be seated*

A Reading from the Book of Genesis

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the LORD.

All: **Thanks be to God.**

## THE PSALM *Psalms 32:1–8 — Sung by the choir*

- 1 Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt, \*  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.

- 6 I said, "I will confess my transgressions to the LORD." \*  
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in time of  
trouble; \*  
when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place;  
you preserve me from trouble; \*  
you surround me with shouts of deliverance.

## SECOND READING *Romans 5:12-19*

A Reading from Paul's Letter to the Romans

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned~ sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The Word of the LORD.

All: **Thanks be to God.**

## GOSPEL ACCLAMATION — *Please stand*

Praise and honor to thee, Lord Jesus Christ!

*All sing:* **Praise and honor to thee, Lord Jesus Christ!**

One does not live on bread alone,  
but on every word that comes forth  
from the mouth of God.

*All sing:* **Praise and honor to thee, Lord Jesus Christ!**

## THE HOLY GOSPEL Matthew 4:1-11

The LORD be with you.

*All:* **And with thy spirit.**

+The Holy Gospel of our Lord Jesus Christ according to Matthew.

*All:* **Glory be to thee, O LORD.**

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

'One does not live by bread alone,  
but by every word that comes from the mouth of God.'

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,'  
and 'On their hands they will bear you up,  
so that you will not dash your foot against a stone.'

Jesus said to him, "Again it is written, 'Do not put the LORD your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, “All these I will give you, if you will fall down and worship me.” Jesus said to him, “Away with you, Satan! For it is written,

‘Worship the LORD your God,  
and serve only him.’”

Then the devil left him, and suddenly angels came and waited on him.

The Gospel of the LORD.

All: Praise be to thee, O Christ.

## SERMON — *Please be seated*

The Rev. Carlos E. Expósito, Rector

## NICENE CREED (Hymnal #759) — *Please stand*

I believe in one God,

All sing: the Father Almighty,  
maker of heaven and earth,  
and of all things visible and invisible.

And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of his Father before all worlds,  
God of God, Light of Light,  
very God of very God,  
begotten, not made,  
being of one substance with the Father;  
by whom all things were made;  
who for us men and for our salvation  
came down from heaven,

*(Kneel for next 3 lines)*

*and was incarnate by the Holy Ghost  
of the Virgin Mary,  
and was made man;*

and was crucified also for us under Pontius Pilate;  
he suffered and was buried;  
and the third day he rose again according to the Scriptures,  
and ascended into heaven,  
and sitteth on the right hand of the Father;  
and he shall come again, with glory,  
to judge both the quick and the dead;  
whose kingdom shall have no end.

And I believe in the Holy Ghost, the LORD, and Giver of Life,  
who proceedeth from the Father and the Son;  
who with the Father and the Son together is worshipped  
and glorified;  
Who spake by the Prophets.

And I believe one Holy Catholic and Apostolic Church;  
I acknowledge one Baptism for the remission of sins;  
and I look for the resurrection of the dead,  
+ and the life of the world to come. *Amen.*

## PEACE — *Please stand*

*Celebrant:* The Peace of the LORD be always with you.

*All:* **And with thy Spirit.**

*Please stand and exchange a sign of the peace of Jesus Christ  
with your immediate neighbors by greeting one another and saying:  
“Peace be with you.”*

## OFFERTORY SENTENCE — *Please stand*

Be imitators of God, as beloved children. And walk in love, as  
Christ loved us and gave himself up for us, a fragrant offering and  
sacrifice to God. *Ephesians 5:1-2*

*A collection will be taken during the Offertory. Anyone who would like to make  
their contribution digitally (e.g. via credit card) may do so by scanning the QR code  
on the back cover.*

## OFFERTORY ANTHEM — *Please be seated*

*All Saints' Choir*

**He Who Dwells in the Secret Place** Don McAfee

He who dwells in the shelter of the Most High,  
and who abides in the shadow of the Almighty, will say to the LORD,

“Thou art my refuge and my fortress,  
my God in whom I trust.”

