



# SENIOR PRIEST CONNECTIONS

## IN THIS NEWSLETTER

Bishop's Letter

Emmaus

Health Tips: Take Time to Help Yourself



## BISHOP'S LETTER

Pause and right set our path toward God

My Sisters and Brothers in Christ:

In the Scripture for the 21st Sunday in Ordinary Time, St. Paul sums up how our daily living should be – to live as all things are from God and through Him and for Him are all things. Everything about us should be about God. We begin our day in thanksgiving for the gift of our life offered to us from God and we return to Him our entire being, in all moments of our time on this earth. As I read this Scripture, we are placed in the midst of the heavens.

**Continued**

## Pause and right set our path toward God

For if we all lived as St. Paul exhort most of us would say that our experience on this earth is not necessarily heavenly. So, what is lacking? Jesus asks of the disciples a very simple question: “Who do you, My closest friends, say that I am?” He wants to make sure they understand the unified relationship He has with the Father. St. Peter, without any guile, boldly replies with his profession of faith, “You are the Christ, the Son of the living God.” St. Peter, as Jesus would say in our everyday language, “gets it!” Every time we profess our faith, we also profess that we “get it.” So, what is lacking? Or perhaps I should ask, what continues to keep us separated from God?

Throughout the Old and New Testaments, we hear the proclamation of God’s Truth. We read Scripture and learn of the failings of the people of God in following His Truth. Yet, God always calls us to Him; never abandoning us for our lacking. It is we who choose to not seek Him.





**Continued**

## Pause and right set our path toward God



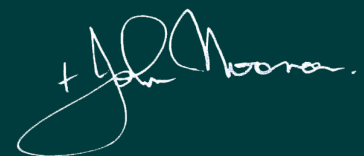
Recently, I read an article by Jesuit Father Bill McCormick, who asks, “How can we sustain a society that proclaims truths in some corners, but in others denies its very possibility?” Perhaps it is the difference between a lower case and upper case and a plural vs. singular. For the truths to which he refers are manmade; the Truth to whom God refers is God Himself. Father McCormick writes, “all people of good will need to do what they can where they are and with their gifts to rebuild the credibility of Truth.” Father McCormick speaks to the politicizing of our society and the divisions that exist because of our misguided path to other gods. He notes, “Politically, we can recover from this moment. But spiritually, it is not clear that we want to.”

Today, there is so much discord within our world, discord between one another. We cannot be a Eucharist if we do not seek unity through, with and in God. We are called not to love one another because of our politics, or because of our sameness, or any other reason. We are called to love one another as we are of God, made for God to live with God. St. Paul tells us that both Jew and Gentile, despite the religious recalcitrance of each, have received the gift of faith. The methods used by God in making this outreach to the world stagger our ability to understand. At the same time, He offers us this luminous invitation to abiding faith.

**Continued**

## Pause and right set our path toward God

Who are you following? During this time of Eucharistic Revival, we all need to pause and right set our path toward God. We need to pull out the weeds of our heart – those “truths” that are destructive and not of God – and return to Him with our whole heart, our whole strength, and whole mind. Admittedly, this is not easy. For in doing so, we will need to reject the “truth” and live the Truth, which means that we may find ourselves not agreeing with friends or family and struggle to be the prophet we are called to be. We will have to reject the nuances which separate ourselves from God, the disdain we may express toward our family members; the frustration with the driver who switches lanes without a turn signal; the choice of sports vs. prayer; etc. Jesus asks us who we believe He is. If we profess our faith in Him, then we ought to say “yes” to His eternal invitation to come to the table of the Eucharist; to eat and drink that we are one through, with and in Him. Who wants to follow Jesus?



Most Reverend John Noonan  
Bishop of Orlando





## MISSION

“The Office of Senior and International Priests was established to collaborate with the Bishop and his senior priests. We are happy to provide support, information, and assistance to the senior and international priests of our diocese. If you have any questions, concerns, or updates, please do not hesitate to contact us.

## STAFF - SENIOR & INTERNATIONAL PRIESTS



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(386) 451-3865



Deacon Joe Gassman  
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(321) 258-8973



Jennifer Kuhn  
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(407) 246-4898

Mark your calendars!

