



CATHOLIC MONARCHS

CATHOLIC CAMPUS MINISTRY AT OLD DOMINION UNIVERSITY

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.

Fall 2022

Dear Catholic Monarch Family,

What an amazing Fall Semester we have had! Campus is just about back to normal and so is CCM. In October, we held our annual Fall Retreat. This was a wonderful opportunity to take a step back from our hectic lives and look at how to renew ourselves in the Lord in our mind, body, and soul. We have also had the great privilege to serve our local community by partnering with Blessed Sacrament Catholic Church in numerous projects. Over the course of the semester, we have been delighted to host guests, including Diocese or Richmond Seminarians, amazing speakers, and wonderful parents! And, of course, the CCM House is always alive with activities, everything from praying, playing games, studying, and hanging out. It is a blast to hear the House come alive when the students enter!

What a blessing it is to continue to celebrate our 75th anniversary of a Catholic community on the campus of Old Dominion University! It has been amazing to look back at what ministry looked like in the past and to dream about the future. We could not spread the Gospel to this campus without the wonderful support and prayers from our extended Catholic Monarchs community. Thank you!

Maissa O'Neil James M. Glass



Diocese of Richmond Seminarians Brennen & Graham visited during the Seminarian College Tour!



Anna & Milton weighing plastic bags for Blessed Sacrament Catholic Church's recycling program.



Alumni at our Social before ODU Day for the Washington Nationals in August.



Stephanie helping to load up the Thanksgiving Food Boxes for Blessed Sacrament Catholic Church.

AN INVITATION FROM THE LORD

To be perfectly honest, I was a little bit nervous about going to CCM's Fall Retreat. I didn't know many of the people in CCM very well and I wasn't even sure if I would be able to go because of an ROTC event. When the ROTC event was cancelled, I could tell that God was telling me that I needed to be at Fall Retreat. So, I borrowed my friend's Bible and I showed up, cautiously excited for the retreat.

I was blown away by how open and welcoming the members of CCM were. I had pretty much only shared conversations in passing with most of them, but they talked with me like we had been friends for ages. We had several great speakers who talked about how they had come to find God. It was incredibly inspiring to listen to their stories and realize how each of them could also apply to me. One of the most amazing parts of the retreat was Adoration. I hadn't been to Adoration in years and I had forgotten how close it brought me to God. It was one of the most peaceful times I have had in my life and it gave me time to contemplate the life I have lived and how I could do it more according to the Lord's teachings.

In the end, I am very happy that I decided to go to Fall Retreat. It was a great experience that let me make a bunch of new friends and get closer to the Lord. So, the next time someone comes up to you with an opportunity to deepen your bond with God, I encourage you to take it.

-Brady Semtner, Class of 2026





A NEW PLACE TO CALL HOME

As a freshman, the transition from high school to college was challenging. I missed my family, friends, and my faith back home. The start of college is exciting but stressful because of having to make new friends, take new courses, and live in a new environment. I was incredibly lonely and lost at the beginning of the semester. Catholic Campus Ministry has helped me get through these difficult times. CCM is a group of kind, entertaining, and welcoming individuals who are strong in their faith. Every person in Catholic Campus Ministry has made me feel like I belong whenever I attend a CCM event. The ability to pray at Adoration and Rosary, attend Mass twice a week, and my favorite event, Soul Food, have allowed this new place to feel like home. These events and weekly small groups have helped me build a network of friends, where I feel safe to be myself and express my thoughts. Catholic Campus Ministry has allowed me to grow stronger in my faith and create a sense of community here at ODU. My transition into college life has been easier and more enjoyable because of my involvement in CCM and I am thankful for the support and friendship of the group!



-Rebecca Spach, Class of 2026



Catholic Monarchs ready for the ODU/VT Game



Family Weekend Tailgate



Wearing Hudson Blue for our Homecoming Tailgate

OUR HOPES WERE REALIZED

As a parent, you have hopes for your child as they go off to college. You hope they focus on their studies; you hope they make friends; and, you hope they grow. When our son, James, went to ODU, we wanted him to find his people and enjoy his college experience. His freshman roommate encouraged him to go to Mass on campus and it became a weekly habit for him. Then he became involved in CCM and our hopes were realized. He became a part of something that not only gave him like-minded friends and social times, but he began to grow in his faith. Having the CCM House to escape to during the week and people he could count on meant a lot to him (and us).



During James' junior year, he began serving as CCM's Fellowship Chair and asked if we could help with a tailgate or two at home football games. It has been so much fun meeting these kids and seeing our son interact with them and we completely understand his appreciation for CCM and his family there. We've enjoyed hosting the tailgates and it's a great way to give back to the program that has made such an impact on our son's college and life experiences. He has made friends for a lifetime and grown in his Catholic Faith. We will miss CCM and ODU when he graduates in the spring.

-Melanie and Ed Doherty, Parents

HOW YOU CAN HELP

DONATE FOR SPECIFIC PROGRAMS

- \$50 - Provides for a week of liturgical supplies for both Sunday & Daily Masses.
- \$100 - Provides dinner and speaker stipend for one of our weekly Soul Food events.
- \$250- Provides for needed updates to resources and supplies in the the CCM House.
- \$500 - Enables our students to attend life-changing retreats, events, & programs.

DONATE MONTHLY

Help provide our ministry stability by establishing a monthly online gift at catholicmonarchs.org/give

STAY CONNECTED

Update your contact information with us by going to catholicmonarchs.org/alumni

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