

TWENTY-FIRST SUNDAY IN ORDINARY TIME

SUNDAY, AUGUST 24TH, 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 students!

We are excited to see you and have you back in town! We have plenty of opportunities for you to grow in your faith this semester. Please use the QR code to register with us so you can keep up to date on all that is happening with Catholic Noles!

Fr. Tim

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
Page 7



*"For behold, some are last who
will be first, and some are first
who will be last"
Luke 13: 30*

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!

AUGUST 2025

TALLAHASSEE CATHOLIC YOUNG PROFESSIONALS



Men's Group August 27th

7pm in the Parish Hall

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

Stay tuned for our September Events

Our Home, Our Family Program

Over the next few weeks, you will be hearing about the upcoming Our Home, Our Family Program at Co-Cathedral of St. Thomas More. This effort is very important as we move forward with the mission and vision of Co-Cathedral of St. Thomas More. We, as a parish family, have changed so many lives in our community! In order to continue our mission and ministries, we encourage all parishioners to spend time in prayer and discussion with your family reflecting on the work we do. Our special Commitment Weekend will be celebrated on September 20 & 21. If you have any questions regarding the Our Home, Our Family Program, please feel free to contact the parish office.

STEWARDSHIP OF TREASURE

August 2025 Dates: 08/11- 08/17

Weekly Need: \$20,000

Weekly Giving: \$21,477*

Year-to-Date Need: \$760,000

Year-to-Date Giving: \$769,905

***Includes Assumption of the Blessed Virgin Mary**

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.

Sacraments

Congratulations to

Mr. Stephen & Mrs. Faith Cowdrey

who were united in Matrimony

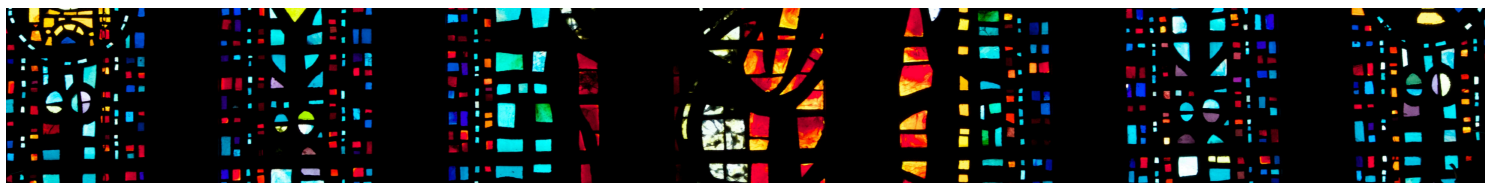
Saturday, August 16th, 2025

Welcome to our Parish Family

Louise Cameron Moyle

who was baptized

Saturday, August 16th, 2025



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.*

Register at cocathedral.com

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*

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.

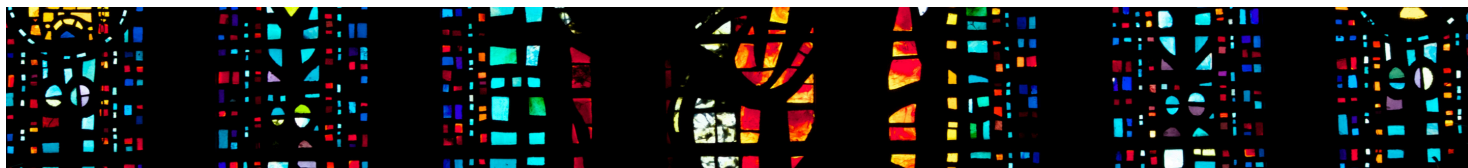
**To register go to cocathedral.com and click on the first banner.
If you have any questions please email Paula Wright at
faith@cocathedral.com**

Council of Catholic Women

The Council of Catholic Women (CCW) helps in many areas of church life. Are you interested in meeting your sisters in Christ? We invite you to an Afternoon Tea this Sunday, August 24th at 2:00 pm at the home of Marisa Lewis, 531 Tuskegee St. 32305.

We also invite you to our first meeting, to be held on September 6th, 2025, in a meeting room upstairs in O'Brien hall, after eight am mass and rosary.

Join us to learn more about our wonderful organization.
Bring a friend!



THE CO-CATHEDRAL OF ST. THOMAS MORE PRESENTS:

A FALL COUNTRY FAIR

Sunday
OCTOBER 12TH, 2025
12:30 - 4:00 PM

JOIN US FOR FELLOWSHIP, MUSIC, WINE TOSS, BINGO, PONY RIDES, FACE PAINTING, BOUNCY HOUSES, GAMES, PRIZES & SO MUCH MORE!

New this year!

ENTER YOUR BEST HOMEMADE BAKED DESSERTS FOR JUDGING IN OUR DESSERT CONTEST!
\$50.00 - GRAND PRIZE FOR 1ST PLACE (MORE DETAILS TO FOLLOW)

SAVE THE DATE!

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.

M.O.R.E. YOUTH GROUP

All 9th - 12th grade students welcome!