## CALENDAR OF EVENTS

### October 23-25th, 2023 Aging with Grace Retreat

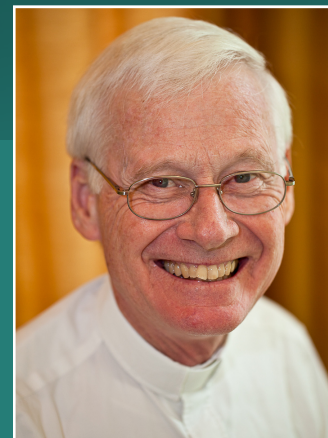
This retreat will be led by Mr. Greg Pierce, author, and publisher of ACTA Publications in Chicago. He is the past president of the National Center for the Laity. Pierce is the author of the award-winning books, *Spirituality at Work*, *The Mass is Never Ended*, and *The World as it Should Be*.

**December 1, 2023 from 12-2pm**  
**December 11th, 2023 from 12pm - 2pm**  
**December 12, 2023 from 12pm – 2pm**

### Christmas luncheon at Bishop Noonan's home

To reserve a date, please email Jennifer at [jkuhn@orlandodiocese.org](mailto:jkuhn@orlandodiocese.org) or call her at 407-246-4898.

## FROM THE VICAR OF SENIOR PRIESTS



*Rev. Fred Ruse  
Vicar for Senior Priests*

Dear Brothers,

I was recently speaking with one of our senior brothers living out of state. The conversation was totally refreshing, a chance to recall just “who” and “where” we are as senior priests in the diocese.

“Out of sight, out of mind” can become an equation for unfortunate outcomes. In the case of this priest who is living so far away – “out of sight” – I was totally edified to hear him speak of his soul’s and heart’s closeness to the “here” and the “who” of the Diocese of Orlando where he ministered beautifully for many years. He shared how it is a priestly priority of his, part of his spirituality, to think of and remember the diocese and have it as part of his “compass,” even now.

Yes, “out of sight,” but not distant from his soul or heart!

For those of us close to home, the feeling of “out of sight” can happen unintentionally and without malice. Please let me know and I would love to come by for a coffee, tea, or meal...whatever works. In these ways we keep our souls and hearts “full” in being the “community of elders” here in our diocese.

In the same breath we carry in our prayers so many of our brothers in dioceses across the globe who share in this “elderhood”, but perhaps in less fortunate circumstances than we. Bring them “within sight” of our hearts and souls who knows how the Spirit will cultivate an advocacy among us for them.

Peace,

*Fred*



# EMMAUS

(SENIOR PRIEST INDEPENDENT LIVING COMMUNITY)



When not assisting at local parishes, Father Ronald Oser spent his summer surrounded by cardboard boxes and packing tape.

For months he has been gradually moving out of his family's home in Ocala, to his new home, Emmaus, an independent living community for senior priests on the grounds of the San Pedro Spiritual Development Center in Winter Park. With the increasing expense and energy needed to maintain his home, the opportunity to move to Emmaus was an answered prayer for the nearly 80-year old.

"I took care of my mom and dad, and I've been living in the family home ever since. It's 2,600 square feet with a garage and greenhouse in the back, on nearly a half-acre of land. The yard, the garden, the flowers - I love all those things, but I can't do it anymore," explained Father Oser, who has limited mobility after breaking his knee in a car accident four years ago. "Part of Emmaus is realizing it's time to slow down another notch. None of us like to admit we're slowing down, but we really do. Thank God the diocese has these apartments."

# EMMAUS

## (SENIOR PRIEST INDEPENDENT LIVING COMMUNITY)

Construction of the Emmaus community began in 2021, and phase one is now complete, with five duplexes and a community area ready to welcome residents. Another 10 units are in the works, for a total of 15, one bedroom homes that come fully furnished with 1,015-square-feet of living space, a porch, and carport.

“San Pedro Center is so honored to be part of Emmaus and to be helping care for our retired priests. These men have given their lives to God and the Church and now we can make their retirement more comfortable and as worry free as possible,” said Randall Pinner, executive director of San Pedro, whose staff will provide housekeeping and maintenance services as well as security for the community.

Even more meaningful than the practical help San Pedro provides, is the spiritual home it offers.

“San Pedro Center provides the retired priest a sacred space for outdoor fun and a beautiful chapel for time with our Lord. The Emmaus residents are invited to partake in the life of the center by attending San Pedro Center Programs and participating in the Sacramental needs for Mass, Adoration, and Reconciliation,” explained Pinner. “We are so fortunate to have these holy men as part of our ministry and to participate in Bishop Noonan’s vision of providing homes for our retired priests.”

Father Ed Waters, who moved into Emmaus this past spring, said the beautiful surroundings and proximity of the Mary, Mother of God chapel are among the best parts of living there.

