

THE e-RUBRIC

From the Rector: The Eyes Have It

“The eye is the lamp of the Body. So, if your eye is healthy, your whole body will be full of light.” Matthew 6:22

We're all getting more comfortable wearing masks. It seems like most of us have come to the understanding that wearing a mask is less about my personal safety and more about the safety of others. We are asked to wear a mask over our nose and mouth so that we don't inadvertently spread a virus and so that those who are around us don't need to worry about whether or not we have been infected. Wearing a mask is a gift to others. It is an act of love. It is the willingness to give up some of our personal liberties to make life for all people safer and less stressful.



Over the last few months, I've discovered a couple of things. First, my mask is, indeed, getting more comfortable. I've figured out how not to fog up my glasses. I no longer worry about what I look like in a mask. It's still warm, but my breathing is fine. And what's more, when I'm comfortable wearing my mask, I find my children are comfortable wearing theirs. Second, I found it challenging to communicate in masks because it's hard to understand other people. The masks often muffle the voice, and we lose the opportunity for facial cues that help us understand what is being said and how it is being said.

But then something happened. I realized, because I had no other choice, really, that I began looking more deeply into people's eyes. I no longer looked past the eyes for fear of making uncomfortable eye-to-eye contact which, without a mask, might be considered a practice reserved for lovers and which might be misinterpreted or could just feel weird. I was no longer afraid to meet the eyes of others. What an incredible gift. I found, what I think I always knew, that the eyes communicate so much. Just by looking into the eyes of your neighbor or your friend you can tell if they are happy, sad, elated, worried, at peace, or restless.



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From the Rector, Cont.

Jesus tells us, “The eyes are the lamp of the body.” It is through our eyes that we reveal the light that it is within us. If we allow the love of God to course through our very being, our eyes will beam that love to others. If we truly know Jesus as our Lord and savior, if we’ve truly accepted the unmerited love of Christ and the call to new life in Jesus Christ, we will not be able to hide the truth. It will show through our eyes.

We have an opportunity, in this masked era in which we live, to share to the love of God by simply radiating the steadfast love of God we know through our eyes. By taking a moment to look, deeply, into the eyes of our masked neighbors and say, without speaking, God loves you and I love you. To transmit through our sight the care, compassion, and empathy we receive from God and we share for others.

So, wear your mask. As a gift to others. And then, share the greater gift of love by allowing the light of Christ to shine through you.

Let your light shine. Open your eyes and bathe the world in God’s love. Transmit the truth we’ve received and smile.

We will make it through this time. And, God willing, we’ll come through with the courage to continue looking deep into the eyes of others.



From the Junior Warden by Bill Cobb

My son decided to give me a package of Berger’s Cookies for Fathers’ Day. Our previous rector, Fr. Mike Russell, introduced the parish to those fudgy guilt-laden snacks back when my children were in their middle school through high school years. A treat that is a blast from the past. After opening the package and enjoying a couple of cookies, I looked at my phone’s contact list to see if I still had Fr. Mike’s mobile phone number. I sent him a text to let him know that we



still love those cookies. He responded from Maine, where he and Kathleen are currently visiting. Whenever I think it’s time to purge my contacts list, I’ll remember the joy of briefly getting in touch with an old friend or an old colleague. I think I’ll keep most of the numbers.



Hymn Sing! 2.0

What fun it was to come together via our now trusty zoom machine for Hymn Sing! 2.0. Whereas our first hymn sing focused on Easter and Ascension hymns, round two was wide open from Hymnal 1982 (excluding Christmas and Advent, of course). For this second round we had eleven beautiful hymns to sing, complete with a short commentary on each hymn.

