



"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 28TH, 2026

WHAT SETS US TRULY FREE

Welcoming True Life

It would be almost unthinkable that anyone would welcome bad things or people into their lives. But unfortunately, unwillingly or perhaps not so much so, that is what we do most of the time.

We may be deceived into allowing false "good things" into our lives by our own lack of knowledge or by ill-intentioned outer influences, but more often than not, even when we are aware of the evil that certain habits, addictions, or companies can cause us, we find it hard to get rid of them, because we somehow feel they do us "some good."

This is the deceitful character of sin. Most of the time we sin not because we are intrinsically evil-minded, but because somehow our old habits, although we know they are not pleasing in God's eyes, still make us feel "good." And we procrastinate getting rid of them. We try to justify our lack of decision with phrases like "the flesh is weak, and we are in the flesh."

In the long run, however, sin takes its toll on us. It deprives us of the true abundant life which our Creator has always meant to give us freely. What sin is doing to our lives is diminishing its fullness. Every time we let sin



get the upper hand, we detach ourselves more and more from the only true source of real life. And that brings us closer to the true death: the death in the Spirit.

As Christ's followers, we no longer have the excuse of not knowing. His teachings, which were perfectly aligned with those of the true prophets, and have been handed down to us through the apostles and the myriad of saints that have preceded us on His Way, are consistent with God's intent for His human creatures: becoming "a holy temple acceptable to Him", as this Sunday's Collect proclaims.

A temple is where the divine presence dwells. Although we know that our God cannot actually be contained by temples made by human hands, these consecrated buildings are instead filled by His presence in a special way: He has chosen instead to dwell within each and every one of us, so that we need nothing or no one else to mediate His presence with us.

This is what is so beautifully expressed in the Book of Revelation when, in the vision of the New Jerusalem, John states that there was no need of temple in it, because God Himself dwells with its inhabitants.

This communion, of which Jesus Himself spoke when He insisted that we should love one another as He loves us, and that He and the Father are one, and so must we be one with one another and with Him, is the greatest and most wonderful gift anyone might ever receive. It is the very gift of true and abundant life in God's timelessness.

The essence of this true life is love—true and unconditional love, which is freely given and freely shared, and grows incessantly the more it is given and shared.

In his Letter to the Romans, chapter 6, St. Paul warns the converts to the New Way against “letting sin exercise dominion in their mortal bodies”, and uses this convincing argument against any kind of self-deception: “*When you were slaves of sin, you were free in regard of righteousness. So what advantage did you get from the things of which you are now ashamed?*”

Using the concept of “freedom” as an excuse for sin is a poor argument indeed. Real freedom consists in making responsible decisions which will bring us true life.

St. Paul expresses this in a crystal clear statement in the same chapter, when he states, “For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.”

Which shall we welcome into our lives then?

Fr. Carlos E. Expósito
Rector

READINGS FOR THE FIFTH SUNDAY AFTER PENTECOST

Jeremiah 28:5-9 + Romans 6:12-23 + Matthew 10:40-42 +
Psalm 89:1-4, 15-18

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 28th, 2026 The Fifth Sunday after Pentecost

10:00 AM Mass in All Saints' Church

Join Zoom Meeting from our website at www.allsaintschurch.org

Recording of Mass available before noon at www.allsaintschurch.org

Christian Formation and First Communion Instruction for Children

Ages 5 to 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.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

www.edsd.org