

Bishop Burbidge (00:00):

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

Billy Atwell (00:07):

Welcome to the Walk Humbly Podcast. I'm Billy Atwell, Chief Communications Officer for the Diocese and your co-host. I want to say thank you to everyone who has given to the Bishop's Lenten Appeal. When we look at all of the good charitable works, Catholic charities, and so many other ministries here in the Diocese are carrying out, especially at this time of year where it's getting colder and people need food, and clothing, and all kinds of support, they're there to help. Including the many Diocese and offices as well, but that's because people have given to the BLA. So, thank you to those who have done that. If you haven't already, please make sure you rate this podcast to write a review on iTunes, Spotify, Stitcher, wherever you're listening. If you're subscribed on YouTube, please ring the bell to get notifications. You can sign-up for our e-newsletter at arlingtondiocese.org. That's where important announcements typically go out first.

Billy Atwell (00:54):

You can follow Bishop Burbidge on Twitter. Just short of... I think it's 30,000 people are following Bishop Burbidge on Twitter, @BishopBurbidge, where every day you can read a short reflection on the Gospel of that day. Make sure you're following the Diocese on social media, on Facebook, Instagram, and Twitter. If you have a question for Bishop Burbidge, please send it to info@arlingtondiocese.org or call (703) 831-7013. Also, we've got the Forty Hours Devotion going on right now. This is a really beautiful way to help your advent as we're right on the cusp of Christmas here, but also your Christmas and your New Year's. Go to jubilee.arlingtondiocese.org to learn more about this beautiful Eucharistic adoration devotion called Forty Hours. I welcome your host Bishop Burbidge. Bishop, how you doing?

Bishop Burbidge (01:39):

I'm doing well, Billy. I hope all our listeners are doing well. I know this is a busy time. This is a busy week. Probably still some last minute things for everyone to do, but pray God everyone's keeping their eyes fixed above and on the things that truly matter this week, and that is preparing our hearts to welcome and to embrace our savior at Christmas as we celebrate his birth. So, hope everyone can find some serenity and peace this week and have a really good Christmas.

Billy Atwell (02:10):

Speaking of which, how was your weekend? Are you officially ready for Christmas?

Bishop Burbidge (02:14):

Well, the weekend was great. A great weekend. We had a wonderful celebration. We had an Advent Day of Prayer with our priests and our colleagues and had a little celebration for them on Friday which was really good. A very good spirit. Everyone else was just so glad to be together in a festive setting, so that was great. And then on Saturday, what a wonderful day. We had a day of recollection for our seminarians. So, they're home for their Christmas break. I told them I could feel the holiness in our diocese as they were returning home. I could feel it. But it's always great to have our seminarians home. And we had a nice day of recollection for them and dinner with their parents. And it's just a good reminder to their parents that they're part of a bigger family, that they have something in common here.

Bishop Burbidge ([03:04](#)):

And then, yesterday was really wonderful. We celebrated the 75th anniversary of Blessed Sacrament Parish, so that's always a joyful celebration to remember God's abundant blessings upon the parish throughout the years. And to renew our commitment to stay a holy and faithful parish. Bringing the gospel to others. So it was a very, very good weekend. Am I officially ready for Christmas? No.

Billy Atwell ([03:30](#)):

So, it'll be a busy weekend.

Bishop Burbidge ([03:31](#)):

Still have a few things to do here. But my grandnieces and nephews that make it, they make it easy. I don't know if your children do this or not, but they have their own registry of what they want for Christmas. That's not the way we used to tell the gifts we want, so you actually can go and order, but it's practical. It makes sense because they have so many aunts and uncles. The parents don't want them to get five of the same things. So, it is a little bit easier.

Billy Atwell ([03:59](#)):

It's practical. However, if they change their mind every 15 minutes like my kids too, that list is not as helpful as you thought it was. You got to wait till a week out and then order it all at once.

Bishop Burbidge ([04:09](#)):

I hope that's not the case with my grandnieces and my nephews.

Billy Atwell ([04:14](#)):

But we've got something special. We'll be sending out tomorrow a gift from you. You want give a little sneak-peak there?