608 Eternal Father strong to save (Melita)

439 What wondrous love is this (Wondrous Love)

458 My song is love unknown (Love Unknown)

382 King of Glory, King of Peace (General Seminary)

292 O Jesus crowned with all renown (Kingsfold)

34 Christ mighty Saviour (Innisfree Farm)

718 God of our Fathers (National Hymn)

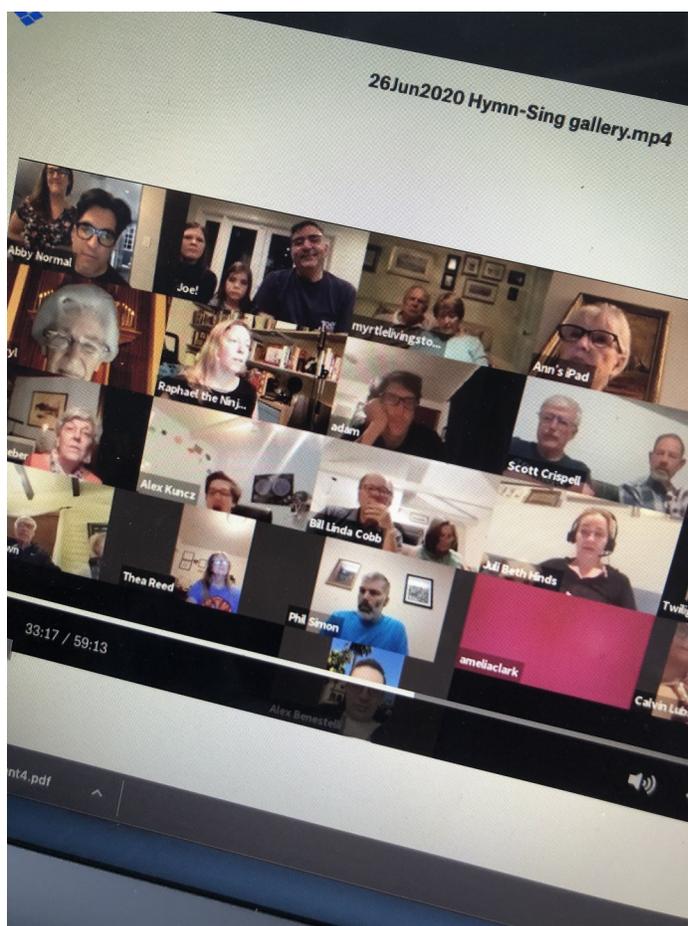
573 Father eternal ruler of creation (Langham)

653 Dear Lord and Father of mankind (Repton)

312 Strengthen for service (Malabar)

282 Christ the fair glory (Caelites plaudant)

Be sure to keep your eyes and ears peeled for the next one!



Want to Add Some Structure to Your Prayer Life?

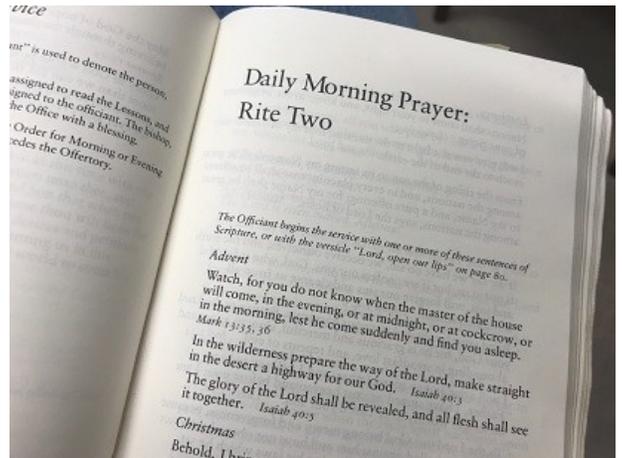
Praying the daily office (Morning and Evening Prayer) is a wonderful way to add structure to your daily prayers. The Book of Common Prayer specifies a two year schedule for psalms and Bible readings as part of these prayer services which pretty much guide you through the entire Bible.

And the best part is that All Souls' is now sending Morning Prayer directly to your email inbox:

[Visit this Website](#) to sign up.

And that's not all— the clergy, staff, and several lay people are offering daily Morning Prayer live on Facebook. Typically that streams at about 8:00 am.

Tune in to www.facebook.com/allsoulspointloma and pray with us!



Facebook Live and Zoom Calendar

Worship, Prayer, Conversation: Here are the ways you can connect with your All Souls' family and friends:

Daily Morning Prayer, 8:00 a.m.—Visit www.facebook.com/allsoulspointloma

Thursday, Morning Prayer, 9:30 a.m.—[Join by Zoom](#): ID 926-894-370

Saturday, Centering Prayer, 4:00 p.m.—[Join by Zoom](#): ID 336-475-725

Saturday, Evening Prayer, 5:00 p.m.—[Join by Zoom](#): ID 240-492-917

Sunday 8:00 a.m. Live Stream—Visit www.facebook.com/allsoulspointloma

Sunday Morning Forum, 9:00 a.m.—[Join by Zoom](#): ID 340-447-809

Sunday 9:15 a.m.—Small Souls Online Live Stream—Visit www.facebook.com/allsoulspointloma

