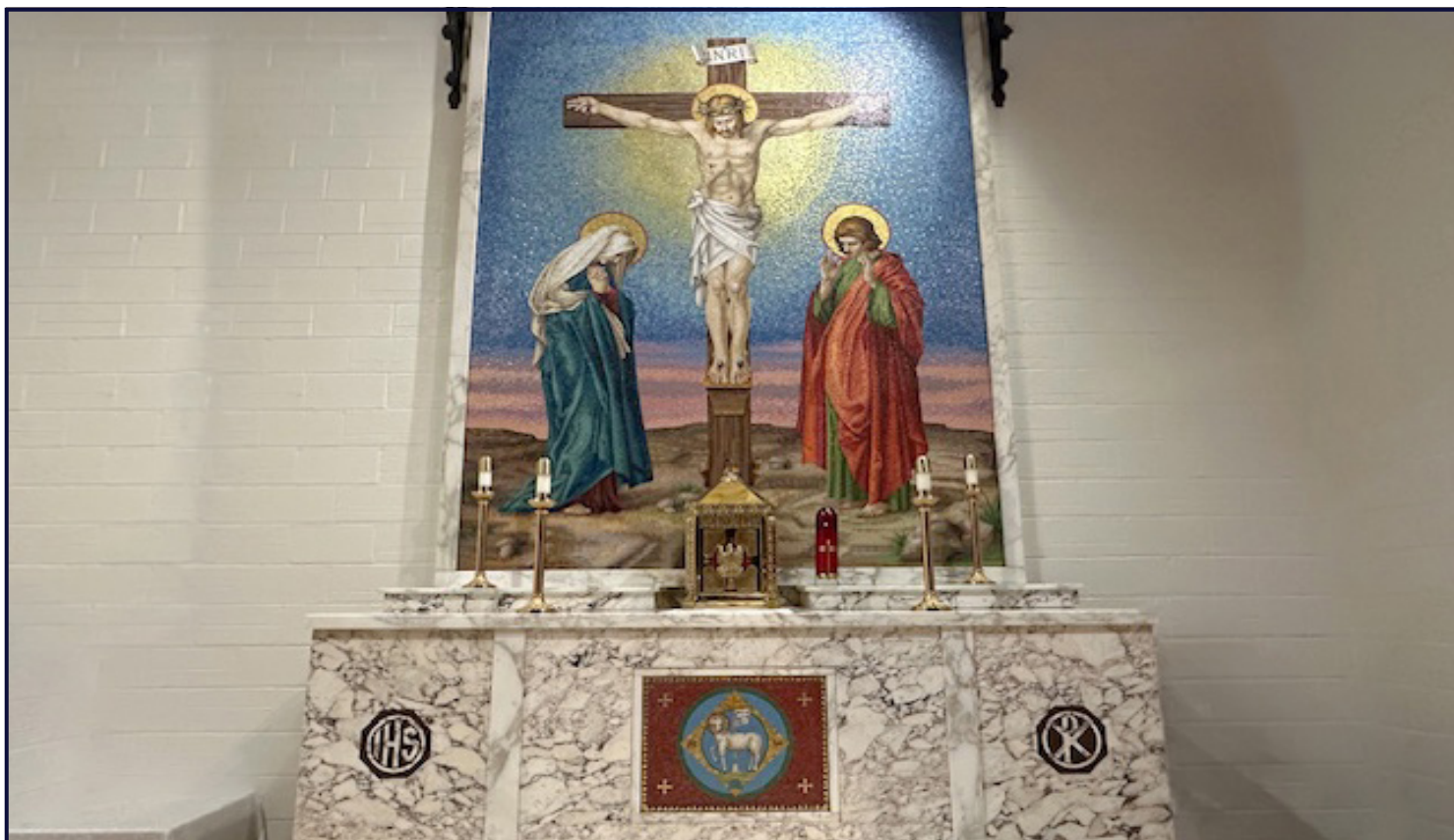




St. Mary of the Presentation Catholic Church

202 South Broad Street, Suffolk, Virginia 23434

Office: (757) 539-5732 • Fax: (757) 538-0103

Email: office@stmarysuffolk.org • Website: www.stmarysuffolk.org

Office Hours: Monday-Friday: 9:00 a.m.-3:30 p.m.; Saturday-Sunday: Closed



Father Rogelio Largoza, *Pastor* / Emergency: (757) 925-0583 / Email: pastor@stmarysuffolk.org

Kim Holmes, *Administrative Assistant* / Office: Email: office@stmarysuffolk.org

Mass Times:

Tuesday and Thursday, 6:30 a.m. and 10:00 a.m.

