

Saint Paul's Newman Center

Heart Speaks to Heart



Liturgy Schedule

Saturday: 5:00 pm

Sunday: 8:30 am, 11:00 am, & 5:00 pm

Evening Prayer and Daily Mass:

Monday-Thursday, 5:00 pm

Sacrament of Reconciliation

Wednesdays and Saturdays: 4:00 pm

4TH SUNDAY IN ORDINARY TIME

"Blessed are you
when they insult you
and persecute you
and utter every kind
of evil against you
falsely because of me."
- Mt 5:11

THE FOURTH SUNDAY IN ORDINARY TIME FEBRUARY 1, 2026



Staff

Pastor: Fr. Rob Spaulding

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January 31-February 8

The Fourth Sunday in Ordinary Time

Sat	5:00 pm	Kermit Brown
Sun	8:30 am	Levin Comly
	11:00 am	The Intention of Sam and Bonnie Chavez on their anniversary
	5:00 pm	Parishioners of Saint Paul's
Mon	5:00 pm	Christie Cortez
Tues	5:00 pm	Jimmie Ruddy
Wed	5:00 pm	Donald Boxey
Thurs	5:00 pm	The Intention of C.J. Clements

The Fifth Sunday in Ordinary Time

Sat	5:00 pm	The Intention of the Enyeart Family
Sun	8:30 am	Kermit Brown
	11:00 am	Carlos Mellizo
	5:00 pm	Parishioners of Saint Paul's



Meal Delivery Service

Would you or someone you know benefit from a homemade delivered meal? Beginning in February, the Newman Center will provide a once-monthly meal delivery service. This month's meal will be delivered on February 11. There are three ways to participate in this service: receive a meal, help prepare the meal, or help deliver the meal. If you would like to sign up to participate, please click [here](#) or contact Sandy Rupp: rupp@newmancenter.org. Paper copies of the signup form are also available in the parish office.

Live the Liturgy - Inspiration for the Week

Blessed are the poor, the meek, the persecuted. These are radical words in a world that insists the opposite: blessed are the wealthy. Blessed are the forceful. Blessed are the comfortable. Do we have what it takes to be radical? ©LPi

Upcoming Events

Heart to Heart Baby Bottle Fundraiser
January 31-February 1

Children's Liturgy of the Word
February 1, February 15, and March 1
during the Sunday 8:30 am Liturgy

Taizé Prayer
Wednesday, February 4, 7:00 pm

Southwest Liturgical Conference Study Week
February 10-13 in Santa Fe, NM

February Meal Delivery
Wednesday, February 11

Ash Wednesday
February 18

First Eucharist Preparation Begins
Monday, March 2

THANK YOU
for your generosity

January 25 donations: **\$23,601.05**
Our 10% tithe for charitable outreach: **\$2,360.11**



Lenten Spirituality Series

Join us this Lent for *Unbound: Seeking the Freedom of God's Love*, a six-week small group spirituality series. Follow Jesus through the wilderness and into the heart of the Empire. Along the way, we will wrestle with what it truly means to be free: to remove our masks, reject false power, center the excluded, accept God's love, and choose life even in the shadow of darkness and despair. We will meet characters like Nicodemus, the Samaritan woman at the well, the man born blind, and Lazarus, and explore how Jesus invites each of them--and us--to step into the light to claim life abundant. More information and a signup will follow in the coming weeks.

Heart to Heart Baby Bottle Fundraiser

This weekend, we will host an opportunity to raise money for Heart to Heart Pregnancy Resource Clinic. A baby bottle bank will be placed by the front entrance of the church. If you wish to give, please place any donations inside the bottle. A QR code will also be provided for electronic donations. Thank you for your generosity!



Taizé Prayer

Join us in the Worship Space this Wednesday, February 4 at 7:00 pm (please note the time change from 8:00 pm) for an evening of Taizé prayer, a type of contemplative prayer involving simple, repetitive chants alternated with periods of silent reflection. Come take a break from life's stress and enjoy an evening immersed in the peace of Christ.



Thank you from Martha and Mary!

Thank you to everyone who helped with the Christmas basket raffle and chili luncheon. Together, We raised \$5,559 for our youth ministry and the UW food bank. We appreciate all the time, talents, and donations that were provided to make this raffle a success. We are blessed to have such a giving and caring community!



Children's Liturgy of the Word

Children's Liturgy of the Word will meet on February 1, February 15, and March 1 during the Sunday 8:30 am Liturgy. There will be no meeting on March 15 due to spring break.

Knights of Columbus Rifle Raffle

There are still tickets available for the Knights of Columbus rifle raffle. For more information or to purchase a ticket, please contact Ethan McCauley at 1013.ethan@gmail.com or Lester Dumm at 307-421-1144.



First Eucharist Preparation

Formation for children preparing to receive first Eucharist will begin on Monday, March 2.



Bringing Home the Word

Fourth Sunday in Ordinary Time (A)

February 1, 2026

Blessed Are Our Hassles

Fr. Joseph Juknialis

As much as we all might like a hassle-free life, for the person of faith, the beatitudes are markers of when God slips into our consciousness. They are life's doorways to a deepening sense of God-with-Us.

