



3rd SUNDAY OF LENT

Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." - Jn 4:10

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

© 1998, 1970 CCD.

© LPI

THE THIRD SUNDAY OF LENT MARCH 8, 2026

Staff

Pastor: Fr. Rob Spaulding

rob@newmancenter.org

Coordinator of Pastoral Ministry: Lillie Rodgers

lillie@newmancenter.org

Director of Music Ministry: Donovan Boxey

music@newmancenter.org

Communications Specialist: Hanna Hoes

communications@newmancenter.org

Director of Youth and Family Ministry: Brenna Fankell

brenna@newmancenter.org

Business Manager: Carrie Gomez

accounting@newmancenter.org

Service and Outreach: Sandy Rupp

rupp@newmancenter.org

Director of Campus Ministry: Emily Mahood

emily@newmancenter.org

Facilities Manager: Jay Johnson

facilities@newmancenter.org



March 7-March 15

The Third Sunday of Lent

Sat	5:00 pm	Rose Marie Gail
Sun	8:30 am	Parishioners of Saint Paul's
	11:00 am	Don Kozlowski
	5:00 pm	No Intention
Mon	5:00 pm	Evening Prayer
Tues	5:00 pm	Nathan Pieper
Wed	5:00 pm	Blane Enyeart
Thurs	5:00 pm	Donald Boxey

The Fourth Sunday of Lent

Sat	5:00 pm	No Intention
Sun	8:30 am	No Intention
	11:00 am	Parishioners of Saint Paul's
	5:00 pm	No Liturgy due to spring break

Live the Liturgy - Inspiration for the Week

Jesus did not convert the Samaritan woman with miracles. He converted her with presence. He was not afraid of her sins or her failures. He listened to her. He sat with her. Let us learn from this: when we are present to others, we can show them the face of God. ©LPI



2026 Lenten Project

For our Lenten Project this year, we are supporting Ark Regional Services, a Laramie nonprofit that helps people with developmental disabilities and acquired brain injuries increase their independence and actively participate in their communities. Ark provides residential support services, employment opportunities and support, equestrian services, and educational classes across a variety of subject matters and areas of interest. To donate online, please click [here](#).

Upcoming Events

Wounds of the Womb Presentation
Sunday, March 8, 11:30 am
at St. Laurence O'Toole

Faculty and Staff Evening of Prayer
Thursday, March 12, 6:00 pm

Stations of the Cross and Simple Meal
Continues Friday, March 13, 5:30 pm
at St. Laurence O'Toole

Catholic Relief Services Collection
March 14-15

UW Spring Break
March 16-20

First Eucharist Preparation

Formation for children preparing to receive first Eucharist will be at 6:00 pm on Monday, March 9 and 23 in the Worship Space.

Wounds of the Womb Presentation

Do you need healing after a pregnancy loss? Maria Ward, Project Rachel Coordinator for the Diocese of Cheyenne, will give a one-hour presentation at St. Laurence O'Toole on Sunday, March 8 after their 10:30 am Liturgy. Maria will speak about the heartache of infertility and the grief and healing journey associated with all types of pregnancy loss including miscarriage, stillbirth, and abortion. Breakfast will be served. Please call 307-222-8430 or email mward@dcwy.org with any questions.



Faculty and Staff Evening of Prayer

Current and retired UW faculty, staff, and spouses are invited to Evening Prayer on Thursday, March 12 at 6:00 pm. A catered reception will follow. If you plan to attend, please RSVP by clicking [here](#) or calling the parish office at 307-745-5461.

THANK YOU
for your generosity

March 1 donations: **\$7,206.50**
Our 10% tithe for the Lenten Project: **\$720.65**

Spring Break Schedule Change

There will be no 5:00 pm Liturgy next Sunday, March 15 due to spring break. Parish offices will be closed Monday, March 16 and Friday, March 20.

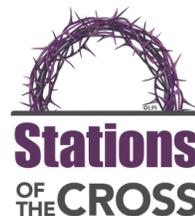


Parish Mom's Group

St. Paul's Newman Center is starting a mom's group for mothers of all ages to grow in fellowship with one another. The group will meet once a month, and the first meeting is on Thursday, April 16 at 6:00 pm. More information will follow as the date approaches. If you are interested in participating, please contact Lillie Rodgers at lillie@newmancenter.org or click [here](#) to join our mom's group on Flocknote.

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. Laurence O'Toole will host both Laramie parishes for the remaining Fridays in Lent: March 13, 20, and 27.



Catholic Relief Services Collection

Next weekend, we will take up a collection for Catholic Relief Services, who provides humanitarian aid to people throughout the world that need it most--refugees, immigrants, and victims of hunger, natural disasters, and political turmoil. Please prayerfully consider giving to this collection. To donate directly to Catholic Relief Services online, please click [here](#).

Children's Liturgy of the Word

Children's Liturgy of the Word will not meet on March 15 or April 5 due to spring break and Easter. The next meeting will be on Sunday, April 19 during the 8:30 am Liturgy.