Wednesday and Friday, 10:00 a.m.

Saturday, 5:00 p.m.

Sunday, 8:00 and 10:00 a.m. (The 10:00 a.m. Mass is livestreamed)

Monthly on third Thursday of month, 1:00 p.m., at Lake Prince Woods

Reconciliation:

Saturday, 3:30 p.m. or by appointment

Sacrament of the Sick:

Sacrament of the Sick is offered on the 4th weekend of the month at all Masses.

Baptism:

Contact the Parish Office to register for the parent Baptismal preparation class.

Marriage:

Contact the Parish Office six months prior to the wedding to learn about Engaged Encounter or Pre-Marital classes.

Religious Education:

Whitney Lothamer, cre@stmarysuffolk.org

Youth Ministry:

Jordan Graf, youth@stmarysuffolk.org

OCIA (Order of Christian Initiation of Adults):

Geralyn Bryne, Contact Parish Office.

Adult Faith Formation:

Jordan Graf, youth@stmarysuffolk.org

Church Ministries

(Contact the Parish Office if not otherwise noted):

Altar Servers: Jorge & Johanna Arocho, j8arocho@gmail.com

Extraordinary Ministers: Dave Von Rump, dvonrump@aol.com

Lectors: Dave Von Rump, dvonrump@aol.com

Liturgical Music Director: Julie Francis

Liturgy Committee: Andrew Graf

Pastoral Care: Tillie Rivenbark, 757-934-1803

Sacristans: Andrew Graf

Additional Ministries:

Altar Flowers: Sandy Nance, 757-373-9928

Buildings and Grounds: Mike Bibbo, fs7363@vakofc.org

Communications:

Bulletin: Shirley Schneider, smofp.bulletin@gmail.com

Website: Mike Bibbo, fs7363@vakofc.org

Community Liaison: Paul Fletcher, fletcherdpaul@gmail.com

Haiti: Paul Fletcher, fletcherdpaul@gmail.com

Knights of Columbus: Patrick Kahoe, Contact Parish Office.

Parish Council Chair: JoAnn Farabaugh, Contact Parish Office

Parish Life: Lauren Kahoe, 540-408-8801

Elaine Reyes, Contact Parish Office

Respect Life:

Whitney Lothamer, 937-654-8398

Women's Club:

Cathy Van Wassen, Contact Parish Office.

MASS INTENTIONS:**Saturday, July 4**

5:00 p.m. In Memory of Amanda Legrand,
requested by Frank & Kathy Legrand
In Memory of Robert Schneider,
requested by Shirley Schneider

Sunday, July 5

8:00 a.m. For the Parishioners of St. Mary's
10:00 a.m. In Memory of Mitchell Andrew Culp,
requested by Moira Devlin Culp
In Honor of Sheilah Slattery,
requested by Aggie Dowd

Tuesday, July 7

6:30 a.m. For the Souls in Purgatory
10:00 a.m. In Memory of Emily Madrazo,
requested by Laurie Guertin

Wednesday, July 8

10:00 a.m. For the Conversion of Sinners

Thursday, July 9

6:30 a.m. For the Clergy
10:00 a.m.

Friday, July 10

10:00 a.m. In Reparation for the Sins against Life,
Charity and Chastity

*Mass is the most powerful prayer on earth. Pray for your
loved ones in a special way united to the Eucharist.*

*Contact the Parish Office at 757-539-5732 to request a
Mass for your special intention.*

ALTAR FLOWERS:

In Honor of Sue Von Rump, requested by Dave Von Rump

PLEASE PRAY:**For our ill or shut-in parish family members:**

Ali Anderson, Jay Annas, Mary Barnes, Kathy Hansinger, Donald Hartman, Margie Hayden, Kim Katula, Kathy Mallet, Helen Neal, Ron Pyle, Jim Ross, and Mary Stevens

For those serving in the military:

Flora Dontsap, Rafael Soriano, Joshua Graf, Chris Rosado, Devin Pisani, and Joyce Jankielsztajn

Current Notices

**Adoration of the Blessed Sacrament next month
will be on August 7th and 8th.**

**SUNDAY FELLOWSHIP:**

Coffee and Donuts Fellowship will be held on July 12, sponsored by Patrick and Lauren Kahoe, and on July 26, sponsored by Matt Streeter and family.