For He will give His angels charge of you  
to guard you in all your ways.

For He will give His angels charge of you  
to guard you in all your ways.

For He will give His angels charge of you  
to guard you in all your ways.

He who dwells in the shelter of the Most High,  
and who abides in the shadow of the Almighty, will say to the LORD,

“Thou art my refuge and my fortress,  
my God in whom I trust.”

## THE OFFERTORY PRAYER — *Please stand*

LORD, accept the gifts thy Church offers thee with joy, since in fulfillment of thy will thy Son offered himself as a lamb without blemish for the life of the world. Grant this through Christ our Lord.

All: *Amen.*

# OFFERTORY HYMN

## Deo Gracias



1 O love, how deep, how broad, how high, how pass - ing  
2 For us bap - tized, for us he bore his ho - ly  
3 For us he prayed; for us he taught; for us his  
4 For us to wick - ed hands be - trayed, scourged, mocked, in  
5 For us he rose from death a - gain; for us he  
6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of  
2 fast and hun - gered sore; for us temp - ta - tions  
3 dai - ly works he wrought: by words and signs and  
4 pur - ple robe ar - rayed, he bore the shame - ful  
5 went on high to reign; for us he sent his  
6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.  
2 sharp he knew; for us the tempt - er ov - er - threw.  
3 ac - tions, thus still seek - ing not him - self, but us.  
4 cross and death; for us gave up his dy - ing breath.  
5 Spi - rit here to guide, to strength - en, and to cheer.  
6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt.

Music: *Deo gracias*, English ballad melody, Trinity College MS., 15th cent.

# LITURGY OF THE HOLY EUCHARIST — *Please stand*

Pray Brethren,  
that this my sacrifice and yours may be acceptable to God,  
the Almighty Father.

*All:* **May the LORD receive the sacrifice at thy hands,  
to the praise and glory of His Name,  
to our benefit and that of all His Holy Church.**

## EUCHARISTIC PRAYER

The LORD be with you.

*All:* **And with thy spirit.**  
Lift up your hearts.

*All:* **We lift them up unto the LORD.**  
Let us give thanks unto our LORD God.

*All:* **It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O LORD, Holy Father, Almighty, everlasting God.

Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying:

# SANCTUS ET BENEDICTUS *(Missa Penitentialis)*

Mode 5 (M.M. ♩ = 126)

*f* Ho - ly, Ho - ly, Ho - ly, Lord  
*mf* God of hosts, Hea-ven and earth are full  
*f* of thy glo - ry: Glo - ry be to  
*p rit.* thee, O Lord Most High. A - men.

*(Cantor)*  
*p* Bless-ed is he that com-eth in the Name of the Lord.

*(Choir)*  
*f* Ho - - san - na *mf rit.* in the high - est.

## PRAYER OF CONSECRATION — *Please kneel*

All glory be to thee, O LORD our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

*At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O LORD and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O LORD, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; + and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our LORD;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

All: *Amen.*

## THE LORD'S PRAYER *(Hymnal #722)*

And now, as our Savior Christ hath taught us, we are bold to say:

*All sing:*      **Our Father, who art in heaven,  
                  hallowed be thy Name,  
                  thy kingdom come,  
                  thy will be done,  
                  on earth as it is in heaven.**

**Give us this day our daily bread.  
And forgive us our trespasses,  
          as we forgive those who trespass against us.**

**And lead us not into temptation,  
          but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory,  
          for ever and ever. *Amen.***

## THE BREAKING OF BREAD

Christ our Passover is sacrificed for us;

*All:*      **Therefore let us keep the feast.**

## HIC EST VERUM PANIS

Whoever eateth this bread shall live forever.

