Bishop Burbidge (00:00):

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

Billy Atwell (00:07):

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Billy Atwell (00:33):

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Billy Atwell (<u>00:42</u>):

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Billy Atwell (<u>01:12</u>):

Welcome your host, Bishop Burbidge. Bishop, how are you doing?

Bishop Burbidge (01:14):

Billy, I'm doing very well, hope all our listeners are doing well and enjoying this nice weather we've been blessed with lately, and staying safe and healthy.

Billy Atwell (01:23):

Absolutely. Bishop, before we get into the main topic, there was a real crisis that occurred over the weekend I want to get your response to.

Billy Atwell (01:30):

The state department has confirmed that 16 missionaries from the US and one from Canada have been kidnapped by a known gang in Haiti. They were returning from work from an orphanage, believe it or not. Now, this isn't the first time this has happened with this gang. Earlier this year, they had kidnapped five priests and two nuns and they also killed a deacon and kidnapped his wife, just a month or two ago. I know you were real busy this weekend, did you happen to hear about the stories?

Bishop Burbidge (01:53):

Sure, yeah. And such sadness, such tragedy. Our hearts go out to all impacted by this horrific act. And it's sad because it seems like it continues, I should mention, to happening.

Bishop Burbidge (02:09):

Haiti, as we know, has been facing so many challenges, the president was murdered in July, and in August an earthquake killed more than 2,000 people. So it's unimaginable, this incident that, here we have people serving the vulnerable, serving the poor, and then they were being targeted for extortion and ransom.

Bishop Burbidge (02:32):

And what it brings home, Billy, is the reality that evil is very real in the world. Sometimes, in the modern age, sometimes the people think about the battle of good versus evil, or God versus devil, it's more than a concept, it's a reality. And this type of grave evil clearly comes from the evil one. So we have to be united in prayer, especially for those who are suffering, and have a peaceful resolution, and that the captors are returned unharmed, and we ask for your fervent prayer and hope that we're all united in that.

Billy Atwell (03:11):

Yeah, thank you. One more positive news this past weekend, you had the opportunity to start with a Mass, the synod on sodality, and celebrate that this weekend at our cathedral. Talk a little bit about what you shared in the Mass, and why people should be paying attention to the synod.

Bishop Burbidge (03:29):

Right, so this is a call from the Holy Father, so it's a call to the universal church, synodal church, where He wants us to spend the next months or so listening to each other, talking to each other, discerning with each other, and with the Bishop, through various listening sessions, which we will have in our diocese, both in the parish, and diocesan level.

Bishop Burbidge (03:59):

And my homily, I believe is posted on the website, which I tried my best to explain this process, so might refer the people to that. But it's important to remember that this is not a synod that is meant to bring people together to talk about how we're going to change church doctrine or church structures, but rather how we can...

Bishop Burbidge (04:24):

Syn, it comes from two Greek words which mean together and journey. So the Holy Father is asking us to journey together, and journey together on how we can help each other grow as in our relationship with the Lord, bring that gospel to others, and revitalize our parishes and the church itself. And so we will reach out to people throughout our diocese, everyone's invited to participate in this listening sessions.

Bishop Burbidge (04:59):

And especially why I ask our faithful maybe to invite a friend or a family member who maybe has been away from the church and invite them to come to this session, because our Holy Father wants to hear from them also. What is it that that is causing that struggle. And how can we as a church be attentive to what your concerns may be.

Bishop Burbidge (05:26):

The synod has a beautiful theme. It's communion, mission and participation. So in other words, we carry this out in communion, we're walking together, we're engaging each other's brothers and sisters in Christ, hopefully with active participation. All voices are represented here. And with the mission, and the mission that I just made mentioned is, let's grow in holiness, let's proclaim this gospel, let's bring it out to the world. How can we do that?

Bishop Burbidge (05:58):

Father Don Planty from St. Charles Borromeo, with my delegate, and his Sentinel team put together, representing our diocese and we will be posting on our website this process, specifics, the timeline, everything going.

Bishop Burbidge (<u>06:13</u>):

The timeline is a little concerning to me because the bishops of each diocese will have to submit a 10 page report to the Holy C, to the Holy Father and his advisors, by April of 2022.

Billy Atwell (<u>06:30</u>):

Oh, wow. That'll get here quick.

