

Bishop Michael Burbidge ([00:00](#)):

This is Bishop Michael Burbidge and you are listening to the Walk Humbly podcast.

Diana Snider ([00:07](#)):

Welcome to the Walk Humbly podcast from the Saint Clare Studio here in the Diocese of Arlington. I'm Diana Snider, Deputy Director of Communications for the Diocese and I'm joined today by our host, Bishop Michael Burbidge. Bishop, how are you?

Bishop Michael Burbidge ([00:22](#)):

I am doing well, Diana thank you so much for co-hosting today. Our Tom Shakely is in Rome actually this week at the Angelicum, participating in a seminar sponsored through the Catholic University of America, the Vision of God, the Beatific Vision, so we look forward to his return so he can tell us all about the beatific vision, that would be great to have Tom back. And I know our listeners, we have just concluded the celebration Memorial Day weekend, morning, honoring men and women and military personnel who have offered the ultimate sacrifice for our freedom. So, we honor them by thanking the Lord for the gift of freedom, never taking it for granted, and I think honoring them by working together for peace, for peace in our land, for peace throughout the world and praying especially that the Lord will grant us this gift at a time that we desperately need it.

([01:17](#)):

But Diana, there's some big news with you also. You're retiring after seven years in the communications office. Way too early but thank you so much for your dedicated service. You work for the Virginia Catholic Conference and for our diocese, and you've always have done such a tremendous job in bringing the good news to others and being part of Catholic charities as well so thank you.

Diana Snider ([01:39](#)):

Thank you.

Bishop Michael Burbidge ([01:40](#)):

So, what does retirement bring? Well, you're leaving us too soon here.

Diana Snider ([01:43](#)):

Well, let's see, I've got a 96-year-old mother.

Bishop Michael Burbidge ([01:46](#)):

Ah, beautiful.

Diana Snider ([01:46](#)):

Thanks be to God and eight grandchildren.

Bishop Michael Burbidge ([01:48](#)):

Wow.

Diana Snider ([01:49](#)):

So, I think I'll be traveling back and forth between Richmond, here and Baltimore.

Bishop Michael Burbidge ([01:52](#)):

You might come back to work for some rest.

Diana Snider ([01:56](#)):

Indeed.

Bishop Michael Burbidge ([01:56](#)):

But you know as I always say to all of our staff all the time that our priority, in addition to our relationship with God, number one, is our family. And we treasure that time that we have together. And I always encourage the members of our staff to do whatever is best for your family. So, I wish you much happiness, many blessings.

Diana Snider ([02:17](#)):

Thank you, thank you so much, Bishop. Bishop, we have to begin on a sad note. Last week we learned of the terrible shooting of two young Israeli embassy employees outside the Capitol Jewish Museum in Washington. Yaron Lischinsky and Sarah Milgrim were shot and killed while leaving an event sponsored by the American Jewish Committee. The shooter yelled "Free, free Palestine," during the shooting. Bishop, do you have any thoughts you'd like to share?

Bishop Michael Burbidge ([02:43](#)):

Well, I'm sure Diana like yourself, like all of our listeners, our heart just grieves to know of these horrific killings, the loss of innocent life. We are so sad. We think of their family members and our heart grieves for them. It was reported that they were soon to be engaged so a life full of potential just taken away. And sadly, it appears to be, I know police are investigating, but sadly it seems like it was done as a hate crime. And that is always a powerful reminder that yes, our nation respects free speech and differing political views of course, but there is never ever a place in our country for hate, including antisemitism, which is so sadly we're seeing a rise in this. So sad.

([03:44](#)):

Nor can we tolerate those who seek to make political statements through acts of violence, so we all condemn those acts. So, what do we do at a time like this? It's the mystery of evil associated with our free will and people acting not in accord with God's plan, especially for this gift of life. So, we join in prayer praying for the souls of these young individuals and for all those who love them, but especially in an intentional way, pray for peace and justice throughout our world and in our nation, the peace that only Christ can give. And let's do our part as Pope Leo says, "It begins with us," so let's do our part to be peacemakers.

