



"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 – FEBRUARY 8TH, 2026

LIBERTY TO BE TRUE, GENEROUS, AND SINCERE

Freedom for an Abundant Life

The Collect for this Sunday asks for something both daring and deeply practical: "Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life..." It assumes two things we do not always like to admit. First, that we are bound by habits, fears, patterns of self-protection, ways of seeing the world that diminish our souls. And second, that freedom is not merely the absence of constraint, but the presence of a life so full it can only be duly called abundant.

St. Paul, writing to the Corinthians, knows how easy it is to miss that kind of freedom. When he first came to them, he says, he did not arrive with eloquence or philosophical brilliance. He came in weakness and fear, speaking simply of Jesus Christ, and Him crucified. Paul is not rejecting intelligence or learning; he is rejecting the temptation to make faith into a performance, or a system we can master. If the gospel depends on our cleverness, our moral polish, or our persuasive skills, then it is no longer Good News. It becomes just another arena in which we try to prove ourselves.

Instead, Paul insists that true wisdom comes as a gift, revealed by the Spirit. It is "God's wisdom, secret and hidden," not because God enjoys keeping secrets, but because it cannot be grasped through control or self-assertion. It is known only through trust. And that is where freedom begins.

Bondage often looks respectable. It can sound like competence, certainty, or religious correctness. The Corinthians were tempted to measure spiritual life by impressive speech and visible strength. We are tempted to measure it by productivity, by being right, by keeping everything running smoothly. Even our faith can become another thing we manage. But Paul reminds us that the heart of Christian life is not mastery but surrender; not passivity, but a willingness to let God define what really counts as wisdom, power, and success.

Isaiah gives this surrender a concrete shape. The prophet speaks to people who look serious about religion: they fast, they pray, they seek God's will. Yet God tells them their worship rings hollow because their daily lives remain unchanged. True devotion, God says, looks like loosening the bonds of injustice, feeding the hungry, sheltering the homeless. Freedom from sin is never only about personal morality; it is about being released from the self-centered life that leaves others crushed under our indifference.



Psalm 112 shows us what this liberated life looks like when it takes root. The righteous are described as generous, steady, unafraid. Their hearts are firm because they trust in the Lord. This is not a portrait of anxious rule-keeping, but of a person whose inner life has been reordered. When we are no longer consumed with protecting ourselves, we become free to give, to act justly, to stand in the world without fear.

Jesus brings all of this into sharp focus in the Sermon on the Mount. “You are the salt of the earth... You are the light of the world.” He does not say, “Try harder to become salt and light.” He says that, by belonging to Him, we already are. The danger is not that we are inadequate, but that we forget who we are and hide it. When faith is reduced to private belief or moral anxiety, its light dims. When it is lived as trust in God’s self-giving love, it shines naturally—often without our even noticing.

The abundant life promised in the Collect is not a life without struggle. Paul himself knew fear and weakness. Jesus speaks of light in a world that often resists it. Isaiah names injustice that does not disappear overnight. Freedom, in the Christian sense, is not escape from difficulty; it is release from the lie that we must save ourselves.

In daily practice, this freedom may look small. It may be the courage to speak honestly when we would rather impress. It may be the decision to listen instead of defending, to give instead of hoarding, to rest instead of proving our worth through constant activity. It may be the quiet trust that God’s Spirit is already at work, even when we feel inadequate or unsure.

As we move through this season after Epiphany—a season of light—these readings invite us to notice where we are still enslaved, and to ask God not simply for forgiveness, but for liberty. Liberty to live truthfully. Liberty to love generously. Liberty to let our lives, imperfect as they are, bear witness to a wisdom deeper than our own.

Fr. Carlos Expósito, Rector

READINGS FOR THE FIFTH SUNDAY AFTER THE EPIPHANY

Isaiah 58:1-9a, [9b-12] + Psalm 112:1-10 + 1 Corinthians 2:1-12, [13-16]
+ Matthew 5:13-20

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 February 8th, 2026 The Fifth Sunday after the Epiphany

10:00 AM Mass in All Saints' Church

Join Zoom Meeting from our web site at www.all saints church.org

Recording of Mass available before noon at www.all saints church.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 2nd and 4th Sundays)

Youth and adults around Noon after the Mass in the Library

Recording of Mass available before noon at www.all saints church.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.all saints church.org

www.edsd.org