Every year at our Shrove Tuesday celebration I am stuck by the realization that our Lenten observance begins and ends with fire. On Shrove Tuesday, after we eat our fill of pancakes, we process to the columbarium where we ignite palms from last year’s celebration of Palm Sunday. The fire is somber. We recall the roller coaster of Palm Sunday and the crucifixion of Jesus as we watch these symbols of Jesus’ majesty go up in smoke. Many stand around the flames in silence as the plant fiber is consumed by the heat. We watch with the understanding that the ashes that remain will be used the following day to mark our foreheads. On Ash Wednesday, we are reminded that we are dust—just like those burnt palms—and to dust we shall return. We are also invited into a holy Lent during which we will ponder the Lord’s passion and crucifixion.

Some 47 days later, we gather around a fire once again. On the eve of Easter Sunday, at the Easter Vigil service, we gather at sunset as we light the new fire. Once again, we stand around the fire-pit in solemnity as we watch the blaze burn. In this new fire we are witness to the truth that the light of Christ cannot be quenched. There is no power in this world that can overcome that light—not our sin, not our selfishness, not our wars, nor our exploitations of others. We watch that fire burn and we process into the church to hear the *exsultet*, an ancient text which praises God for God’s inexhaustible and steadfast love for us.

In these two occasions we see the truth of fire. Fire has the power to reduce perishable material in this world to dust. The dust from which all things were made at the beginning of creation. Fire also has the power to illuminate and guide us, the power to provide life by protecting us from the things that go bump in the night. In between these two extremes, we...
recognize the truth that fire has the power to purify. Think of the refiners fire which is designed to consume the dross and leave behind the basic and beautiful elements that were corrupted by impurity.

This is, in a nutshell, where we should be focusing our Lenten devotions. All the Lenten disciplines we engage in should help us to identify the impurities in our life and invite the power of Christ to return them to dust as we trust in that very same power to restore our basic human nature of being made in the image and likeness of God.

As we travel through this season, preparing for the joy of Easter Day, I pray we all have the willingness to discern those areas in our lives where we need the consuming power of God’s fire and those areas in our lives in which we are called to share the light of Christ. Let us be open to the transformation that God makes available to all of us. May we have the courage to approach the throne of God so that we may be cleansed of our impurities and made perfect as our heavenly Father is perfect.

It might sound a little overwhelming, but let the light of Christ guide you. The journey of discipleship is fellowship with God. Follow Jesus. Trust in him. Let the fires burn.

All you who stand near this marvelous and holy flame, pray with me to God the Almighty for the grace to sing the worthy praise of this great light; through Jesus Christ his Son our Lord, who lives and reigns with him, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

(from the Exsultet, BCP pg 286)

Showers of Blessings News

Our volunteers were able to provide showers in Ocean Beach on Saturday, February 22nd. In spite of pouring rain, our volunteers refused to “pack up” and waited out both downpours to complete our ministry for the day! There were 18 folks that waited in the rain to get showers! Big Thank you to: Nick, Alex, Michael, Linda, John, Lorelei, Diane and our newest volunteer Lynette! You all got soaked from the rain so that our homeless brothers and sisters got nice, hot showers! You’re the BEST!

Thank you also to those who donated towels and facecloths when we put out the request!

Please contact Maria Piña at marialucia.pina98@gmail.com if you feel called to be part of this essential ministry. Showers are offered on the 4th Saturday of each month at the Episcopal Church Center in Ocean Beach. We always welcome additional volunteers to join us in this extraordinary ministry!
UTO has published their third annual Lenten Devotional Calendar. The calendar, shown above, introduces you to the various recipients of UTO grants. More information about UTO is available at https://episcopalchurch.org/united-thank-offering

UTO boxes are available in the narthex and all are invited to participate in a Lenten Discipline of making a small daily donation to UTO in thanksgiving for the wonderful blessings God bestows upon us. Your donations help make ministry possible around the world. Pick up a box on Sunday and keep it on your kitchen counter. We’ll collect the boxes on Palm Sunday!

God Bless you!
Ashes to Go: Thank You

Thank you to all the volunteers who made themselves available to administer ashes on Ash Wednesday. We had several folks stop by in the morning and even more in the afternoon. I’m grateful for this ministry and, as we continue to be a presence in the community, and I’m hopeful that we will reach more and more people each year.