Bishop Burbidge ([04:20](#)):

Oh yeah. Really, really excited about it due to the wonderful work of your team, our communications department. It's a gift that we'll be sending to all the faithful, to our diocese, via our social media and website. It's a beautiful gift using the talents, the musical talent of students from our four diocesan high schools. And formed into a video that conveys the reason we are filled with joy at this time of year, and focuses our attention on the birth of Christ. So, I think all of our listeners will really, really appreciate it. When you showed me the final draft, I literally got chills. And so, it's a gift, it's a way of ensuring the faith of our diocese, of my prayers for all of you and your families for a blessed Christmas. And I'm so proud and thankful to our diocese and high school students. It was a lot of work, and for your team also. It was really great. Thank you.

Billy Atwell ([05:23](#)):

That is great. And again, we'll be sending that out via email. That's the head of the spear again, go to arlingtondiocese.org or we're going to put it out on social media pretty widely shortly thereafter tomorrow, December 21. Before we get into our main topics and we've got several of them. There was some surprise news over the weekend from the Vatican related to the Extraordinary Form of the Mass or known as the Latin Mass. I honestly haven't gotten through all the details because it was just put out

think on Saturday about what it all means. But from a high level perspective, what should we know about this most recent announcement?

Bishop Burbidge ([05:54](#)):

Yeah. Well, when the Pope first issued, and we've discussed this on a podcast. What we call the motu proprio, regarding the celebration and the Extraordinary Form. There were some directives given to the bishops for expecting implementation. Obviously, when you get a document like that, there was some need I think for some further clarifications that the bishops were seeking to make sure that we were being faithful to what was being asked of us. And so, I've had said to the faith of our diocese. That's why I have not yet issued any formal document regarding our response to the motu proprio, anticipating some clarifications. So over the weekend, it was all surprising, the timing. But over the weekend there was a response. It's a formal document by the Congregation for Divine Worship. And it was very specific in responding several clarifications to Pope Francis' motu proprio. It's very much available.

Billy Atwell ([07:12](#)):

Yeah. It's publicly available.

Bishop Burbidge ([07:14](#)):

It's publicly available. Basically 11 questions that came out of the original document and the answers to those questions, affirmative, negative, explanation.

Billy Atwell ([07:24](#)):

Right. It's prescriptive about that.

Bishop Burbidge ([07:25](#)):

It's pretty direct. After the new year, I will forward an implementation document draft to the pastors of our parishes that currently celebrate the Mass in the Extraordinary Form, and allow for comments that may assist the implementation process in adherence to what we received to the directives provided upon such consultation. I will also meet with my advisors and our liturgical commission, and then issue a document to all the faithful. So again, the clarifications that we received this week are very specific and they must be carried out. And so, we will do so and I will be offering an official document to all the faithful. Asking all of you at this time to pray to the Holy Spirit to lead us and guide us throughout this process to use this as a reminder that we are known as well as we should be as a very faithful diocese. We are known for our faithfulness and our unity.

Bishop Burbidge ([08:41](#)):

And we all, through our own example and our own conduct in living our faith, must promote that faithfulness and unity. And sometimes that means for us to entrust and to surrender knowing that the Holy Spirit is always at work in the church and is one leading the church and it's the Lord's Church. And I also think it's a great invitation, Billy, for us to know that both in the original motu proprio and in our directives this weekend, there's a call too to make sure that as we celebrate the Novus Ordo, the Ordinary Form, that we're doing that with great reverence. Great reverence and great respect and as the church asks and expects us to.

Bishop Burbidge ([09:30](#)):

So that's just a call for renewal also. And for all of us, no matter what, our focus is on the Eucharist. We have a year dedicated to that. That our focus is on our belief and joyful belief in the real presence of our Lord Jesus and the Blessed Sacrament. And the reception of his Body and Blood is source of our strength and unity. Yeah. Everyone at this time, we can be united in our prayers for unity and faithfulness as we implement what our Holy Father has asked.

Billy Atwell ([10:11](#)):

Yeah. And what I'm hearing from you too is very consistent with what you said before this recent clarification that your intent is to be loyal to the instruction of the Holy Father and also exercise the widest possible pastoral charity and discretion that you can. And that seems to be the case even with the most recent publisher.

Bishop Burbidge ([10:27](#)):

Yeah. And what we have received certainly does allow for the Extraordinary Form to be celebrated in the Diocese, but it will be more limited and restrictive than it is right now. But the Extraordinary Form of the Mass will be celebrated in our diocese.

Billy Atwell ([10:46](#)):

And you've got great pastors and advisors to help you through that process.

Bishop Burbidge ([10:49](#)):

Correct, correct.

