



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

5th SUNDAY IN ORDINARY TIME

"You are the light of
the world. A city set on
a mountain cannot be
hidden." - Mt 5:14

THE FIFTH SUNDAY IN ORDINARY TIME FEBRUARY 8, 2026

Staff

Pastor: Fr. Rob Spaulding

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Coordinator of Pastoral Ministry: Lillie Rodgers

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Director of Youth and Family Ministry: Brenna Fankell

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Service and Outreach: Sandy Rupp

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Director of Campus Ministry: Emily Mahood

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Facilities Manager: Jay Johnson

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February 7-February 15

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, Sr.
	5:00 pm	Parishioners of Saint Paul's
Mon	5:00 pm	Evening Prayer
Tues	5:00 pm	Evening Prayer
Wed	5:00 pm	Evening Prayer
Thurs	5:00 pm	Evening Prayer

The Sixth Sunday in Ordinary Time

Sat	5:00 pm	Jimmy Johnson
Sun	8:30 am	Kermit Brown
	11:00 am	Parishioners of Saint Paul's
	5:00 pm	Leanna Peterson



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

Salt without flavor is no longer salt. Light that illuminates nothing is no longer light. As Christians, we must be what we have been made to be. So think about it, carefully: what stands between you and being who you were made to be? ©LPi

Upcoming Events

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

February Meal Delivery
Wednesday, February 11

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

Ash Wednesday
February 18

Stations of the Cross and Simple Meal
Begins Friday, February 20, 5:30 pm
at St. Paul's Newman Center

Family Faith Formation Dinner and Prayer
Saturday, February 25, 6:00 pm

Stations of the Cross and Simple Meal
On Fridays during Lent, join the Laramie community as we pray the Stations of the Cross. Stations will begin at 5:30 pm, followed by a simple meal. St. Paul's Newman Center will host the first three Fridays in Lent--February 20, 27, and March 6, and St. Laurence O'Toole will host the last three Fridays.



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

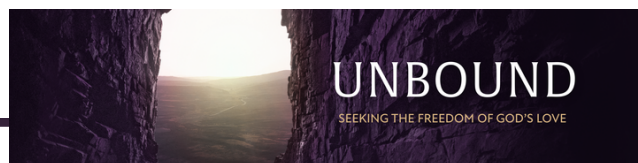
Family Faith Formation Dinner and Prayer
Families with children of all ages are invited to our next evening of dinner and prayer following the Saturday 5:00 pm Liturgy on February 25. To sign up, please click [here](#) or contact Brenna Fankell:

brenna@newmancenter.org. Don't miss this chance to share a meal in fellowship and prayer with other families in your faith community.



THANK YOU
for your generosity

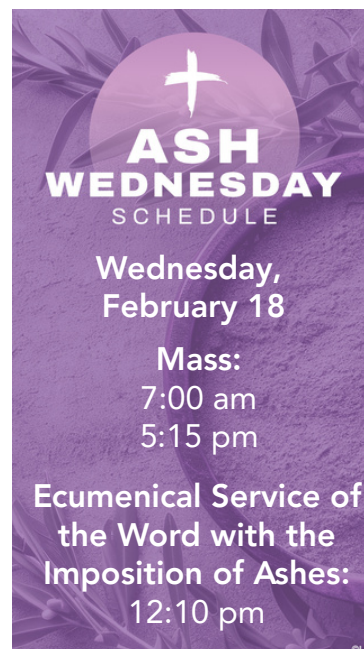
February 1 donations: **\$7,419.40**
Our 10% tithe for charitable outreach: **\$741.94**



If you are looking for deeper spiritual reflection and connection this Lenten season, join us for *Unbound: Seeking the Freedom of God's Love*, a six-week small group series offered through JustFaith Ministries. Journey through Scripture and discover how Jesus invites us to step into the light and claim life abundant. Small groups will begin meeting the week of February 16. We have several different groups that will meet at various times throughout the week, so please join the group that works best for your schedule. There is also an option to engage with the *Unbound* material individually. For more information or to sign up to participate, please click [here](#), contact Lillie Rodgers at lillie@newmancenter.org, or call the parish office at 307-745-5461.

Ash Wednesday Collection

This year, our Ash Wednesday collection will be given to Catholic Charities of Wyoming. They serve and advocate for those in need by providing immigration services, affordable housing, senior care, and Native American collaboration.



Note: Please bring your blessed palms from past years to the church to be burned for ashes.



Bringing Home the Word

Fifth Sunday in Ordinary Time (A)
February 8, 2026

No More Than Enough

Fr. Joseph Juknialis

“You are the salt of the earth.” Prior to industrialization, salt was a highly valued commodity. In the Middle Ages, a ton of salt sold for thirty-three gold ducats. Much earlier, Roman soldiers were often paid in salt. Hence, our word “salary.”

