



THE MOST HOLY TRINITY

“God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.” - Jn 3:16

Saint Paul's Newman Center

Heart Speaks to Heart



Liturgy Schedule

Saturday: 5:00 pm
Sunday: 8:30 am & 11:00 am
Evening Prayer and Daily Mass:
Monday-Thursday, 5:00 pm

Sacrament of Reconciliation

Saturdays: 4:00 pm

SOLEMNITY OF THE MOST HOLY TRINITY MAY 31, 2026



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May 30-June 7

Solemnity of the Most Holy Trinity

Sat	5:00 pm	Roy Chandrakusuma
Sun	8:30 am	Parishioners of Saint Paul's
	11:00 am	The Intention of Patricia E. Taylor
Mon	5:00 pm	Evening Prayer
Tues	5:00 pm	Evening Prayer
Wed	5:00 pm	Evening Prayer
Thurs	5:00 pm	Evening Prayer

Solemnity of Corpus Christi

Sat	5:00 pm	The Intention of Marcela Imhof
Sun	8:30 am	The Intention of the Imhof Family
	11:00 am	Parishioners of Saint Paul's



Corpus Christi Procession

In honor of the Solemnity of Corpus Christi, join us on Sunday, June 7 after the 11:00 am Liturgy for a Eucharistic procession to the UW campus food pantry, located in the Wyoming Union. Please bring any donations you wish to provide and take advantage of this opportunity for community and prayer. While the food pantry appreciates all donations, shelf-stable foods, personal hygiene items, cleaning supplies, and baby products are especially needed.

Martha and Mary Faith Sharing

Martha and Mary invites women to come together to read the Bible, pray, and share their faith every Friday until June 12 from 10:00-11:30 am in the Emmaus House.

Live the Liturgy - Inspiration for the Week

Salvation is a gift God dearly wishes us to accept. It is not a yardstick against which He measures our worth. He has made it so simple. So, will we accept?

©LPi

Upcoming Events

Corpus Christi Procession
Sunday, June 7, 12:00 pm

June Meal Delivery
Wednesday, June 10

Martha and Mary Faith Sharing
Fridays through June 12, 10-11:30 am

Mass and Potluck in the Park
Thursday, June 18, 5:15 pm



Mass and Potluck in the Park

Join the parish community on Thursday, June 18 at 5:15 pm to celebrate an outdoor Mass at LaPrele Park. Please bring your own seating—camp chairs, lawn chairs, blankets, etc.—and meet us at the shelter next to the playground. A potluck dinner will follow the Liturgy.

Please note that there will be no 5:00 pm daily Liturgy at the church on June 18.



The Cathedral of St. Mary in Cheyenne is excited to announce the start of Funeral and Cemetery Ministry and is hiring a full-time director. The Director of Funeral and Cemetery Ministry catechizes with the corporal and spiritual works of mercy and performs responsibilities such as burying the dead, consoling the sorrowful, praying for the dead, assisting with the planning of Catholic funeral rites and burial, managing the sales and records of plots and niches at Olivet Cemetery and the Cathedral of St. Mary, and coordinating grief and bereavement ministry. For a full job description, please visit the cathedral website at stmarycathedral.com/employment. All interested candidates should submit a cover letter and resume either via email to mklawon@stmarycathedral.com or via mail to PO Box 1268, Cheyenne, WY 82003 no later than Friday, June 5.

Save the Date

On Sunday, July 19, St. Laurence O'Toole will celebrate 150 years of prayer, worship, and service. All are encouraged to attend this celebration and support our St. Laurence brothers and sisters. More information will follow in the coming weeks.

THANK YOU
for your generosity

May 24 donations: **\$3,813.08**
Our 10% tithe for charitable outreach: **\$381.30**

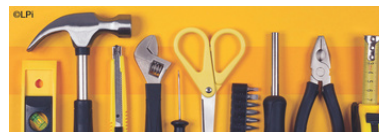


Thank you for your generous and prayerful support of *Living and Giving in Christ: Unity through Diocesan Ministries*. The generosity of our parish community and those throughout the Diocese of Cheyenne helps sustain ministries that reach people in every corner of Wyoming. If you have not yet made a commitment in support of diocesan ministries, and you would like to, you can make a gift by returning your appeal card or in-pew envelope to the parish office, or you may make a pledge online by clicking [here](#) or visiting dcwy.org. Please make all checks payable to the Diocese of Cheyenne.



Monthly Meal Delivery Ministry

Each month, our meal delivery ministry feeds over 100 people in our community who are in need. If you want to help feed our friends and neighbors (and perhaps make new friends along the way), please consider volunteering for this ministry. There are two ways to participate: help with meal preparation or meal delivery. For more information or to sign up to volunteer, please click [here](#) or contact Sandy Rupp: rupp@newmancenter.org.



Knights of Columbus Handyman Helpers

If you are in need of a handyman, the Laramie Knights of Columbus can help. They have established a free handyman program to provide for the community. The service includes short-term projects that do not require a building permit or licensed professional, and it is available to those who have a demonstrated need: financial, physical, etc. To request help, please contact KofC.handyman@gmail.com or call 307-745-5461.