Sunday 10:15 a.m. Live Stream—Visit www.facebook.com/allsoulspointloma

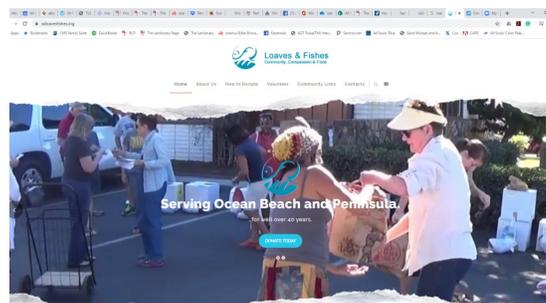
Feeding the Hungry: Project of the Outreach Committee

Thank you, Thank you to those who have made food donations!! The demand remains and we are asking any who feel called to participate in this ministry (either donating or delivering) to contact Carol Sands, sandscarolb@gmail.com .

Here is what is needed:

Shelf-stable staples such as

peanut butter	pasta
beans	rice
canned fruits/vegetables	sugar
tuna	dry milk
soup	coffee and tea



Hygiene items

tooth brushes/tooth paste	small bars of soap
small hand sanitizer	antibacterial wipes

Large items for God's Extended hand to serve meals to homeless

Pasta	spaghetti sauce
coffee	canned fruit/vegetables
spices: black pepper, paprika, Italian seasoning	

Bible Study for Parents with Young Children

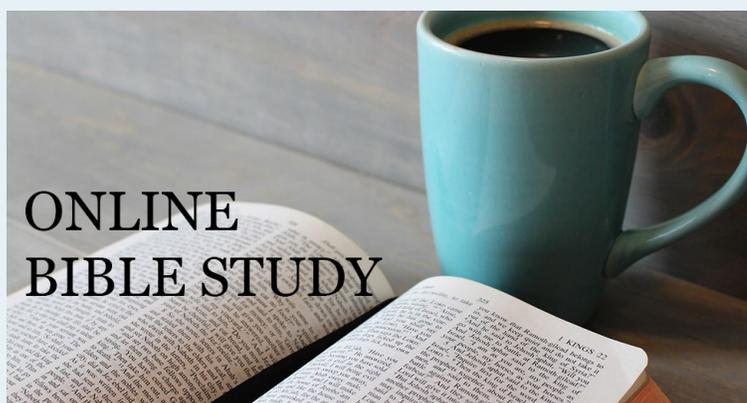
Our study of the Gospel of Mark continues:

When: Wednesday (bi-weekly)

@ 8:30 pm

Where: Online

Who: You're invited!



If you'd like more information, or would like the zoom link, please let Fr. Joe or Mtr. Terry know!

In-Person Worship

Fr. Joe recently sent out a letter to the parish with some information about our plan for in-person worship. To summarize, we have determined “how” we will worship in person but, in light of recent reports, we are still discerning the “when” we will worship in-person. Bishop Brown Snook announced on June 30 that she is suspending in-person worship at least through the month of July, so we have more time to pray about the issue of timing.

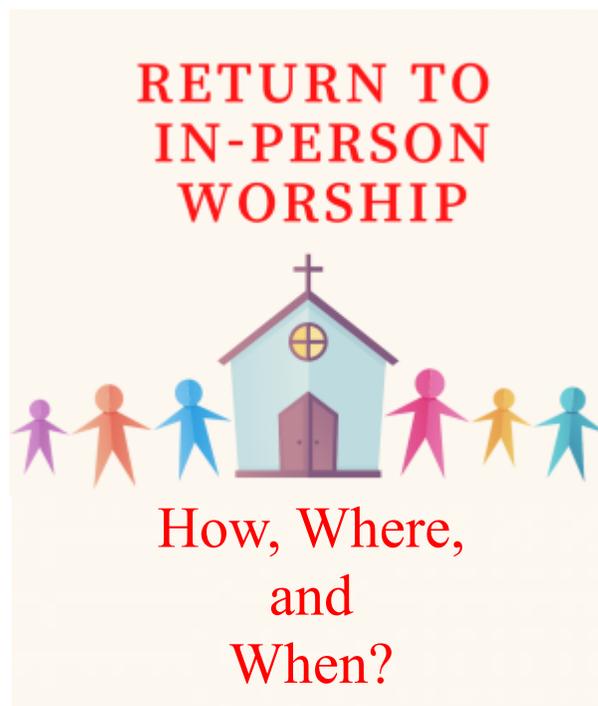
As to the how, you can view [our plan](#) approved by the diocese. In summary, here’s what to expect:

