

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

18th SUNDAY IN ORDINARY TIME

He said the blessing,
broke the loaves,
and gave them to the
disciples, who in turn
gave them to the
crowds. They all ate
and were satisfied.
- Mt 14:19c-20

THE EIGHTEENTH SUNDAY IN ORDINARY TIME AUGUST 2, 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

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Director of Youth and Family Ministry: Brenna Fankell

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Business Manager: Carrie Gomez

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Service and Outreach: Sandy Rupp

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Director of Campus Ministry: Emily Doherty

emily@newmancenter.org

Facilities Manager: Jay Johnson

facilities@newmancenter.org

August 1-August 9

Eighteenth Sunday in Ordinary Time

Sat	5:00 pm	Jim Johnson
Sun	8:30 am	Parishioners of Saint Paul's
	11:00 am	The Intention of Rosanna Padilla
Mon	5:00 pm	Patricia Prawitz
Tues	5:00 pm	No Intention
Wed	5:00 pm	No Intention
Thurs	5:00 pm	No Intention

Nineteenth Sunday in Ordinary Time

Sat	5:00 pm	Helen Christman
Sun	8:30 am	Rick DeForest
	11:00 am	Parishioners of Saint Paul's

Catholic Home Missions Collection

This weekend is the collection for the Catholic Home Missions Appeal, which supports dioceses in the United States that struggle to provide basic pastoral services such as Mass, the sacraments, religious education, and ministry training. To donate, please make checks payable to St. Paul's Newman Center and include "Catholic Home Missions" in the memo, or you may donate online by clicking [here](#).



Live the Liturgy - Inspiration for the Week

When Jesus multiplied the loaves and fishes, he didn't create only what was needed — there were leftovers that could be saved and shared again. God is lavish in bestowing His grace upon us. He always gives enough to share.

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Upcoming Events

Catholic Home Missions Collection
August 1-2

Mass and Potluck in the Park
Tuesday, August 4, 5:30 pm

August Meal Delivery
Wednesday, August 5

Fr. Rob's 17th Anniversary of Ordination
Sunday, August 9

Trinity Meal #3
Sunday, August 9, 6:00 pm

Blood Drive
Thursday, August 13, 11:00 am-2:30 pm

Wyoming Catholic Men's Conference
August 14-16 in Casper



Meal Delivery Ministry

Our next meal delivery will be on Wednesday, August 5. Come help feed our neighbors and spend some time in fellowship with someone new. If you would like to help prepare or deliver this month's meal, please click [here](#) or contact Lillie Rodgers, lillie@newmancenter.org, to sign up.

MEN'S RETREAT

Wyoming Catholic Men's Conference

All men are invited to the Wyoming Catholic Men's Conference August 14-16 at St. Patrick's Church in Casper. This year's featured speaker will be Bishop Scott McCraig, who currently serves as Bishop for the Military Ordinate of Canada, and his theme for the conference is "Amazed by Jesus." For more information or to register, please click [here](#) or contact catholicmensretreat@gmail.com.

THANK YOU!
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July 26 donations: **\$3,040.26**
Our 10% tithe for charitable outreach: **\$304.03**



Mass and Potluck in the Park

Celebrate Mass in the beauty of God's creation on Tuesday, August 4 at 5:30 pm in Kiwanis Park. Bring your own seating—camp chairs, lawn chairs, blankets, etc.—and meet us at the park shelter. A potluck dinner will follow the Liturgy. Please note that there will be no daily Liturgy at the church on August 4.

Trinity Meals

The third and final Trinity Meal for the summer will be on Sunday, August 9 at 6:00 pm. Come share dinner and fellowship in the back

yard of the rectory, located at 315 S. 18th Street. If you would like to attend, please click [here](#) or call the parish office at 307-745-5461 to RSVP.



Blood Donors Needed

Just one hour of your time can save somebody's life. Join us for a blood drive on Thursday, August 13 from 11:00 am to 2:30 pm in Bishop Newell Hall. To make an appointment, please click [here](#) to visit donors.vitalant.org or contact Sandy Rupp: rupp@newmancenter.org.



Our Progress

Our Goal: **\$100,680.00**

Amount Raised: **\$85,129.00**

Percent Raised to Goal: **85%**

Number of Donors: **115**

To make a gift, please make all checks payable to the Diocese of Cheyenne, or click [here](#) to donate online.

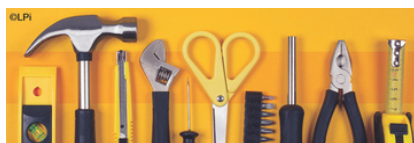
Collection for Venezuela Earthquake Relief

Last weekend was a diocese-wide collection for critical relief efforts, including shelter, food, and other humanitarian aid, for those impacted by the earthquakes in Venezuela. If you still wish to give to this collection, it is not too late. Please make checks payable to St. Paul's Newman Center and include "Venezuela Earthquake Relief" in the memo, or you may donate online by clicking [here](#).