*All:*      **Whoever eateth this bread shall live forever.**

This is the true bread which cometh down from heaven and giveth  
          life to the world

*All:*      **Whoever eateth this bread shall live forever.**

# PRAYER OF HUMBLE ACCESS

All: We do not presume to come to this thy Table,  
O merciful LORD, trusting in our own righteousness,  
but in thy manifold and great mercies.  
We are not worthy so much as to gather up the crumbs  
under thy Table.  
But thou art the same LORD whose property  
is always to have mercy.  
Grant us therefore, gracious LORD,  
so to eat the flesh of thy dear Son Jesus Christ,  
And to drink his blood,  
that we may evermore dwell in him and he in us. *Amen.*

## THE INVITATION

Behold the Lamb of God, +  
behold Him that taketh away the sins of the world.

All: LORD, I am not worthy that thou shouldst come under my roof,  
but speak the word only, and my soul shall be healed.

*All baptized Christians are invited to come forward for communion.*

*Those who are unable to receive communion, or do not yet receive, are invited to come forward for a blessing. To indicate that you wish to receive a blessing, please cross your arms over your chest rather than holding out your hands.*

# COMMUNION HYMN — *Please kneel*

## Dulce Carmen

1 Lead us, heaven - ly Fa - ther, lead us o'er the world's tem -  
2 Sa - vior, breathe for - give - ness o'er us; all our weak - ness  
3 Spi - rit of our God, de - scend - ing, fill our hearts with

pes - tuous sea; guard us, guide us, keep us, feed us,  
thou dost know; thou didst tread this earth be - fore us;  
heaven - ly joy; love with ev - ery pas - sion blend - ing,

for we have no help but thee, yet pos - ses - sing  
thou didst feel its keen - est woe; yet un - fear - ing,  
plea - sure that can nev - er cloy; thus pro - vid - ed,

ev - ery bless - ing, if our God our Fa - ther be.  
per - se - ver - ing, to thy pas - sion thou didst go.  
par - doned, guid - ed, noth - ing can our peace des - troy.

Words: James Edmeston (1791-1867), alt.

Music: *Dulce carmen*, melody from *An Essay on the Church Plain Chant*, 1782; adapt.  
*Collection of Motetts or Antiphons*, ca 1840;  
harm. William Henry Monk (1823-1889)

## PRAYER FOR SPIRITUAL COMMUNION

*I believe that Thou art truly present in the Holy Sacrament,  
and, since I cannot at this time receive communion,  
I pray Thee to come into my heart.*

*I unite myself with Thee and embrace Thee with all my  
heart, my soul, and my mind.*

*Let nothing separate me from Thee;  
let me serve Thee in this life until, by Thy grace,  
I come to Thy glorious kingdom and unending peace.*

*Amen.*

## POST COMMUNION PRAYER — *Please kneel*

Almighty and everliving God,

*All:* We most heartily thank Thee  
for that Thou dost feed us,  
in these Holy mysteries,  
with the spiritual food of the most precious  
Body and Blood of Thy Son our Savior Jesus Christ;

And dost assure us thereby of Thy favor  
and goodness towards us;

And that we are very members incorporate  
in the mystical body of Thy Son,  
the blessed company of all faithful people;

And are also heirs, through hope,  
of Thy everlasting kingdom.

And we humbly beseech Thee, O heavenly Father,  
so to assist us with Thy grace,  
that we may continue in that Holy fellowship,  
and do all such good works as Thou  
hast prepared for us to walk in;

Through Jesus Christ our Lord,  
to whom, with Thee and the Holy Ghost,  
be all honor and glory,  
world without end. *Amen.*

# PRAYER OVER THE PEOPLE AND BENEDICTION

Bow down before the LORD.

Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through, Christ our Lord.

All: *Amen.*

And the blessing of God Almighty, + the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always.

All: *Amen.*

## NOTICES — *Please be seated*

### **Birthday Prayer**

Many happy returns of the day of thy birth,  
May seasons of joy be given.  
May God in his mercy prepare you on earth  
For a beautiful birthday in Heaven. *Amen.*

### **Anniversary Prayer**

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

## THE ANGELUS — *Please stand*

The Angel of the LORD brought the tidings to Mary:

*All:* **And she conceived by the Holy Ghost.**

**Hail Mary, full of grace, the LORD is with thee.**

**Blessed art thou amongst women,**

**and blessed is the fruit of thy womb Jesus.**

**Holy Mary, Mother of God, pray for us sinners,**

**now and at the hour of our death. *Amen.***

Behold the handmaid of the LORD:

*All:* **Be it unto me according to thy word.**

*The Hail Mary is repeated.*

And the Word was made flesh.