- Worship will be outside on the patio in front of the church
- Masks will be required
- 6-foot physical distance between family units will be required
- There will be no congregational singing and limited prayer in unison
- Initially, there will be no Communion.
- The service will be brief, 30 to 40 minutes.
- Bathrooms will not be available
- There will be no child care or Small Souls
- There will be no coffee hour and no refreshments served

We continue to pray and discern about a date for in-person worship and will keep the parish informed. We appreciate your patience as we err on the side of caution keeping those we love as safe as possible.

While we wait, we will continue to offer all of our online worship services: Thursday 9:30 am, Saturday 5:00 pm, Sunday at 8:00 and 10:15 am, and Small Souls Online Sundays at 9:15 am.

We also will continue offering daily morning prayer and fellowship opportunities through online platforms.

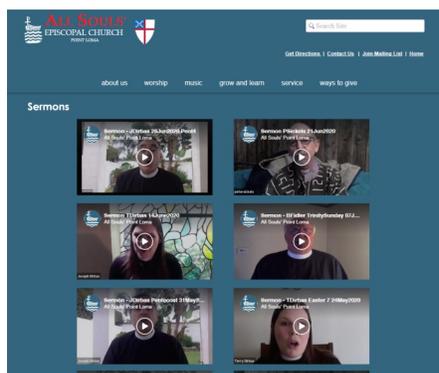
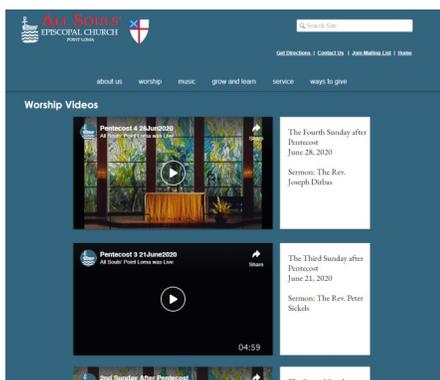


Church is available all week and more!

Our Sunday morning worship services are available at any time on our Facebook page, YouTube and on our church website. We also post a stand alone video of the sermon offered each Sunday:

Services are here: www.allsoulspointloma.org/worshipvideos

Sermons are here: www.allsoulspoitloma.org/sermons



And remember, tell your online friends about church. Invite them to check us out and visit our website and Facebook page.

Point Loma Arts Academy: 40 Years Strong

The Point Loma Arts Academy is holding their 40th summer camp beginning Monday, July 6. There was some question about whether the academy would be able to operate in the midst of the coronavirus. Many parents were concerned for the welfare of their children and staff and many families wanted to continue offering this amazing program.



In early June, Governor Newsom eased restrictions on summer activities for children and with that in mind, PLAA leadership decided to offer a smaller than usual academy to maintain momentum and celebrate the arts.

A rigorous plan for keeping the academy safe has been developed and strict policies and procedures, including physical distancing and masks, will be followed.

Keep the academy in your prayers. Pray for the administrators, teachers, and students. And give thanks that the arts continue to be taught.

Stay Connected!

All Souls' is active on all sorts of social media. **Each of the images below will link you to appropriate social media page! Just click and go!**

We post regularly to Facebook

(both as All Souls' Point Loma and Music at All Souls' Church).



We are on Instagram at AllSoulsPointLoma.



You can follow us on Twitter @AllSoulsptLoma.

And if you're on NextDoor, you can see posts we make about worship and community events.



Be sure to share our web address with your friends and neighbors, too. We have a lot of good information posted including an up-to-date calendar, community events, service opportunities, and information about church and staff. You can also sign up for our weekly e-blast on the website.

Sacred Ground Dialogue Circles

Our Sacred Ground dialogue circles will begin meeting this month. There are three circles, each with about 12 members. Each circle is facilitated by a pair of leaders who will guide conversation and ensure that ground rules and norms for dialogue are respected.

We ask for your prayers for all included in these groups as we take on this difficult work together.

If you missed the opportunity to sign up, there will be opportunities to sign up for future circles.

