



BISHOP'S LETTER:

JESUS IS THE WAY, THE TRUTH, AND THE LIFE

My Sisters and Brothers in Christ:

Peace and Grace of our Lord Jesus Christ be with you this Easter season. St. Peter is filled with the Spirit of the Lord, and we join him, recalling our Baptism, the flow of anointed waters blessing us to bear good fruit for the glory of God's creation. We praise God for His transfiguration of a barren earth into a flourishing garden with the life of humankind, made in the image of God and given dominion over all God's creation.

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June 8th, 2024 | 10:00 a.m.

ORDINATION

to the Permanent Diaconate



Cohort 2024 Ordination- We are excited to welcome the 18 men who have been in diaconal formation for the last six years into the Holy Order of Deacon on just a few short weeks. If you haven't already, please mark your calendars and plan on attending the Ordination Mass for these men on June 8, 2024, at the Basilica of the National Shrine of Mary, Queen of the Universe. Mass will begin at 10:00 a.m. Deacons must be vested in Alb and diocesan stole at least 20 minutes prior to the start of Mass to line up for the procession. If you are planning on attending, please register through Eventbrite.

If you have any questions, please contact Jennifer at
jkuhn@orlandodiocese.org.

[CLICK TO REGISTER](#)



May 25th, 2024 | 10:00 a.m.

ORDINATION *to the* PRIESTHOOD



Phillip Mills and Michael Batista will be ordained into the priesthood on May 25, 2024, at the Basilica of the National Shrine of Mary, Queen of the Universe. Mass will begin at 10:00 a.m.

If you plan on attending this Ordination, Please email Jennifer at jkuhn@orlandodiocese.org by May 21, 2024.



ORDINATION *to the* PRIESTHOOD



Phillip Mills is often found outdoors, preferably doing something adventurous but also enjoying kayaking or putt-putt golf. For Mills, with a mother from Trinidad and Tobago and a Floridian father, it's in his blood.

"We grew up needing to be in the South with the warm sun," said Mills, who was raised in Ocala with his twin brother and two older sisters. "I think Florida's the best place on earth!"

His family also passed down a love of the Church and faith in Jesus. Going to Mass and participating in the parish community was something they did as a family. Mills grew up attending the youth group at Immaculate Heart of Mary Parish in Candler. "It was just part of our life," remembered Mills.

When he reached his teen years, his faith would be a solace to him during a period of loneliness. Though school was difficult, he says he felt God's presence in the midst of it all and his prayer life became stronger and deeper. As a result of these years in prayer, when Mills heard God speak to his heart during a Sunday Mass, he was ready and able to respond.

"My freshman year of high school I met this incredible group of friends and some of us are still friends to this day. It was an answer to my prayers. One day I went to Mass, I was with my family in our normal back pew off in the corner. During that Mass I was just telling the Lord, 'Thank you so much for finally answering these prayers I've had for you for all these years.' And the Lord just in a really powerful way put it in my heart in the middle of the Mass, telling me that he wanted me to be a priest," recalled Mills. "When the priest lifted up the host at Mass and said, 'This is my Body.' I remember just feeling it my heart, the Lord saying, 'I need you to do this too.' And I was like, 'You can't be talking to me!'"



Initially struggling with feelings of inadequacy and doubt, Mills would eventually come to trust in God's call and plan for his life. He entered St. John Vianney College Seminary in 2015, after graduating high school.

"It all came to a head where at a certain point I had to say, 'God, you are the greatest joy that I have in my life. There's nothing that helps me as much as you do. And so, if you're calling me to this then help me to trust you because I think what you call me to is going to be what makes me happiest,'" said Mills.

Now as Ordination finally approaches, Mills is excited to serve God's people and share His love with them, particularly through the Eucharist.

"Not only is the Eucharist the greatest gift of Jesus' love to us, but it's also the most beautiful unity that we can have as Catholics - that I'm not just simply bound to you because we say the same creed at Mass and we believe in the Pope and we believe in this Church that Christ instituted - all beautiful wonderful things, but when I receive the Eucharist, I'm also receiving all of that eternal love that's meant for you as well and you're receiving the same thing for me," explained Mills. "It's now a reality of who I am and who you are, that we are part of God's love for each other."