*All:* **And dwelt among us.**

*The Hail Mary is repeated.*

Pray for us, O holy Mother of God.

*All:* **That we may be made worthy of the promises of Christ.**

Let us pray.

We beseech thee O LORD, pour thy grace into our hearts: That as we have known the incarnation of thy son Jesus Christ by the message of an angel, so by His cross and passion + we may be brought to the glory of His resurrection. Through the same Christ our Lord.

*All:* ***Amen.***

## DISMISSAL

Let us go forth in the name of Christ.

*All:* **Thanks be to God.**

# RECESSIONAL HYMN — *Please stand*

## Lancashire

Go for-ward, Chris-tian sol - dier, be - neath his ban - ner true:  
Go for-ward, Chris-tian sol - dier, fear not the se - cret foe;  
Go for-ward, Chris-tian sol - dier, nor dream of peace - ful rest,  
Go for-ward, Chris-tian sol - dier, fear not the gath - ering night:

the Lord him - self, thy Lead - er, shall all thy foes sub - due.  
far more o'er thee are watch - ing than hu - man eyes can know:  
till Sa - tan's host is van - quished and heaven is all pos - sessed;  
the Lord has been thy shel - ter; the Lord will be thy light.

His love fore - tells thy tri - als; he knows thine hour - ly need;  
trust on - ly Christ, thy Cap - tain; cease not to watch and pray;  
till Christ him - self shall call thee to lay thine ar - mor by,  
When morn his face re - veal - eth thy dan - gers all are past:

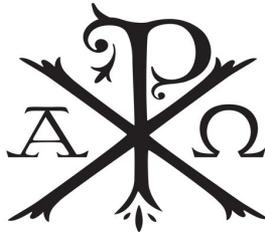
he can with bread of hea - ven thy faint - ing spi - rit feed.  
heed not the treach - erous voic - es that lure thy soul a - stray.  
and wear in end - less glo - ry the crown of vic - to - ry.  
O pray that faith and vir - tue may keep thee to the last!

Words: Laurence Tuttiett (1825-1895)

Music: *Lancashire*, Henry Thomas Smart (1814-1879)

# ORGAN POSTLUDE

Holy God, We Praise Thy Name      Jeffrey Blersch



# PARISH NOTICES

## ALL SAINTS' MASSES & GATHERINGS

- **Every Sunday:** 10:00 AM – Mass  
On Sundays we continue worshipping in our historic church. The Sunday service will be on Zoom.

The following worship services will be held in All Saints' St. Mary Chapel.

- **Every Tuesday:** 12:00 PM, Noon – Mass
- **Every Thursday:** 1:00 PM – Devotional Service  
There is a short devotional service in the Rector's office, followed by a Bible study session based on one of the readings for the Sunday of that week. Join us either in person or via Zoom; find the link to join these sessions in our weekly digital newsletter; you can also enter the link below into your web browser:

<https://us02web.zoom.us/j/87935063092?pwd=SWRHaGxOUXU2VXZqTzhGNnhSYStLUT09>

- **Every Friday:** 11:30 AM, Noon – Lenten Services  
From February 20 to March 27th, the Great Litany will be held in the Chapel at 11:30 AM, and Stations of the Cross will be held in the Church at Noon.

## SPECIAL CLASSES AND PROGRAMS

- **Christian Formation and First Communion Instruction for Children Ages 5-12**  
Sundays from 10:00 AM to 10:45 AM in the Parish Hall, taught by Lucretia Locke. For registration, call (619) 298-7729 or email us at [info@allsaintschurch.org](mailto:info@allsaintschurch.org).
- **Christian Formation – Book Study**  
Today, February 22nd, we will be starting a new book for the Lenten season, “*The Screwtape Letters*” by C.S. Lewis; see the next few pages (p. 24, 25) for more details on this book!