Thank you for your prayers.

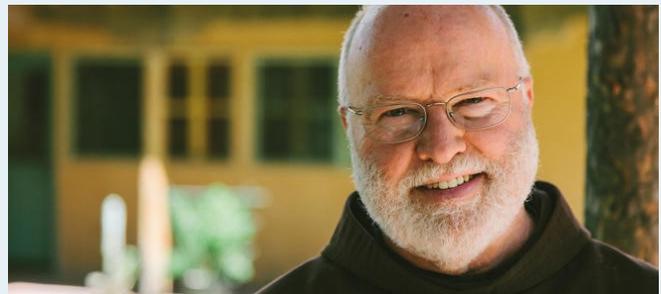


This Month's Gracious Rohr By Lorraine Padden

This month's Gracious Rohr speaks an uncomfortable truth to power — the power of whiteness in American society. Un-speakable violence committed against non-white people can no longer be blindly ignored or understood as only happening somewhere else, as a plague that only festers elsewhere and not in our collective back yard.

The Unspoken Privilege of Being White

For a long time, I naively hoped that racism was a thing of the past. Those of us who are white have a very hard time seeing that we constantly receive special treatment [because of social systems built to prioritize people with white skin]. This systemic “white privilege” makes it harder for us to recognize the experiences of people of color as valid and real when they speak of racial profiling, police brutality, discrimination in the workplace, continued segregation in schools, lack of access to housing, and on and on. This is not the experience of most white people, so how can it be true? *Now, we are being shown how limited our vision is.*



Because we have never been on the other side, we largely do not recognize the structural access we enjoy, the trust we think we deserve, the assumption that we always belong and do not have to earn our belong-

This Month's Gracious Rohr: The Backside of God

By Lorraine Padden

ing. All this we take for granted as normal. Only the outsider can spot these attitudes in us. [And we are quick to dismiss what is apparent to our neighbors who are Black, Indigenous, and People of Color [BIPOC] from their lived experience.]

Of course, we all belong. There is no issue of more or less in the eyes of an Infinite God. Yet the ego believes the lie that there isn't enough to go around and that for me to succeed or win, someone else must lose. And so we've greedily supported systems and governments that work to our own advantage at the expense of others, most often people of color or any highly visible difference. The advancement of the white person was too often at the cost of other people not advancing at all. A minor history course should make that rather clear.

I would have never seen my own white privilege if I had not been forced outside of my dominant white culture by travel, by working in the jail, by hearing stories from counselees and, frankly, by making a complete fool of myself in so many social settings—most of which I had the freedom to avoid!

Power [and privilege] never surrenders without a fight.

If your entire life has been to live unquestioned in your position of power—a power that was culturally given to you, but you think you earned—there is almost no way you will give it up without major failure, suffering, humiliation, or defeat. As long as we really want to be on top and would take advantage of any privilege or short cut to get us there, we will never experience true “liberty, equality, fraternity” (revolutionary ideals that endure as mottos for France and Haiti).

If God operates as me, God operates as “thee” too, and the playing field is utterly leveled forever. Like Jesus, Francis, Clare, and many other humble mystics, we then rush down instead of up. In the act of letting go and choosing to become servants, community can at last be possible. The illusory state of privilege just gets in the way of neighboring and basic human friendship.

Adapted from “Richard Rohr on White Privilege,” interview with Reverend Romal J. Tune (January 19, 2016). Available at <https://sojo.net/articles/>.



Small Souls Online—Worship for Children and Families

Sunday, June 14, was the premier of Small Souls Online, our worship for children and families. Small Souls Online streams on Facebook and YouTube at 9:15 a.m. on Sundays and you can also watch it any time during the week. Each week's offering will include a brief homily for adults at the end of the service. Join us! You'll see lots of familiar faces: children, youth, and adults. Grab the kids, grab a snack, pray, and sing with us! If you have questions or feedback, please contact Mother Terry.

This online offering is also a great evangelism tool. Tell your friends and neighbors who have children that we are doing church specifically for them. The service is down to earth, and relational and the message for the parents builds on basic Christian principles. In short, a great entry point into the Episcopal Church.



Helping Those in Need

Love, care, empathy, and compassion are values and traits we must employ in these uncertain and difficult times. As we continue to discover the wide ranging societal and economic impacts of the coronavirus, we must also be open to discover how we can help those in need.