Billy Atwell ([10:49](#)):

Perfect. We'll get to some happier topics in a moment, but first I want to also ask you about a recent FDA change that now allows abortion to take place via telemedicine. Under the previous presidential administration, abortifacient, which are drugs that basically force a woman's body to miscarry her baby had to be administered in person. That was a requirement. That's now changing, and the drugs will now be dispensed through telemedicine. This decision conspicuously takes place during a Supreme Court case that is being considered. It's the Mississippi law that bans abortion after 15 weeks. They're determining the constitutionality of that now. We already know that abortion is a grave tragedy and it's a sin. It hurts the woman and it takes the life of a child. What does this FDA change signify? And does this diminish confidence in some of the governmental scientific and health institutions when they make a change like this that we know is not good for anyone?

Bishop Burbidge ([11:46](#)):

Well, sure. It's been a sad reality all along of the pro-abortion movement that have increasingly pushed to expand abortion and actually make it more dangerous. In many states, abortion advocates work to ensure abortion facilities have lower health standards than standard medical clinics. And even to remove the requirement that the physician have admitting privileges at a local hospital.

Billy Atwell ([12:10](#)):

I remember that. We got that here in Virginia.

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

These are some of the things that we've seen. And now the FDA is pushing to have abortifacients delivered via the mail. I mean, there seems to be no death too low for those advancing the cause of abortion. And it's so tragic, it's so sad. This is yet another reminder to me that it's not about a woman's health this movement. It's about the attempted triumph of a grave evil at all costs. And this is in fact the matter of good and evil. You raised an interesting question, Billy, about the confidence in government, and governmental health medical, and scientific institutions should be free from political ideological influence. And we know that's not always the case, but it should be a value to which we aspire.

Bishop Burbidge ([13:02](#)):

And when an institution like the FDA makes, I would say, a blatantly ideological decision like this during a related Supreme Court case, it's no wonder people begin to doubt. And so, it's unfortunate and can have a serious cost in the long run. So, my hope is and prayer is that as elections take place, new leaders emerge, this restriction will be changed for the protection of the mother and of the child. And as we prepare, as you know, for March for Life in January, please keep this situation in mind as well as any situation in which a mother is considering abortion, praying that life will be embraced, and cherished, and treasured.

Billy Atwell ([13:47](#)):

Yeah. When something like this happens, it's natural to say, "Well, what can we do about it?" And what a blessing and how providential that we've got the March for Life coming up here in January. Just after the turn of the year. You actually have an interesting opportunity in this year's March. It's really exciting. Tell us a little bit about that.

Bishop Burbidge ([14:03](#)):

Yeah. So this year's March for Life, thanks for raising this, I will be joining the Christendom College students and faculty as they have been chosen to lead the March for Life. Christendom will be there right in the front, and I will be happy and proud to join them, Christendom College and all the students from the college. For years, this has been the practice at the March for Life. I'm so happy that they've been recognized in such a way.

Billy Atwell ([14:35](#)):

That's great to witness.

Bishop Burbidge ([14:36](#)):

It's really and it's an honor. And it recognizes the zeal and faithfulness of that college, and all of our young people, college students, and all the faithful who are attending. And what is that again? It's an example of how to live your life as a Catholic in the modern world and be present. As I always say, the March for Life, how do we march? We march peacefully, we march joyfully because we have the truth, and we March prayerfully. And I think that's the witness, and it really stuns people. Yes, we're passionate that abortion's a grave evil and life must be protected. And we make that voice known and that witness known in such a beautiful way.

Billy Atwell ([15:22](#)):

Yeah, absolutely. We're also with that with the March for Life. We're on the cusp of two typically huge and wonderful events. Very energetic events which we called Life is VERY Good. One is the actual Life is

VERY Good rally which happens the day before the march. And then, there's the Mass for Life which you celebrate and lead and preach that morning just before the March. So, we're back at EagleBank Arena on the GMU campus, which is a great arena. How excited are you to be back in action?

Bishop Burbidge ([15:50](#)):

Yeah, I really missed that. Yeah. That is one of our... It's a great event with thousands and thousands of young peoples and chaperones. It would be great to be together. The event will be a little bit smaller since many groups from across the country are not traveling town, but it will still be lively, and with music and speakers. Plus, if you come to the Mass for Life, there is a Chick-fil-A lunch before we leave over to march.

Billy Atwell ([16:18](#)):

Hard to beat that.