Bishop Burbidge (06:32):

Yeah. And plus I hope to be hearing from many, many people on different levels, but then you only have 10 pages to synthesize it. So come Holy Spirit, right?

Billy Atwell (06:45):

Now, some of what you're describing sounds a lot like the process you used for the strategic plan, because we're trying to do the same thing locally. How can we help people grow closer to God, and the strategic plan feeds that. Was any of the work that you did for the strategic plan apply to the synodal process?

Bishop Burbidge (07:00):

Yeah, well, it's a good question because we carried out the strategic plan process prior to knowing that there was going to be the synodal process. So I do think we have already done some of our homework that we can apply to what we have heard, but there are some other questions that we did do in the strategic plan that really have to be part of the synodal process.

Billy Atwell (07:21):

I understand, yeah. And speaking of the strategic plan, there was a question I realized I failed to ask you last time, and we got a couple questions, so I want to clear it up for folks.

Billy Atwell (07:30):

The question was about the goals. So when we go to the goals and see what we're expected, I think some people were expecting something more specific, the goals are a little bit broader. So one example would be, "Make Catholic education more affordable and accessible and develop sustainable funding models." I think some people were saying, "Well, that's kind of broad. How do you know if you've reached it?" Those kinds of things. And that's obviously part of the plan, I just failed to ask you about this. So what does this next step look like?

Bishop Burbidge (07:55):

Well, yes, great question. And I'm glad the faithful we're listening and checking out the plan. So what we've outlined, and throughout this process, what we were going to do were to come up with the six pillars. What are the six pillars that are going to focus our attention? And under each pillar would be five goals. Like you mentioned, one of our pillars is Catholic education. So one of the five goals under each pillar, like make Catholic education more affordable and accessible and develop sustainable funding models. So what we did not want to do is to wait until we began working on the achievement of those goals, because that's going to take more time and consultation. So we wanted to get out to the faithful, "Okay, we've been doing a lot of listening, there's been a lot of consensus, here is what we have so far."

Bishop Burbidge (08:55):

Now the real work begins, So now we're putting together working groups for each pillar. People who have an experience under, whether it be increasing our charitable works, or strengthening parish life, or evangelization, or Catholic education, who have a passion for that, who have been successful at that. Again, a real broad use of talent from around the diocese, priest, religious and laity, saying, "Okay, here are those five goals. How are we going to achieve them? You know, what are some of the options? What are some of the recommendations?"

Bishop Burbidge (09:32):

And then, ultimately, I will have to make those kind of decisions. But there will be a timeline, we'll be, in a sense, mapping our progress like, "Okay, this goal, you see green light. It means we're done, we got it. Yellow, we're almost there. Red, we're pausing here. We're still trying to figure this out."

Bishop Burbidge (09:57):

And it could occur that under certain goals, the working group may say that is too broad. We may have to narrow that down. So we just didn't want to wait for a real long time till we had everything, every I dotted and T crossed, before we let the faithful and diocese know we've made great progress.

Billy Atwell (<u>10:17</u>):

And it's also probably going to be a different group that would start with the general goal setting of, generally speaking, what do we need? What are the general goals? It's a different group that might help you identify the very specific, like a funding model. Well, that's going to be maybe a different audience and a different expertise. And those are going to have a general sense of Catholic education and what the needs are.

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Bishop Burbidge (10:35):

So you're right. That's a good way of saying it. Now we're looking for the specialists.

Billy Atwell (10:38):

Right, right.

Bishop Burbidge (10:39):
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Billy Atwell (10:41):
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We're looking for the specialists that help us to achieve it.

That's great.

Bishop Burbidge (10:42):

Like we said, this strategic plan is evolving, it's ongoing, and it's constantly going to be in front of us. So it was very good question, thank you for that.

Billy Atwell (<u>10:51</u>):

No problem. Bishop, this coming Friday is a special feast, the Feast of Saint john Paul II, the man who appointed you as a Bishop. When his feast day comes around each year, I have to imagine it has a little bit of special significance for you, because obviously that's a major benchmark in your life, and obviously as your ministry as a priest. And so many of a younger generation, although I'm part of that younger generation getting less young as time goes, but I think there's a lot of people who have a special devotion to John Paul II and remember him so fondly. When his feast day comes around, how what do you pray about, what do you think about, and how do you kind of reflect on the impact he's had on a younger generation?