The economic impact of the novel coronavirus is being felt throughout the world. The region of San Diego is not immune to layoffs and unemployment rates at about 25%. Many people are struggling to make ends meet financially. Many could use some help with rent, paying utilities, or buying food.

We may even find ourselves in this predicament. We might know neighbors who need help. The elderly living on fixed incomes are susceptible to the increase in cost of goods. Parents with children are discovering they can no longer depend upon two incomes as children remain in the homes.

Sometimes it's hard to admit we need help. We don't want to appear needy, we don't want to let others know about our struggles, we feel like we must take care of ourselves. I encourage you, if you feel this way, to try to think differently. If you know neighbors in trouble, ask them if they need help.

Our church and our diocese has established funds to help individuals and families in need. So, if you, your loved ones, your neighbors, or your friends need help, please give a call to Fr. Joe. The call will be confidential and Fr. Joe will do all he can to help you get through this difficult time in our lives. God bless you.

An Update on our Finances

Our finances remain stable. In these challenging and unknown times, we continue to successfully manage in our income and expense. We are so grateful for all those who continue to make their pledge and other offerings to the church. The table below indicates an overage in expense for the month of May. All of that, and more, can be attributed to unexpected repair at the rectory due to a leak in master bath shower. The repairs have been made and our insurance covered all but the \$1000 deductible and an upgrade the shower plumbing hardware.

INCOME & TRANSFERS	Q1 Total	Apr 2020	May 2020	Jun 2020
Income Budget	\$ 206,466	\$ 50,439	\$ 51,938	\$ 48,848
Income Actual	\$ 186,786	\$ 54,878	\$ 47,968	
Difference	(\$ 19,680)	\$ 4,439	(\$ 3,970)	

EXPENSE	Jan 2018	Apr 2020	May 2018	Jun 2020
Expense Budget	\$ 175,520	\$ 54,162	\$ 57,516	\$ 53,125
Expense Actual	\$ 160,466	\$ 49,767	\$ 60,163	
Difference	\$ 15,054	\$ 4,395	(\$ 2,647)	

Paying Down the Debt

The vestry approves a \$200k payment to our outstanding loan for our campus renovation. We will continue to make principal payments as comfortable and recommended by the finance committee while servicing the loan. And, we are always asking and seeking funds to reduce the balance on that loan.

Give Online!

There are multiple secure ways to make an electronic donations to All Souls'.

- Giving Tools—This is a secure web portal which accepts credit cards, PayPal accounts, direct bank transfer. You can set up recurring payments or make a one-time donation. Visit allsoulspointloma.org/donate
- Venmo—It's fast! It's easy! It's free! Simply find @AllSoulsPointLoma in Venmo and make your secure donation.



Thanks for your generosity!

Peninsula Shepherd Center Update by Lisa Nokes

Hello Friends of Peninsula Shepherd Center!

We hope this finds you all safe and healthy. Peninsula Shepherd Center continues to be closed for all transportation and social activities. We actively participate in discussions with organizations that support our senior community to monitor potential opportunities for re-opening and the safe practices that would be required to do so. Until PSC can ensure the safety of our members, guests and staff we will remain closed. We are, however, actively working on phasing in transportation services for necessary errands and appointments that fully comply with government and CDC guidelines. Stay tuned for details.

We recently launched our Zoom “PSC Chat” calls with our members and had a great time. We are working on proving Zoom bingo along with other games and activities as well. Our staff continues weekly calls to touch base with members and we are always looking for ways to stay in touch. We really miss time with everyone!

We really encourage you to visit our Website as we have many links to resources and services for the senior community, including food services, transportation and activities that may be of interest. As we receive more information we will post to our site. We look forward to the re-opening of our new Senior Lounge and have many plans for presentations, activities and time to just get together in this beautiful facility.

Larysa is picking up phone calls daily so please do not hesitate to call us if you need any information or assistance and we will keep you updated on the re-opening of our transportation services and activities. Again, we wish you well as you Shelter in Place and hope that you and your families are well. Hope to see you soon!



