

THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST
SUNDAY, JUNE 22ND, 2025

CO-CATHEDRAL OF ST. THOMAS MORE



We exist to reflect Jesus Christ, to worship Him, and to proclaim His good news to all.

A MESSAGE FROM OUR MUSIC DIRECTOR



The importance of a Sequence in the Liturgy

In the Catholic liturgy, a Sequence is a liturgical hymn sung directly before the Gospel Acclamation. Originating in the early Middle Ages, sequences developed as poetic and musical extensions of the Alleluia that preceded the Gospel. Over time, these chants evolved into structured, often rhymed and metered verses that offered theological reflection, vivid imagery, and emotional resonance tied to the feast being celebrated. They were particularly prominent in the medieval period and were sometimes composed by notable theologians and poets, such as Thomas of Celano, author of the famous Dies Irae, a dramatic sequence describing the Day of Judgment.

Although hundreds of sequences were once in use, the Council of Trent (1545–1563) significantly reduced their number, preserving only a few for official use in the Roman Rite. Today, four sequences remain in the ordinary form of the Roman Missal: Victimae paschali laudes (Easter), Veni Sancte Spiritus (Pentecost), Lauda Sion (Corpus Christi), and Stabat Mater (Our Lady of Sorrows). The Dies Irae, once part of the Requiem Mass, is now used in the Liturgy of the Hours and other devotional contexts. While sequences are optional in most modern celebrations (except on Easter and Pentecost), their continued use adds poetic depth and historical continuity to the liturgy, drawing the faithful into a richer meditation on the mysteries of the faith.

Clergy & Staff

Bishop Of Pensacola -
Tallahassee
Most Reverend
William A. Wack, CSC

Rector
Very Rev. Tim Holeda
frtim@cocathedral.com

Parochial Vicar
& Campus Minister
Rev. Chris Holcomb

Priest in Residence
Rev. Ponsiano Ngondwe SJ
frpons@cocathedral.com

Deacon
Andy Grosmaire
deaconandy@cocathedral.com

Clergy & Staff continued on
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*"He said the blessing over them,
broke them, and gave them to the
disciples to set before the crowd.
They all ate and were satisfied"
Luke 9:16-17*

MASS SCHEDULE

MON-FRI: 7:00 AM, 5:15 PM

SATURDAY: 8:00 AM

SATURDAY: 5:15 PM VIGIL 

SUNDAY: 8:00 AM, 10:00 AM,
12:00 PM, & 6:00 PM

CONFESSION

INSIDE THE CHURCH

SATURDAY: 10:00 AM - 12:00 PM

OFFICE HOURS

MONDAY-FRIDAY

9:00 AM - 5:00 PM

OFFICE PHONE (850) 222-9630
RECTORY (EMERGENCIES ONLY)
(850) 224-4887

VISIT US ONLINE: COCATHEDRAL.COM
WIFI PASSWORD: stm1967!

Very Reverend Timothy Holeda
invites you to join the
Co-Cathedral of St. Thomas More for our

CHRISTUS MEDICUS MASS

*A Mass in honor of all Catholic Healthcare Professionals
and Medical Students*

Saturday, October 11th, 2025
at 5:15pm

Co-Cathedral of St. Thomas More
900 W. Tennessee St.



Scan to nominate your Catholic healthcare
worker or a Catholic medical organization
to receive a Christus Medicus Award.
Nominations close August 11th, 2025

Have you done CRHP?



An old friend with a new name is coming to St. Thomas More. Christ Renews His Parish, or CRHP, is now Welcome and we are preparing for our first weekends in the fall. We need men and women who have previously presented a CRHP weekend to help us present the fall retreat. We will begin formation for these special teams this summer. If you are interested please scan the QR code to sign up.