Bishop Burbidge (11:32):

Yeah, I think of two special moments, I would say, very special moments in my life. And one was when I was in my third year in seminary, so I was only 23, I guess, at that time, and the newly elected John Paul II came to visit the seminary. So many times, our people today only have images of our Holy Father at the end of his life, but when I first saw Pope John Paul II, he was 58 years of age, I believe.

Billy Atwell (12:09):

Just a kid.

Bishop Burbidge (12:10):

Right, just a kid, exactly. And, as we know, he was an athlete, a skier, an actor, he was strong and vibrant. Well, those chapel doors opened and John Paul II comes walking down that chapel with all this energy and vigor and you're in awe. And then he gave, it was just the priest and seminarians in the chapel at the time, and he gave this awesome talk on the priesthood. And Billy, I would've been prostrated on the chapel floor in been ordained a priest that moment if I was allowed, he just so inspired me. Here he is just the new Pope, he has the weight of the world on his shoulders, and you just saw serenity, you saw joy, you saw zeal, and it was just an incredible moment in my life.

Bishop Burbidge (13:03):

I did see John Paul in Rome during a visit with brother bishops about a year or so before he died, and he was very frail at that time.

Billy Atwell (<u>13:17</u>):

He was a very different man than you remember.

Bishop Burbidge (13:18):

Very, very frail. And he had the heaviest cross of all for him, I believe, because you know, his speech was impaired because of the Parkinson's disease and all too.

Bishop Burbidge (13:28):

But you know what, Billy, I still saw that same joy, that same serenity in his eyes, like nothing changed because we knew where he found his strength. He was profoundly devoted to spending time in front of the Blessed Sacrament. He had an incredible devotion to our Blessed Mother. He was prayerful and reflective. And so through the crosses, and challenges, and the joys of his life, he just gave us that great example. I think I say, "He taught us how to live, how to serve, and even how to suffer and die." And he is, of course, one of my favorite saints, he named me, I have a document with him naming me a Bishop, I wear a cross constantly that he gave me, I often embrace it throughout the course of a day, and ask for his intercession, especially when I need strength and wisdom.

Bishop Burbidge (14:33):

So a lot of our younger priests will convey that their vocation came from John Paul II when they saw him in Denver for the first World Youth Day. I think he appeals to young people, because a number of young people still take his name in confirmation which is great.

Billy Atwell (14:57):

Oh, interesting, that is wonderful.

Bishop Burbidge (14:59):

He was a man of courage. We know he helped bring communism to his knees. He was an effective communicator, way ahead of his time, really, and using every tool possible to communicate the good new, and his joy was contagious.

Billy Atwell (15:12):

Absolutely, absolutely. All right, so just reminder, folks, that October 22nd is his feast day. Certainly, pray for his intercession and maybe look him up and learn a little bit more about him.

Billy Atwell (<u>15:23</u>):

Your Excellency, whenever we have major elections come our way, whether it's presidential or at the state level, the Virginia Catholic conference provides people with voter guides and resources to help them pray through and discern that decision, we talk about forming our consciences. So, while many Catholics are looking for ways to better inform their vote, there are some Catholics who, they don't know what to do, they don't know who to vote for and they're looking for good resources. What impact do you think that on our elections, when Catholics decide not to vote and they decide not to take that step, because you've written a letter where you've spoken about the importance of this process.

Bishop Burbidge (15:59):

Yeah. I think in America we have free elections, and it can be easy to forget what a privilege it is to vote without threat of fear or violence and, as we know, that's not the case everywhere through our world. And so it's a privilege, it's a sacred duty, I believe. And people have offered the ultimate sacrifice so that we could have this freedom. And so as a citizen, I think it is a sacred duty that we let our always to be heard, and that we do cast our vote. And so, as we often say, we will provide resources, we will provide guides to inform people as much as possible. Ultimately, then it comes to their prayerful discernment in the choices that they will make. We will always ask our faithful to be not only citizens who vote, but to be faithful citizens vote, you can't separate the two.