Open House San Diego

Once again, All Souls’ is on the San Diego Architectural Foundation’s Open House San Diego.

This is an opportunity for us to showcase our beautiful post-modern church, our beautiful stained glass windows, the baroque organ, and the amazing artwork displayed throughout the church.

It's also a great opportunity to share the love of God as we welcome people from all over San Diego County.

All Souls’ will be open on March 7 from 10 a.m. to 4 p.m. and March 8 from 1 to 4 p.m. Mr. Ben Meza of Mosher Drew will be offering guided tours at 11:00 a.m and 12:30 p.m. on Saturday.

If you’re interested in being an All Souls’ docent for this event, please let Dan Garcia, Donn Griffitts, or Jenn Smith know.
An Update from Pastoral Care by Leslie Hudak

The Pastoral Care Committee met on Tuesday, February 18, 2020. We opened with a prayer.

We discussed Mary Brown’s article in the last Rubric about end of life preparations. There are many phases to this: funeral preparations, life insurance, and health care directives, to name some. Mary said she would divide the first article into sections for publication in the e-Rubric. Father Joe will add the necessary forms.

We also discussed the Rubric article on the San Diego Police Department’s RSVP. The two topics were vacation home checks and YANA’s. You Are Not Alone is a program for people that live alone. Officers in the RSVP will visit them weekly. The forms for these 2 programs are in Leslie Hudak’s mailbox in the church office.

The committee went over the Prayer List. We updated it. If you would like to add someone’s name to the prayer List contact Judy Kebler or Leslie Hudak. We prayed for everyone on the Prayer List.

Our next meeting is Tuesday, March 17 at 4:30 in the church library.

Lenten Traditions (Source: www.ssje.org)

During Lent we traditionally take on spiritual disciplines that help us draw closer to God. We hope you might find one or more of these practices helpful in your journey through Lent.

FASTING: This Lent let go of the inessential to hold fast to what is essential: If you abstain from food, ask what you hunger for. Or fast from speed to embrace slowness; fast from indifference to awaken to wonder.

DISCIPLINE: You might choose not to let something go, but to take something on: Devote yourself to a discipline--exercise or prayer, reading Scripture or planting a garden--that will help you reconnect with God, creator and sustainer of all that is life-giving within you.

PRAYER: Each Lent we pray, “Create and make in us new and contrite hearts, O Lord.” Ask for a new heart to know and love God. Pray each day that God will break your heart open--to forgiveness, to peace, to the needs of the world God loves so well.

SERVICE: This Lent take the risk of asking God to work out his purpose for your life, offering yourself anew to be used in God’s service. Ask God to be God and pray, “Here am I, Lord send me!”

INTENTION: Whatever practice you choose, be intentional. Be truly present to the grace of this season, which allows us to rediscover what is essential to the abundant life for which God has created us.
Taizé Comes to All Souls’

All Souls’ is thrilled to be hosting an ecumenical Taizé service on March 19, 2020. Brother Emile of the Taizé community will be with us to teach us about Taizé and the style of music/chant they have developed and then lead us in a Taize prayer service. The musical component of the service will be supported by the All Souls’ choir.

This will be a wonderful opportunity to be in prayer with members of many different denominations and pray.

To learn more about the Taizé community, visit https://www.taize.fr/en.

Taizé Ecumenical Prayer Service
With Brother Emile
From Taizé, France

Sponsored by the Lutheran—Anglican—Roman Catholic Dialogue Committee of San Diego

All Are Welcome

March 19, 2020 at All Souls’ Episcopal Church

6:30 pm Light Reception
7:00 pm Teaching & Taizé Service
Lent Madness is underway and it’s never too late to jump into the fun!

When you visit www.lentmadness.org you can subscribe to their daily e-mail which makes it super easy to cast your daily vote for the saint of your choice. Each day you will receive information about the saints that are facing off and you will have the opportunity to participate in the online community by reading and sharing comments about the battle of the day.

Who will win the Golden Halo?

Sermons Posted Online

We’ve changed the way we post our sermons online. We no longer use sermon player. (Although past sermons can still be found there for those who like that sort of thing.)