Diana Snider ([04:32](#)):

Right. Thank you, thank you so much, Bishop. And speaking of Pope Leo XIV, it's been three weeks. Can you believe that since he was elected?

Bishop Michael Burbidge ([04:41](#)):

It's hard to believe.

Diana Snider ([04:42](#)):

To the 267th Pope of the Catholic Church.

Bishop Michael Burbidge (04:45):

Yeah.

Diana Snider (04:45):

So, what have you observed from his homilies and his talks, what have you observed about His Holiness?

Bishop Michael Burbidge (04:51):

Well, it's beautiful to see, it seems like the whole world is embracing Pope Leo as their own. So, it's just in his opening talks and homilies I think there is a consistent theme, everything is Christ-centered. The Holy Father is in all his talks and homilies seems like always pointing us to Jesus. Everything must begin with the Lord, everything must be done in the Lord. We just read today at Mass in St. Paul's words, "In Him we live and move and have our being." And when everything we do is Christ-centered, we know that our vision will be clear, our burdens will be light, our path will be secure. So, just wonderful how the Pope is reminding us of that as we seek to be disciples. And he is deliberate in telling us that we must participate in the work of ending hatred and division and to do our part wherever the Lord sends us every day to be instruments of peace, to bring light where there's darkness, to work for unity.

(06:06):

And it all begins with us in our situations as a response to the Lord's call. And he's offering us hope, he's offering us hope in what we celebrate in the Easter season. Christ is truly risen, He's alive, He's with us and He has proved victorious over sin and suffering and death. And if we unite ourselves to Him, that victory is ours as we continue this earthly journey. But it is also the promise of life eternal as well. So, I know everyone is excited, as I go out to the parishes and the schools, everyone's excited with the ministry of Pope Leo and I hope and pray, God, we're united in our prayers for him. This is an awesome responsibility. Can you imagine? So, he needs our prayers, we pray for him at every Mass, but we should also pray for him in our individual prayers as well.

Diana Snider (06:59):

Yeah. Bishop, today we'd like to mention just briefly an upcoming national collection that supports our work here helping to evangelize through communications. It's the Catholic Communications Campaign. Bishop, why is this campaign so vital?

Bishop Michael Burbidge (07:15):

Well, because exactly what you said, the funds raised through this collection, through this campaign will assist the Church of United States but also assist this diocese in particular to bringing the gospel, to bringing the good news to others in many ways like we do here in our office of communications through video and social media and podcasts. And the list continues. One thing about this national collection, which I like, 50% stays in the home diocese. So, whatever we raise throughout the diocese, we get to keep 50% and we see the impact of that as well. So, we even see recently that, commend our team here for that recent video, A Day in the Life of a Catholic Priest, which followed Father John Paul Heisler through his ministry through a regular day because we get asked that all the time, "What do you do all day?" This video clearly conveyed the variety of activities in any given day in the life of a priest. I think it earned more than 200,000 views. Is that right on YouTube?

Diana Snider ([08:20](#)):

Well, I just heard 219,000 views.

Bishop Michael Burbidge ([08:20](#)):

Okay. All right, good.

Diana Snider ([08:23](#)):

So, it's climbing.

Bishop Michael Burbidge ([08:24](#)):

Okay. So again, just to answer your question, this campaign helps us to bring the good news, the gospel to others in effective and creative ways.

Diana Snider ([08:34](#)):

Right. If you'd like to support the Catholic Communications Campaign, you can learn more at usccb.igivecatholictogether.org and we'll put the link in the show notes. So Bishop, speaking of priests, we are just days away from a truly joyful and sacred occasion in the life of our diocese, the ordination of the priesthood, which takes place on Saturday, June 7th at the Cathedral of St. Thomas More. Bishop, you will be ordaining 12 deacons priests for our diocese and this is a remarkable blessing.