Bishop Burbidge (17:12):

And so we always share, at this time of year, what our Catholic principle and ideals are. Bishop Knestout and I wrote a joint letter encouraging people to vote, and we reminded them of three foundational principles that guide our vote. Many issues are very, very important, not all issues have equal moral weight, but the protection of life is paramount. If you don't get it, the issue of life, right, especially in the beginning, then everything else will likely be flawed and lead to very harmful extremes and destruction. So that getting it right at the beginning, protecting the unborn is paramount.

Bishop Burbidge (17:58):

And again, we know that in addition to that, there are other issues. That we have to look at our candidates and see what they're saying. The voters, what I like about the Virginia Catholic Conference voter guide is we use direct quotes. We don't paraphrase, we lift the quote from the candidate's website or the spoken word exactly as it is. So we're being as genuine as possible, this is what the candidate said on this issue. And we hope that our faithful bring that to prayer and vote as faithful, faithful citizens.

Billy Atwell (18:52):

I interviewed Jeff Caruso for the Searching for More podcast, we haven't published it yet, but I asked him, I said, "How difficult is that process of finding the quote that represents what they believe that doesn't make it seem like you're trying to insinuate anything." He said, "It's a painstaking process." He said it takes a ton of time, reviewing and showing it to people, "What do you think about it." And he said, "But it's a very carefully and honestly done process." And Jeff is such a well-meaning person, he's so straightforward and has such high integrity that you know you can just trust it, just in the fact that he's working on it.

Billy Atwell (19:27):

And then also for candidates, there are people who are already like that they use voting records. What did they say, but then what did they actually do in that office? And you can see by voting record also how people perform, so to speak, politically. So check out those resources that Bishop Burbidge has been talking about, go to vacatholic.org, we've also got them on the diocesan website, arlingtondiocese.org.

Billy Atwell (19:50):

But make sure you sign up for the Virginia Catholic conference action alerts, those are really important to be signed up to, so when something is happening, not just in an election, but well outside of an election, when your voice needs to be heard on a critical issue, whatever that issue might be, the VCC is front and center there fighting the fight. It is so much more powerful when Jeff walks into a room, if that legislator just got a hundred emails from the Diocese of Arlington, or a thousand emails, or whatever it might be, it really gives him a lot more ability to work with them and to communicate the position.

Bishop Burbidge (20:23):

Yeah, and we hear from their staff persons, those things count, they count every email, every phone call, so thanks.

Billy Atwell (20:29):

They do, they really do.

Billy Atwell (20:32):

Quick plug before we get to questions, the Diocesan Pilgrimage is coming up on October 30th. So we've talked to you guys about this before, but we're getting close to the actual date, we're 12 days away. A box lunch option will be available at the Shrine, they're going to be about \$10 each, but pilgrims are encouraged to bring your own bagged lunch. The shrine is wheelchair accessible and there will be ASL assistance for those who need that. Go to nationalshrine.org for more information on it.

Billy Atwell (21:03):

This is part of a DC requirement, the shrine does require masks for all visitors, so make sure you bring a mask for you and your children. You can check back on the diocesan website regarding other COVID requirements of the shrine, or go to the shrine website. For a full schedule of events and liturgies go to arlingtondiocese.org.

Billy Atwell (21:24):

And something new that I didn't mention last time on the podcast, was that the faithful that go may receive a Plenary Indulgence as they take part in the diocesan pilgrimage to the Basilica of the National Shrine. To gain that Plenary Indulgence, excluding all attachment to sin, even venial sin, they must fulfill, and I'm quoting here, "The following three conditions: Sacramento confession," so go to confession, "Eucharistic communion," so that means receiving communion, "and a prayer for the intentions of the sovereign pontiff," that's Pope Francis. So if you do those three things, you'll receive the Plenary Indulgence.

Billy Atwell (22:02):

There's also going to be an opportunity to receive a blessing for religious articles and sacramentals, so if you have a crucifix necklace or rosary that you want to get blessed, bring those, that'll happen there.

Billy Atwell (22:12):

Bishop, are you excited about the pilgrimage?

Bishop Burbidge (22:13):

Yeah, I love it. And the blessing of the religious articles, because the shrine store that would be open too, and so people may purchase things there, and when we conclude the Mass, and I go up and down the aisles blessing the articles. It's always a powerful sign, they help us to remember the realities that God is in our midst, our Blessed Mother's there to help us and Saint Joseph, so that's always beautiful. Confessions are available throughout the day. And it's the pilgrimage is what we were talking about a little bit earlier about the synod, journey together. That's what the pilgrimage is, it's we, as...