# PARISH NOTICES

## A LENTEN INVITATION: CHRISTIAN FORMATION FOR ADULTS

### The Screwtape Letters, by C.S. Lewis

*“Join us this Lent in a journey through one of the most engaging Christian books ever written... A book that doesn’t just tell you what temptation is – it shows you how it works.”*

Each letter opens a window into the spiritual life that’s accessible, reflective, and deeply pertinent in our day-to-day living.

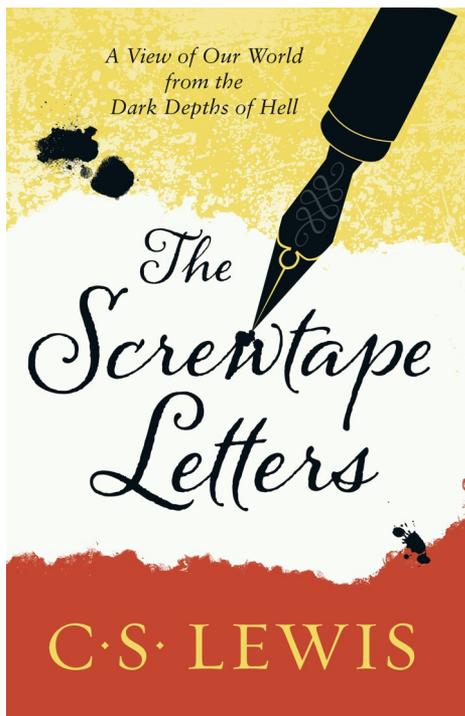
This study isn’t just about “demons and temptation” – it’s really about understanding our hearts and how God pursues us even in the ordinary moments.

#### *Why The Screwtape Letters Matters*

*The Screwtape Letters* is a brilliantly written Christian classic in which C.S. Lewis lets a senior demon teach a junior tempter how to lure a human away from the Enemy – that’s God. Through satire and reversal, Lewis invites us to see spiritual struggle from a fresh, often humorous angle.

Rather than a typical sermon or theological treatise, it’s a set of 31 fictional letters full of psychological insight, moral challenge, and sharp spiritual wisdom – cleverly disguised as advice from Hell’s perspective.

Lewis’ use of irony – calling God “the Enemy” and demons’ tactics wise counsel – helps us recognize frequently overlooked temptations: complacency, pride, distraction, and subtle self-deception.



# PARISH NOTICES

## A Little Flavor from the Book

In his letters, Screwtape urges Wormwood to keep the Patient focused on vanity, boredom, fear, and self-absorption – because the daily battles are the ones that matter most.

One of the most quoted insights is:

*“The safest road to Hell is the gradual one – the gentle slope, soft underfoot, without sudden turnings, without milestones...”*

It gets you thinking about how small choices shape your spiritual life

## Who Is This For?

- Curious seekers who want to understand spiritual temptation in a new way,
- Long-time believers who crave fresh reflection during Lent,
- Anyone who’s ever wondered why everyday life sometimes feels spiritually tricky.

## Study Format Snapshot

We’ll meet on the second and fourth Sunday of each month in the library at 12:00 PM during Lent and beyond, starting **today**, February 22nd. Each session will explore a set of 3 chapters together – mixing conversation, prayer, and insight.

No prior C.S. Lewis familiarity is required – just an open heart and a desire to grow in faith!

We will purchase 10 books and sell them at the price of \$5.00 each. If more than 10 people would like to purchase the book, they can easily do so online.

(For those of you who do not attend in person regularly, but would like to join us in the study sessions, there is an opportunity to join us [via Zoom](#); find the link to join on the first page of the Parish Notices (p. 23)).

## OUR STEWARDSHIP



Our year-round stewardship program features almsgiving for the benefit of those in need during the Lenten season, which begins on Ash Wednesday (February 18 this year).