Bishop Burbidge ([16:20](#)):

That's always a way to get some attention there. But on a serious note, the Supreme Court is currently working on a case that could reshape, as we know, public policy related to abortion. We cannot let a pandemic or anything else stop us from speaking out on behalf of the unborn. So, our voice is needed.

Billy Atwell ([16:39](#)):

Yeah, absolutely. So anyone that wants to go to Life is VERY Good. The rally before and the Mass that morning of. We encourage you to go to both. Go to arlingtondiocese.org/livg. Stands for Life is VERY Good. It's going to be great event. There's speakers, Sr. Josephine Garrett is going to be speaking. Fr. Agustino Torres will be the MC. Music is going to be Dave Moore. They're actually trying to secure another band as well. Bishop Burbidge, you're going to be leading adoration and have a special message for those gathered. That's always one of the most powerful pictures. Again, we in Communications, we're taking photos for the Herald and for social media. One of the most powerful pictures we have each year is you holding the monstrance in front of thousands of young people. And while it'll be a smaller group, still going to be thousands in attendance holding that monstrance, and you could hear a pen drop. The room is quiet.

Bishop Burbidge ([17:29](#)):

And what is amazing is right before that, 10 minutes before that is that music and the hollering which is good. It's all good. But the Eucharist, as we process with the Sacrament, as you said, you can hear a pen drop because of the reverence our young people have for the Holy Eucharist. It is such a powerful, powerful moment.

Billy Atwell ([17:50](#)):

It really is. So tickets are 19 bucks, which considering for the Mass for Life you get, lunch, and then there's the speakers, and the music, that's a really good deal. So again, register online. You can also register through your parish. But if you want to register online, go to arlingtondiocese.org/livg. There's one more opportunity actually. We are pro-life diocese, we've got a lot of great action that is here. February 9 is the Defending Life Day in Richmond. We'll be gathered with folks with various faith backgrounds and from different communities to encourage our state legislators to support and defend

the unborn. There's going to be more information following in the New Year. But talk about what your vision is for how Catholics can participate.

Bishop Burbidge ([18:29](#)):

Yeah. I'm glad you're raising that, Defending Life Day. Bishop Knestout and I visit Richmond. And I will be leading the fellow Pro-Life Virginians through a day of prayer and action on February 9 to encourage legislators to defend life which actually will allow us, the faithful, to visit with legislators. We will have more details coming, but if people could save that date, and Bishop Knestout and I would be so honored for you to join us on February 9.

Billy Atwell ([19:00](#)):

Yeah. Again, February 9, you can go to vaprolifeday.org for the specific event, or you can go to vacatholic.org which is the website for the Virginia Catholic Conference which is helping coordinate for this. Bishop, as we persist through this COVID pandemic, some things are getting better. But we also know there's a rise in some of the COVID variants. Do you anticipate any changes to Mass schedules for Christmas for instance as a result? We're getting some of these questions in, so I figured this would be good opportunity to address it.

Bishop Burbidge ([19:28](#)):

Yeah. No, thanks. Of course, we're watching this situation and closely. And I've been in contact with our pastors and reminding them at Christmas we will see an increase of persons traveling to our parishes from out of the area. And we welcome them to attend the Masses of Christmastide with us. And I mentioned to the pastors the various circumstances of each parish, that I have trust that each pastor to take the precautions he deems most helpful to ensure the public health and safety of those attending Masses over the Christmas Day and Christmas season.

Bishop Burbidge ([20:06](#)):

It might include encouraging parishioners and visitors to wear face coverings, sanitize hands, allow for some social distancing, and other practices that may be helpful to minimize the spread of COVID-19. And I just ask the pastors, as I've done throughout this pandemic because I have great trust in them they know their communities, to consider what they think is best so that our people know, first of all, that they are welcome. Our doors are wide open. We want them to be at Mass fully active and participating. Receiving the Body and Blood of Jesus Christ especially at Christmas. But also every assurance that they can give to the faithful that their health and well-being are also our priorities.

Billy Atwell ([20:48](#)):

And there's something we discussed at the executive staff level here at the Chancery. Every time news comes out, we're discussing it and reviewing it. So if there's no policy change, it doesn't mean it wasn't getting reviewed. It just means we feel like the current protocol is helpful in working out for us. Bishop, part of the celebration for this first preparatory year leading up to the Golden Jubilee has been these Forty Hours devotions. I mentioned it in the intro, but it's where parish gets to celebrate in a Forty Hours of perpetual adoration, and people sign up for different times to pray before the Blessed Sacrament. The first ones have been held here during Advent. Have you gotten any feedback from pastors about it?

