

ALL SOULS'

— EPISCOPAL CHURCH —

Welcome Home. Peace Awaits.



The FIFTH SUNDAY
after THE EPIPHANY

08 February 2026
10:15 AM

A Very Warm Welcome to You!

Thank you for spending Sunday morning with us. **WHOEVER you are and WHEREVER you may be on your journey of faith, you are welcome here.** We're blessed by your presence, and we look forward to connecting with you. Except for the hymns, **everything you need to participate in today's liturgy is enclosed in this service booklet**; the hymns are in the **blue hymnal**.

Please join us for **coffee** and **fellowship** in the Community Building, across the plaza, or on the patio (weather permitting) after the service.

All ages are welcome; infants and children (and their accompanying noises!) enliven this service. All **children are invited to the Prayground** at the front of the church. Children leave the service for Children's Chapel after the Gospel lesson, and they return for Holy Communion.

If you are visiting, please fill out a "connect" card so we can let you know of upcoming events; prayer request cards are also available. Cards may be placed in the offering plate or given to an usher. To learn more about being a member of All Souls', please speak with **Father Douglas, our rector**.

Restrooms are located in the hallway adjacent to Catalina Boulevard; an usher can direct you to one.

Please silence your phone to maintain a worshipful environment and as a courtesy to others.

Father Douglas is happy to talk with you about joining or participating in the life of All Souls'; questions you may have or difficulties you may be experiencing; others who may need pastoral care; or anything else on your mind. You may reach him at 619-223-6394 x 12 (office), 619-335-8168 (cell) or dworthington@allsoulspointloma.org.

Worship & Devotions at All Souls'

Sunday, 8:00 AM (without music) **and 10:15 AM** (with music)

HOLY EUCHARIST

Tuesday, 9:30 AM

MORNING PRAYER (via Zoom)

Tuesday and Saturday, 4:00 PM

CENTERING PRAYER

Saturday, 5:00 PM

CELTIC HOLY EUCHARIST

Like us on Facebook
facebook.com/allsoulspointloma

Follow us on Instagram
instagram.com/allsoulspointloma

All children and youth are welcome, unconditionally. They are welcome to gather at our *PrayGround* at the front-left of the Nave. Materials for art and play are waiting there. During the sermon, children pre-K through fifth grade move to the Chapel, where we explore the gospel reading for the day. (We return in time for Communion.)

We are delighted that **the Venerable Cindy Campos**, Archdeacon of the Episcopal Diocese of San Diego, is joining is as deacon of the Mass and our guest preacher today.

Welcome, Archdeacon Cindy!!

HOLY EUCHARIST

The VOLUNTARY Trio: "Wir glauben all an einen Gott" Hans Friedrich Micbeelsen (1902 – 1973)

All stand, as they are able, at the ringing of the bell as the Procession enters


HYMN 372 Praise to the living God! All praised be his Name

LEONI

THE ENTRANCE RITE


All remain standing, as they are able

Celebrant



Bles-sed be God: Father, Son and Ho - ly Spi - rit.

People



And blessed be God's kingdom, now and for ev - er. A - men.

The COLLECT *for* PURITY

Celebrant Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. *Amen.*

The GLORIA IN EXCELSIS *Missa de Sancta Maria Magdalena* Healey Willan (1880 – 1968)

Sung by all



1. Glo - ry be to God on high, and on earth peace,
good will towards men. 2. We praise thee, we bless thee,
we wor - ship thee, we glo - ri - fy thee, we give
thanks to thee for thy great glo - ry, 3. O Lord God, heaven - ly
King, God the Fa-ther Al - might - y.
4. O Lord, the on - ly be - got - ten Son, Je - sus Christ;
5. O Lord God, Lamb of God, Son of the Fa - ther, that
ta - kest a - way the sins of the world, have mer - cy up -

on us. 6. Thou that ta - kest a - way the sins of the

world, re - ceive our prayer. 7. Thou that sit - test at the

right hand of God the Fa - ther, have mer - cy up - on us.