Now, if you want to hear a sermon again or maybe you want to tell a friend to listen to a sermon you found especially helpful, you can find them on our website, allsouls-pointloma.org/sermons.

We also share this link on our Facebook page.
KidSong—A Musical Experience for Children and Parents

KidSong at All Souls’ is a musical adventure, for children ages 3 to 7, that takes place on Sunday at 11:30 am (following the 10:15 service). Each fun-filled music session teaches introductory musical concepts using rhythm and pitch matching games, along with music and movement. The 30-minute session is led by early childhood music specialist Mr. Ravi Raghuram. We meet in the church, after our 10:15 service. Parents are welcome and encouraged to join in the adventure.

Ravi Raghuram teaches elementary music at Bobier Elementary in Vista, CA and is a bass section leader in the All Souls’ choir. He earned his Bachelor’s in Music Education at the University of Missouri-St. Louis. Mr. Ravi performs with world champion barbershop quartet Double Date, along with his wife Blair, who is an alto section leader at All Souls’. Mr. Ravi believes that when young people sing together, they learn to listen to each other, to express themselves, and to create beauty through shared effort. Children who develop these skills help to make our world a more harmonious place.

From the Pastoral Associate: Organ Pipe Revisited—a continuing Lenten Journey

Last March I made a journey along the border from San Diego to Big Bend National Park in Texas and I called it “Praying the Border”. I took the blue route (back roads) whenever possible and passed through many small towns with Episcopal churches in them. I visited the churches, closed during the week mostly, so usually I found a quiet spot in the churchyard and said the Daily Office closest to the time I landed there. It was a lovely trip and I felt safe everywhere by the way, not only because Border Patrol frequent those roads but because life is going on normally for the vast majority.

Big Bend was a destination of mine since a Navy friend from Dallas recommended I visit. One of the remarkable details is a small town in Mexico across the Rio Grande inside the park where you can either wade across the river or take a small boat for $5. The trade with the town is active and people from both sides take advantage of the proximity and freedom to cross, albeit with the presence of the Security post on the American side.

So as I returned along the same route I took to the East I began to imagine how any town on a border could organize, perhaps with the help of churches, especially Episcopal ministries; setting up “Freedom
From the Pastoral Associate, Cont.

Zones” on the border where a “soft” security could allow people from both sides to mingle within the zone, having arts and crafts, food, music, fellowship of all kinds to change the prevailing narrative from danger to cooperation. I’m talking “s’mores around a campfire” kind of space.

Many of you heard my sermon on Last Sunday after the Epiphany (Transfiguration Sunday) suggesting that a present day and local holy ground is the Monument Hill (not the Native’s name for it, obviously) in Organ Pipe National Monument where bulldozers and dynamite are destroying the burial grounds of local Native tribes. I discussed the particulars with our parishioner Jim Bryant who is carefully searching for legal clearances for the construction of the Iron Fence. He said they have personnel who should be alert to the presence of human bones. He also discovered the funeral practice in those days was cremation so perhaps the evidence of bone fragments may be harder to find. Also he said qualified archeologists who might verify the evidence are reluctant to take job due to the volatile political nature of the work. I do feel better knowing he is on the hunt for proper procedures.

For my part I have contacted the diocese of Arizona, particularly the parish of Grace/St. Paul’s in Tucson who are particularly looking into the circumstances. My greatest laments are the disrespect for the local Native culture, even cultural genocide some have called it, and the ecological travesty that affects wildlife with the bright security lights on the fence and so on.

I will invest my Lenten spiritual exercises by continuing this investigative journey and see where it leads. I invite anyone in the congregation to join me in prayer and/or action to seek the truth and advance the cause of loving justice instituted by our Lord.

Today (I’m writing on 2/27) on the calendar is George Herbert day who wrote,

Do not wait; the time will never be “just right.” Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.

Thank-you Fr. Herbert, I plan to do just that!

Yours in Christ, Fr. Peter
Pilgrimage to the Holy Land

Travel plans are being made and our pilgrimage team is in process of making travel plans. Our pilgrims include members of All Souls’ as well as friends of the parish. We have all enrolled in the Sept 30, 2020 - Oct 10, 2020 footsteps of Jesus pilgrimage offered by St. George’s College.

