

TWENTIETH SUNDAY IN ORDINARY TIME

SUNDAY, AUGUST 17TH, 2025

CO-CATHEDRAL OF ST. THOMAS MORE



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



Welcome Back Catholic Noles!!

We hope your move to campus has gone smoothly. And we are so glad you are here! If you're new, don't worry - we have an amazing campus ministry to help you connect with like-minded students, grow in your faith, and have a safe place to be yourself.

Over the next week, please connect with us at the following events:

Wednesday 7 pm: Sports on Landis (Landis Green). Volleyball, spikeball, soccer, and hang out time. Look for our tent and smiling faces.

Friday 6 pm: Welcome Back Cookout (St. Thomas More). Lots of food, a local DJ, and a chance to make new friends.

Saturday 10 am: New Nole Kickoff (Meet at St. Thomas More). Freshman day retreat where we go swimming, canoeing, and rock wall climbing. We also give you insider info on how to survive FSU.

Look for details on our Instagram, GroupMe, or CatholicNoles.org!

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
frchris@cocathedral.com

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

Deacon
Andy Grosmaire
deaconandy@cocathedral.com

Clergy & Staff continued on
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*"I have come to set the earth on fire, and how I wish it were already blazing!"
Luke 12: 49*

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, & 5:00 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!

Lay Carmelite Community
of Tallahassee

Meeting Sunday, August 17, 2025
At St. Louis Catholic Church 2:00 pm
to 5:00 pm
3640 Fred George Road

For more information contact
Erica Brooks
Phone: 850-980-0523
Email: erica_brooks@outlook.com

AUGUST 2025

TALLAHASSEE CATHOLIC YOUNG PROFESSIONALS



AUGUST 13TH & 27TH: MEN'S GROUP

7pm at the Parish Hall

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



AUGUST 21ST: ICE NIGHT

7pm at the CSU lounge.

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

STEWARDSHIP OF TREASURE

August 2025 Dates: 08/01- 08/10

Weekly Need: \$50,000

Weekly Giving: \$47,290

Year-to-Date Need: \$740,000

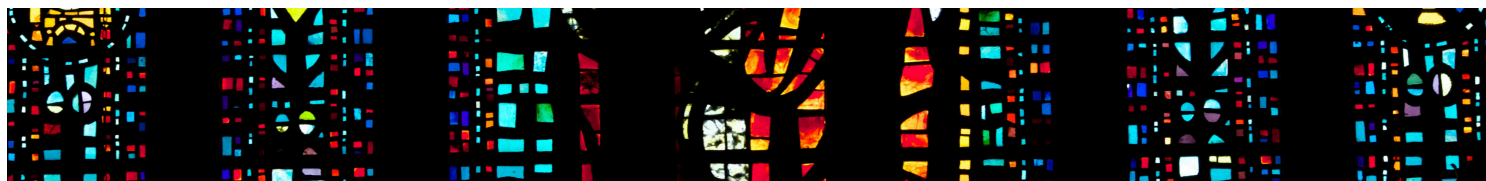
Year-to-Date Giving: \$748,428

*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, 213 parishioners have pledged \$130,000.
We have received \$113,701 to date.



CATHOLIC NOLES



**REGISTER
NOW!**

RELIGIOUS EDUCATION



REGISTRATION OPEN



Faith Formation is undergoing some changes. The Bishop has announced that our Diocese is going to Restored Order and wants more Family based Catechesis to happen.

What does that mean for St. Thomas More?

2025-2026

- Children in grades 6 and up will prepare for the sacrament of Confirmation in class Sundays 8:30 am – 9:45 am.
- Children in grades 3-5 will be in class together Sundays 8:30 am – 9:45 am.
- Children in grades 1-2 will be in class together Sundays 8:30 am – 9:45 am.
- Children in 2nd grade will receive Communion and Reconciliation Preparation sessions with parents.
- Four Family of Faith programs will be offered on Sunday Afternoons. Childcare will be available for children 3 and under. Registration will take place for each event so that the proper number of supplies can be purchased etc.
- A Family Penance service will be held once a year on a Saturday morning.