8. For thou on - ly art ho - ly; thou on - ly art the Lord; 9. thou

on - ly, O Christ, with the Ho - ly Ghost, art most

high in the glo - ry of God the Fa - ther.____

A - - - - men.

The COLLECT *of the* DAY

Celebrant The Lord be with you.
People *And also with you.*
Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

All may be seated

THE LITURGY OF THE WORD

The FIRST READING

Isaiah 58:1-12

Shout out; do not hold back!
Lift up your voice like a trumpet!
Announce to my people their rebellion,
to the house of Jacob their sins.
Yet day after day they seek me
and delight to know my ways,
as if they were a nation that practiced righteousness
and did not forsake the ordinance of their God;
they ask of me righteous judgments;
they want God on their side.
“Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?”
Look, you serve your own interest on your fast day
and oppress all your workers.
You fast only to quarrel and to fight
and to strike with a wicked fist.
Such fasting as you do today
will not make your voice heard on high.
Is such the fast that I choose,
a day to humble oneself?

Is it to bow down the head like a bulrush
and to lie in sackcloth and ashes?
Will you call this a fast,
a day acceptable to the LORD?

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?

Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover them
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you;
the glory of the LORD shall be your rear guard.
Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, "Here I am."

If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,
if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.

The LORD will guide you continually
and satisfy your needs in parched places
and make your bones strong,
and you shall be like a watered garden,
like a spring of water
whose waters never fail.

Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many
generations;

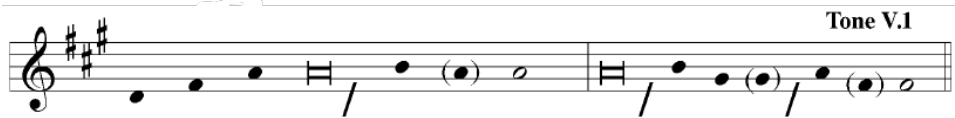
you shall be called the repairer of the breach,
the restorer of streets to live in.

Lector The Word of the Lord.
People *Thanks be to God.*

The PSALTER

Sung by all

Psalm 112:1-9



- 1 Hallelujah! Happy are they who / fear the LORD *
 and have great delight in / his com/mandments!
- 2 Their descendants will be mighty / in the land; *
 the generation of the / upright / will be blessed.
- 3 Wealth and riches will be / in their house, *
 and their righteousness will / last for / ever.
- 4 Light shines in the darkness for the / upright; *
 the righteous are merciful and / full of com/passion.
- 5 It is good for them to be generous in / lending *
 and to manage their af/fairs with / justice.
- 6 For they will never be / shaken; *
 the righteous will be kept in ever/lasting re/membrance.
- 7 They will not be afraid of any evil / rumors; *
 their heart is right; they put their / trust in / the Lord.
- 8 Their heart is established and / will not shrink, *
 until they see their desire up/on their / enemies.
- 9 They have given freely to the / poor, *
 and their righteousness stands fast for ever;
 they will hold up their / head with / honor.

The SECOND READING

1 Corinthians 2:1-16

When I came to you, brothers and sisters, I did not come proclaiming the testimony of God to you with superior speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were made not with persuasive words of wisdom but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are being destroyed. But we speak God's wisdom, a hidden mystery, which God decreed before the ages for our glory and which none of the rulers of this age understood, for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,
nor the human heart conceived,
what God has prepared for those who love him”—

God has revealed to us through the Spirit, for the Spirit searches everything, even the depths of God. For what human knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

“For who has known the mind of the Lord
so as to instruct him?”

But we have the mind of Christ.

<i>Lector</i>	The Word of the Lord.
<i>People</i>	<i>Thanks be to God.</i>

All stand, as they are able

HYMN 145 *For is this not the fast that I have chosen?*
We will sing stanzas 3 - 5 only

QUITTEZ, PASTEURS

The HOLY GOSPEL

Matthew 5:13-20

Deacon The Holy Gospel of our Lord Jesus Christ according to Matthew.