RELIGIOUS EDUCATION:

Help our Children Encounter Jesus. St. Mary's is seeking Catechists for the upcoming year September 2026-May 2027. Classes for Grades PK-5 will be on Sundays 11:15 a.m.-12:30 p.m. Middle School will meet Saturdays after the 5:00 p.m. Mass, from 6:00 to 8:00 p.m. For more information, contact Whitney Lothamer at 757-539-5732 or cre@stmarysuffolk.org.

MIDDLE SCHOOLERS:

Hey, Middle Schoolers! Join us for a day of Epic Fun! Epic is a one-day high energy event for middle school youth that builds community and friendships and encourages zeal for the Catholic faith.

When: August 8, 2026

Where: Powhattan, VA

Time: 11:00 a.m.- 7:00 p.m.

Registration: \$55.00. Transportation will be provided.

The sign-up sheet is in the vestibule, or you may contact Whitney at cre@stmarysuffolk.org.

**MINISTRY FOR THE SICK AND HOMEBOUND:**

Are you or someone you know unable to attend Mass due to illness or other challenges? The volunteers of St. Mary's Pastoral Care Ministry are dedicated to bringing the Holy Eucharist to those in need. If you would like to arrange for the Sacrament of Holy Eucharist, please call the Parish Office or Tillie Rivenbark at 757-934-1803.

RESPECT LIFE:

Please don't forget that **Summer Nights Out** at Cazadores Restaurant will continue on July 10-11 and August 14-15. Mention St. Mary's between 4:00 and 7:00 p.m. on these nights and 10% of your bill will be donated to St. Mary's Respect Life Committee.

WEEKDAY MASS NEEDS:

St. Mary's is in need of substitute sacristans, altar servers, and readers at the 10:00 a.m. weekday Mass to cover these ministries when the current ministers are ill or on vacation. Training will be provided. Please contact Aggie Dowd at 603-475-1874 or ags7171@gmail.com.

ALTAR SERVERS:

St. Mary's is in need of altar servers. Training will be provided and the schedule is flexible. Interested youth must have received the Sacrament of Holy Communion. Adults in good standing are required to be Virtus trained before attending training. For more information, please contact Johanna Arocho at 757-287-6852 or j8arocho@gmail.com.

HAITI STUDENT SPONSORSHIP PROGRAM:

The current school year has ended and the children of Mt. Carmel School in Dosele, Haiti, send their deep gratitude to those who supported our Haiti Student Sponsorship Program. As we begin the new sponsorship year of 2026-2027, the Haiti Committee once again seeks your support.

A \$100.00 donation funds one Haitian student for one year. *Your generosity is greatly needed because last year we helped only 95 students*, whereas the year before we helped 167 students. Currently, there are 200 students, so *please* be generous. Make out your check to St. Mary's with the notation "Haiti Student Sponsorship."

ORDER OF CHRISTIAN INITIATION OF ADULTS (OCIA):

Interested in becoming a Catholic?

Curious about what the Church teaches?

OCIA is ideal for:

- Anyone who has never been baptized.
- Anyone moving from other Christian traditions into the Catholic Church.
- Any baptized Catholic seeking full initiation into the Sacraments.
- Catholics who have been away from the Church and would like to rediscover their Catholic faith.

It is not too late to join the OCIA classes. We welcome anyone to join at any time. Classes are held every other Thursday in the Social Hall, beginning at 6:30 p.m. For more information, contact Geralyn Bryne through the Parish Office.

ADULT FAITH FORMATION:

The **Tuesday morning** class has ended for a summer break. It will resume on Tuesday, August 11th with a 20-week study on "Acts: The Spread of the Kingdom." Classes meet at 11:15 a.m. (after Mass and the Rosary) in the Social Hall.

The **Tuesday evening** class is continuing a study on the book *Jesus and the Jewish Roots of Mary* by Brant Pitre. It will explore all the Catholic teachings about the blessed Mother of God. Classes meet at 6:30 p.m. in the Social Hall.