To register go to cocathedral.com and click on the first banner.
If you have any questions please email Paula Wright at faith@cocathedral.com



The Bible Timeline

The Story of Salvation



JEFF CAVINS, SARAH CHRISTMYER, and TIM GRAY

Join us for a 24 sessions - Bible study

Monday Evenings

starting September 8, 6:30 pm – 8:30 pm or

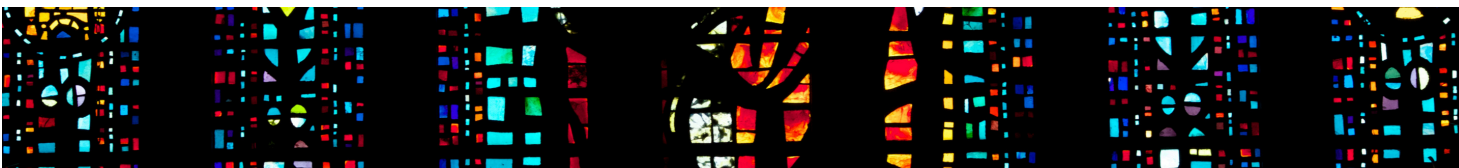
Tuesday Mornings

starting September 9, 9:30 am – 11:30 am.

Cost of the Book is \$40.00.

Cost of Book and online video
access for one year is \$47.00.

**Must Register by August 15th to get books in
time for class.**



Open Door Women's Clinic

Open Door Women's Clinic is currently seeking a full-time Medical Assistant or Registered Diagnostic Medical Sonographer (RDMS).

To inquire, please contact Peter Del Castillo at Peter@odwc.org. Thank you.

Join us for the Funeral Mass of *Margo Hall*



The Funeral Mass will be held in the Church at
The Co-Cathedral of St. Thomas More
Saturday, August 23rd at 1:30 pm

Rosary before Mass at 1:00 pm

Reception to follow in the hall

Respect Life Mass and Rosary

All Tallahassee parishes are invited to join together this month for Mass and Rosary on Wednesday, August 20 as we pray for a renewed culture of life in our country.

*For the end of abortion and the protection of life from
conception to natural death;*

*For the protection of the disabled, the poor, the immigrant,
and the elderly near death;*

For an end to the death penalty.

**The Co-Cathedral of
St. Thomas More
Wednesday, August 20, 2025**

Mass(5:15 pm)

Rosary(5:45 pm)

*For more information, contact Cheryl McCarron
chermik81@comcast.net*

Walking With Purpose

Walking with Purpose Women's Bible Study is returning this fall with an exciting study on the women of the Old and New Testaments!

All women college age and older are invited to join us on this journey to deepen your relationship with Christ and grow in faith with other women. This 22 week program (divided between fall and spring) will be offered Wed evenings at 6:30 PM and Thursday mornings at 9:30 am in the O'Brien Hall. Program begins Sept 3 and

4. Workbook fee: \$45 payable to STM.

Register at www.cocathedrel.com/womens-bible-study

Questions Call Elyse Tweedie 850-556-1162.

The Divine Physician Retreat

A Retreat for All Healthcare Professionals & Students

"The Heart of the Healer"

Finding Calm in the Storm

Saturday, October 11th, 2025

10:00 am - 4:45 pm

Mass at 5:15

(Lunch will be provided)

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



Scan to register for the retreat
or call our office at 850-222-9630

Magnificat Meal

Magnificat, a ministry for Catholic women, is having a Magnificat meal at Good Shepherd Catholic Church on **Saturday September 13, 2025 from 10:00 A.M to 1:00 P.M.** Dana Whitt will be our speaker. Reservations are \$15.

For more information or to register email MagnificatTallahassee@gmail.com or call Marisa 850-284-8047

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, including Doctors, Nurses, Mental Health Professionals, All Allied Healthcare Professionals and Medical Students.

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

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



NOMINATIONS FOR CHRISTUS MEDICUS AWARDS

Scan to nominate your Catholic healthcare worker or a Christian organization to receive a Christus Medicus Award.

Nominations close September 8th, 2025



THE CATHOLIC DIOCESE
of
PENSACOLA-TALLAHASSEE

Processing Guilt God's Way

A workshop on Divine
Mercy and Mental Health

Discover freedom from destructive guilt patterns. This workshop offers a balanced approach combining Catholic teaching with psychological insights to help you distinguish between healthy guilt that leads to growth and toxic shame that holds you captive. Learn practical strategies for processing guilt in emotionally and spiritually healthy ways.