Billy Atwell (22:50):

It's sounds like we planned it that way.

Bishop Burbidge (22:51):

Yeah. I know. We brothers and sisters in Christ journey together on a pilgrimage for the day, letting Christ, just like the synod, we have to let the Spirit lead us, we let the Spirit of God lead us throughout this day. We join together in prayer, all the different backgrounds and cultures of our dioceses represented. I'm always, always overjoyed wherever I serve these pilgrimages to the Basilica Shrine. And

I think if you participate, dear friends, you and your family, you come home spiritually renewed, and uplifted, and strengthened.

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Billy Atwell (<u>23:26</u>):
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Every time my I, or my family together, go to the shrine. We always say, "Why don't we come here more often? Why is it so in infrequent?" Yeah, we're looking forward to that.

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Billy Atwell (23:35):
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So October is Respect Life month, so make sure you check out Bishop Burbidge's column in the Arlington Catholic Herald, Called to be Defenders of Life. It's a great article, check it out at catholicherald.com, where you can also sign up for the Herald's e-newsletter. They send out the latest stories each week.

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Billy Atwell (<u>23:52</u>):
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All right, Bishop, I've got a couple questions from the faithful here. The first one says, are the Arlington Diocese, at one point, was part of the Diocese of Richmond, so it's clear that the Vatican can create new dioceses, but is it possible for that to go in reverse, where multiple dioceses can be consolidated into one? If that happens, what happens to the bishops from those dioceses? Does the new diocese have two bishops?

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Bishop Burbidge (24:13):
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Oh, that's a good question.

Billy Atwell (24:14):

It's a unique one.

Bishop Burbidge (24:17):

Yeah, definitely. There are instances where two dioceses will be merged into one. It happened actually in Alaska this past year, there was the Archdiocese of Anchorage and the Diocese in Juneau, and they were made into the Archdiocese of Anchorage and Juneau. This is typically done just because resources of the respective dioceses are better utilized together rather than divided. It's much like we see around the country when some parishes need to who get combined. Separately, they may struggle, but together the resources can be used well.

Bishop Burbidge (24:52):

But regarding leadership, and this is always clear in our Catholic church, there is only one Bishop for a diocese, just as there's only one Pope for the Church. There may be retired or auxiliary bishops, but only one serves as the ordinary of a diocese.

Bishop Burbidge (25:08):

Now, even that example of Alaska, some of it's timing, where the Bishop of Juneau was transferred to Dallas. So now there was this opening, and so the church says, "Well, is this the time, do we appoint a new Bishop of Juneau, or is now the time to combine?"

Billy Atwell (25:26):

That might be an awkward time to do it if there's two ordinaries, but one guy's getting demoted or something.

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Bishop Burbidge (25:30):
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Yeah, that would be very difficult. So usually it happens when there's some sort of shift, and then you make that decision, is this the right time to do that?

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Billy Atwell (25:41):
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Very good. I can't imagine being the Archbishop of Alaska, like one of the biggest states. I mean, it's geography is larger than most countries.

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Bishop Burbidge (25:49):
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I know, exactly. And I know the Archbishop of that Anchorage Diocese, and he tells his stories. He's an adventurous guy, much more adventurous than I am, but he's flying these little things, planes, to get to his different parishes and things like that, and has to pack up for several days and learn survival skills and all that.

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Billy Atwell (26:14):
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Yeah. I, by just coincidence, met Archbishop Schwietz years ago, who was the former Archbishop of Anchorage, and he said, "To go to my parishes, I more often fly by bush plane than drive." And he said that there's always a survival bag with him, so that if they crashed in the bush they could get rescued. That's wild.

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Bishop Burbidge (26:34):
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That's the reality. I often tease is the day that I was appointed the Bishop of Arlington, a friend of mine was appointed, on the same day, as the Bishop of Anchorage. And knowing my personality, not being real adventurous, I'm like, I definitely got the right A here.

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Billy Atwell (26:50):
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The city boy from Philly wouldn't do well in the Bush.

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Bishop Burbidge (<u>26:53</u>):
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I got the right A.

Billy Atwell (26:54):

That's wonderful.