The **Sunday evening** class is continuing their study of *The Catechism in a Year* by Ascension Press. These classes meet at 6:30 p.m. in the Social Hall.

Sign-ups are available online or in the vestibule. You are welcome to join any study at any time (even if you didn't sign up beforehand)! Materials for all the studies will be provided.

Ongoing Events

EUCCHARISTIC ADORATION:

Adoration begins after Mass on the First Friday of each month and ends on the following Saturday after Benediction at 9:30 a.m.

PLEASE JOIN US TO PRAY THE HOLY ROSARY:

- Weekdays immediately following the 10:00 a.m. Mass.
- Weekends on:
 - Saturdays at 4:20 p.m.
 - Sundays at 7:20 and 9:20 a.m.

FORMED.ORG:

St. Mary's has gifted all parishioners with a free subscription to the many resources of the Augustine Institute's FORMED website. Simply go to www.stmarysuffolk.org and push the Formed link under St. Mary's name in the parish listings. You will then have access to hundreds of videos, Bible studies, movies, programs, children's content, books, etc.



FATHER'S CORNER:

*Never regret being a good person to the wrong people.
Your kindness says everything about you.
Their behavior says everything about them.*

Meetings

ADULT FAITH FORMATION: Bible Studies take place on Sunday evenings at 6:30 p.m., Tuesday mornings at 11:15 a.m., and Tuesday evenings at 6:30 p.m. in the Social Hall.

COFFEE AND DONUTS FELLOWSHIP: Alternate Sundays

FINANCE COUNCIL: Meets on 4th Sunday of the month at 11:15 a.m.

KNIGHTS OF COLUMBUS: Meet on 1st and 3rd Monday at 7:00 p.m.

PARISH COUNCIL: Meets on the 4th Wednesday of the month at 6:30 p.m. All parishioners are invited to attend.

RESPECT LIFE: Meets on the 2nd Wednesday of the month at 6:00 p.m.

WOMEN'S CLUB: Meets on the 3rd Wednesday of the month (September through May) at 6:30 p.m.

MUSIC MINISTRY:

St. Mary's Music Ministry is open to all parishioners age 16 and older. Biweekly practice is on the 1st and 3rd Thursdays beginning at 6:00 p.m. for *Schola*, 6:30 p.m. for *Traditional Choir*. *Schola* is a small vocal ensemble familiar with Latin Chant. This ensemble sings at the Sunday 8:00 a.m. Mass. The Traditional Choir sings at the Saturday 5:00 p.m. (Vigil) Mass and at the Sunday 10:00 a.m. Mass. For more information about participating in the Music Ministry, contact: Julie Francis, at 757-539-5732 or cre@stmarysuffolk.org.

MEDITATION:

Take my yoke upon you. (Matthew 11:29)

According to ancient tradition, observant Jews were encouraged to take up the "yoke of the Torah," or the "yoke of the law of the Lord." This meant placing their highest priority on study and contemplation of the Law. This practice of prayerful study was so wonderful that it was said that anyone who took it up would experience interior freedom from the yokes of oppression and worldly concerns. It's just as the psalmist proclaimed, "*The law of the Lord is perfect, refreshing the soul*" (Psalm 19:8).

So when Jesus told His disciples to take His yoke upon them, they would have understood what He meant: Take up My teaching. Immerse yourself in My words. Let what I have taught you become your highest priority and greatest treasure. They would have also known why He said that His yoke is "easy" and His burden is "light." Anyone who takes up His yoke will find relief and "rest" from their other concerns and burdens (Matthew 11:30, 28).

We often think of a yoke as a burden: a heavy instrument that weighs us down and restricts our movement. We might even think this way about the practice of pondering Jesus' teachings. But He promises the exact opposite: dwelling on His words in Scripture raises our hearts and minds to heaven. It opens us up to the presence of His Spirit, who wants to heal our wounds, strengthen our will, and shape our desires. It helps us to understand that the life He calls us to is a joy and a privilege.

Jesus is a shepherd who wants only what is the best for us. His words are filled with wisdom and guidance. They have the power to shape our hearts and minds after His own image. So let's study them. Let's contemplate them. Let's invite His Spirit into our hearts so that His yoke becomes easier and His burden lighter every day.

"Jesus, thank You for teaching me the way I should go!" (Reprinted with permission from *Word Among Us*.)



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