What You'll Learn:

- ✓ How to distinguish between guilt that motivates positive change and shame that attacks your identity
- ✓ The differences between healthy examination of conscience and destructive rumination
- ✓ Catholic teaching on guilt as a call to conversion, not self-condemnation
- ✓ Practical strategies for extending Divine Mercy to yourself and others



Featured Speakers:

Dr. Luke Arrendondo
Director of the Lay Formation Institute

Dr. Jennifer Brooks
Clinical Psychologist

Event Details:

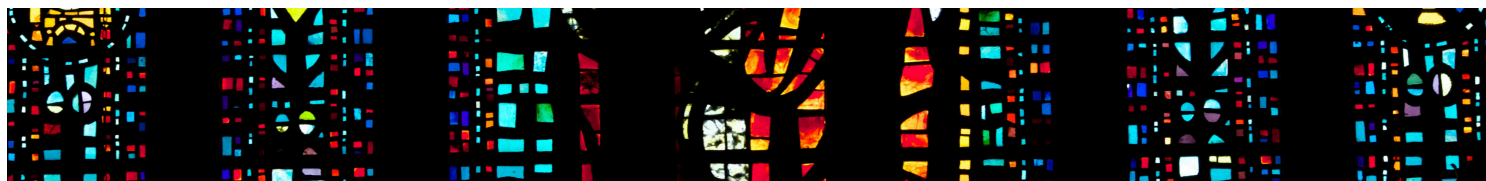
- 📅 August 23, 2025
- 🕒 10 a.m. - 2:15 p.m. CT
Coffee & Check-in 9:30-10 a.m.
- 📍 St. Anthony of Padua
Parish Hall
1804 N. Davis Hwy
Pensacola, FL 32503



Reserve Your
Spot Now!

**\$15 REGISTRATION FEE
INCLUDES BOX LUNCH**

<https://ptdiocese.org/evangelization-and-mission>



ST. JOHN PAUL II

Preschool

NEW PRESCHOOL!
NOW ENROLLING
AGES 2-5
PART & FULL TIME
OPTIONS

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!

What Makes Us Unique

- Cozy Classroom
- Faith Based
- No Shoes - No Problem
- LOTS of outside time
- Onsite Library
- Screen/Tech Free

Play based learning, Reggio Emilia Inspired

CONNECT WITH US >>> www.sjp2preschool.com

TRINITY CATHOLIC SCHOOL

NOW ENROLLING

FOR PRE-K4 VPK

Trinity Catholic School is a proud provider of Florida's Voluntary Prekindergarten (VPK) program, available to families through state funding for children who turn 4 by September 1st.

Program Options:

- VPK Morning Program: 8:00 AM – 11:30 AM
- Wrap-Around Care: 11:30 AM – 2:45 PM
- After-Care Available: Until 6:00 PM

ONLY A FEW SPOTS LEFT! ENROLL TODAY!!!

LEARN MORE OR ENROLL TODAY:
www.trinityknights.org | (850) 222-0444

SCAN THE QR CODE TO APPLY

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@sjpiichs.org | www.sjpiichs.org/admissions/apply/

St. Vincent de Paul Society

Unfortunately, the number of people in need is growing in Leon County. In July, we had 30 requests for assistance. Your generosity allowed us to help 9 families with their rent, utilities, or phone. On behalf of those we help, we sincerely thank you.

Consider becoming a member of the 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, August 17

8:00 am † Jose M Garcia by Tania C Garcia

10:00 am Jusma & Dorismond Families by Marie Jusma

12:00 pm † Raymond Capobianco by Marietta & Ed Schroeder

5:00 pm † Edward Joseph Rooney Jr. by Elizabeth Prus

Monday, August 18

7:00 am Protection for my Family by Christine Dempster

5:15 pm Brian Aguila by Maria Florian

Tuesday, August 19

7:00 am Courtney Dabney by William Dabney

5:15 pm Heath Fulmer by STM Staff

Wednesday, August 20

7:00 am Jake Rogers by the Alderman Family

5:15 pm † Jonathan Schroeder by Mark & Mary Fran Strickland

Thursday, August 21

7:00 am † Carolyn Embry by Joe Hart

5:15 pm Alexandra Medehue by Theresa Medehue

Friday, August 22

7:00 am † Bobbie Grattet by the Henderson Family

5:15 pm † Jose Dolores Holguin by Lindsay & Juan Gonzalez Holguin

Saturday, August 23

8:00 am † Jonathan Schroeder by the Alderman Family

5:15 pm † John Goble by Mary Goble

"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.