“The best thing is when you retire, having a place that is comfortable to live in. They have activities going on all the time. I look over a beautiful grassy area behind me and I can walk down to the chapel. The chapel is beautiful. I’m there three times a day for morning, afternoon and evening prayer,” remarked Father Waters, who has been approached by visitors for the Sacrament of Reconciliation while there and is always happy to be on hand to help.



# EMMAUS

## (SENIOR PRIEST INDEPENDENT LIVING COMMUNITY)

Father Oser agreed, saying he looks forward to helping out at San Pedro and surrounding parishes. But when not busy serving, the campus of San Pedro provides ample opportunity for peace and relaxation.

“The beauty of San Pedro is the renewal there. My room looks down at the cemetery. I can see my final resting place. That might bother some people, but I don’t mind it,” Father Oser said with a laugh. “This is the next phase of my life. I accept that. I know I’ve done the best I can. I was a religious brother for 26 years, now a priest for 31 years. That’s over 50 years of dedicated service to the Church. I’m grateful to the bishop for building this because I was struggling. The diocese has been very helpful and the people at San Pedro that have been helping have been tremendous. I highly recommend it for any priest that feels overwhelmed by taking care of a house or a condo. For me it’s the right choice.”

Interested priests may contact Deacon Joe Gassman, [jgassman@orlandodiocese.org](mailto:jgassman@orlandodiocese.org). Emmaus Endowment Fund accepted, to provide ongoing support to priests unable to afford full rental cost and cover the comprehensive care management program for retired priests residing at Emmaus. Visit <https://www.cfocf.org/emmaus> for more information.

*By Liz Wilson, Special to the Florida Catholic, August 3, 2023*





# EMMAUS



## SEE WHAT'S INSIDE

To schedule a tour,  
please contact the Office  
for Senior priests.

(407) 246-4898



# INDEQUEST NURSE CARE MANAGEMENT PROGRAM

IndeQuest is a nurse care management company specializing in the management and coordination of the healthcare needs of their clients. Their highly qualified nurses are certified care management specialists with nursing skills encompassing the spectrum of healthcare systems. As your nurse care manager (NCM) they will coordinate and oversee your specific healthcare needs – find specialists, schedule appointments, maintain medical records, and more. They are your personal healthcare advocates!

Working with IndeQuest means fewer overnight hospital stays, elimination of duplicate and unnecessary medications, and happier, healthier priests.

The two most common questions asked about the program are:

- What about my privacy? Your nurse is bound by the same HIPPA rules as any of your doctors. No, the nurses do not report to the bishop.
- How much will it cost me? Absolutely nothing! This is a free benefit. You and your NCM determine how often you use their services; it can be as simple as a quarterly phone call.

## OUR NURSE CARE MANAGERS:



Gwen Ledene, RN, BSN  
IndeQuest Nurse  
Case Manager  
License RN #: 1897602



Nicole Crouser, RN, BSN  
IndeQuest Nurse  
Care Manager  
License RN #: 9190260



Lindsey Mankoff, RN, BSN,  
IndeQuest Nurse  
Case Manager  
License RN #: 9182118

THE INDEQUEST NURSE CARE MANAGEMENT PROGRAM IS AVAILABLE TO INCARDINATED SENIOR PRIESTS (65+ YEARS OF AGE)

TO ENROLL CONTACT THE OFFICE FOR SENIOR PRIESTS (407) 246-4845.

## DID YOU KNOW? WATER AND HEALTHIER DRINKS

CDC.GOV

# Benefits of Drinking Water

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones. Water has no calories, so it can also help with managing body weight and reducing calorie intake when substituted for drinks with calories, such as sweet tea or regular soda.

### Water helps your body:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.
- Get rid of waste through urination, perspiration, and bowel movements.

### Your body needs more water when you are:

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

## Tips to Drink More Water

- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water over sugary drinks.
- Opt for water when eating out. Save money and cut calories.
- Serve water during meals.
- Add a lime or lemon to your water to improve taste.

## HEALTH TIPS

**TAKE TIME TO HELP YOURSELF!****DR. ROSEMARY LAIRD**

As priests you have all been living lives for others. Today I want you to take a few minutes to help yourself! After all, as we age, staying healthy and active takes some effort.

I've cared for thousands of older adults in my career, and here are my best tips for keeping yourself as safe, active, and engaged in life as possible.