Blessed are the poor in spirit is not about material poverty, though it may include such times. To be poor in spirit is to be dependent upon God because we know that all good comes from him—our Creator. Despite our perceived self-sufficiencies, we can do nothing without God.

Blessed are they who mourn is about times when we grieve the loss of someone or something we love deeply. Who or what will now sustain us?

Sunday Readings

Zephaniah 2:3; 3:12–13

Seek the *Lord*, all you humble of the land, who have observed his law; / Seek justice, seek humility.

1 Corinthians 1:26–31

God chose the weak of the world to shame the strong.

Matthew 5:1–12a

[Jesus said,] "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

Blessed are the meek is about giving up the need to have our own way all the time in order to recognize and follow God's way.

Blessed are they who hunger and thirst for righteousness, that is, for a relationship with God. It is ultimately a hunger for harmony.

Blessed are the merciful is about being forgiving and about those who live out the corporal works of mercy—feeding the hungry, clothing the naked, and the rest. In them, we find the presence of God.

Blessed are the clean of heart is when we come to realize we cannot have it all. There is only One who will satisfy our longing.

Blessed are the peacemakers is about those who not only love peace but also work for peace, because God is peace.

Blessed are they who are persecuted for the sake of righteousness is about those who live for an ultimate good greater than their own. †



The beatitudes are life's doorways to a deepening sense of God-with-Us.

A Word from Pope Leo XIV

The desire to work together for a common purpose reflects an essential reality: no one is Christian alone! We are part of a people, a body established by the Lord.... The Christian life is not lived in isolation.... It is lived with others, in a group and in community, because the risen Christ is present wherever disciples gather in his name.

ADDRESS, ROME, JUNE 6, 2025



REFLECTION QUESTIONS

QUESTIONS REFLECTION

- Which beatitude would be a good title for your autobiography?
- Which beatitude needs the greatest growth in your life?



The Beatitudes: The Heart of Jesus' Teaching

The Redemptorists

The blessings (beatitudes) that Jesus pronounces are the blessings of the *anawim*—those who know they need God. To be poor “in spirit” is nothing more and nothing less than to know that you need God. That you have nothing without God; that you are totally dependent on God. Significantly, the Greek word for the blessed ones—the *makariol*—means that they are not subject to fate, not victims of bad luck, not even recipients of good luck! No. They are blessed and embraced by God because they have surrendered themselves to God. They trust only in God's grace. Nothing can throw them off course. They are not subject to the many external forces that come our way as human beings.

A story is told of Mahatma Gandhi: During his non-violent campaign to free India of its colonial shackles, he arrived at a station packed with crowds of people waiting for him to

speak. Reaching into his *dhoti*, he pulled out his little copy of the New Testament. Gandhi's devotion to Jesus' Sermon on the Mount is well documented. Opening to Matthew, chapter 5, he read the Beatitudes, after which he said to the people, “What more can I say? Go and do likewise.” Imagine running a country on the Beatitudes? Imagine responding to the frustrations of bureaucracy, the incompetence of some civil servants, or the dictates of government officials simply by following the message of Jesus in the Beatitudes? Naïve? Crazy? An impossible dream? Impractical? Absurd? Yet, the Beatitudes are the heart of the Sermon on the Mount. They are the heart of all of Jesus' teaching. †

To be poor “in spirit” is to know that you need God.

From *Redemptorist Daily Devotional 2026*, Liguori Publications (828966). To order, call 800-325-9521 or visit Liguori.org.

Wisdom from Catholic Update

From “Sacramentals: Channels of Grace in Everyday Life”

Prayers of Blessing—To bless may mean to grant some favor or gift, as when God blesses us with life and grace. It may mean to ask God, through prayer and ritual, to sanctify and show favor to someone or to make something holy, as when the priest blesses the congregation at the end of Mass or when we say “God bless you” to someone. This kind of blessing is also called a *benediction*. To bless may also mean to honor as holy by praising or glorifying, as when we bless the Lord. All good things come from God, the source of every favor and gift. Therefore, the blessing prayers of the Church bless people or things by invoking God's grace and sanctification upon them, and these prayers also bless God with words of praise and thanks.

Catholic Update—a subscription newsletter published eleven times a year—explores Church tradition and teaching on contemporary topics. For more information, call 800-325-9521 or visit Liguori.org.



Gracious God, you who have blessed us so richly, please give us the grace to be a blessing to others. We pray in Jesus' name. Amen.

The Redemptorists

WEEKDAY READINGS

February 2–7

Monday, Presentation of the Lord: Mal 3:1–4 /

Heb 2:14–18 / Lk 2:22–40 or 2:22–32

Tuesday, Weekday: 2 Sm 18:9–10, 14b,

24–25a, 30—19:3 / Mk 5:21–43

Wednesday, Weekday:

2 Sm 24:2, 9–17 / Mk 6:1–6

Thursday, St. Agatha:

1 Kgs 2:1–4, 10–12 / Mk 6:7–13

Friday, St. Paul Miki and Companions:

Sir 47:2–11 / Mk 6:14–29

Saturday, Weekday:

1 Kgs 3:4–13 / Mk 6:30–34



Catholic.
Pastoral.
Trusted.

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