People *Glory to you, Lord Christ.*

Jesus said, “You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

Deacon The Gospel of the Lord.

People *Praise to you, Lord Christ.*

The SERMON

The Ven Cindy Campos, *Archdeacon*

Following the Sermon, a brief silence is kept

All stand, as they are able

The NICENE CREED

All

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

PRAYERS *or* PEOPLE

Second Sunday Celebrations

All who are celebrating this week—perhaps a birthday, an anniversary, a new job, a birth, a recovery, etc—are invited to come forward to share their good news with the parish

*After those who come forward have shared, all join in singing the **first stanza** of this hymn*



1. Let all things now liv - ing A song of thanks - giv - ing
2. His law he en - forc - es, The stars in their cours-es,



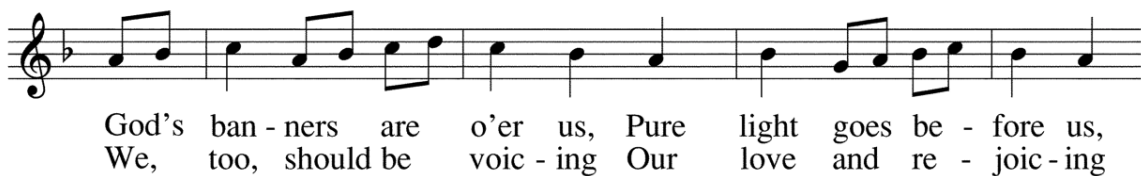
To God our Cre - a - tor tri - um - phant - ly raise;
The sun in its or - bit o - be - dient - ly shine,



Who fash-ioned and made us, Pro - tect - ed and stayed us,
The hills and the moun-tains, The riv - ers and foun-tains,



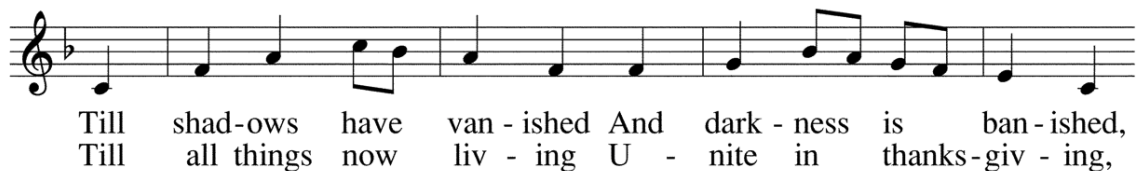
By guid - ing us on to the end of our days.
The depths of the o - cean pro - claim God di - vine.



God's ban - ners are o'er us, Pure light goes be - fore us,
We, too, should be voic - ing Our love and re - joic - ing



A pil - lar of fire shin - ing forth in the night:
With glad ad - o - ra - tion, a song let us raise:



Till shad - ows have van - ished And dark - ness is ban - ished,
Till all things now liv - ing U - nite in thanks - giv - ing,



As for - ward we trav - el from light in - to Light.
To God in the high - est, ho - san - na and praise.

C *d* CONFESSION *of* SIN

Deacon Let us confess our sins against God and our neighbor.

All may remain standing or kneel, as they prefer and are able

Silence is kept for personal confession

All Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

Celebrant Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

The PEACE

Celebrant The peace of the Lord be always with you.
People And also with you.

The Ministers and the People may greet one another in the name of the Lord

WELCOME *and* ANNOUNCEMENTS *of the* PARISH

THE HOLY COMMUNION

The OFFERTORY

If you wish to make an online donation to All Souls', you may use this code



At the Offertory *Come, my Way, my Truth, my Life*

Harold W Friedell (1905 – 1958)

Come, my Way, my Truth, my Life:
Such a way as gives us breath;
Such a truth as ends all strife,
Such a life as killeth death.