*For more information, please contact Deacon Andy or Kate Grosmaire at
chezgrosmaire@yahoo.com*

STEWARDSHIP OF TREASURE

June 2025 Dates: 06/09- 06/15

Weekly Need: \$20,000

Weekly Giving: \$21,124

Year-to-Date Need: \$575,000

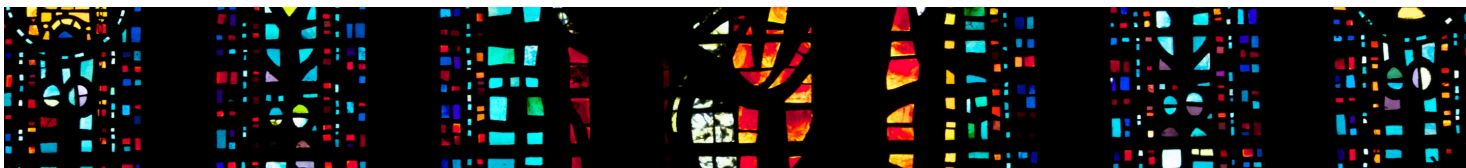
Year-to-Date Giving: \$582,236

Thank you so much to our parish community for your continued support throughout the year! To give online, please visit www.cocathedral.com and go to the "Giving" page.

2025 Bishop's CATHOLIC SHARING APPEAL (CSA)

If you have not made your pledge, please return your completed pledge card into the Offertory basket today or go to the Diocesan webpage, www.ptdiocese.org/csa, and select "Donate Here" to find our parish, "Co-Cathedral of St. Thomas More.

So far, 209 parishioners have pledged \$125,000.
We have received \$102,955 to date.



CATHOLIC NOLES



**REGISTER
NOW!**

Knights of Columbus Job Opportunity

We are currently seeking candidates for the position of Knights of Columbus Field Agent in your area. If you are self-motivated, people oriented person looking for a great career; this full-time insurance and financial sales position could be for you. The position currently offers benefits, including health and dental insurance, 401K and non-contributory retirement plan.

If you are interested or know of someone that is a member or qualifies for membership and would like an exciting career, please call Jim Spinelli at 352-873-9417 or email Joseph-GA.Spinelli@kofc.org



Worldwide Marriage Encounter

Don't take a summer vacation from your marriage, have it enriched this summer. Time with your spouse on a Worldwide Marriage Encounter weekend is an investment that will pay dividends. Sign up for an upcoming Worldwide Marriage Encounter Experience!

Upcoming dates: July 25-27 in St. Johns, or Sept 5-7 in WinterPark

For more information or for other scheduled weekends visit our website at wwme.org or email: Applications@FLCN-wwme.org Or contact Walt & Viv Paskowski at waltviv.wwme@gmail.com if you have any questions.



Seminarian Book Study

On
**The Joy of
the Gospel**
EVANGELII GAUDIUM

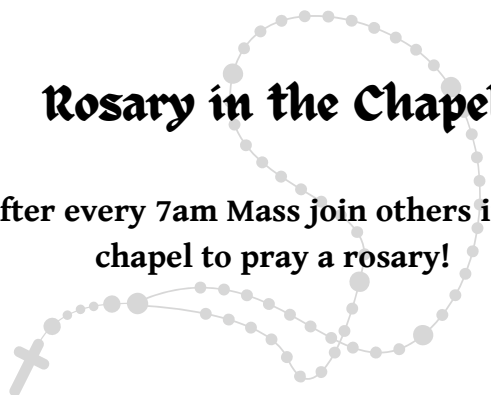
Tuesdays at 7:00pm
In the Social Hall

Ends July 8th

cocathedral.com to sign up

Rosary in the Chapel

After every 7am Mass join others in the chapel to pray a rosary!



Come and Celebrate the Feast of the Two Hearts

The Sacred Heart of Jesus and The Immaculate
Heart of Mary

June 27, 2025 6:00 pm - 11:00 pm
St. Louis Catholic Church
3640 Fred George Rd, Tallahassee

For more information contact:

Donna Roberts

donnazroberts@comcast.net

(850) 544-2070

*Sponsored by Our Lady of Mount Carmel Lay
Carmelite Community and
St. Louis Catholic Church*

JUNE 2025

TALLAHASSEE CATHOLIC YOUNG PROFESSIONALS



JUNE 4TH & 18TH: MEN'S GROUP

7pm at the Parish Hall

Prayer, lectio divina, discussion of the
readings, and personal prayer requests.