Bishop Burbidge (26:55):

And it's hard to believe it's almost five years since that appointment.

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Billy Atwell (<u>26:57</u>):
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Wow, that's right.

Bishop Burbidge (26:59):

Yeah, so October 4th was the announcement five years ago.

Billy Atwell (27:04):

It's unbelievable.

Bishop Burbidge (27:06):

It's gone by so quickly. There's not a day that goes by that I don't thank God for this great privilege of serving this wonderful diocese.

Billy Atwell (27:13):

That's wonderful. So one last question from the faithful here says, "What prayer do you find yourself praying the most often? And why do you think that is?"

Bishop Burbidge (27:20):

That's a great question. So I love praying the Rosary, so that's a daily prayer. Certainly, I pray The Act of Contrition frequently, knowing my own weaknesses and my own need for God's mercy in my life.

Bishop Burbidge (27:35):

Throughout the day, I often pray the Prayer to the Holy Spirit, "Come, Holy Spirit, and light the hearts of your faithful. And kindle in us a fire of your love so that I may be truly wise." Because in the midst of any given day, you're making, not rapid decisions, you've thought about them and things like that, but different things come your way, you need to, you need to decide, so I always try to say that Prayer to the Holy Spirit.

Bishop Burbidge (27:56):

And I conclude every night with going to my patron Saint Michael the Archangel, and praying that prayer before I go to sleep every now.

Billy Atwell (28:04):

Wonderful, very good. Any final thoughts? And then if you would send us off with your blessing.

Bishop Burbidge (28:08):

No, but a great thing of this past weekend was one of my favorite Masses to celebrate each year was for our jubilarians, couples celebrating 25 and 50, and even more years of faithful, married love. And so the cathedral was packed, there was not an empty seat. And, Billy, walking down the aisle, I had chills, just looking and saying, "Look at this, look at this example of faithful, married love. What a witness, what an incredible witness, and what a joy for us to lift up that beautiful vocation of marriage and, of course, family life." And I was told that, yesterday, in that cathedral, was represented 7,250 years of faithful, married love.

Billy Atwell (29:00):

That's unreal.

Bishop Burbidge (29:01):

So is that incredible?

Billy Atwell (29:02):

That is incredible.

Bishop Burbidge (29:03):

Providentially, after the reception, I scheduled this weeks ago, I was scheduled to meet with a young couple whose wedding I will be so happy to celebrate in January. We were getting together to meet, to give him some instruction and counsel, I said, "What I really should have done was just brought you over to the cathedral. There's the example. There's the witness." These people for 25, 50 plus years have shown us that it is possible to keep lifelong commitments, and vows, and promises.

Bishop Burbidge (29:40):

And in this day and age with that idea of commitment seems to be a struggle for so many people, if you would see the joy on the faces of these beautiful married couples yesterday, not only possible, but fulfilling. And I'm sure, if they told us, "Well, how did you do it?" I'm sure they would all say the same thing, "First of all, we pray a lot. We rely on, on God's help. We communicate well, we keep the Lord in the center of our marriage. We're willing to forgive one another, even over and over again sometimes. And we try to put the needs of other before my own." The selfless a sacrificial part of living a marriage.

Bishop Burbidge (30:29):

I always say that marriage is a sacrament. And so we all recall a sacrament's an outward sign instituted by Christ to give grace. So that means the married couple is a sign, and I always say, "So that means, when we look at you, we are supposed to be able to say, 'Do you see how these two people love one another? That's the exact same way Christ loves his church, his bride, his people." So that's why as a church we teach, "Well, if you're that sign and like God's love, your love must be forever. God never stops loving us. Your love must be faithful. God is always faithful." And so the couple's a sign, what a beautiful vocation, the sign of the love that Christ has for us.

Bishop Burbidge (31:18):

And so a word of thanks to all, no matter how many years you're married, a word just deep, thanks and appreciation to all our married couples who, each and every day, try your very best for God's grace to live out the promises that you have made. Thank you for your witness and example, thanks for blessing the church if you've been blessed with the gift of family life.

Billy Atwell (31:40):

If you could, give us your blessing.

Bishop Burbidge (31:42):

Sure. And ask everyone, please let's continue to journey together as brothers and sisters in Christ, lifting up each other in holiness and faith as we walk humbly with our God.

Bishop Burbidge (31:54):

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