**1. Have a strong medical home**

A physician or nurse practitioner who knows you is your best “offense and defense” for your health. On the proactive side, they can watch out for your health and wellness needs. Of course, you have to schedule the appointment! Take advantage of an annual visit to discuss wellness and prevention. Some providers use a Medicare Annual Wellness appointment model, others call it an annual checkup. Ideally it will cover 1) screening for common conditions like high blood pressure and diabetes, 2) screening for cancer, and 3) update on vaccinations.

Another option I recommend is to take advantage of the diocese’s program of RN Care Management. This program is designed to provide you with a RN to advise you and help you navigate any healthcare needs including inpatient and outpatient services. She is not a 911 service, but you should call her next!

**2. Get medical care quickly if/when you need it!**

As we age, however, the body is less resilient and at greater risk for injury. If you are getting sick or if you have an injury, literally every minute counts!

Today there are some exciting options:

**Personal emergency response system:**

A device worn and alerts if you become ill or injured or activate the alarm anytime you are concerned. Alerts a set list of contacts and/or 911. Monitors while you are at home and on the go. <https://offers.mobilehelp.com/usnews/>



## Continued

### Take Time to Help...Yourself!

#### Smart watches:

Wear a watch with fall detection and heart monitoring. Apple watches series 4 or higher have these features built in. Look for other smart watch models with “fall detection” and “EKG tracing”.

#### Cell phones:

Use your phone for more than calls. For example:

- Activate the “Find my Phone” on Apple devices and the “Find my Device” on Android phones.
- When driving pair your smart phone with the vehicle and opt-in for crash detection 911 alerts

#### Wrap-around Security:

One of the most complete services available is from the OnStar company. This company began in vehicles for road-side assistance and now covers you anywhere including your home.

<https://www.onstar.com/plans/guardian-app/alexa>

Alexa can help!

Simpli safe is a highly regarded do it yourself security system.

<https://simplisafe.com>

### 3. Stay connected with family, friends, and community.

I understand the interest in staying independent as we age. No one wants to have to depend on someone else for anything we need, least of all personal support. But one lesson from the COVID epidemic is critical to know and fully understand. Social isolation can lead to dementia and premature death. So, yes keep fit, healthy, vital and independent, but do so with as many others around you as possible!

Some ideas:

Set up a family zoom call with as many different generations as possible! Twice a year with the big group and more frequently perhaps with others. Mark the calendar and it will be more likely to happen.



**Continued****Take Time to Help...Yourself!**

Find a Breakfast Buddy or Dinner Group or Lunch Bunch...you get the idea. Plan to visit certain types of restaurants on a regular schedule. Or maybe you are ok with the element of surprise and one person gets to choose where you eat every Saturday morning after Mass.

To support your community, find out if there are priests who don't get out much and see if they will let you stop over or call regularly. Setting up some "sunshine calls" usually pays dividends for both people.

Thank you for all you do. In return, I hope this has given you some ideas to help yourself.



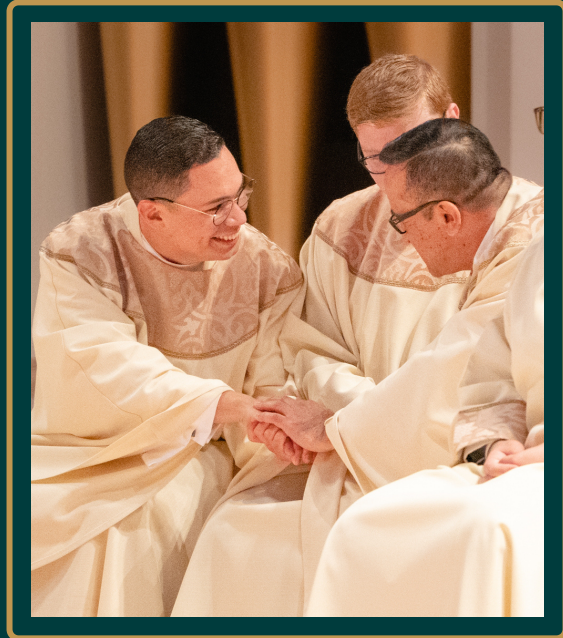


## THE CARA REPORT

# WHO ENCOURAGES PRIESTLY VOCATIONS?

Vocation Ministry, a Houston-based nonprofit whose motto is "Creating a Culture of Vocations," has released a study based in part on CARA research that includes a listing of the types of people seminarians say encouraged their vocations.