Come, my Light, my Feast, my Strength:
Such a light as shows a feast,
Such a feast as mends in length,
Such a strength as makes his guest.

Come, my Joy, my Love, my Heart:
Such a joy as none can move,
Such a love as none can part,
Such a heart as joys in love.
(Text: George Herbert (1593 – 1633))

All stand, as they are able, when the alms of the People are brought forward to the Altar, at which the following blessing is said

Celebrant All things come of thee, O Lord.
People And of thine own have we given thee. *1 Chronicles 29:14*

The GREAT THANKSGIVING *Eucharistic Prayer C*

All remain standing, as they are able

The musical notation consists of four staves, each with a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff is for the Celebrant and the People. The second staff is for the Celebrant and the People. The third staff is for the Celebrant. The fourth staff is for the People.

Celebrant *People*
The Lord be with you. And al - so with you.

Celebrant *People*
Lift up your hearts. We lift them to the Lord.

Celebrant
Let us give thanks to the Lord our God.

People
It is right to give our thanks and praise.

Celebrant

God of all power, Source and Sustainer of the Universe, you are worthy of glory and praise.

People

Glory to you for ever and ever.

At your command all things came to be: shining light and enfolding dark; the vast expanse of interstellar space, galaxies, suns, the planets in their courses and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with the capacity for memory, reason and skill. You made us the stewards of your creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your eternal Word, born of your servant Mary, to fulfill your Law, opening for us the way of freedom and peace.

By his blood, he reconciled us. By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

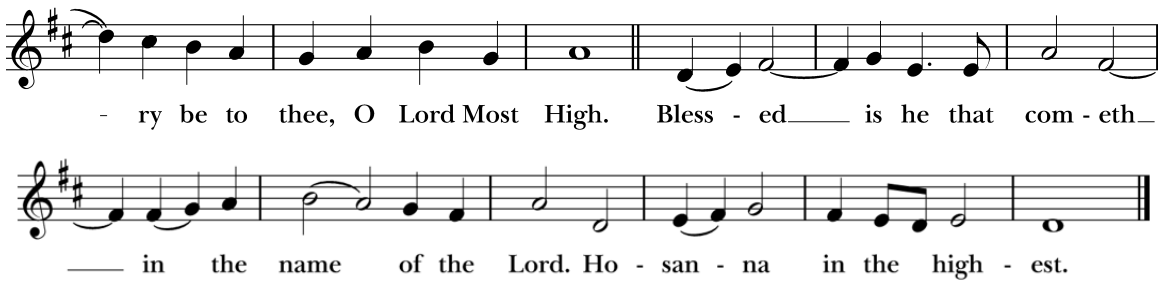
The Sanctus and Benedictus qui venit Missa de Sancta Maria Magdalena

Willan

Sung by all

Ho - ly, ho - ly, ho - ly, Lord God of

Hosts: Hea - ven and earth are full of thy glo - ry. Glo -



All kneel or stand, as they are able and prefer

Celebrant

Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, Jesus took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

We celebrate Christ's death and resurrection as we await the day of his coming.

Therefore, O God, we who have been redeemed by Jesus Christ, and made a new people by water and the Spirit, now bring before you these gifts.

Sanctify them by your Holy Spirit, to be the Body and Blood of Jesus Christ our Savior. Sanctify us also, and let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

God of our ancestors; Redeemer and Mother of Israel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only and not for strength; for pardon only and not for renewal.

Accept these prayers and praises, Almighty God, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory and worship from generation to generation.