ORDINATION *to the* PRIESTHOOD



Michael Batista is big New York Yankees fan, loves Spanish food, going to the beach, and bowling. One thing he has not always enjoyed is going to church. Though he received all his Sacraments and attended faith formation regularly as a child, it was something he did grudgingly and without any enthusiasm.

“It was really hard to get me to go to church. I would go with my mom just to accompany her at times and things like that, but it was not something I was at all interested in,” recalled Batista. “In fact, after I got Confirmed, I told my mom I was done with church.”

That would change during his sophomore year of high school when a new pastor, who was a gifted homilist, helped Batista to see the Gospel in a new way.

“Church stopped being boring. I wanted to know more about what it meant to be Catholic and who is this Jesus guy? As I dove deeper into that, things just started to become alive,” said Batista. His faith continued to grow throughout high school and with graduation looming, Batista had a decision to make. In a conversation with his mother, his path was suddenly made clear. “I remember my mom asking me, ‘So, are you going to college?’ And I looked at her and said it within my heart, ‘No, I’m going to seminary.’ A beautiful sense of peace just came into me and from there on out I never looked back,” remembered Batista.



After graduating from high school in 2015, Batista entered St. John Vianney College Seminary in Miami. In the fall of 2019, he entered St. Vincent De Paul Regional Seminary in Boynton Beach. Although seminary had its challenges, Batista says he was helped by the friendships formed with his fellow seminarians.

“Seminary for me, it was difficult, but it was also beautiful because now I have a sense of brotherhood, right? I have a group of guys who were heading towards the same goal to be priests and we desire to follow Jesus. We all have the same mindset, the same desire,” said Batista. “It’s been a beautiful journey. I don’t regret anything, not one moment.”

After nine years of studying and formation, Batista is eagerly awaiting his Ordination with a mixture of nervousness, excitement, happiness and relief. Above all, he is ready to begin his new life of ministry, serving the people of God in whatever parish he is assigned to.

“I’m just excited to be with a community and call that community home and to be able to serve them and give myself to them completely and be of service to the Church,” said Batista, who hopes to be a priest who challenges his parishioners, but also someone they can rely on. “I want people to know that there’s more to life than what they’re living and that God desires to give them more – more of His love and mercy and allow them to be able to experience that in their lives. I want to give them a faithful priest. I think that’s what the people of God deserve the most is that they’re going to have a priest that’s going to be there with them, walk with them, cry with them, laugh with them.”



DIACONATE CONVOCAATION

Due to the size of our diaconal community we had to change the location of our annual convocation due to the limited size of the conference room at our previous location. Our Diaconate Convocation will be on October 5, 2024, at St. Mary Magdalen Catholic Church located at 831 Maitland Avenue, Altamonte Springs. We are extremely thankful to St. Mary Magdalen parish for hosting us. We will renew our ordination promises at the Mass with Bishop Noonan and Cohort 2026 will receive the Rite of Lector. Our keynote speaker is Fr. Albert Haase, OFM. Fr. Haase is an award-winning author with 15 books on popular spirituality and a highly regarded retreat director and leader of parish missions. Father Albert led a very well received retreat for our deacon couples in 2023 and we are delighted to welcome him back.



FORMATION UPDATES

Cohort 2030- The admissions team reviewed 23 applications to enter the formal discernment year for Cohort 2030, and the team invited 19 for interviews. Bishop Noonan in consultation with the admissions team will decide in the next several weeks who will be called into their Discernment year. Please pray for these couples as they continue to discern.

Formation Year 2023-2024- This formation year will be ending May 11th, 2024. Cohort 2026 will have summer classes with St. Leo's in May, July and August. August 10-11, 2024, is our Annual Formation Retreat which will kick off the 2024-2025 formation year. We are pleased to welcome Deacon Jairo and Lydia Rosario as the Cohort Facilitator Couple for Cohort 2030 and appreciate the continued efforts of Deacon Mark and Gloria Fry for serving in that capacity for Cohort 2026 and Deacon Dominick and Audrey Delio who fulfill that role for Cohort 2028. We offer heartfelt thanks to Deacon German and Sue Romero, whose time shepherding Cohort 2024 is nearing its end.