As an Anglo-Catholic parish, All Saints’ has a long history of focusing on spiritual acts of prayer, fasting, and almsgiving during Lent.

# PARISH NOTICES

We might choose to expand our prayer lives by participating in weekday services such as the Noon Mass on Tuesdays or The Great Litany and Stations of the Cross on Fridays.

Fasting might take the form of skipping lunch on Fridays or giving up at least one luxury (chocolates and wine are popular choices) for Lent. Such practices would also allow us to set aside the money saved by fasting and abstinence as a special offering to help those in need.

Those who use the offering envelope package may present their offerings by using the designated “Easter offering” envelope. During Lent, we will also make available in the church special Lenten/Easter offering envelopes, which can be used at any time between Ash Wednesday and the Second Sunday of Easter (April 12). Offerings set aside for those in need will also include checks marked “Easter offering” and cash placed in the offering plates at the Maundy Thursday, Easter Vigil, and Easter Sunday services.

## REQUIEM MASS FOR JOHN JOHNSON

On January 25th, our beloved parishioner, John, peacefully passed away.

His Requiem Mass will be held on March 6th at 2:00 PM, here in All Saints’ church.



# PARISH NOTICES

## SOCIAL ACTION UPDATE

We have six weeks of Lent plus Holy Week to examine our lives in the light of repentance. If we can slow down the outside world for a bit, and look at our inside world more closely, we may be able to better see those in need of our help. We can act as Jesus would have acted toward those in need of shelter, food, safety - give of ourselves including through this Social Action Committee.

Your help is needed by providing new sweatpants in sizes M, L, XL for homeless patients at the Scripps-Mercy ER.



Any donation of non-perishable foods put in the wagon for our local food banks is wonderful.

Any financial donation earmarked for SAC is always welcome also.

Thank you for manifesting Jesus to the benefit of our less fortunate neighbors! Your faithful generosity is always appreciated . . .

Your Social Action Committee

## EUCCHARISTIC VISITOR MINISTRY

We are in need of more Lay Eucharistic Visitors (LEVs)! Under Father Carlos, the ministry of LEV has been revived at All Saints' Church. They go out after Sunday Mass and Tuesday Mass, doing no more than two visits a day. There are currently only three LEVs but many more parishioners in need of their ministry. We would like to serve more of our shut-ins in a timely manner. Help would be greatly appreciated!

Eucharistic Visitors are members of the congregation who are licensed by the Bishop to take the Blessed Sacrament "in a timely manner" to those who are unable to attend a regularly scheduled celebration of the Holy Eucharist in the church or chapel.



If you would like to add a name to the list of those to be visited, please contact Fr. Carlos or Ed Heck:  
([rector@allsaintschurch.org](mailto:rector@allsaintschurch.org))  
([edheck46@gmail.com](mailto:edheck46@gmail.com)).

# PARISH NOTICES

## CHRISTIAN FORMATION FOR CHILDREN

Sundays from 10:00 to 10:45 AM



Christian Formation and First  
Communion Instruction  
for Children Ages 5-12 in the Parish  
Hall taught by Lucretia Locke.

For registration, call (619) 298-7729,  
or email us at  
[info@allsaintschurch.org](mailto:info@allsaintschurch.org).

## Formación Cristiana y clases de Primera Comunión para niños y niñas

(de 5 a 12 años)

Domingos de 10 a 10:45 AM, en el  
salón parroquial.

A cargo de Lucretia Locke.

Para la matrícula llame al (619) 298-  
7729

o envíenos un correo electrónico a  
esta dirección:

[info@allsaintschurch.org](mailto:info@allsaintschurch.org).

## PARA LAS FAMILIAS

Para Las Familias is ECS's program  
to help children with mental health  
issues.

This program serves young children  
by providing trauma-informed  
mental healthcare.