Bishop Michael Burbidge ([09:12](#)):

It truly is, and not only because of the number, that's an incredible number for a diocese our size to have 12 new priests, but for the quality of the priests who will be ordained as in recent years as well. And throughout our diocese, the priests of every age, just tremendous priests that we are so blessed to have serving us here in our wonderful diocese. These 12 men are just like the apostles, 12 apostles. They come from different backgrounds, different gifts, different cultures, different talents, weaknesses, limitations. They'd be the first to tell you, "but the Lord continues to do for us what He did from the very beginning. He calls ordinary individuals to do extraordinary things in His holy name."

([10:02](#)):

And these men with the grace of God, with the prayers and support of their parents and family members and friends and parishioners throughout the diocese have responded yes generously, ready to give their whole life in service of the Lord and his church. We say in the prayer of ordination, they are called to be worthy co-workers of the bishop, faithful stewards of the sacred mysteries and preachers of the gospel. And so, when we invoke the gift of the Holy Spirit praying that these men may be made holy and faithful, we are committing them to the Lord and to His church. So, we are truly, truly blessed. I get asked a lot, how do we account for the great blessing of so many vocations?

Diana Snider ([10:48](#)):

Right. That's a good question.

Bishop Michael Burbidge ([10:50](#)):

Yeah. And I always say that I think it begins, of course with the grace of God, this is God's gift to us. But I think it goes back to the beginning. Bishop Welsh, our first bishop, entrusted the diocese to the care of our Blessed Mother, seeking her powerful intercession for vocations. He invited the Poor Clares here to

pray for vocations, he encouraged families to pray for vocations. And with all my predecessors and pray God even today we continue to do the same. So, we're blessed that we have a strong foundation, we have a culture of vocations here in our diocese. We always say that vocations come because we were blessed with holy families. Moms and dads trying so hard to be good parents, good witness raising their children in faith, supporting them and encouraging them to whatever God is asking of them. I think we have a great number of vocations because like I just said, we have wonderful priests, priests inspire.

Diana Snider ([11:54](#)):

Yes, they do.

Bishop Michael Burbidge ([11:54](#)):

Priests inspire and they invite other men to embrace this call. We keep the standards very high because this is a rigorous program to go into the seminary because look what you're asked to do. And so, we need men who are strong. They don't have to be saints yet, they will be striving to be saints but they don't have to be perfect yet. But they got to be strong in body and soul and spirit to have the capacity to participate in a rigorous program of formation. So, we keep the bar high and I always say strong men attract strong men.

Diana Snider ([12:28](#)):

Yes.

Bishop Michael Burbidge ([12:29](#)):

So, our seminarians play a great role in having others respond to this call as well. And so, I think for these many reasons we are truly blessed and in receiving blessings, we are also generous, we share our priests. We have nine priests in service to the Archdiocese for military services.

Diana Snider ([12:53](#)):

That's great.

Bishop Michael Burbidge ([12:54](#)):

The highest in the country.

Diana Snider ([12:56](#)):

Really?

Bishop Michael Burbidge ([12:56](#)):

Yeah.

Diana Snider ([12:56](#)):

It's just great.

Bishop Michael Burbidge ([12:58](#)):

We have one priest, Father Hanley at Mount St. Mary's Seminary, Father Eisenberg has just been released after serving so wonderfully as vocation director for seven years to serve as the dean in the

theology division of Saint Charles Borromeo Seminary. We have two priests serving in the Dominican Republic in Banica in our mission parish. So, that's 13 priests that we have outside of service in diocese because God has been good to this local church, we have to be good to the universal church.

Diana Snider ([13:30](#)):

Share the wealth.

Bishop Michael Burbidge ([13:32](#)):

And so, everyone, thank you so much for supporting our priests, for loving our priests, for praying for vocations. And if you're able to join us via live stream for the ordination, I know your hearts will be moved and you'll be deeply inspired.

Diana Snider ([13:43](#)):

That's right, yes. Bishop, as you well know, we're in a very exciting season right now, it's high school graduation time. And across our Catholic schools in the Diocese of Arlington students are walking across the stages receiving their diplomas and preparing to take the next big step. Bishop, the class of 2025 is very impressive. Among them are nine students heading to US service academies, five National Merit scholar finalists, more than 100 student athletes continuing in collegiate sports. And as of May 20th, these students have earned a collective \$81.8 million in scholarships.