Bringing Home the Word

The Most Holy Trinity (A)
May 31, 2026

God Up There, God Down Here

Fr. Joseph Juknialis

Which of these images best describes your God: gardener, friend, police officer, Santa Claus, magician, doctor, lover, parent, judge, the Force?

Theologically, God is both transcendent and immanent, up there and down here. In other words, God is powerful, majestic, awesome, and all-knowing but always close, caring for us, forgiving, and comforting. Most of us lean toward one or the other in our spirituality. Whichever image you choose will tell you

Sunday Readings

Exodus 34:4b–6, 8–9

[Moses said,] "Pardon our wickedness and sins, and claim us as your own."

2 Corinthians 13:11–13

Mend your ways, encourage one another, agree with one another, live in peace, and the God of love and peace will be with you.

John 3:16–18

God did not send his Son into the world to condemn the world, but that the world might be saved through him.

something about how you usually relate to God. None of the images are necessarily right or wrong unless it locks us into relating to God in only one way.

Our tendency to relate to God as either transcendent or immanent may influence our preference for liturgical style. If we view God primarily as transcendent, we will tend to appreciate the Mass as a sacrifice, celebrated formally with processions, incense, and majestic music. If we tend to relate to God as more immanent, we will tend to appreciate the Mass as a eucharistic meal with the community gathered around the altar table, singing simpler music. As God is both transcendent and immanent, we should not have to choose. The ideal liturgical style would incorporate something of both transcendence and immanence.

Today's story of Moses, who climbs Mount Sinai and there bows down in worship before God, is a story of the transcendence of God—majestic, powerful, awesome to behold. Today's gospel is of an immanent God who loved the world so much that he sent his Son not to condemn it, but to save it. †

As God is both transcendent and immanent, we should not have to choose

A Word from Pope Leo XIV

To those in power, I repeat: listen to the voice of conscience! The apparent victories achieved with weapons, which sow death and destruction, are in reality defeats and never bring peace or security! God does not want war, he wants peace, and he strengthens those who are committed to leaving behind the spiral of hatred and taking the path of dialogue.

ANGELUS, ROME, SEPTEMBER 7, 2025



REFLECTION QUESTIONS



- Do you pray to God described as "transcendent" or "immanent"?
- Can you appreciate both styles of liturgical prayer?



Called to Gratitude and Community

The Redemptorists

There is a story told about St. Augustine, who was strolling along the seashore, struggling

to comprehend the mystery of the Trinity. He encountered a youngster with a little bucket. The boy walked back and forth, emptying bucket after bucket into a hole in the sand, which was a short distance from the shoreline. When Augustine asked him what he was doing, the lad replied that he was putting the ocean into the hole. When Augustine told him that was impossible, the boy responded that it was just as impossible for him to comprehend the mystery of the Trinity.

Augustine himself affirms that if we think we have understood the mystery of God, then what we have understood is not God. The challenge of faith placed before us by this feast is not one of comprehension; for, try as we might, we will never really understand the mystery of the Trinity. Rather, it is a challenge of acceptance. We are invited to believe in God's tender working in our lives, and such conviction should prompt us to live fully our faith.

This is more a day for humble gratitude and renewed commitment than for theological speculation, as important as such speculation may be. We have all been touched by God's grace, God's love, and God's fellowship, so we all have much for which to be grateful.

This feast also calls us to commit ourselves to communion with others. Once again, it is Paul who shows us what this means: "Mend your ways, encourage one another, agree with one another, live in peace" (2 Corinthians 13:11). The Most Holy Trinity is the perfect example of unity in diversity. We most resemble this God when we live in loving harmony with one another. †

The challenge of this feast is not comprehension but acceptance.

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Wisdom from Catholic Update

From "The Trinity: Mystery at the Heart of Life" by Leonard Foley, OFM
Five Everyday Ways to Honor the Trinity

- 1). Embrace the greatest commandment: to love the triune God and to love your neighbor as yourself.
- 2). Say often and reverently the Trinitarian prayer: "Glory be to the Father, and to the Son, and to the Holy Spirit..."
- 3). Honor God the Father by imitating the first person's self-communicating love. We can do this by our own self-giving.
- 4). Honor God the Son by imitating the healing and evangelizing ministry of Jesus, who was God's missionary.
- 5). Honor God the Holy Spirit by seeking to build up God's kingdom and witnessing to Jesus' saving love wherever we go.

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.



God of all—Father, Son, and Holy Spirit—inspire us to live in loving relationship with each other that the world may know peace and harmony, we pray. Amen.

The Redemptorists

WEEKDAY READINGS

June 1–6

Monday, St. Justin: 2 Pt 1:2–7
/ Mk 12:1–12

Tuesday, Weekday: 2 Pt 3:12–15a, 17–18
/ Mk 12:13–17

Wednesday, St. Charles Lwanga and Companions: 2 Tm 1:1–3, 6–12
/ Mk 12:18–27

Thursday, Weekday: 2 Tm 2:8–15
/ Mk 12:28–34

Friday, St. Boniface: 2 Tm 3:10–17
/ Mk 12:35–37

Saturday, Weekday: 2 Tm 4:1–8
/ Mk 12:38–44



Catholic.
Pastoral.
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