All Saints' parishioners have been  
invited to see your support in action  
at a 'Coffee & Conversations'  
gathering at **Para Las Familias** on  
Friday, February 27, 2026. The 10  
AM - Noon event attendance may  
be registered at the following link:

[www.ecscalifornia.org/coffee-and-  
conversations](http://www.ecscalifornia.org/coffee-and-conversations).

Let's help their good works! The  
location will be at 2424 30th Street,  
San Diego. This is also a FREE  
event!

This event's sponsors are Kevin  
Laare and Tim Whipple of ECS.  
They can be reached at the following  
number and e-mail address:

(619) 609-1182

[twhipple@ecscalifornia.org](mailto:twhipple@ecscalifornia.org).

# PARISH NOTICES

## SAFE CHURCH, SAFE COMMUNITY

Our diocese offers the following information for everyone regarding any sort of misconduct within the church community:

### REPORTING MISCONDUCT

The Episcopal Diocese of San Diego considers the reporting and investigation of misconduct to be of critical importance. Reporting enables the diocese to protect the complainant, the respondent, and the larger community. It also allows the diocese to assist with the spiritual, psychological, and emotional needs of all concerned during and after the report of misconduct.

To learn more, please visit

[edsd.org/safe-church-safe-communities/reporting-misconduct/](https://edsd.org/safe-church-safe-communities/reporting-misconduct/)

## HURRICANE RELIEF FOR JAMAICA



**Hurricane Relief For JAMAICA**

Help Fill Barrels for Hurricane Mellisa Victims in Jamaica

♥ Let's Show Some One Love ♥

Hurricane Mellisa has devastated communities across Jamaica.

We're preparing barrels filled with essential supplies to send relief directly to those affected.

**What's Needed**

- Non-perishable food (canned goods, rice, pasta)
- Hygiene products (soap, toothpaste, feminine care)
- Baby items (diapers, formula)
- First-aid supplies
- Clothing and shoes (gently used or new)

Barrels Are Already Being Packed—Join the Effort! Your contribution can make a real difference.

Let's come together in unity and compassion.

Drop-off & Pick-up Info:  
Call or text [619-517-7957] for coordination.

Zelle donations also accepted at 619-300-0735

Contact: Elaine Williams  
targosbbq@cox.net

# ALL SAINTS' EPISCOPAL CHURCH



625 Pennsylvania Avenue  
San Diego, CA 92103-4321  
Office Hours: Mon. - Fri, 9:00 AM - 3:00 PM  
Phone: (619) 298-7729  
Fax: (619) 298-7801  
Email: [info@allsaintschurch.org](mailto:info@allsaintschurch.org)  
Website: [www.allsaintschurch.org](http://www.allsaintschurch.org)

**Rector:** Fr. Carlos E. Expósito [rector@allsaintschurch.org](mailto:rector@allsaintschurch.org)

If you would like to contact the **Episcopal Diocese of San Diego**, visit their website at [edsd.org](http://edsd.org)

## PARISH STAFF

### Parish Administrator

Mr. Renzo C. Seguin  
[administrator@allsaintschurch.org](mailto:administrator@allsaintschurch.org)

### Business Administrator

Mrs. Theresa Krist  
[finance@allsaintschurch.org](mailto:finance@allsaintschurch.org)

## MUSIC

### Organist & Choirmaster

Robert MacLeod

**Soprano:** Emily Ortlieb

**Tenor:** Dennis Williams

**Baritone:** John White

*During the Offertory, you may make your contribution digitally (e.g. via credit card) by scanning the following QR code:*



## ALL SAINTS' VESTRY

### Sr. Warden

Mx. Barbara Wilder

### Jr. Warden / Clerk

Ms. Emily Ortlieb

### Treasurer

Mr. Ed Heck

### Facilities Liaison

Mr. Cree Craig

Mrs. Lynette Blakney

Mr. Gary Beyer

Ms. Tanya Tatem

Mr. Ted Crittenden

Ms. Jeannie Gehagan

Mr. John Blumeyer

Mr. Michael Lockridge

Mr. Karl Jørgensen

Ms. Dinora Barragan

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