Bringing Home the Word

Third Sunday of Lent (A)
March 8, 2026

A Fountain of Life

Fr. Joseph Juknialis

The lovelorn column in the local newspaper shared a letter from someone who felt adrift. She had everything she needed or wanted—a marriage, a job, a home. Yet, she felt there had to be more to life, but she didn't know what it was or where to go. She wondered, *Could anyone help me?* Like the woman from Samaria who happened upon Jesus when she came looking for water at the local well, she and the letter writer were both eager for "living water." The woman at the well would no longer need to come each day for her household needs, and the letter

writer would have her deeper thirsts quenched. Both wanted something more out of life, not unlike most people at one time or another.

Long before Jesus encountered the woman at the well, the people who were led by Moses through the desert grumbled to him about their thirst, which triggered Moses to grumble to God about the people. The result was finding water in the desert, the most unlikely of places. As a result, they realized that God was taking care of them and that God was ultimately their source of life.

We may decide what will bring new life—a new relationship, a new job, a new home. Yet, just as often, the answer comes from totally unexpected sources: the deserts of our lives. Also just as often, we somehow miss the answer. When we do recognize it, however, we say, "Thanks be to God." †

A Word from Pope Leo XIV

We feel a deep and burning thirst that no drink in this world can satisfy. Knowing this, let us not deceive our hearts by trying to satisfy them with cheap imitations!... Let us turn this thirst into a step stool, like children who stand on tiptoe, in order to peer through the window of encounter with God.

HOMILY, ROME, AUGUST 3, 2025



Sunday Readings

Exodus 17:3-7

[The Lord answered,] "Strike the rock, and the water will flow from it for the people to drink."

Romans 5:1-2, 5-8

The love of God has been poured out into our hearts through the Holy Spirit.

John 4:5-42 or John 4:5-15, 19b-26, 39a, 40-42

[Jesus said,] "The water I shall give will become in him a spring of water welling up to eternal life."



Answers often come from the deserts of our lives.

REFLECTION QUESTIONS

- Have you ever found grace in an unexpected place?
- Have you ever missed unexpected grace?



Mind Your Manners

Fr. Byron Miller, CSsR

Evil isn't a new phenomenon. The Book of Judges, for example, presents a faithless time that may rival what's happening in our world today. The twenty-one

chapters are so filled with vandalism and war, murder and assassination, fratricide and suicide, that it makes a grim statement on the worst of humanity. Observers of our culture offer proof that civilization is rapidly in decline. Consider America's diminishment as a world leader, the seemingly cavalier attitude toward an uninhabitable planet for future generations, and adults engaged in road rage and fatal duels over parking spaces.

Etiquette and manners are reasonable behaviors for civility that society has agreed upon over time. They essentially say, I dignify you because you are created in God's likeness—even as you answer your mobile phone while I do so! Manners help adjust the self in a self-centered life.

Sadly, the anonymous social-media environment has created new measurements for what's acceptable. Loud talking

on a phone during a show in a theater is unacceptable, and frequent texting during a formal meal in a restaurant or at Mass are frowned upon. But those behaviors pale compared to the loss of civility and respect for others when we see insults, bullying, and threats on social media impair face-to-face dynamics. "There is the dangerous phenomenon of young people becoming 'social hermits' who risk alienating themselves completely from society," Pope Francis warned.

Manners help adjust the self in a self-centered life.

When people use new media to show respect for human dignity, they can transform the world to unite into a global village in unimaginable ways! If we use new media to hide from the world or to bash people by writing things we might never say aloud, we damage ourselves and others. Let common decency prevail! †

From *Daybreaks: Daily Reflections for Lent and Easter* by Fr. Byron Miller, CSsR, Liguori Publications (828362). To order, call 800-325-9521 or visit Liguori.org.

Wisdom from Catholic Update

From "Our Holiest Week: A Practical Guide for the Holy Week Liturgies"

The presence of Christ in the Eucharist is not an end in itself; it is also the means to build up the unity of the parish and of the whole body of Christ. Maybe it is easier to see Christ in the Blessed Sacrament than to see him in the faces of the ordinary men and women around us. But, in the midst of gold vestments and vessels, ringing bells, and smoking censers, when we solemnly recall the institution of the Eucharist and the incomprehensible miracle of God's continuing presence among us, we wash feet! We are confronted with the reality that we cannot love God unless we love our neighbor.

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.



So that we may recognize you wherever we are and proclaim your presence to all those we meet, we pray—Lord, let us be like you.

The Redemptorists

WEEKDAY READINGS

March 9–14

Monday, Lenten Weekday: 2 Kgs 5:1–15ab / Lk 4:24–30

Tuesday, Lenten Weekday: Dn 3:25, 34–43 / Mt 18:21–35

Wednesday, Lenten Weekday: Dt 4:1, 5–9 / Mt 5:17–19

Thursday, Lenten Weekday: Jer 7:23–28 / Lk 11:14–23

Friday, Lenten Weekday: Hos 14:2–10 / Mk 12:28–34

Saturday, Lenten Weekday: Hos 6:1–6 / Lk 18:9–14



Catholic.
Pastoral.
Trusted.

© 2026 Liguori Publications, a ministry of the Redemptorists. Scripture quotations in this publication are from *The New American Bible, revised edition*, © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, DC. The Pope Leo XIV quotation is used with permission and copyright © 2025 *Libreria Editrice Vaticana*. All rights reserved. 1-800-325-9521. Liguori.org.