“You are the light of the world.” Like salt, light also is a valuable and necessary part of life. Without light, living plants die, and human beings grow depressed.

Curiously, we become aware of salt and light only when they are absent. Food tends to be bland and less tasty without salt. And without light in

the room, we stumble and trip. Yet, too much salt ruins food, while too much light blinds us, like when we see oncoming headlights when driving at night. As valuable as salt and light are, both are at their best when unnoticed.

I offer these realities as images for persons of faith. Too much of “us” in the mix, and we become the center of our lives, our egos blinding others to the workings of God. Yet, a world without persons of faith grows flat for lack of values and wisdom.

Likewise, the Church. Whenever the Church draws attention to itself, whenever it is clothed with pomp and majesty, God recedes into the background. Without the Church’s wisdom, however, a world hungry for meaning grows lost; charity is forgotten. We are called to be salt and light, no more than enough. †

Sunday Readings

Isaiah 58:7–10

If you lavish your food on the hungry and satisfy the afflicted; / Then your light shall rise in the darkness.

1 Corinthians 2:1–5

I resolved to know nothing while I was with you except Jesus Christ, and him crucified.

Matthew 5:13–16

[Jesus said,] “Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”



As valuable as salt and light are, both are at their best when unnoticed.

A Word from Pope Leo XIV

In a divided and troubled world, the Holy Spirit teaches us to walk together in unity. The earth will rest, justice will prevail, the poor will rejoice, and peace will return once we no longer act as predators but as pilgrims. No longer each of us for ourselves, but walking alongside one another. Not greedily exploiting this world, but cultivating it and protecting it.

HOMILY, ROME, JUNE 7, 2025



REFLECTION QUESTIONS

- How do I keep a balance between too much of me in the picture and too little?
- Which way do I lean?



God Is Still Speaking

Carrell Jamilano

As a spiritual director, I have the privilege of accompanying directees on their spiritual journey to God.

Directees want to feel God's loving presence and hear him speak in response to their prayers. What many are missing, however, is a fundamental understanding and experience of what prayer is. It's not just a set of memorized lines or something to check off a to-do list. Prayer is the way we communicate with God and the way God communicates with us. It is an ongoing encounter with our Creator, Redeemer, and Friend. As such, prayer requires two essential actions from us: talking to and listening to God.

For many of us, talking to God comes easier than listening. Still, we may try to keep parts of our lives hidden from God or fall into a routine of sharing the same things over and over. Listening to God presents even more challenges. We think, "How can I hear God when he is not physically present?" What is so incredible about God is that he can speak to us not only

through human tongues but also in everything he created. His voice compels us. His words change us. His presence enlivens us. We cannot help but be moved and inspired when we discover his voice in our lives.

Often, the reason we cannot hear God is because we do not understand how he speaks. Because God is limitless, so are the ways in which he chooses to communicate. God can speak

to us in the stillness of our hearts, through Scripture, through his living Word, through traditions handed down to us by the apostles. God can speak to us in unexpected ways that are unique to us alone. God's loving presence and compassionate voice is closer to us than we might imagine.

Prayer is an ongoing encounter with our Creator, Redeemer, and Friend.

From *The Alluring Voice of God: Forming Daily Encounters* by Carrell Jamilano, Liguori Publications (828416). To order, call 800-325-9521 or visit Liguori.org.

Wisdom from Catholic Update

From "Preaching as a Sacramental Encounter" by Fr. Byron J. Miller, CSsR

While many people readily encounter the transcendent mystery of God in preaching, too often others regard the homily as a discipline to patiently endure before partaking of the Eucharist at Mass. However, nourishment derived from "breaking open the word" and reflecting on it is intended to prepare us for the sustenance that comes from the "breaking of bread." Pope Benedict XVI, in his exhortation *Verbum Domini* (The Word of God in the Life and Mission of the Church), echoed the words of the Second Vatican Council when he explained, "Word and Eucharist are so deeply bound together that we cannot understand one without the other."

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, Jesus calls us to be salt and light for the world. In his name, we ask for your grace that we may be signs of your goodness to all we meet. Amen.

The Redemptorists

WEEKDAY READINGS

February 9–14

Monday, Weekday:

1 Kgs 8:1–7, 9–13 / Mk 6:53–56

Tuesday, St. Scholastica:

1 Kgs 8:22–23, 27–30 / Mk 7:1–13

Wednesday, Weekday:

1 Kgs 10:1–10 / Mk 7:14–23

Thursday, Weekday:

1 Kgs 11:4–13 / Mk 7:24–30

Friday, Weekday:

1 Kgs 11:29–32; 12:19 / Mk 7:31–37

Saturday, Sts. Cyril and Methodius:

1 Kgs 12:26–32; 13:33–34 / Mk 8:1–10



Catholic.
Pastoral.
Trusted.

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