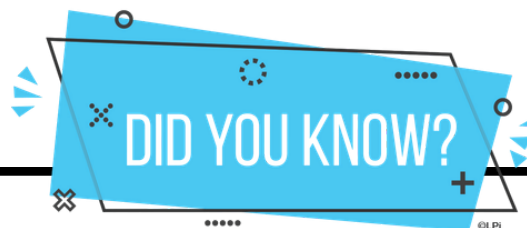
Become an 1887 Society Member!

On the upcoming Feast of the Assumption of the Blessed Virgin Mary, patroness of the Diocese of Cheyenne, Wyoming Catholic Ministries Foundation will host the inaugural Legacy Mass to honor members of the 1887 Society, who have chosen to support Catholic ministries through leaving their legacy with the Church. You can join this group of faithful supporters by including a gift to the ministries, partners, Catholic schools, or parishes within the Diocese of Cheyenne in your estate plans. Thank you for considering this lasting act of stewardship. If you have designated a gift to a Catholic organization in the Diocese of Cheyenne or if you would like more information, please contact Wyoming Catholic Ministries Foundation at 307-631-4084 or info@wycmf.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.



"Blessing at the end of Mass" by Paul Turner

Q: I participated at Mass recently when you were a concelebrant. I noticed at the end, when the bishop gave his blessing, you were the only priest who did not make the sign of the cross over himself. Was there a reason for that?

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A: As you probably know, I generally advise, "Do what it says, and don't do what it doesn't say." There is no rubric at the end of Mass for people to make the sign of the cross over themselves, as there is at the beginning of Mass.

The purposes of those two signs are different. At the beginning, all are performing an act of devotion together—actively involved in preparing themselves for worship. Even the presider makes the sign of the cross over himself at the beginning of Mass—not over the people.

But at the end, the presider is the agent bestowing a blessing on others, who are passive recipients of the blessing. Now, it could be that the missing rubric is just an oversight—that the Vatican intended all to make the sign of the cross, but it never got inserted.

If I were to try to stop people from making that gesture at the end of Mass, I would have near zero success. It is an extremely popular way for people to conclude the service with an act of devotion. There's nothing wrong with it.

But I rather like letting the presider's blessing wash over me without getting involved. The absence of the rubric permits that interpretation.

Special Anniversary

On Sunday, August 9, Fr. Rob celebrates the 17th anniversary of his priestly ordination. Please wish him well and remember him in your prayers this week!



Bringing Home the Word

Eighteenth Sunday in Ordinary Time (A)
August 2, 2026

A Free Meal, but With Demands

Sr. Dianne Bergant, CSA

When God invites you to a meal, you never have to pay. It might be free, but it does have its demands. In fact, you are expected to open yourself to a total transformation. In the first reading, Isaiah mentions the renewal of an everlasting covenant. Perhaps a small dinner fee might be easier to handle.

This reading is quite tender. The needy are invited to a meal of grain, wine, and milk. Their neediness might explain why the meal is free. The invitation is magnanimous: "Come to me...that you may have life"

Sunday Readings

Isaiah 55:1-3

All you who are thirsty, come to the water!

Romans 8:35, 37-39

What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword?

Matthew 14:13-21

They all ate and were satisfied, and they picked up the fragments left over—twelve wicker baskets full.

(Isaiah 55:3). The gospel story of the multiplication of the fishes and loaves reveals the same magnanimity. Jesus feeds all those who have followed him, no questions asked. This story follows a long tradition of miraculous feedings, which include the manna in the wilderness (Exodus 16) and Elisha multiplying bread (2 Kings 4:42-44).

It's natural to wonder just how that bread and those fish were able to satisfy so many, but there is another aspect of the story that should not be overlooked. The words, "He said the blessing, broke the loaves, and gave them to the disciples" (Matthew 14:19) will appear again in the account of the Last Supper (Matthew 26:26). Though this was the ritual performed at the daily Jewish meal, the eucharistic allusion is unmistakable.

Perhaps it is the psalm response that throws light on the primary focus of the readings. There, the graciousness and kindness of the Lord are acclaimed: "You open wide your hand / and satisfy the desire of every living thing" (Psalm 145:16). †

When God invites you to a meal, open yourself to a total transformation.

A Word from Pope Leo XIV

[Friendship with the Lord] is achieved first of all in liturgical and community prayer, in which we do not decide what to hear from the Word of God, but it is he himself who speaks to us through the Church; it is then achieved in personal prayer.... Only when we speak with God can we also speak about him.

GENERAL AUDIENCE, ROME,
JANUARY 14, 2026



REFLECTION QUESTIONS

QUESTIONS FOR REFLECTION

- Are you grateful for the good things in your life that were free?
- Are you grateful God has used you to bless others?