“Come to me, all you who labor and are burdened, and I will give you rest.” Matthew 11

Sounds good to me, right? Right. But the rest of that verse is important, “Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” Jesus is not letting us off the hook, by letting us go without committing to something. This is the thing, we live life with a series of commitments and obligations, whether we like it or not, consciously or not. We will take sides and choose an altar to bow to.

The image of a yoke seems oppressive. Something placed over your shoulders to carry or pull. This metaphoric language is true for all of us. We all carry a yoke, whether you’re a university student, full time laborer, motherhood, fatherhood, religious life or priesthood. The yoke is vocational, but it’s also a rule by which we live.

Our yoke was placed upon our shoulders early in life at our baptism. Through the consent of our parents, God has placed it there. We’re not alone in carrying it. We have the Christian community to assist us. The Christian lifestyle is not a Lone Ranger one. And because of that His yoke is manageable and his burden is light. In the end, God isn’t really asking too much of us, just that we learn to love one another.

Yoke me up.

Fr. John's Quarantine Corner
Events

Public Masses
at 25% Capacity
8:00AM
10:00AM
12:00PM

Sunday Public Masses
Click [HERE](#) to read our guidelines and info on resuming our public Masses.

Confession
Saturdays at 10am on the Lawn

We’re taking the Sacrament of Penance Outside!
Fr. John, Fr. Tim and Fr. Mark will have stations set up on the lawn outside of the main church. A screen option is available at each station and chairs set up for the waiting line.

Daily Public Masses
We have resumed our Daily Masses on Monday - Friday at 7 am. You can still view Mass online on Tuesdays and Thursdays at 12pm. To watch, click [HERE](#).

MASS SCHEDULE
MON-FRI: 7:00AM, IN PERSON
TUES/ THURS: 12:00PM ONLINE ONLY
SATURDAY: 5:15PM VIGIL
SUNDAY: 8:00AM, 10:00AM, 12:00PM

CONFESSION
SATURDAY (OUTSIDE) FROM
10:00AM - 11:00AM

OFFICE HOURS
MONDAY-FRIDAY: 9:00AM - 5:00PM
OFFICE PHONE (850) 222-9630
RECTORY (EMERGENCIES ONLY) (850) 224-4887

VISIT US ONLINE: COCATHEDRAL.COM

CATHOLIC
STUDENT UNION
FSU • FAMU • TCC

Please pray for students as we transition to Summer and online classes! Click [HERE](#) to stay updated with CSU

FORMED
1. Go to: [Formed.org](#)
2. Click Sign Up and enter Zip Code
3. Create your own account

CO-CATHEDRAL OF ST. THOMAS MORE
JULY 5
Religious Education

Online R.E. Registration
for 1st-8th grade and Sacramental Preparation will be on-line for the 2020-2021 program year. Stay tuned for more information.

Children's Liturgy of the Word
Children's Liturgy of the Word During the 10:00 am Mass has been postponed until further notice. Go to catholicmom.com to view with your child the Sunday Gospel age appropriate Commentary and other family faith formation activities.

Stewardship of Treasure

June 2020 Dates: 6/23– 6/30
Weekly Need: $14,000
Week to Date Giving: $17,478
Year-to-Date Need: $470,000
Year-to-Date Giving: $465,120

To give online, visit www.cocathedral.com
Click HERE

Bishop's 2020 Catholic Sharing Appeal

To date 228 parishioners have pledged $105,000. We have received $75,134 so far.

If you were not able to make your pledge last week, please don’t forget to make your pledge today. There are blank CSA cards at each entrance. You may place your card in the Offertory basket or go to the Diocesan website, www.ptdiocese.org/csa.

Your support of the Bishop’s annual Catholic Sharing Appeal is critical to the mission of our parish and our diocese! Thank you.

Prayer Requests

The staff of Saint Thomas More prays for you each Friday during designated prayer time. If you have a specific intention that would like us to pray for, please submit your request at our website.
Trinity Catholic School

Open enrollment! Trinity Catholic School is accepting applications for the 2020-2021 school year. Please contact our Admissions Office by phone or email at 850-222-0444 or sheppardj@trinityknights.org to schedule a personal tour. Visit www.trinityknights.org/admissions to apply today!

Trinity Summer Camp

Trinity Catholic School will be having Summer Camp until the week of July 24th. Register HERE to reserve a spot for your camper. Enrollment is limited.

St. John Paul II Catholic High School

Now Enrolling for 2020-2021

St. John Paul II Catholic High School is accepting applications for the 2020-2021 school year and there are only a few spots left for enrollment. Did you know that we offer financial assistance and accept several scholarships? For more info, please call (850) 201-5744 or email Christina Sabo at csabo@jpichs.org. Please visit www.jpichs.org to visit our campus from home via our new virtual tour video.

Now Hiring

Front Office Secretary
Administrative Assistant
Part Time Math Teacher

The ideal applicant is Catholic with experience in the position they are applying for. Please contact Jillyann McGowan, jmcgowan@jpichs.org for more info.

Burse Club Weekend

July 25-26, 2020

We are all facing difficult times during this pandemic and our Seminarians could really use your prayers and financial support. We currently have 12 Seminarians. The Burse Club was established to help fund their educational expenses. Pamphlets will be available in our Church during July take one home for more info.

Monetary donations (specified for the Burse Club) are always greatly appreciated and can be mailed to: Co-Cathedral of St. Thomas More 900 W. Tennessee St. Tallahassee, FL 32304
CO-CATHEDRAL OF ST. THOMAS MORE

Mass Intentions

Sunday, July 5
8:00am
10:00am For the people of Saint Thomas More
12:00pm † Michael Young by Sarah Pearson

Monday, July 6
7:00am Candace & Chuck Bunker

Tuesday, July 7
7:00am
12:00pm † Sandra Leyva by Maureen Brown-Muir / Religious Education

Wednesday, July 8
7:00am † Maria LieuVu, Joseph Hoa Vu & Toan Trinh by Thu Vu & Family

Thursday, July 9
7:00am
12:00pm

Friday, July 10
7:00am

Saturday, July 11
5:15pm James Strickland

Clergy & Staff

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

Rector
Rev. John B. Cayer - frjohn@cocathedr.com

Parochial Vicar & Campus Minister
Rev. Tim Holeda - frtim@cocathedr.com

Deacon
Andy Grosmaire - deaconandy@cocathedr.com

Campus Ministry
Br. Parker Jordan - director@fsucatholic.org

Director of Religious Education
Maureen Brown-Muir - maureen@cocathedr.com

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Office Assistant / Bulletin Editor
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Front Desk Associate
Nani Nixon - office@cocathedr.com

Facilities
Victor Herrera - maintenance@cocathedr.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. James Gagnon at 877-0205. To report a case, call the 24-Hour Child Abuse Hotline at 800-962-2873.