JUNE 26TH: ICE NIGHT

7pm at the CSU lounge.

Join Genevieve as we introduce
Catholic topics for discussion. Bring
your own drinks and snacks.





Diocese of Pensacola-Tallahassee

Office of the Bishop

11 North B Street
Pensacola, Florida 32502
Office: (850) 435-3520
Fax: (850) 435-3565
Email: bishopsoffice@ptdiocese.org

Be a sign of mercy.

“Let us hasten to pursue paths of peace and fraternity. Let us rejoice at the concrete signs of hope that reach us from so many countries.”—Pope Francis, “Urbi et Orbi” Message, April 9, 2023

Dear Brothers and Sisters in Christ,

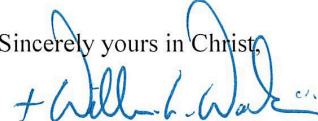
Throughout centuries of history, Catholics have supported the Church’s mission of evangelization and charity by giving to the annual Peter’s Pence Collection. This collection, which began as a way for Catholics around the world to express their unity with the Pope, continues to the present day.

This tangible expression of unity with the Holy Father has a dual purpose set by the Holy See: “(1) **To support the Holy Father’s mission**, which extends throughout the entire world, from the proclamation of the Gospel to the promotion of integral human development, education, peace, and brotherhood among peoples: thanks also to the many activities of service carried out by the dicasteries, bodies and organs of the Holy See that assist him every day; and (2) **To support the numerous charitable works** in aid of people and families in difficulty, populations afflicted by natural disasters and wars, or who are in need of humanitarian assistance or support for development.”

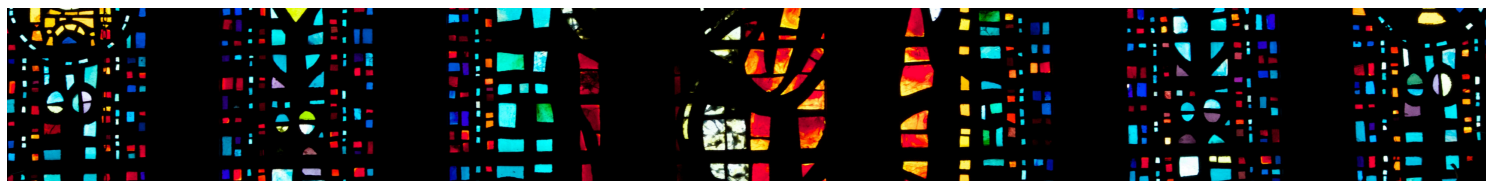
For more information on Peter’s Pence, please visit the Vatican’s Peter’s Pence website: www.obolodisanpietro.va/en.html (English) or www.obolodisanpietro.va/es.html (español).

Please prayerfully consider supporting this year’s collection as an act of mercy and charity. Join our brothers and sisters in faith from around the globe to help the Holy Father carry out his ministry to the Universal Church and reach out to the most marginalized in our world.

Thank you and may God bless you abundantly.

Sincerely yours in Christ,


Most Reverend William A Wack, CSC
Bishop of Pensacola-Tallahassee





ST. JOHN PAUL II Preschool

Preschool is too early for a rigid and strict academic focus (kids' brains aren't ready yet!) much, when kids are playing hard, they are hard at work.

SJP II preschool focuses on PLAY. When children are able to be creative, use their imagination, take risks, be the leader, create rules, learn from mistakes, take turns, be silly, and so much more...they are learning!

NEW PRESCHOOL!

NOW ENROLLING
AGES 2-5

PART & FULL TIME
OPTIONS

Play based
learning,
Reggio Emilia
Inspired

What Makes Us Unique

- > Cozy Classroom
- > Faith Based
- > No Shoes - No Problem

- > LOTS of outside time
- > Onsite Library
- > Screen/Tech Free

CONNECT WITH US >>>

 www.sjp2preschool.com





TRINITY CATHOLIC SCHOOL

Now Enrolling!

Trinity Catholic School is now accepting applications for the 2025-2026 school year.