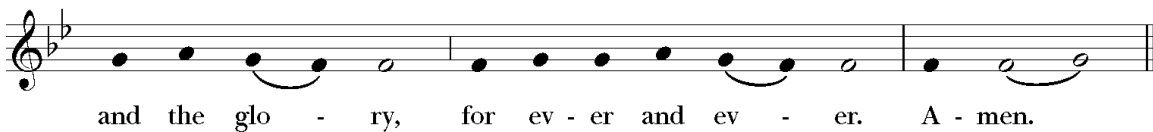


The LORD'S PRAYER

Celebrant And now, as our Savior Christ has taught us, we are bold to say,

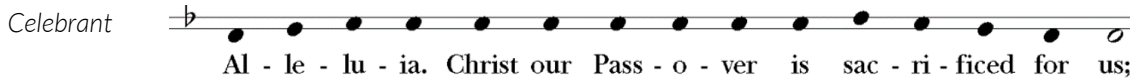
Musical notation for 'The Lord's Prayer' in G major (one sharp, F#) and 4/4 time. The notation is on a single staff with a C-clef (soprano clef). The melody is written in a simple, hymn-like style. The lyrics are written below the staff, with hyphens indicating syllables that span across measures. The text is as follows:

Our Fa - ther, who art in hea - ven, hal - low - ed
 be thy Name, thy king - dom come, thy will be done,
 on earth as it is in hea - ven. Give us this day our
 dai - ly bread. And for - give us our tres - pas - ses,
 as we for - give those who tres - pass a - gainst us. And lead
 us not in - to temp - ta - tion, but de - liv - er us
 from e - vil. For thine is the king - dom, and the power,



The FRACTION

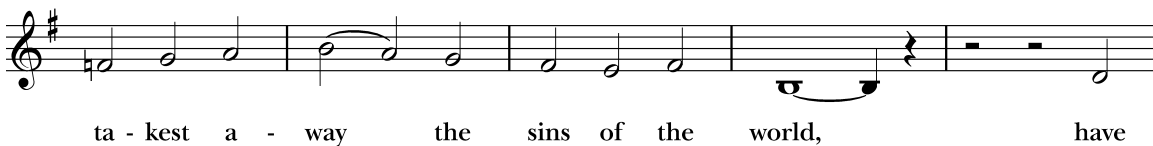
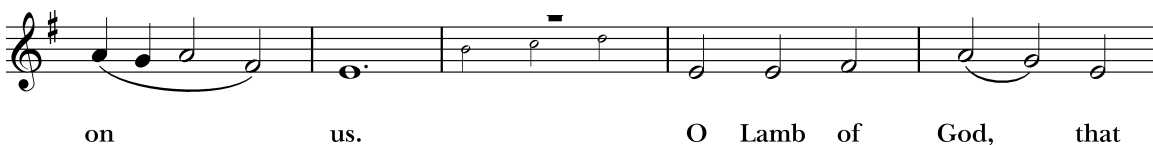
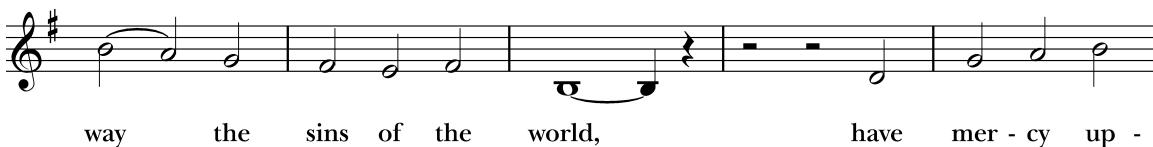
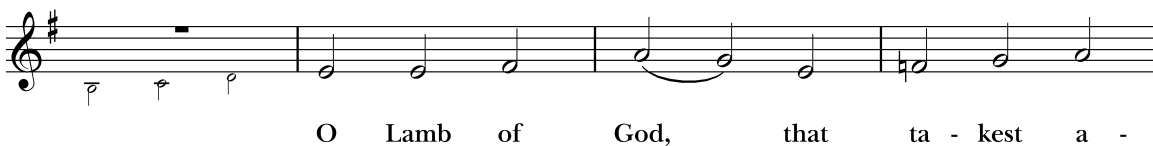
A period of silence is kept



*Ĉ d*Agnus Dei *Missa de Sancta Maria Magdalena*

Willan

Sung by all



mer - cy up - on us. O Lamb of

God, that ta - kest a - way the sins of the

world, grant us thy peace.