There may still be a few spots left for those of you who are still on the fence. If you are interested, please contact David Ostrander, drostda@icloud.com. If you’d like to learn more about St. George’s College, including their history and their offerings, visit https://www.saintgeorgescollegejerusalem.com/

Let Your “Social” World Know about All Souls’

All Souls’ is a happening place and there are plenty of wonderful things going on in our church. Of course, there is beautiful worship and amazing fellowship that we should be thrilled to tell people about. And, there are incredible opportunities to experience the arts: music, photos, and paintings. Just this past month alone we had a compline service, a chili cook-off, and an instructed Eucharist. And this month we’re hosting a beautiful Taizé service.

So, what are we waiting for. Let’s get the word out. Tell your friends online. Share our events. Invite people to come and experience the love of God in this place.

Lenten Devotions and the Way of Love

The Way of Love, offered by Presiding Bishop Michael Curry, continues to be front and center in our call to discipleship as we Turn, Learn, Pray, Worship, Bless, Go, and Rest in response to God’s call.

Church Publishing has recently provided a 40 day devotional (no coincidence that there are 40 days in Lent) entitled, Living the Way of Love by The Rev. Mary Bea Sullivan. This small book leads us on daily reflections using the Way of Love as our guide and draws us closer in relationship to Jesus as we continue to grow in discipleship. It’s a wonderful opportunity for a Lenten discipline.
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.

Finally, be sure to share the All Souls’ web address with your friends and family. There is some wonderful information online including an up to date calendar, sermons, music schedules, and service opportunities.

Join us in e-vangelism!

Notes from the Vestry

By Leslie Hudak

The Vestry met on Sunday, February 23, after the 10:15 service. We opened the meeting with a prayer, then a discussion on evangelism. We are all reading Transforming Evangelism by David Gortner. Evangelism comes from your spiritual practice, your gratitude and motivation from the Holy Sprit. We have to seek, name and celebrate Jesus’ loving presence in the stories of all people.

We discussed our new building renovations. A committee has been formed to acquire furniture and artwork.

Linda Parker, our Senior Warden, informed us on the proceeds of the Home Tour. It was very successful despite the rain. The upcoming Home Tour will see many more responsibilities shared by Vestry members and the Parish as a whole.

For the Parish as a whole, the new CPA and the new bookkeeper are working out well. They need additional help with collecting and counting money on Mondays. This is a 2 hour commitment. If you are interested, contact Father Joe.

In the future, look for:

- new furniture and artwork in the remodeled building
- offerings by the Parish for all of San Diego, such as visits by artists, and a special series on becoming a more inclusive Episcopal church.
- information on the teens trip to Greece and the adult Pilgrimage to the Holy Land.

The next Vestry meeting will be on Tuesday, March 24, at 6:30. You are welcome to attend.
Music at All Souls’

**JOINT CHORAL EVENSONG**

**Sunday, March 15 (5 p.m.)**
Sung by the combined choirs of All Souls’ Church and St. James’-by-the-Sea.

**LOCATION:** St. James’-by-the-Sea, La Jolla

**Repertoire:**
- Introit: *The Lord is in his holy temple*, Gerre Hancock
- Responses: Richard Shephard
- Psalm 73 *Quam bonus Israel?*, William Crotch
- Service: *Magnificat & Nunc Dimittis (Collegium Regale)*, Herbert Howells
- Anthem: *Evening Hymn*, Henry Balfour Gardiner

**BACH AT NOON WITH ENSEMBLE-IN-RESIDENCE BACH COLLEGIUM SAN DIEGO**

**Wednesday, March 25 (FREE)**

**ACTUS TRAGICUS**
Francois Couperin: *Deuxième Leçon de ténèbres*
J.S. Bach: Cantata: *Gottes Zeit ist die allerbeste Zeit* BWV 106

Don’t miss an opportunity to experience Couperin’s deeply moving and evocative *Leçon de ténèbres* alongside Bach’s well known Cantata

*Gottes Zeit ist die allerbeste Zeit* (God’s time is the best time).
Invite a friend!