Bishop Michael Burbidge ([14:25](#)):

That's incredible, isn't that incredible? It truly is and so proud of them, I know their parents are as well. We thank our parents for their sacrifices that they make to provide their children with a sound Catholic education. Our administrators and educators, faculty, who see this as a vocation to teach in our Catholic schools to form men and women as disciples of the Lord. So, we're proud of both in our Catholic schools and this is what I pray for our graduates. We're strong, we have great excellence in education, we're known for it but we're also forming disciples. That's why we exist. And I'm really hopeful and confident that these graduates will not only be leaders in our country as the Lord sends them forth, but that they'll be leaders, faithful leaders, that they'll lead in accordance with the Lord, with the gospel.

([15:23](#)):

That's why we exist as Catholic schools and pray God that this ministry, this mission will be reflected in all that our graduates hope to achieve in the future. I always warn them that, I get a few minutes to speak at graduations so I only take a few minutes because it's so much excitement. But I always try to remind them that so often we hear that graduates sincerely speak, "We're going to go out and change the world," but you're not going to do that, only Christ can change the world and transform the world. We're merely His instruments. And apart from Him, we can do nothing. But with Him, we will produce abundant fruit. I give our high school graduates a gift of a crucifix and I ask them to bring that with them and to hang it in their dorm room or wherever the Lord's sending them next to.

([16:19](#)):

First of all, be reminded that they're not alone, the Lord has traveled with them to this next stage in their lives. When they look upon the crucifix they'll remember that they're loved, they're beloved sons and daughters of the Lord. They'll be reminded to live as His disciple, you will share in His cross, you will share in His suffering so be courageous and be bold and find your strength in the victory that the Lord has brought to us. So, congratulations to our graduates, to their parents and all who made this exciting time possible for them. And I pray that they go with the blessings of our Lord.

Diana Snider ([16:55](#)):

Yes, indeed. Bishop, today we want to share a very special invitation with our listeners. On Wednesday, June 4th, 2025 at 6:30 PM the Diocese of Arlington will celebrate a Mass to pray for those who are suffering at the cathedral. This is part of the pilgrimage of hope. All the faithful are encouraged to attend and especially those who are experiencing suffering of any kind, so physical, emotional, spiritual, they're especially welcome. Reception will follow in Burke Hall. Bishop, can you speak to the significance of this Mass and why it's such an important part of our diocesan life?

Bishop Michael Burbidge ([17:34](#)):

Sure. People ask when they see this advertised, "Who is this Mass for?" And I say, "In reality, I think it's for everyone." Because who's not suffering? Whether it's ourselves or whether it's the suffering that comes from a cross that we know a loved one or a family member or friend is bearing, someone we're worried about. So, we all share in that sufferings of Christ and the Lord wants to help us to carry that cross and lighten our burdens. And when we are united to His sufferings, that is what occurs. And so, we have this Mass calling upon God's healing love to heal our hearts, to heal our wounds, to heal our memories, to heal maybe even our physical or emotional suffering. We trust in the miraculous power of the Lord to heal that so much of His public ministry, that's what He did, He healed.

([18:42](#)):

And when we read the gospel miracles of people being healed, it's often interesting to note that what the evangelist often stresses is not so much the cure itself but rather the faith of the recipient. The Lord asking like, "Do you want to see? Do you believe I can do this for you? Yes Lord, I believe." And He says, "Your faith has saved you, your faith has healed you." And so, this is an invitation for people to express their faith. Come to this Mass saying, "Yes Lord, I believe. Yes Lord, I want to be healed." And no doubt I believe you will leave even if you don't experience a physical cure or an immediate cure, you'll leave that Mass a different person because you've encountered the Lord and His promise to heal and to save us and to restore us, to make us a new creation.