**PENINSULA
SHEPHERD
CENTER**

Peace by Mary Lenox

Still Bay waters
Gray as shrouded sky
Rest In tranquil ease
Peace

Ruby red roses
Over there
In full bloom
Waiting
In faith
For brightness to come
Peace

Trees along the narrow path
Stand tall in
Windless atmosphere
Peace

My spirit becomes one
With God
Breath by breath
Peace

I sing a song of gratitude
As I gaze at beauty
Plain to see
This summer morn
Peace



©Mary F. Lenox

June 21, 2020
San Diego, CA

Reference:

Louis Armstrong: What a Wonderful World

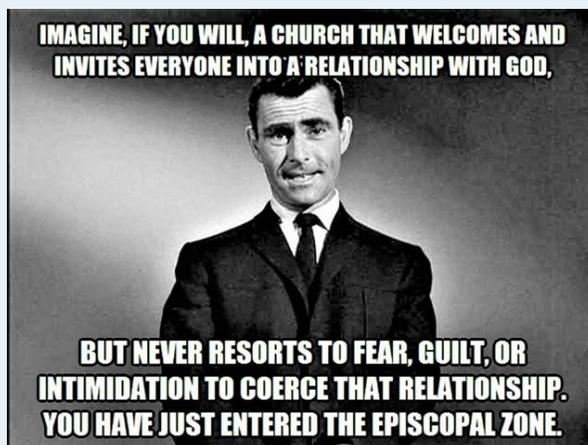
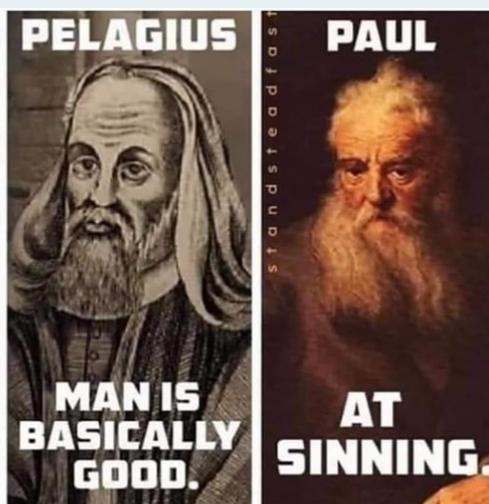
A Statement of Commitment

The Rev. Brenda Sol, rector of St. Andrew's in Encinitas, and other clergy colleagues in our diocese created a statement of our commitment to our baptismal covenant and Jesus' call to us during this time of twin pandemics of COVID-19 and racial injustice. We encourage you all to make these commitments in your lives.



As part of the Jesus Movement and the Episcopal Diocese of San Diego, we pledge to love our neighbors and protect the most vulnerable among us, remembering our baptismal vows to “strive for justice and peace among all people, and respect the dignity of every human being.” We live these pledges out by actively engaging in dismantling racism. For many of us, this will mean learning more about our racial identity, listening to those who have experienced racial prejudice, speaking out against racism, and showing up alongside those in our community working to change unjust systems in our society. We also live out this pledge at worship during this pandemic, by wearing face-coverings, respecting distancing guidelines, foregoing the common cup and refraining from congregational singing.

On the Lighter Side





ALL SOULS'
EPISCOPAL CHURCH

All Souls' Episcopal Church

All Souls' is a vibrant Episcopal congregation in the heart of Point Loma. All ages are welcome; infants and children enliven our worship. To learn more about membership, please contact the church office or visit us online.

Visit our website at allsoulspointloma.org

Listen to sermons online at allsoulspointloma.org/sermons

Reach us by e-mail at office@allsoulspointloma.org

Like us on Facebook at facebook.com/allsoulspointloma

Follow us on Instagram? instagram.com/allsoulspointloma

All Souls' Episcopal Church

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San Diego, CA 92107
619-223-6394

In the Episcopal Diocese of San Diego:
The Rt. Rev. Susan Brown Snook, Bishop

Staff

The Rev. Joseph J. Dirbas, Rector
The Rev. Terry Shields Dirbas
The Rev. Peter Sickels
Ruben Valenzuela, Dir. of the Music
Spencer Velky, Gouraud Asst. Organist
Jennifer Smith, Parish Admin Asst.
Jeff Dames, Sexton

Weekend Services

Saturday: Worship via Zoom
5 p.m.—Evening Prayer

Sunday: Livestreamed
8 a.m.—Liturgy of the Word w/
prayers for Spiritual Communion
9 a.m.—Small Souls Online

10:15 a.m.—Liturgy of the Word w/
prayers for Spiritual Communion

Weekday Worship

Thursday Morning Prayer: 9:30 a.m.