**GOURAUD ASSISTANT ORGANIST (SPENCER VELKY) TEACHES A MUSIC THEORY LESSON TO THE ALL SOULS’ CHORISTERS**

Children are always welcome to join the All Souls’ Choristers! For information please contact Music Director (Ruben Valenzuela: rvalenzuela@allsoulspointloma.org).
An Update on our Finances

Our finance committee and staff continue to work closely with our new accounting firm and we continue working out some of the bugs with our system. Procedures are becoming easily understandable and repeatable. ESP accounting was able to provide all the financial data for our 2019 Parochial Report which was due on March 1, 2020. We’re pleased to announce that our parochial report was complete on time.

As we begin 2020, our financial life continues to be “steady as she goes.” Our income and expense for January was close to the budget due in large part to amortizing 2020 pledges paid in full over the entire calendar year. (Otherwise, income would have blown budget out of the water since we had quite a few pledge payments made up front.)

We continue working toward defining our systems and toward completion of our 2018 Audit and 2019 financial review. Please keep the finance committee in your prayers. If you feel called to serve in this capacity, we’d love to have you on board!

The table below contains only the actual income and expense reported for January 2020. More data will be presented as it becomes available. Income exceeds expenses, as expected, due to transfers into our operating account.

<table>
<thead>
<tr>
<th></th>
<th>Jan 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating Income</td>
<td>$ 98,195</td>
</tr>
<tr>
<td>Operating Expense</td>
<td>$ 63,085</td>
</tr>
</tbody>
</table>

Did you know?

There are multiple ways to make an electronic donation to All Souls’. We accept donations through the following portals:

- **Paypal Here**—We can slide your credit card for you in the church office any time you want to make a donation. It’s fast and easy.

- **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!
Sacred Ground (from www.episcopalchurch.org/sacred-ground)

Sacred Ground is a film- and readings-based dialogue series on race, grounded in faith. Small groups are invited to walk through chapters of America's history of race and racism, while weaving in threads of family story, economic class, and political and regional identity.

The 10-part series is built around a powerful online curriculum of documentary films and readings that focus on Indigenous, Black, Latino, and Asian/Pacific American histories as they intersect with European American histories.

Sacred Ground is part of Becoming Beloved Community, The Episcopal Church’s long-term commitment to racial healing, reconciliation, and justice in our personal lives, our ministries, and our society. This series is open to all, and especially designed to help white people talk with other white people. Participants are invited to peel away the layers that have contributed to the challenges and divides of the present day – all while grounded in our call to faith, hope and love.

Sacred Ground Groups at All Souls’ by Fr. Joe

At the Diocesan Leadership Academy at Good Samaritan Episcopal Church in UTC, I had the privilege of sitting in on information sessions about the Sacred Ground dialogue series. These sessions were extremely powerful. As a participant, I had the opportunity to preview some of the material used in the curriculum and together, with others, I challenged some of my preconceived notions of race and racial equality.

I also had the opportunity to discuss Sacred Ground with other clergy in the diocese of San Diego. A few churches have already offered this program in their parishes and have found it to be incredibly beneficial. I believe this program is not only effective but vitally important to the continued development and growth of our community. As such, I presented my desire to begin a Sacred Ground dialogue group here at All Souls’ to the vestry. The vestry unanimously approved.

If you are interested in being part of this study group, you can sign up on our web site, allsoulspointloma.org/sacredground. I look forward to your response and I look forward to the spiritual growth which will come as a result.
Acknowledging uncertainty around international travel in coming months, the J2Aers are continuing to meet on Friday evenings and to raise funds to support our Pilgrimage to Greece this coming June (or someplace in the US if God has other plans for us).

Our Friday evenings begin with a dinner together followed by activities and discussions that relate to important issues in our daily lives. Our discussions are informed by a curriculum established by the Episcopal Church. Just this last Friday, for example, we examined “repentance and salvation” - beginning with the account of Nicodemus’ conversion (John 3:1-16). We considered aspects of our individual faith journeys. The discussion began with stories of our biological births and then moved on to the idea of being “reborn” in Christ.

It has been a joy to observe the blossoming of these young people and their growing abilities to grapple with deep theological issues.