The MINISTRATION *of* COMMUNION

Celebrant The Gifts of God for the People of God.

All baptized Christians are welcome to receive the blessed Bread and Wine of Holy Communion at the Lord's Table. Hold out your hands for the Bread. Gluten-free Bread is available; simply inform the priest you desire it. If you wish to drink the Wine, consume the Bread when you receive it and drink from the chalice when it is presented to you. If you wish to have Bread dipped in the Wine, let the Bread remain in your hands; the chalice bearer will intinct it for you. If you wish to come forward to receive a blessing rather than the Bread and Wine, indicate that desire by crossing your arms over your chest. If it is difficult for you to come forward, inform an usher, and the Bread and Wine will be brought to you.

A Prayer Before Communion

The Book of Common Prayer

All are invited to pray this, silently, as they prepare to receive the Sacrament

Be present, be present, O Jesus, our great High Priest, as you were present with your disciples, and be known to us in the breaking of bread; who live and reign with the Father and the Holy Spirit, now and for ever. Amen.

At the Communion *Oculi omnium*

Charles Wood (1866 – 1926)

Oculi omnium in te sperant, Domine:
et tu das escam illorum
in tempore opportuno.
Gloria tibi Domine. Amen.
(*Text: Psalm 145:15*)

All eyes look to you, Lord:
and you give them food in due time.

Glory to you, Lord. Amen.

The POST-COMMUNION PRAYER

Celebrant Let us pray.

All stand, as they are able

All Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.

THE SENDING FORTH

All kneel or stand, as they are able and prefer

The BLESSING

attributed to Teresa of Ávila (1515 – 1582)



1. The Church of Christ in ev - 'ry age Be - set by
 2. A - cross the world, a - cross the street, The vic - tims
 3. Then let the ser - vant Church a - rise, A car - ing
 4. For he a - lone, whose blood was shed, Can cure the
 5. We have no mis - sion but to serve In full o -



change but Spir - it led, Must claim and test its
 of in - jus - tice cry For shel - ter and for
 Church that longs to be A part - ner in Christ's
 fe - ver in our blood, And teach us how to
 be - dience to our Lord: To care for all, with -



her - it - age And keep on ris - ing from the dead.
 bread to eat, And nev - er live un - til they die.
 sac - ri - fice, And clothed in Christ's hu - man - i - ty.
 share our bread And feed the starv - ing mul - ti - tude.
 out re - serve, And spread his lib - er - at - ing Word.

The DISMISSAL

Deacon Let us bless the Lord.

People *Thanks be to God.*

The VOLUNTARY *Toccata: "Lobe den Herren den mächtigen König der Ehren"* Micheelsen

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Today, in our Diocese's cycle of prayer, we pray for
the clergy and people of St Peter's, Del Mar;
and for our President, for the leaders of the nations and for all in authority;
and in our military cycle of prayer, we pray for
the officers and crew of USS *Sterett*.
In the Anglican Communion cycle of prayer, we pray for
The Hong Kong Anglican Church (Episcopal).

CELEBRANT

The Rev Douglas Worthington

DEACON

The Ven Cindy Campos

VERGER

Jack Northam

CRUCIFER

Jim Hall

CHALICISTS & TORCHBEARERS

Hilliard Harper *and* Michelle Leff

LECTORS

Joh Carroll *and* Lanita Carroll

INTERCESSOR

Mark Carroll

USHERS

Betsy Northam
and Hannah Roberts

ALTAR GUILD AND FLOWER GUILD

Betsy Northam
and Derelynn Kalafer

TELLERS

Diane Holnback-Sooy
and Hannah Roberts

WEEKLY ATTENDANCE: Four services. In-person attendance: 116 people.

Online participation: 75 views.



ALL SOULS'
— EPISCOPAL CHURCH —

Welcome Home. Peace Awaits.

1475 Catalina Boulevard | San Diego, CA 92107
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