- Parish Priest 71%
- Friend 48%
- Parishioner 47%
- Mother 37%
- Teacher /Catechist 32%
- Father 29%
- Grandparent(s) 22%
- Other Relative(s) 17%
- Youth Minister 21%
- Religious Brother /Priest 13%
- Campus Minister/Chaplain 17%
- Religious Sister 10%
- Bishop 16%
- Deacon 13%
- Military Chaplain <1%



For more information on *The State of Priestly Vocations in the United States, 2023*, visit the website of Vocation Ministry: [vocationministry.com](http://vocationministry.com)





Diocese of Orlando

# PRIEST RETREATS

## 2023

**October 2-6**

DIRECTED RETREAT

*Lead by Fr. Terrance Chartier, FI*

**The Spirituality of St. Therese of Lisieux**

This retreat focuses on the cornerstones of St. Therese's spiritual doctrine, which include spiritual childhood, humility, a right understanding of God, spiritual confidence & and abandonment, simplicity, & and love of God & and of our neighbor.

**October 9-13**

DIRECTED RETREAT

*Lead by Fr. Ben Berinti, CPPS*

**Called To Be Living Chalice**

In many ways, the chalice embodies our vocation as priests. Through scripture, art, reflection and dialogue, our retreat will invite and challenge participants to imagine ourselves as a "Living Chalice." Like the sacred chalice we raise and minister, which holds the Blood of Christ at each Eucharist, we too are Anointed, Open to Receive, and Emptied in Service.

**October 16-20**

DIRECTED RETREAT

*Lead by Fr. Ray Chase*

**The Liturgy: A Priest's Perspective**

At the center of our lives is the responsibility and privilege of celebrating the Eucharist with and for the People of God. This retreat will be an opportunity for us to enrich one another by exploring and learning from our deeply personal encounters with God and our People in the Liturgies we celebrate.

**October 23-25**

DIRECTED RETREAT FOR PRIESTS  
AGE 65+

*Lead by Mr. Greg Pierce*

*All Retreat Costs Paid by the Diocese of Orlando*

**Aging With Grace**

**The Spirituality of Priests Growing Older**

This retreat, exclusively for retired and about-to-retire priests, will focus on the opportunities Christians, including all Catholic priests and all Catholic laypeople, have before them as they to live out their vocations into their later years.

**Cost: Overnight \$675 | Commuter \$430**

All retreats are held at San Pedro Center. For more information and to register please visit [www.sanpedrocenter.org/upcoming-events](http://www.sanpedrocenter.org/upcoming-events), scan the QR code or call Lizy Fong at 407-671-6322 ext. 103.

San Pedro Center | 95 Bishop Grady Lane, Winter Park, FL 32792 | 407-671-6322



**San Pedro**  
Spiritual Development  
Center

# SENIOR SERVICE – BY COUNTY

## ORANGE COUNTY

Seniors First, Inc.

**Services:**

Meals on Wheels  
In-Home Care  
Guardianship  
Stepping Stone Medical Equipment

5395 LB McLeod Road  
Orlando, FL 32811  
(407) 292-0177  
Email: [info@seniorsfirstinc.org](mailto:info@seniorsfirstinc.org)

## SEMINOLE COUNTY

Meals on Wheels, Etc.

**Services:**

Meals on Wheels  
Transportation  
Homemaking Services  
Chores & Home Improvements

2801 S. Financial Court  
Sanford, FL 32773  
(407) 333-8877  
Email: [info@mealsetc.org](mailto:info@mealsetc.org)

## BREVARD COUNTY

Aging Matters in Brevard

**Services:**

Meals on Wheels  
Seniors At Lunch  
Transportation  
Catering

3600 W. King Street  
Cocoa, FL 32926  
(321) 632-0469  
[www.AgingMattersBrevard.org](http://www.AgingMattersBrevard.org)

## OSCEOLA COUNTY

Osceola County Council on Aging,  
Inc.

**Services:**

In Home Services  
Nutrition  
Transportation  
Weatherization/Chores

700 Generation Point  
Kissimmee, FL 34744  
(407) 846-8532  
Email: [info@osceola-coa.com](mailto:info@osceola-coa.com)

## UPPER ROOM CRISIS HOTLINE

The Upper Room Hotline is a faith based hotline in the Catholic Tradition. The Upper room Crisis Hotline is motivated by the mercy and compassion of Jesus. The Upper Room provides a non-judgmental listening and referral hotline to anyone in spiritual need including clergy, religious, and lay people of all faiths.