The trip to Greece for our six students and three chaperones will be $3300/person. Each student will contribute 40% of that cost from family resources. All Souls’ is contributing about $250 per pilgrim and the remainder is being raised through fundraising – car washes, coffee sales, agape wall, chili cookoff and crowd sourcing. Fr Joe and Mother Terry have raised about $2000 toward the cause from their crowd sourcing efforts.

The J2Ars and their leaders, Heather, Mother Terry, Peter and I, are grateful for the generosity that All Souls’ has shown. We believe this work is an essential part of our congregational mission and the spiritual formation of our young people.

Youth Pilgrimage Fundraising Continues

Our Journey to Adulthood (J2A) pilgrims continue to raise funds for the pilgrimage to Greece this summer. Please keep all our pilgrims in your prayers:

<table>
<thead>
<tr>
<th>Collette Arasmith</th>
<th>Riley Murphy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ryah Espinoza</td>
<td>Jane Lubsen</td>
</tr>
<tr>
<td>Landyn Mercer</td>
<td>Nick Garcia</td>
</tr>
<tr>
<td>Aiden Livingstone</td>
<td></td>
</tr>
</tbody>
</table>
2020—The Year of Discipleship—Formation at All Souls'

Our Sunday forums begin at 9:10 a.m. and end around 9:55 a.m. They fit perfectly between the two services on Sunday morning. We are no longer meeting in the chapel and have moved into the newly renovated community building. Currently we are meeting in the Sherman Room. However, there is some talk about moving us into the main space in Gooden Hall to increase our attendance and participation. All are welcome at our forums. There are no pre-requisites. Forums are an opportunity to learn together and from each other.

Our February forum series resulted in some wonderful conversation about prayer and the development of a rule of life. We learned a lot about how Jesus prayed and also about the number of times prayer was mentioned in the epistles.

As we’ve moved into the season of Lent, our Sunday morning forums focus on growing in our discipleship through spiritual practices in daily living.

- Mar 1 - How and what we eat - Mindfulness in eating
- Mar 8 - How we relate to creation
- Mar 15 - Exercising and healing mind, body, and spirit
- Mar 22 - Finding the Joy of God in the ordinary
- Mar 29 - Discipleship and politics (without getting into the political differences)
- April 5 - Palm Sunday... no forum
- April 12 - Easter Sunday - no forum

Wednesday Evening Soup Suppers

All Souls’ will host two Wednesday evenings with an opportunity to gather for supper and then learn together from Jesus as we listen to the Gospel of Mark and the Gospel of John, in their entirety, and engage in conversation. Mark your calendars and be part of this Gospel presentation.

- March 11th , 6:00 pm - Soup Supper followed by: The Gospel of Mark (audio) and discussion
- April 1st, 6:00 pm - Soup Supper followed by: The Gospel of John (audio) and discussion
Bible Study for Parents with Young Children

Our first Bible study for parents with young children will be held at the church at **6:30 p.m. on Thursday, March 12** and child care will be provided!

We will gather for a pot-luck supper before the study and then dive into the bible. Our first session will be “Bible basics.” Getting to know the Bible. What’s in there? Where do I find things? And opening the floor to questions that have been on your mind. If you’d like to participate and have not been getting the emails from Father Joe, please email him at jdirbas@allsoulspointloma.org. We look forward to learning together.

Post-evensong Art Show Coming to All Souls’

All Souls’ is holding an Art Show in April and we need local artists to showcase their work. This year’s theme is “Way of Love.” We’re looking for photos, paintings, and sculptures that reflect on Presiding Bishop Michael Curry’s Way of Love Curriculum which encompasses a commitment to follow Jesus as we: Turn, Learn, Pray, Worship, Bless, Go, Rest. Clearly, these themes can be interpreted in many different ways.

If you have something you would like to showcase or know of an artist who might be interested, please contact Jennifer at jsmith@allsoulspointloma.org.

If you’d like more information on the Way of Love: Practices for a Jesus-centered Life visit https://episcopalchurch.org/way-of-love
Community Building Housewarming

We’ve broken in our new space. Since the ribbon cutting at our annual meeting we’ve had a vestry retreat, pancake supper, chili cook-off, Girl Scout meetings, AlAnon meetings, a Peninsula Shepherd Center Lunch, and a Qi Jong class all in our new digs. Not to mention regular Sunday morning happenings—child care, coffee hour, and forums. It’s hard to imagine how we lived without all that beautiful space!

