

GOD BLESS AMERICA! INDEPENDENCE DAY

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

THE FOURTEENTH SUNDAY IN ORDINARY TIME JULY 5, 2026



Staff

Pastor: Fr. Rob Spaulding

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Director of Campus Ministry: Emily Mahood

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Facilities Manager: Jay Johnson

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July 4-July 12

Fourteenth Sunday in Ordinary Time

Sat 5:00 pm

Jim Johnson

Sun 8:30 am

Jeff Arellano

11:00 am

Parishioners of Saint Paul's

Mon 5:00 pm

Catholic Extension Society

Tues 5:00 pm

Ray and Lema Schmitz and The

Intention of Nick and Rebecca

Staiano

Wed 5:00 pm

No Intention

Thurs 5:00 pm

Evening Prayer

Fifteenth Sunday in Ordinary Time

Sat 5:00 pm

Parishioners of Saint Paul's

Sun 8:30 am

William "Bill" Gustafson

11:00 am

The Intention of Paula Hurtubise

Live the Liturgy - Inspiration for the Week

If I die tonight, the deadlines will go unmet, and no one will even notice. But God, when He meets me in the world to come, will surely ask me why I couldn't take 45 minutes to accept a gift He tried again and again to give me.

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St. Laurence O'Toole Sesquicentennial Celebration

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 brothers and sisters across town. Mass will be celebrated at St. Laurence at 10:00 am, followed by lunch in the Laramie Montessori School gym located at 608 S. 4th Street. If you plan on attending, please RSVP by clicking **here** or calling 307-745-3115. Please also note that we will not have the Sunday 11:00 am Liturgy at St. Paul's on July 19.

Upcoming Events

July Meal Delivery
Wednesday, July 8

Mom's Group Gathering
Thursday, July 9, 6:00 pm

Trinity Meal #2
Saturday, July 18, 6:45 pm

St. Laurence O'Toole
Sesquicentennial Celebration
Sunday, July 19, 10:00 am

Meal Delivery Ministry

We will deliver meals throughout the community once more on this Wednesday, July 8. 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.



Employment Opportunity

Wyoming Catholic Ministries Foundation is hiring a full-time Development Officer. They are looking for a spirit-led team member who is excited about their mission to work through Christ to build a community of supporters dedicated to stewarding God's abundance for advancing the mission of the Catholic Church in Wyoming. For a full job description and application, please visit wycmf.org/staff.



Volunteer Needed

Do you know a marketing or communications expert? The Diocesan Catholic Schools Council would love to hear from you! They are seeking a volunteer with marketing or communications experience to help share the story of Catholic schools across the Diocese of Cheyenne. Council members serve a three-year term, meet virtually four times a year, and collaborate between meetings. Interested or know someone who would be a great fit? Email Donna Woodard, Chair Emeritus, at dcjwoodard@gmail.com.

THANK YOU!
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June 28 donations: **\$6,598.22**
Our 10% tithe for charitable outreach: **\$659.82**

Peter's Pence Collection

Last weekend was the annual Peter's Pence collection. If you still wish to donate, it is not too late. Contributions go to the Vatican to support Church needs, humanitarian efforts, and social promotion projects. To donate, please make checks payable to St. Paul's Newman Center and include "Peter's Pence" in the memo, or you may donate online by clicking [here](#).



The next parish mom's group meeting is this Thursday, July 9 at 6:00 pm in the Emmaus House. All mothers, Catholic or not, are welcome to attend and grow in fellowship with one another.

Trinity Meals

If you missed the last Trinity Meal, don't worry! Fr. Rob will host two more opportunities to share dinner and fellowship in the back yard of the rectory, located at 315 S. 18th Street.

The next meal is Saturday, July 18 at 6:45 pm. If you would like to attend, please click [here](#) or call the parish office at 307-745-5461 to sign up.



Thank you for your generous and prayerful support of *Living and Giving in Christ: Unity through Diocesan Ministries*. We have now raised **69%** of our **\$100,680** parish goal from **106** donors. If you would like to make a gift, you can return 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.



Bringing Home the Word

Fourteenth Sunday in Ordinary Time (A)
July 5, 2026

The Dilemma

Fr. Joseph Juknialis

The question: How do you know when to keep on trying, resisting, and refusing to give up, and when to accept life as it is and surrender to the idea that it will never be perfect or exactly the way you would like it to be? My answer: I don't know. I have never figured it out.

Obviously, there are issues with which we will always struggle—racism, hunger and poverty, greed, raising children. Then there are those other times, usually during personal challenges, when we realize that the life we are living is the hand we've been dealt

and have to accept, whether it's illness, aging, or something else. But what about those issues that lie in between—those that we can change and that deserve to be changed?