The MORE Youth Group is kicking off this fall! High school students, join us on Wednesday, August 27 at 6:30 pm as we dive into what it means to be fully alive in Christ. Whether you've been part of MORE before or this is your very first time, we'd love to see you there—and yes, bring a friend! If you're new, please take a moment to sign up online at the MORE Youth Group Tab on the parish website. Dinner will be provided, and we hope to see you there

Respect Life Mass and Rosary

All Tallahassee parishes are invited to join together this month for Mass and Rosary on Wednesday, September 17 as we pray for a renewed culture of life in our country.

**The Co-Cathedral of
St. Thomas More**
Wednesday, September 17, 2025

Adoration (4:10 pm)

Mass(5:15 pm)

Rosary(5:45 pm)

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

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

BUSTED HALOS

Living Holiness in a
Broken World

Diocesan Young Adult
Retreat for Ages 18 & up

Mass * Confession * Small
Groups * Community *
Eucharistic Adoration *
Campfire Karaoke

Our Awesome Speakers:



CLAIRE GALLAGHER

Claire is a consecrated virgin for
the Archdiocese of New Orleans,
Instructor at Loyola University
New Orleans and co-host of the
podcast *Flourishing Sisterhood*



DR. LUKE ARREDONDO

Executive Director of St.
Brendan Center for
Evangelization and Spirituality



CHEZ FILIPPINI

Director of
Communications and
Marriage & Family Life

SEPTEMBER 12-13, 2025
ST. BRENDAN CENTER FOR
EVANGELIZATION AND SPIRITUALITY
9840 BELUAH RD
PENSACOLA, FL 32524

\$30 INCLUDES MEALS AND
OVERNIGHT AT ST. BRENDAN

REGISTRATION AND MORE INFO
WWW.PTDIOCESE.ORG/YOUNG-ADULT-RETREATS



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 Arredondo
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.

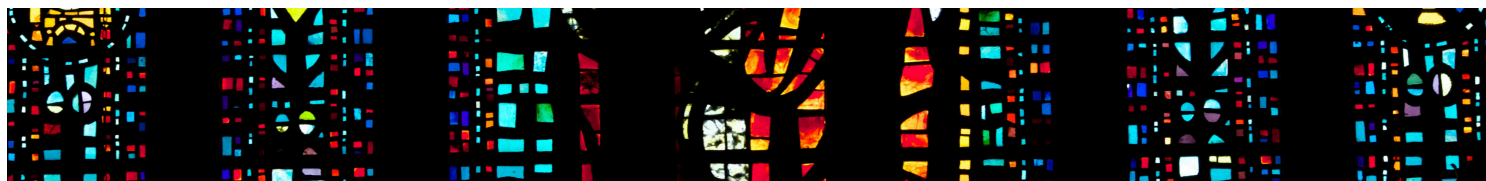
📍 St. Anthony of Padua
Parish Hall
1804 N. Davis Hwy
Pensacola, FL 32503



**Reserve Your
Spot Now!**

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

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



ST. JOHN PAUL II Preschool

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

YOU CAN AFFORD A CATHOLIC EDUCATION!

Did you know with the help of the expanded Step Up for Students State Scholarship Program, you can afford to send your child to Trinity Catholic School? All families are eligible to apply, regardless of income. Trinity is here to assist your family.

Visit www.stepupforstudents.org to find out how your family can benefit.

Enrolling for 2025-2026 School Year! Trinity is accepting PreK3-8th grade students. Limited space in certain grades is available. Apply today! For more information, please visit www.trinityknights.org/apply.

To schedule your personal tour, call (850)222-0444 or contact the enrollment director at crossj@trinityknights.org.

For more information visit: www.trinityknights.com/apply

SCAN HERE >

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

Our mission is to help those in need. Whether by serving a meal at the Kearney Center, providing a bag of groceries to our neighbors at Casa Calderon Apts., or paying a bill for a family experiencing hard times, on behalf of those we help, we sincerely thank you for your support.

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, August 24

8:00 am † Marsha Walper by Susan Voss
10:00 am Wesley Clanton by Samantha Woodall
12:00 pm David & Fay Schroeder by Marietta & Ed Schroeder
5:00 pm † Antonio Cordova by Magdalena Cordova
8:00 pm For the People of St. Thomas More

Monday, August 25

7:00 am Dasha Nixon by STM Staff
5:15 pm Jose Guillamont & Dominic Pawlusiak by STM Staff

Tuesday, August 26

7:00 am Stafford Jones by Noreen Fenner
5:15 pm Aubrey Bowden by STM Staff

Wednesday, August 27

7:00 am The Hansen Family by Sarah Quinlivan
5:15 pm † Lawrence Logan by the Alderman Family

Thursday, August 28

7:00 am Craig Fenner by Noreen Fenner & Daniel Tecler
5:15 pm Funmilayo Medehue by Theresa Medehue

Friday, August 29

7:00 am † Ann Elizabeth Lane by Michael Lane
5:15 pm Samuel Olushola by Theresa Medehue

Saturday, August 30

8:00 am Stafford Jones by Noreen Fenner
5:15 pm † Terrance Case 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.