



# ALL SAINTS' CHURCH

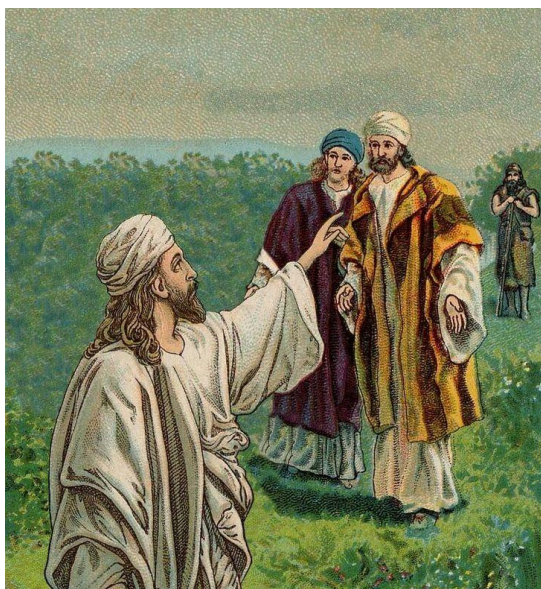
*"Our mission is to bring the good news of Jesus Christ's love to our entire community through traditional Anglo-Catholic worship, fellowship, outreach, and Christian formation."*

**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 — JUNE 29TH, 2025**

## **"CHRIST'S TRUE FREEDOM"**

### **Guided to Freedom by the Spirit**



Freedom is a word we all hear nowadays. The media is full of references to the concept of freedom, and to many this is like a magic word which encompasses all that they desire in life: to be able to think, speak, and act without constraints imposed by others.

For people who have lived in the context of totalitarian regimes freedom is probably the greatest aspiration of their lives, and understandably so. Even for those who live in societies who call themselves democratic, people always feel they lack freedom, and demand more of it.

However, it is easy to confuse true freedom with the unlimited opportunity for self-indulgence. Unfortunately, this confusion has existed since times immemorial, and continues to this day.

The freedom that Jesus Christ refers to, when he says, "truth will make you free" has nothing to do with self-indulgence, and all to do with the following of God's will in our own lives. It is only by discerning and acting according to God's will and purpose for our lives that we will attain true freedom—the one which frees us from the powers of darkness, sin, and death.

This is what St. Paul means when in the Letter to the Galatians, chapter 5, he states. "For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery."

The slavery he refers to is that of sin. In his writings, St. Paul uses the term "flesh" to refer to those self-indulgent tendencies that come from our bodily desires and make us self-centered instead of loving our neighbor as ourselves, as the true love of God requires. This does not imply that the body in itself is sinful. In fact, St. Paul refers to the body as the temple of the Holy Spirit in us.

He mentions the fruits of such self-indulgent "freedom" in the following terms: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing. And he warns that following these will prevent us from inheriting God's kingdom.

By contrast he mentions the fruits of the Spirit~the ones that come from using Christ's true freedom in our lives~in these terms: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

As St. Paul urges the converts in Galatia to do, let us also, who aspire to be true followers of Him who has given us the true freedom, live by the Spirit, and also be guided by the Spirit.

*Fr. Carlos Expósito, Rector*

## READINGS FOR THE THIRD SUNDAY AFTER PENTECOST

1 Kings 19:15-16, 19-21 + Psalm 16 + Galatians 5:1, 13-25 + Luke 9:51-62

# CALENDAR

Note: We worship in our historic church. The service will also be on Zoom. The service time is 10:00 AM.  
Tuesday Noon Mass is held in All Saints' St. Mary Chapel.

**SUNDAY     June 29th, 2025     Third Sunday after Pentecost**

**10:00 AM 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 10:00 AM - 10:45 AM

**Christian Formation for Adults (the 2<sup>nd</sup> and 4<sup>th</sup> Sundays)**

Youth and adults around Noon after the Mass in the Library

Recording of Mass available before noon at [www.allsaintschurch.org](http://www.allsaintschurch.org)

## 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)

[www.edsd.org](http://www.edsd.org)