Soon you will have the opportunity to donate toward the furnishing of our new community building. We don’t need a lot, but there are a few areas which need a little warming up. We’ll be sending a note to the parish which identifies items needed for the Sherman room, the child care facility, and the bathrooms. We’ll be asking for new items, not used to give our new space a fresh start! Thank you in advance for your consideration in supporting this effort.

Donate to the Renovation Fund

Our Capital Campaign is officially over but our fundraising efforts continue. Our goal now is to pay down as much of the incurred debt for our campus renovation as possible. Please pray about your ability to give and consider your continued, expanded, or new participation in this project. We are equipped for wonderful things to come in the future thanks to the generosity of our parish family! Visit www.allsoulspointloma.org/donate today!
INTERFAITH SHELTER
Thanks to all the volunteers!

Our participation on the Interfaith Shelter Network (ISF) of San Diego rotation is incredibly important to homeless men, women, and children that it serves. We are thankful for partnering with St. Peter’s-by-the-Sea Lutheran church who offers their space on the shelter rotation. (They are aptly located as there is a bus stop literally right outside their parish hall.) But mostly we are thankful for all of the volunteers who gave selflessly to make sure housing was available to those who needed it.

You, our fellow parishioners, make this ministry possible. Those who serve as overnight hosts, those who cook meals and sit in fellowship with the shelter residents, and those who provided fellowship during quiet times. Thank you for your service, for your care of others, and for putting your own needs aside for the sake of others.

And of course, a very big thank you to our shelter coordinators, Maria Pina and Juli Beth Hinds. Their leadership was unflappable and their dedication to this ministry is inspiring.

God bless you all!

An Excerpt from Fr. Richard Rohr by Lorraine Padden

I have been a fan of Father Richard Rohr for several years. I find his many writings inspirational and greatly humbling. Father Joe invited me to select a short passage of Rohr’s meditations on faith, and I am honored to now offer a monthly excerpt under the heading, A Gracious Rohr.

A Gracious Rohr: Silence is Almost Too Simple

The simplest spiritual discipline is some degree of solitude and silence. But it’s the hardest, because none of us want to be with someone we don’t love. Besides that, we invariably feel bored with ourselves, and all of our loneliness comes to the surface.

We won’t have the courage to go into that terrifying place without Love to protect us and lead us, without the light and love of God overriding our own self-doubt. Such silence is the most spacious and empowering technique in the world, yet it’s not a technique at all. It’s precisely the refusal of all technique.

Adapted from Radical Grace: Daily Meditations, p. 106
All Souls’ / St. James’ Combined Compline

Our first compline service combined with the choir of St. James’-by-the-Sea La Jolla was held on Sunday, February 23 at 7:00 p.m.

The prayers were offered by the choir. The congregation sat in candlelight as the offering poured over us. The service lasted about 25 minutes and followed the order of Compline found on page 127 of the Book of Common Prayer. Of the 50 people in attendance, many came out of the service with a feeling of awe, comfort, and thanksgiving for this beautiful prayer.

We’ll be sure to publish when St. James’ is next offering compline and be sure to mark you calendars for May 3, at 7:00 p.m. That’s the date of our next service at All Souls’. And, be sure to thank the diocese, these offerings are made possible through a diocesan Love Grant.
What About COVID-19?

As fears of a world-wide COVID-19 (coronavirus) pandemic increase so do questions about personal safety. Many are asking questions about attending church (or any other large gathering of people.) There is so much we do not yet know, and it is important that we all pay close attention to trustworthy sources of information for updates on this crisis.

Here are some guidelines for us all to follow - at church, home, or at work - as concern grows about the possibility of further outbreaks in the US. Also, some answers to questions about the administration of the Holy Communion and the passing of the peace.