Call 1-888-808-8724 Central Time between 8:00 a.m.–10:00 p.m., Monday - Friday.

## SENIOR SERVICES - BY COUNTY, CONT'D

### VOLUSIA COUNTY

Council on Aging of Volusia County

**Services :**

- Personal Care
- Chores
- Meal Services
- Respite Program
- Guardianship
- Senior Activities

420 Fentress Blvd.  
Daytona Beach, FL 32114  
Phone: (386) 253-4700  
Fax: (386) 253-6300

### POLK COUNTY

VISTE (Volunteers in Service to the Elderly)

**Services:**

- Transportation
- Supplemental Groceries
- Hot Meals
- Birthdays

1232 E. Magnolia Street  
Lakeland, FL 33801  
Phone: (863) 284-0828  
Email: info@viste.org

### SUMTER COUNTY

Mid Florida Community Services, Inc.  
Free Meals - Tuesdays and Wednesdays  
Breakfast at 9:00 a.m.  
Lunch at 11:00 a.m.  
410 East Belt Avenue  
Bushnell, FL 33513  
Phone: (352) 793-6111  
(Pre-registration required)

### MARION COUNTY

Marion Senior Services

**Services :**

- Nutritional Programs
- Transportation
- In-home support  
(Including, Adult Day Care, Case Management, Emergency Alerts, Energy Assistance, Homemaker Services, Meals on Wheels, Personal Care, Respite Care, Nutritional Supplement, etc.

1101 SW 20th Court  
Ocala, FL 34471  
Phone: (352) 620-3501

### LAKE COUNTY

Elder Options

**Services :**

- Elder Helpline -  
Get Help: (800) 262-2243
- Elder Abuse Prevention
- Options & Benefits Counseling
- SHINE-Guidance on health insurance
- Saavy Caregiver Training
- Care Transitions Program
- Healthy Aging Classes
- Tele-Talk

100 SW 75th Street, Suite 301  
Gainesville, FL 32607  
Phone: (800) 262-2243  
Fax: (352) 378-1256



# BIRTHDAYS

## OCTOBER

Rev. Stephen Baumann  
Rev. Joseph Bui  
Rev. William Ennis  
Rev. Joseph Pinchook

*Let's Celebrate!*

## NOVEMBER

Rev. Clyde Bonar  
Rev. Franklin Buck  
Rev. Thomas Connery  
Rev. Charlie Mitchell  
Rev. Ronald Oser  
Rev. Peter Puntal  
Rev. Fred Ruse  
Msgr. Patrick Sheedy  
Rev. Robert Webster

## DECEMBER

Very Rev. John Giel  
Rev. Robert Kurber

# PRIEST ORDINATION ANNIVERSARIES

## OCTOBER

Rev. Augustine Clark

26 years

## NOVEMBER

Rev. Robert Markunas  
Very Rev. Fernando Gil  
Rev. Cromwell Cabrisos

47 years  
35 years  
45 years





## ANNIVERSARY OF DECEASED PRIESTS

## A PRIEST FOREVER

*A Priest*

### OCTOBER

Rev. Joseph Nolan  
 Rev. Raymond O’Leary  
 Msgr. Charles Bartok  
 Msgr. Matthew Connolly  
 Rev. Michael Giglio  
 Msgr. Paul Kamide  
 Rev. Patrick O’Reilly

### NOVEMBER

Rev. Thomas Bergin  
 Msgr. John Caulfield  
 Rev. Lyle Danen  
 Rev. Hugo Londono  
 Rev. George Moreau

### DECEMBER

Rev. Con Shine  
 Msgr. Vidal Arboleda  
 Msgr. William Mullally  
 Rev. Stephen Phillips

To live in the midst of the world  
 without wishing its pleasures;  
 To be a member of each family,  
 yet belonging to none;  
 To share all suffering;  
 to penetrate all secrets;  
 To heal all wounds;  
 to go from men to God  
 and offer Him their prayers;  
 To return from God to men  
 to bring pardon and hope;  
 To have a heart of fire for Charity,  
 and a heart of bronze for Chastity  
 To teach and to pardon,  
 console and bless always.  
 My God, what a life;  
 and it is yours,  
 O priest of Jesus Christ.

—Lacordaire





MAY WE BE  
**A EUCHARIST,**



**THAT THE ETERNAL GOODNESS OF  
LIFE IS MADE KNOWN BY OUR DAILY LIVING.**

Bishop John Noonan