Remaining spots are filling up fast!

For more information or to submit an application visit www.trinityknights.org/apply or contact the Enrollment Director, Jeanne Cross, at crossj@trinityknights.org

TRINITY IS HIRING!

Open Positions:

- Security Officer
- Instructional Aide
- 3rd Grade Math Teacher

<https://www.trinityknights.org/employment>

NOW HIRING!

Apply Now



ST. JOHN PAUL II CATHOLIC HIGH SCHOOL

ENROLLING NOW FOR 2025-2026!

Don't forget to apply before Applications close!



CATHOLIC - INTIMATE - DIVERSE - ACTIVE - SAFE - AFFORDABLE




Are you interested in a Christ-centered Catholic education for your child? We are excited to announce that applications for the 2025-2026 school year are now open!

Did you know all Florida students are now eligible to receive state scholarships for private K-12 education? There is no better time to take action and seek more for your child! Visit stepupforstudents.org for more information about applying for your child's state-funded scholarship.


APPLY TODAY!



 (850) 201 - 5744

 admissions@jpiichs.org

 www.sjpiichs.org/admissions/apply/




St. Vincent de Paul Society

In fulfillment of our mission to help those in need, last month we served a dinner meal at the Kearney Center to approximately 100 people facing homelessness. In addition, we donated 72 grocery bags of non-perishable food items and household supplies to our neighbors at Casa Calderon Apts.

Consider becoming a member of the Saint Vincent de Paul Society. Meetings are the 2nd and 4th Tuesday each month at 6pm, in the Church hall.

TO DONATE, SCAN HERE



For more information,
email us at: svdptally@gmail.com.



Mass Intentions

Sunday, June 22

8:00 am Agnes Aure Coronado by Kathryn Coronado

10:00 am Luke Futch by Denise Godwin

12:00 pm † Marilyn Gunn by Susan Fiorito

6:00 pm For the People of St. Thomas More

Monday, June 23

7:00 am Ryan Rogers by Joe Hart

5:15 pm † Louis O'Bryan by Rose Ann Wakeman

Tuesday, June 24

7:00 am † Carol Kennedy by Mary Sue & John Occhiuzzo

5:15 pm Dora Vasquez by STM Staff

Wednesday, June 25

7:00 am Ryan Rogers by Joe Hart

5:15 pm Francis Medehue & Priscilla Medehue by Theresa Medehue

Thursday, June 26

7:00 am Ryan Rogers by Joe Hart

5:15 pm Pat Russo by Mary Fran Strickland

Friday, June 27

7:00 am † Oscar & Lucia Ravelo by Justin Ravelo

5:15 pm Fr. Luke Farabaugh by Marisa Lewis

Saturday, June 28

8:00 am Caleb Heiss by Aubrey Heiss

5:15 pm † William Jakiel by Judith Jakiel

"We cannot underestimate the power of prayer and the difference it will make in our world."
- Saint Teresa of Calcutta

HOW CAN WE PRAY FOR YOU?

Visit our website:
cocathedral.com/prayer-requests

Clergy & Staff Continued

Campus Ministry Director

Sam Nunnally - sam@catholicnoles.org

Religious Education & Faith Formation

Paula Wright - faith@cocathedral.com

Music Ministry

Zachary Landress - music@cocathedral.com

Business Manager

Dasha Nixon - dasha@cocathedral.com

Director of Ministries & Mission Outreach

Erika Richard - admin@cocathedral.com

Office Manager/Communications Specialist

Megan Majewski - media@cocathedral.com

Front Desk Associate

Marylu Gomez - office@cocathedral.com

Administrative Assistant for the Office of Vocations and Seminarians

Nancy Becerra - becerran@ptdiocese.org

Facilities Manager

Victor Herrera - maintenance@cocathedral.com

Assistance for Victims of Sexual Abuse

Our Diocese has established Victim Assistance Coordinators to help anyone who has been abused by church personnel.

Victims should call Dr. Shannon Mullen at 229-233-8009

To report a case, call the

24-Hour Child Abuse Hotline at 800-962-2873.