One of the blessings of acceptance and surrender can be an inner peace that comes to our lives. When Jesus says, "You will find rest for yourselves. For my yoke is easy, and my burden light" (Matthew 11:29–30), he calls forth from us a willingness to trust in his presence through all that we are dealing with. It doesn't eliminate pain or struggle, but it can ease the suffering. The difference is that pain tends to be physical and might not be eased, while struggles tend to be psychic and emotional, and they may be eased with acceptance.

The question remains, however, as to what to do with all those times in between and how to know the difference. That, Jesus says, has been revealed to "the childlike." (See Matthew 11:25.) †

Sunday Readings

Zechariah 9:9–10

Behold: your king is coming to you.... Humble, and riding on a donkey.

Romans 8:9, 11–13

If you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Matthew 11:25–30

[Jesus said,] "Come to me, all you who labor and are burdened, and I will give you rest."

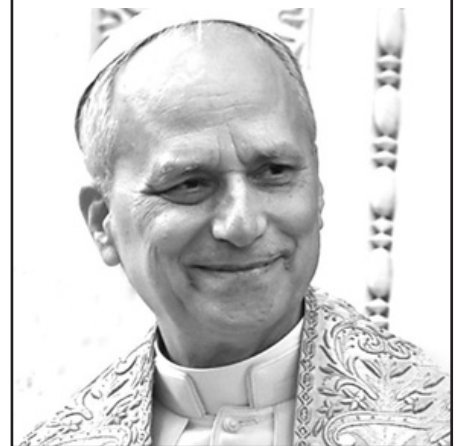


One of the blessings of acceptance and surrender can be inner peace.

A Word from Pope Leo XIV

There is a burning question in our hearts, a need for truth that we cannot ignore, which leads us to ask ourselves: What is true happiness? What is the true meaning of life? What can free us from being trapped in meaninglessness, boredom, and mediocrity?... We need to lift our eyes...to the "things that are above" (Colossians 3:2).

Homily, Tor Vergata, August 3, 2025



REFLECTION QUESTIONS

- Do I struggle to surrender?
- Have I ever known the peace that comes with acceptance?



What or Who Are Our Idols?

Daniel P. Horan, OFM

To live in the modern world, particularly the technologically saturated and globalized world of North America and much of Europe, is to live in a world of many idols. We may not carve statues to represent gods in the manner of ancient communities, but we fashion cultures and structure our societies in ways that reflect faith in gods that are not the Father of our Lord Jesus Christ.

Take for instance the idol of consumerism. We build tremendous temples to this god and call them malls or shopping centers. We worship there regularly, spending money on things that we are told we need but that often serve no practical purpose. We celebrate the high holy days there, such as Black Friday, worshiping a god that cannot save but that lures us to pay homage by offering savings.

Or take for instance the idol of nationalism. We tell ourselves that our nation is the best on earth, the one alone that God has blessed, and that it should be respected

internationally because it is an unassailable beacon of democracy. We pray to this idol with the insistence of pledging our allegiance to a flag or rising, as if for a monarch, at the playing of the national anthem. One cannot criticize or raise challenging questions about this idol without extraordinary pushback, despite the fundamental right to free speech that the nation guarantees us.

These are merely two examples of the many ways we go about our lives, uncritically accepting the idols in our midst. May we hold strong to our faith in Christ Jesus and put on the mind of Christ! Can we think like Jesus thinks? Can we act like Jesus acts? Can we reject all idols that distract us from the one true God? †

Can we reject idols that distract us from the one true God?

From *Daybreaks* by Daniel P. Horan, OFM, © 2017, Liguori Publications. For more information, call 800-325-9521 or visit Liguori.org.

Wisdom from Catholic Update

From "Voting with a Catholic Heart" by Stephen P. White

During this extraordinary time, how can we Catholic citizens exercise the rights and responsibilities of our citizenship in a way that reflects what is most sacred to us: our Catholic faith? Our responsibility as citizens finds expression in treating each member and part of society with justice—giving to each what they are due. Our responsibility as citizens is fulfilled when these actions are animated by a love that is ordered toward the true common good. If we take this mission seriously, if we live this mission faithfully, if we listen to our shepherds attentively, then we will have what it takes to vote with a Catholic heart.

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.



Loving God, help us to welcome each other as we wish to be welcomed, to respect everyone as we wish to be respected, to love as we wish to be loved. Amen.

The Redemptorists

WEEKDAY READINGS

July 6–11

Monday, Weekday: Hos 2:16, 17c–18, 21–22 / Mt 9:18–26

Tuesday, Weekday: Hos 8:4–7, 11–13 / Mt 9:32–38

Wednesday, Weekday: Hos 10:1–3, 7–8, 12 / Mt 10:1–7

Thursday, Weekday: Hos 11:1–4, 8e–9 / Mt 10:7–15

Friday, Weekday: Hos 14:2–10 / Mt 10:16–23

Saturday, St. Benedict: Is 6:1–8 / Mt 10:24–33



Catholic.
Pastoral.
Trusted.

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