NEW! Post-Ordination Formation Year- While Deacon German's and Sue's mentoring is 'nearing its end,' it isn't over yet! The National Directory calls for formal post-ordination formation for the newly ordained for up to five years as we walk with the new deacons in their nascent ministry. Deacon German has outlined a five-session program for the first post formation year. This is an exciting addition to our formation, and we thank Deacon German for his leadership in spearheading this effort supported by the entire formation team.

CONTINUING FORMATION

STEP AWAY TO THE QUIET FOR A WEEKEND TO REST IN THE GRACES OF GOD.

Author, speaker, spiritual director, and retreat facilitator, Becky Eldredge, will guide this Women's Ignatian Retreat with prayer and reflections on the truly amazing grace of God that we find in love, mercy, friendship, companionship, compassion, and joy.

The retreat will include all meals, as well as Mass, Eucharistic Adoration, and the Sacrament of Reconciliation. It begins after check-in at 4:00 p.m. on Friday, August 16, and ends on Sunday, August 18 after 11:00 a.m. Mass. Detailed check-in information will be sent to all registered participants a few days before the retreat. Retreat participants will also receive a detailed retreat schedule at check-in.

COST

\$330- Private Room

\$255 per person-Double Room

\$160 Commuter

[CLICK TO REGISTER](#)





FIND REST AND RENEWAL IN CHRIST

JUNE 17-21, 2024

Even for the holiest of men, the demands of ministry can take a toll on your stamina. Come away for a week and reconnect with Christ in a profound encounter. Enjoy hospitality and the fellowship of your brothers. Then return home reinvigorated with passion to do the work to which God has called you. (Financial assistance available.)

[CLICK TO REGISTER](#)

“WARM WEATHER WISDOM”

BY: DR. ROSEMARY LAIRD

While we don't have the typical change of seasons, anyone who lives in Florida year-round knows summertime brings a special kind of “warmth!” This advice will be valuable year-round, but especially important as we enter our summer months with average temperatures and humidity at maximal levels. As we get older, it's important to be a bit kinder and gentler to your body. It has brought you a long way so far, and with a bit of smart and tender loving care, it will last longer.

HYDRATION

One of my favorite rituals as I enter a church is to find the holy water font and bless myself. I've always felt comforted by that. As I learned the physiology of the human body and the importance of water, it was clear that it is indeed “holy” in several ways! Every single body part and function needs sufficient water to work optimally. Unfortunately, as we age, our ability to sense thirst declines and we become poor judges of how much water we need to drink or when we need to drink more. My advice is simple, don't guess! Learn how much water you need and drink it daily.

Daily need* is at minimum $\frac{1}{2}$ your weight in pounds = amount of water in ounces
200 pounds = 100 ounces per day.

*I will give a general rule of thumb, but I want you to ask your primary care physician what they recommend for you. Many medical conditions and medications can impact water intake requirements.

TIPS

- You need to replenish daily but you can “fill the tank” at the most convenient time.
- You can drink most of it early in the day when you are going to be home and near a bathroom and avoid needing trips to bathrooms while away from home or during the overnight.
- You can also eat your water. Watermelon, grapes, and cucumbers are good sources of water.
- Any water-based beverage WITHOUT caffeine can count toward your water intake, even soup.
- *Caffeine is a natural diuretic and will make you lose water.
- Drinking with a straw often increases total intake
- Add ice to your drinks and you will get a bit more water as the ice melts.

RISK OF HYPERTHERMIA

In the summer of 1995, I learned more than I ever wanted to about the impact of heat on the older body. I was the chief medical resident in charge of 75 internal medicine physicians in training at the University of Chicago Hospitals. In mid -July my doctors started reporting a dramatic increase in older adults coming to the emergency room severely dehydrated. We soon realized we were amid one of the country’s worst heat waves ever. For three days the temperature in Chicago was over 100 degrees and humidity was at record highs as well.

Ultimately, almost 800 individuals passed, and most were over 65 years old.

Why were they so susceptible? I mentioned earlier that as we age our ability to sense thirst declines and we become poor judges of how much water we need to drink or when we need to drink more. In addition, other defense mechanisms for cooling our body down, for example, sweating, is also reduced with age. So that makes it far easier for the body’s temperature to rise to dangerous levels.

Fortunately, we learned a great deal from this disaster and there is increased awareness of the risk of hyperthermia. Please incorporate these strategies to keep yourself safe. This list is modified from the National Institute on Aging.

Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

- Use air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day.
- Don't stand outside in the heat.
- Dress for the weather. Wear a Hat. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.

SUMMER EXERCISE

I have an important clarification to make. While I did recommend not to exercise outdoors when it's hot, I didn't say don't exercise! There is not a chance I am going to say that because the evidence is rock-solid that our bodies age faster when we aren't active. Move it or Lose it is true. So we need to have strategies for being able to maintain exercise year round.

Consider these strategies for safe exercise during warm weather:

Goal: 30 minutes a day of moderate activity five days per week

- Walking is one of the best exercises and you can walk indoors through your home or you can walk in place while listening to a favorite podcast or music selection of about 30 minutes.
- Indoor exercise is fine. Walk around the grocery store for 30 minutes and THEN start filling up your shopping cart.
- Join a gym for the summer months.
- Walk early in the morning -at sunrise or late afternoon - dusk. (You do need to be sure to have sufficient light to see.)
- Hydrate BEFORE and AFTER. Don't increase your risk of falling by drinking as you walk.

SKIN CANCER SCREENING AND SUN PROTECTION

When you live in a place as beautiful as Florida being outdoors is appealing. It is the sunshine state after all. But as usual...too much of a good thing can be bad for us. And the sun is no exception. The risk of developing skin cancer is directly related to sun exposure over the years. Malignant melanoma is most often diagnosed in someone over age 65. Often a skin check is included in an annual wellness visit. Or you can ask specifically for an appointment for that purpose. It is also a good idea to become familiar with any spots on your skin and be sure they aren't a melanoma.

Check Moles, Birthmarks, or Other Parts of the Skin for the "ABCDE's"

A = Asymmetry (one half of the growth looks different from the other half)

B = Borders that are irregular

C = Color changes or more than one color

D = Diameter greater than the size of a pencil eraser

E = Evolving; this means the growth changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding), or shades of color

Finally, we can drastically reduce our risk with a few simple strategies.

The core recommendations for reducing sun exposure are these:

- Stay in the shade. Limit time in the sun, especially 10am-4pm.
- Use sunscreen SPF 15 or higher, broad-spectrum.
- Wear sunglasses.
- Wear a wide-brimmed hat.
- Wear clothing to the ankles.
- Wear a long-sleeved shirt.

See your doctor right away if you have any of these signs to make sure it is not skin cancer.

DIOCESAN CALENDAR

[Click to view the Diocesan Calendar](#)



LITURGICAL CORNER

Need a refresher on chanting? [Click to learn more.](#)



DIOCESAN
LITURGICAL
CALENDAR



DIOCESAN
BULLETIN



CONFIRMATION
SCHEDULE



DIOCESAN
BULLETIN
ESPAÑOL



MARRIAGE
PREPARATION

IN REMEMBRANCE

PRAY FOR THOSE WHO HAVE DIED

Eternal rest grant unto them,
O Lord, and may perpetual light
shine upon them. May their souls
and the souls of all the faithful
departed through the mercy of
God rest in peace. Amen.



MEMORIAL MASS SCHEDULE

Scheduled for Friday, May 31, 2024 at the Mary, Mother of God Chapel at San Pedro
Spiritual Development Center

- 8:15 a.m. Liturgy of the Hours for the Dead
- 8:30 a.m. Memorial Mass for priests, deacons & laity recently buried

PRIESTS

Monsignor Fachtna Joseph Harte
Reverend John W. Garvy
Reverend James MacLoughlin
Reverend Patrick O'Carroll

DEACONS

Deacon Jose Cruz
Deacon Irvin Huff
Deacon Joseph Richiuso
Deacon Robert (Steve) Roe

HAPPY BIRTHDAY TO OUR SENIOR DEACONS!

Deacon Andy Murello-92
Deacon Robert LaPlante-91
Deacon Frank Falotico-88
Deacon Antonio Martinez-88
Deacon Jerry Kelly-86
Deacon Rafael Mejia-85
Deacon Luis Abreau-85
Deacon Bob Basye-84
Deacon Phil Pierpont-83
Deacon Luis Roman-82
Deacon Jose Vidal Ramos-82
Deacon Dave Wendel-82
Deacon Larry Brockman-81





DIRECTOR'S NOTES FOR DEACONS
MAY 2024 | VOL.24
DIOCESE OF ORLANDO