



CATHOLIC MONARCHS

CATHOLIC CAMPUS MINISTRY AT OLD DOMINION UNIVERSITY

FALL 2025



From the Director's Desk

It is hard to believe that we have reached the end of the Fall 2025 semester! It truly feels like August was just yesterday. We have been blessed to meet many new students to the ministry, some new to ODU and others just now finding CCM. It has been wonderful to see these students join our community and make it better.

Our highlight of the semester was Fall Retreat! The theme this year was Our Lady of Hope, Pray for Us. Our guest speaker, Katherine Mosco Depfer, led us through discussions about hope, using Mary as our guide. Mary continued to have hope in the Lord no matter what and that is an important lesson for us all. Fall Retreat gave us a lot to reflect on and ponder. It also

allowed for students to deepen the friendships and make new ones.

We continue our weekly and monthly events such as Mass, Rosary, Adoration, Soul Food, and various service opportunities. Our Student Leaders have taken ownership of these events and make them their own. They are reflecting on the needs of our community and coming up with ways to support them during these regular events.

Our Catholic Monarch community stretches far beyond the campus of ODU. We are so blessed to have the wonderful support of many alumni, family, friends, and community members. You truly help to make our community what it is.

May God bless you and your family this Advent season!

Maissa Neil

MISSION

CATHOLIC CAMPUS
MINISTRY AT OLD
DOMINION UNIVERSITY
IS A CHRIST-CENTERED
COMMUNITY THAT SEEKS
TO BE A TRUE WITNESS
TO THE CATHOLIC FAITH.
THROUGH THE
SACRAMENTS, RELIGIOUS
FORMATION, PRAYER,
AND CAMARADERIE, WE
STRIVE TO LIVE OUT
CHRIST'S CALLING FOR
OURSELVES BOTH NOW
AND IN THE FUTURE.

1306 W. 49TH STREET
NORFOLK, VA 23505
CATHOLICMONARCHS.ORG

Home

BY MACKINLEY O'DONNELL
CLASS OF 2029

Coming to Old Dominion was both exciting and nerve-racking. I realized early on that I needed to find a community that shared my faith and I found my home at CCM. Everyone was

so welcoming and CCM quickly became the place where I could grow spiritually and socially.

Being part of this community has really helped me build friendships, deepen my faith, and stay grounded through the stressors of college life. I'm very grateful for the experiences and people who make CCM such a

meaningful part of my time here and I can't wait to see what's to come.



MacKinnley praying during Adoration.



Natalie & Macy painting our CCM crown on Kauffman Mall for Homecoming.



Natalie & Nabeeha working in the CCM yard.



Seminarist Carl sharing about vocations.



Students and Alumni at Catholic Fest.



Students working hard to solve the clues during our Halloween Party Escape Room created by our Student Leaders.



Soul Food Dinner and Talk with Seminarist Charlie.



Reina & Jackie at our Christ the King Feast Day Reception after Mass.

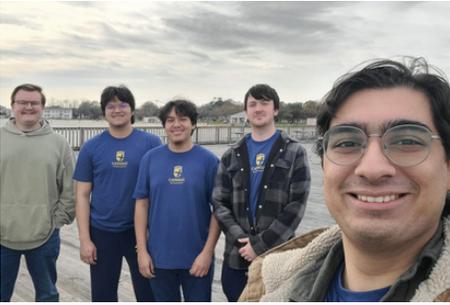


Games in the CCM House.



Our Lady of Hope, Pray for Us!

FALL RETREAT | NOVEMBER 14-15



"Fall Retreat 2025 was an amazing experience for me. In the short time that it took place, I realized that I am closer to people than I had originally thought. I feel truly loved and wanted at CCM."

- Natalie Wolanin, Class of 2027



"I really enjoyed the retreat. I got to meet people and have great talks about various topics in our Faith, with the main focus of the retreat being on Mary. I learned many new things about Mary during the retreat, which really put what she went through more in my mind."

- Brady Donahue, Class of 2028

"I am really grateful that I went on the retreat. I turned many acquaintances into real friends. And enjoyed sharing in my faith with them."

- Jeremy Morris, Class of 2028



"This was my first Fall Retreat as a member of the Leadership Team. Because of this, I was involved with the planning and organizing of events like leading Lectio Divina. This allowed me to bond not only with my fellow team members but also with the rest of my peers."

- Sarah Ryan, Class of 2027



"Fall Retreat was a great opportunity for building relationships and beginning new ones at CCM. The speaker was fantastic and helped build my understanding of Mary's suffering at the foot of the Cross. I'm so glad that I went!"

- Jaisingh Riske, Class of 2027



“Anchor your hope in eternity, not circumstances.”

- KATHERINE MOSCO DEPFFER



“My favorite part of the retreat this year was the talks. I thoroughly enjoyed my small group discussions and the Emmaus walk at the end. Of course those discussions would not be as fruitful without a powerful speaker.”

- Raphael Afrim, Class of 2026

“My experience throughout the retreat not only helped my Faith be closer to God, but to also connect with others and boost my social skills when talking about God. The mix of fun games with one on one moments in prayer gave many different ways on how we can express our Faith.”

- Reina Ruiz, Class of 2027



“Fall Retreat 2025 was a wonderful time. We reflected on Hope and our Mother, Mary. It was a great way to close out the final weeks of the semester and grow deeper relationships with our fellow students.”

- David Lairson, Class of 2027



Our Lady of Hope



Pray for Us



Special thanks to Deacon Dave Reaves of the Saint Clare Retreat Center for leading us in Adoration during our Fall Retreat.

PRAYER REQUESTS

THE CCM STAFF AND LEADERSHIP TEAM WOULD LIKE TO PRAY FOR YOU AND YOUR INTENTIONS!

CATHOLICMONARCHS.ORG/PRAYERS



YOUR SUPPORT MATTERS

Your Monthly or One-Time Gift can ...

\$50 - Provide for a week of liturgical supplies for both Sunday & Daily Masses.

\$100 - Provide dinner and speaker stipend for one of our weekly Soul Food events.

\$250 - Provide for needed updates to resources and supplies in the the CCM House.

\$500 - Enable our students to attend life-changing retreats & events.

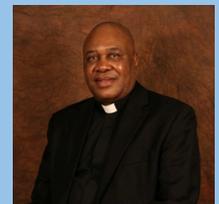


CATHOLICMONARCHS.ORG/GIVE

CAMPUS MINISTRY STAFF



MARISSA O'NEIL
DIRECTOR



FR. GERRY KAGGWA
SACRAMENTAL PRIEST