Bishop Burbidge ([21:24](#)):

Yeah. Wonderful feedback. "Forty Hours" is forty hours devoted to Our Lord in the Blessed Sacrament. And within those forty hours, of course there's celebration of Masses. Perhaps talks that are given. But really what is emphasized too is allowing for that quiet time during those forty hours throughout the night for people to visit with Our Lord. To be quiet and to be still in his presence. And our pastors have been very inspired by the number of people who have participated in the Forty Hours. And I'm so happy to hear the response that we receive.

Bishop Burbidge ([22:14](#)):

And it usually concludes with a joyful Eucharistic procession reminding us that the Lord leads and we follow and he is in our midst. So, every parish in the Diocese throughout this year coming will be offering Forty Hours. And so, there's multiple opportunities to participate, and I hope all the faithful will consider that. I am just convinced, Billy, that if in our first year of preparation for our Golden Jubilee that every parish in the Diocese will be having Forty Hours in faith for spending time before our Eucharistic Lord, I cannot help but to believe that abundant blessings and fruits will be bestowed upon our diocese.

Billy Atwell ([23:01](#)):

Absolutely. I talked with a pastor a week ago, he said there was a noticeable change in his parish as the Forty Hours celebration was going on. I have to imagine when every parish is doing that, how much impact that'll have across the board? For anyone that wants to participate in one, even if there's not one in your parish for a little while, go to jubilee.arlingtondiocese.org. We've got a full calendar there of the Forty Hours devotions where they're happening and when. You can check that out. Again, jubilee.arlingtondiocese.org.

Billy Atwell ([23:28](#)):

Your Excellency, since since our last podcast there were several tornadoes that really wrecked havoc in Kentucky and surrounding Midwest areas--in cases, entire towns were destroyed and dozens have been declared dead, and there's still more than a hundred missing. Rescue crews are continuing their important work. Any thoughts on this situation? It was so sad to see.

Bishop Burbidge ([23:52](#)):

It was. It was so sad. It broke my heart to see so many people left with nothing, others passing away, many suffering at the loss of loved ones or still not knowing what has happened to friends or family members. I reached out to the bishops of those dioceses assuring them of our prayers. And the Catholic Church throughout the region is responding. She always does. The Catholic Church is always present especially when there is a crisis with acts of charity and constant support. The mercy, the compassion of God are evident in the midst of a crisis through the work of many volunteers and staff working on behalf of Catholic charities, diocese, parish, Catholic schools, and et cetera.

Bishop Burbidge ([24:29](#)):

And as we approach the Christmas holiday, each person listening should really pray a prayer of thanksgiving, I would suggest, for all that we have. And in an instant, everything can be taken away. We live in a fragile world. That's right. So, we must be grateful for the blessings we have and help those who are suffering, and there's a way. Maybe you can share, Billy, with people to help those who had been impacted by the tornadoes.

Billy Atwell ([24:55](#)):

Yeah. Luckily, we've gotten this question and the best way to give financially to support the rescue efforts in that region and the rebuilding is catholiccharitiesusa.org. You go there to make a gift. They make it very easy to find that online donation portal. But what a way to be an extension of God's mercy and compassion this Christmas season then to give a gift there, so catholiccharitiesusa.org. Next time we sit at this table and in front of these microphones, it's going to be 2022. I'm just getting used to writing 2021 on documents and letters.

Bishop Burbidge (25:30):

I know, I know. Where did that go?

Billy Atwell (25:32):

With a new year comes new opportunities. When you look ahead and you think about the year that's coming up, what are you excited about? What are you anticipating?

Bishop Burbidge (25:40):

So I would say three things. And our listeners have heard me talk about them frequently. Maybe that's that reminder that the best teaching is repetition, right? So certainly looking forward to continuing this first year preparation for our 2024 celebration of our 50th anniversary which is focused on the Eucharist. And again, I hope our faithful are looking at our website and our page dedicated this. There are so many beautiful opportunities focused on reclaiming that wonder in all of the Eucharist. There's videos out there about priests making teaching the Mass. There's just so many opportunities, and we talked about the Forty Hours. So, I look forward to our continuation which also included pilgrimage to the shrine of St. John Newman, St. Katharine Drexel, known for their love for the Blessed Sacrament.