- Wash your hands frequently with soap and water for at least 20 seconds (twice through Happy Birthday). All the time. All day long.
- At all times, avoid touching your eyes, nose, and mouth – the places germs enter the body.
- Make liberal use of antiseptic towelettes to wipe down surfaces with which one will be coming in contact: keyboards, phones, back of pew in front.
- Carry and use pocket sized bottles of hand sanitizer.
- When you cough, cough into your bent elbow, not into your hand. If you have to blow your nose, dispose of the tissue as soon as possible in a waste container with a lid that closes and either wash your hands immediately or use an alcohol-based liquid to sanitize your hands.
- Keep your distance. We don’t have to be in each other’s faces to talk. This is particularly important if someone is coughing or sneezing.
- If you’re sick, stay home! Encourage others to do the same if they’re sick. Don’t hesitate to go to the doctor and to urge others to do so.
- Soon, alcohol-based liquid hand sanitizer will be available at various locations around the church and campus. Anyone distributing communion bread and wine will, as always, have washed their hands and/or used hand sanitizer.
- Drinking communion wine directly from the common cup is generally seen as the safest way to receive the wine. While intinction (dipping the host with your fingers) may be preferable to drinking from the common cup, it is not necessarily more sanitary as germs from your hands can easily be transferred into the chalice. If you are concerned, you may choose to receive the bread and acknowledge the cup with a bow or cross your hands across your chest as it comes by. This is a good moment to remember a core principle of our Eucharistic theology: the sacrament is complete when administered in just one kind (in this case, the consecrated bread).
- Maybe for now, at the peace, let’s bow to one another, touch elbows or wave and extend “Peace be with you” to our neighbors. No handshakes or hugging.

If you are unable to come to church for health reasons please know that there are Eucharistic visitors would be honored to bring the Sacrament to you at home or in the hospital. Please let the parish office know if you would like to receive a visit or know of someone who would.

Up-to-date information is a good antidote for anxiety. Remember to use common sense, don’t be anxious, get plenty of rest, and eat as healthily as you can. Visit the website of the World Health Organization for frequent updates. Go to the page below and click “Protect Yourself” to find downloadable materials as well as information about how to deal with anxiety over the disease: https://www.who.int/emergencies/diseases/novel-coronavirus-2019
Looking Ahead at All Souls’: Mark your Calendar

March 1 – Blessings in a Bag
March 1, 11:30 am – Outreach Committee meeting in the Library
March 4, 7:30 pm – Jewish Voices for Peace, Mike Palid presentation
March 7 (10 – 4) and March 8 (1 – 4) – OH San Diego
March 8, 11:30 am—Formation Committee meeting
March 10, noon – Stewardship Committee Meeting
March 10, 5 pm – Property Committee Meeting
March 11 – BSA court of Honor
March 11, 6 pm – Soup Supper and Conversation – The Gospel of Mark
March 12, 6:30 pm – Bible Study for Parents of Young Children (at church)
March 14, 8:00 am – Brotherhood Eucharist
March 14, 10:30 am – PSC Bunko

**March 15, 5 pm – Evensong (at St. James’, La Jolla)**
March 17, 4:30 pm – Pastoral Care Committee Meeting

**March 19, 6 pm – Taizé presentation and service**
March 20, 7 pm & March 21, 2 pm – SDSU Concert
March 24, 6:30 pm – Vestry Meeting
March 25, noon – BCSD Bach at Noon

April 1, 6 pm – Soup Supper and Conversation – The Gospel of John

**Upcoming Worship at All Souls’**

**THURSDAY EUCHARIST:** Mar 5 (healing prayers), 12, 19, 26 at 9:30 a.m.

**“THE BROTHERHOOD” MEN’S GROUP:** March 14 at 8:00 a.m.

**EVENSONG:** March 15 at 5:00 p.m. at St. James’, La Jolla

**ECUMENICAL TAIZE PRAYER SERVICE:** March 19, 7:00 p.m.
Around All Souls’: Chili Cook-off, Shrove Tuesday, Compline
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 our sermons online at allsouls.sermon.net

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**

1475 Catalina Blvd.
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:
5 p.m.—Holy Eucharist

Sunday:
8 a.m.—Holy Eucharist
10:15 a.m.—Holy Eucharist
Nursery Care: 7:45 a.m. – 11:45 a.m.
Small Souls Worship: 10:15 a.m.
Children’s sermon: 1st Sun. 10:15 a.m.
Choral Evensong: 3rd Sun. @ 5 p.m.

**Weekday Worship**

Thursday Holy Eucharist: 9:30 a.m.