([19:36](#)):

In a special way we also mentioned that this Mass is also in prayerful solidarity with victims and survivors of sexual abuse as well, especially those harmed by clergy, diocese employees or volunteers. So, it's also a concrete sign of our diocesan ongoing commitment to justice, to transparency, to compassionate care. So again, this invitation is extended to all the faithful in our diocese. And I hope we can unite in faith for the healing that is so needed in our world of course, but also in our own lives. And the healing journey is ongoing. But don't forget, I always love those healing stories like the person was healed after 38 years. And so, our time is not God's time, so don't give up, don't persevere. The Lord's healing may come into your life when you least expect.

Diana Snider ([20:44](#)):

It's so meaningful to hear how this Mass unites the diocesan family in prayer, especially those who are carrying their suffering silently. And I know that the victim assistance team remains available for those who need to take that first step towards healing.

Bishop Michael Burbidge ([20:57](#)):

And we always welcome such individuals to call, to reach out, we're here to help.

Diana Snider ([21:02](#)):

Yeah. Again, just to remind everyone that Mass for those who are suffering is June 4th at 6:30 PM at the Cathedral of St. Thomas More and a reception follows in Burke Hall. So Bishop, now we've come to the questions from the faithful. We always welcome questions and Bishop Burbidge responds in every episode. If you have a question, you can please email info@arlingtondiocese.org or you can reach out to us on Facebook, X, Instagram or LinkedIn, so lots of ways to get your question in. Today's question we have from a faithful listener, his name is Oscar. "My name is Oscar and I'm 18 years old and I'm from Winchester, Virginia. As I consider the priesthood, I'm yearning to nurture my spiritual life. I'd be grateful for your advice on spiritual practices, habits and disciplines that would be beneficial for someone in my position. How can I actively engage in prayer, scripture and community to strengthen my relationship with God and effectively serve the church as a future priest? Your guidance during this pivotal time would mean much to me as I strive to grow in faith and holiness."

Bishop Michael Burbidge ([22:13](#)):

That's a beautiful question. Thank you so much, Oscar. You're on the road, you're on the right path because you're asking the right question. Before we discern priesthood or enter the seminary, we have to make sure we're on the road of becoming a disciple, a true follower of Christ. And Christ tells us how to do that. He says, "Remain in my love, remain in me." And all those ways Oscar that you mentioned is how we remain in the Lord's love. We spend time with Him, we spend time with Him in prayer. Allow maybe as you seek to increase your spiritual blessings and deepen your spiritual life, perhaps just consider adding just a little bit more time for prayer in your life, including silence. That's one thing I would recommend to Oscar, to all of us that need for silence. So, we create that space where the Lord speaks directly to us and to our hearts. Of course, we know that we grow closer to the Lord, we remain in Him through the sacraments most especially the Holy Eucharist.

([23:25](#)):

And maybe Oscar, if there's an opportunity for you to attend not only Sunday Mass, but maybe Mass during the week, it would be another way that you might consider that, deepen your devotion to our Blessed Mother. The Lord gave us His mother as our mother. He did that from the cross because He wants her to embrace us, to walk with us. And Mary's a great help, a powerful intercessor for those who are discerning because she's the perfect example. She said yes to God's will and she teaches us how to do so and any other devotion that brings you peace, that brings you closer to the Lord. And I would say Oscar just don't complicate it, the Lord doesn't want this to be a chore but rather a joy. All these ways that we give ourselves to Him, He will respond. If we give ourselves to Him, He will fill that space with abundant blessings and graces and the gift of His spirit and the wisdom that we need. So, I pray all those gifts will be yours Oscar and know of my prayers for you.

Diana Snider ([24:33](#)):

That's beautiful and inspiring for all of us, I think.

Bishop Michael Burbidge ([24:36](#)):

Thank you.

Diana Snider ([24:36](#)):

Good words. So Bishop, we've come to the end of our podcast, do you have any final thoughts for us?

Bishop Michael Burbidge ([24:43](#)):

Well, just a final word of thanks to you Diana and asking God's continuous blessings upon you.

Diana Snider ([24:49](#)):

Thank you.

Bishop Michael Burbidge ([24:49](#)):

And also upon all of our listeners together as we walk humbly with our God.

([24:54](#)):

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