Bishop Burbidge (26:36):

I'm looking forward to the Senate process that we've talking about. So between February and April going forth as the Holy Father requested and have a listening session in our parishes and communities. Each pastor's been asked to do it, and obviously I will participate. And again, these listening sessions are not about changing dogma or doctrine, but really reflecting upon where have we done well as a Church and as a diocese in bringing Christ in this Gospel to others? Where can we do better? How has the church been a source of blessing and grace for you? Or maybe how has the Church, in some way, caused the wound? So we're there to listen, and the faithful are invited to bring to the listening sessions maybe family members, neighbors, colleagues who have wandered away from the Catholic Church or no longer practicing in faith. We need to hear from them.

Billy Atwell (27:29):

That's a particular focus the Holy Father really had for this sessions.

Bishop Burbidge (27:32):

Exactly. So, we need to hear from them. And there's no work for me because my job is to listen and to be attentive in listening and allow people to express their thoughts and their insights. Then at the end, there's work because then after doing all these sessions and hearing from our pastors what they heard, then I have to, in a 10-page report, summarize the most consistent themes that we heard and submit that to the Holy See.

Bishop Burbidge ([28:03](#)):

And then our strategic plan, I hope everyone's in it. They know we're talking about that a lot with our six pillars and five goals under each one. Now, we have working groups about 18 members for each pillar. All right. We have these goals. That's great. It's good to surface goals. What are you going to do about it? How are you going to do it? So now the working groups. And I am I'm just so thankful we reached out. And sometimes people reached out to us, priests, religious lady, deacons, "Hey, I'd like to be on this working group because I really, really have some great ideas. I think we'll be helpful to strengthen marriage and family life."

Billy Atwell ([28:37](#)):

A lot of expertise. Yeah.

Bishop Burbidge ([28:38](#)):

Yeah. The expertise. And so, no shortage of workers. And that's what we need. We need laborers. It's great to have the idea people and the vision people, but we need the laborers, workers.

Billy Atwell ([28:49](#)):

I like to come up with the idea and let someone else do the work.

Bishop Burbidge ([28:51](#)):

I think you and I have something in common there. And so, I'm really excited about that. We're ready to work. You're probably the big three, Billy.

Billy Atwell ([28:59](#)):

That's wonderful. That's wonderful. It's going to be a good year in 2022. That's for sure. Again, as we're wrapping up here, any final thoughts regarding Christmas and we'll be back coming-

Bishop Burbidge ([29:09](#)):

Right. Absolutely. I know to all my brothers and sisters, the faithful who are listening and your loved ones. Again, this has been again another challenging and difficult year. We've been through a lot, and there are many struggles and challenges that we are still facing as a nation, as a Church, as individuals, and as families. I've asked the faithful in our diocese at the beginning of advent to let me know of any prayer intentions they might have for me to pray for, and thousands came in conveying to me the crosses, the burdens they're carrying as individuals or as families.

Bishop Burbidge ([29:57](#)):

It's so inspiring to see their faith and their trust in the prayers of others. And I assure them that those intentions are in my chapel and I put them before the altar, before I celebrate a private Mass in my chapel. So I am remembering you in prayer, but it's a reminder of the physical, the emotional suffering that so many people are bearing. But to this chaos into this world has been born a savior. A savior who has come with good news of truth, and justice, and peace. And that can only be found in him, the Newborn King. And so, it is my hope and prayer that like Mary and Joseph, we surrender, we trust, we welcome and embrace Jesus as the son of God, as the one who can take away our fear, and our distress, and anxiety. And to remember that he is Emmanuel, that he is God with us. There's no situation that we are facing where God is not present. Reaching out with his saving power and his healing love.

Bishop Burbidge ([31:09](#)):

So, it is my hope and prayer dear friends that any distress, any anxiety, any fear within your hearts will be taken away so that you can embrace and welcome Jesus at Christmas, and that his peace will be yours on Christmas Day throughout the Christmas season and the New Year and always. That is my prayer for all of you. And that we begin the New Year, as always, walking humbly with our God. Thank you for listening to the Walk Humbly Podcast. Make sure you check out more episodes to an iTunes, Google Play, Stitcher, and Spotify. You can follow me on Twitter, @BishopBurbidge, where I offer Gospel reflections each morning, and share photos and updates of what is going on in the Diocese of Arlington. Stay up to date with news, event, information, and inspirational content by subscribing to our e-newsletter at arlingtondiocese.org.