



*"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 – JULY 5TH, 2026**

## **FAITHFUL, WE ARE UNBURDENED BY EGO**

### **The Yoke That Frees**

Knowing that loving God and our neighbor is the way right to relate to our Creator and our fellow human beings is nothing new. Although often attributed to Jesus, we know that what Jesus did was to summarize the Law and the Prophets in these two commandments that already existed in the Old Testament (Matthew 22:34–40, and Mark 12:28–34). He was also reaffirming the statement of an expert of the Law that these two commandments comprised the essence of what it means to be a follower of God's Law of love (Luke 10:25–28).

However, simply knowing this intellectually is not enough to really transform our lives and attune our wills with God's Way of all-encompassing love. We can try, and try as hard as we can to forsake our sinful lives and aim at a life lived in humble submission to God's Law. Recognizing our urgent need to change our ways is a tremendously significant first step in the process. But the process of transformation requires much more than that, and here is where we need a great deal of aid.

The Collect for this Sunday, after recognizing the great value of this teaching about God's commandment, is clear in asking God to "grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection..."

So we realize that it is only through the grace of His Holy Spirit that we can achieve what God's Law requires us to do. Nothing will be done in us without our consent, of course, since God in His infinite love created us as free and responsible creatures, but aligning our wills with God's takes more than our mere desire and effort.



Notice that the Collect makes it clear that our devotion to God should not be partial. Sometimes with our deep desire and great effort we may achieve some kind of partial devotion to our Creator. There will be times in our lives when we will be utterly and honestly devoted to doing God's will. But then, again, there will be other times when we will be centered on our own desires and plans, when our ego will take the upper hand, and will find a thousand excuses to justify it.

The same is said in the Collect about how we should be united to one another. The phrase here is pure affection. The word pure has often been interpreted mostly in a moral sense. What is pure is morally correct. And yes, it is morally correct, but what the word pure implies is that something is not contaminated or corrupted. Something pure consists of one substance only, and is not mixed with others.

So pure affection is that kind of affection which is not diminished by or mingled with other feelings or intentions. If we love our neighbor with pure affection we are really willing to serve that person as one of our siblings in God, and this affection cannot be tinted by our personal likes, dislikes, prejudices, biases, or interests. How often does this kind of pure affection toward our neighbor really manifest in our lives?

St. Paul, in his Letter to the Romans, chapter 7, speaks about the constant inner battle between what he knows is God's loving will and what his "flesh" (his ego) makes him do in spite of his efforts. He ends up recognizing how useless these self-help attempts can be, by exclaiming, "Wretched man that I am! Who will rescue me from this body of death?" But then he states where the help comes from: "Thanks be to God through Jesus Christ our Lord!"

Our humbleness in such recognition is our first victory. If we continue to believe that we will be able to align our wills to God's will through our own efforts, we are only deceiving ourselves. The prophet Zechariah recognizes how dependent we are on God's merciful love, when he writes, referring to the faithful ones in the people of Israel, "As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit."

And in Matthew 11, we read that Jesus tells the crowd listening to His teachings, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest... For my yoke is easy, and my burden is light."

Joining our lives to Jesus, and our will to His, as in a yoke, is the only way we can lift up the burden of our egocentric attachments and be rid of them at last!

*Fr. Carlos E. Expósito, Rector*

## READINGS FOR THE SIXTH SUNDAY AFTER PENTECOST

Zechariah 9:9-12 + Romans 7:15-25a + Matthew 11:16-19, 25-30  
+ Psalm 145:8-15

# 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 July 5th, 2026 The Sixth Sunday after Pentecost**

**10:00 AM Mass in All Saints' Church**

Join Zoom Meeting from our website 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 to 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)