

Sacred Heart Parish

2 Hough Street, Lebanon, NH

Mass Schedule

Saturday 4:00pm Vigil
Sunday 8:00 and 9:30am

Monday 8:00am
Tuesday 7:00pm
Wednesday 12:10pm
Thursday 8:00am

Confession

Saturday 2:45 - 3:30pm

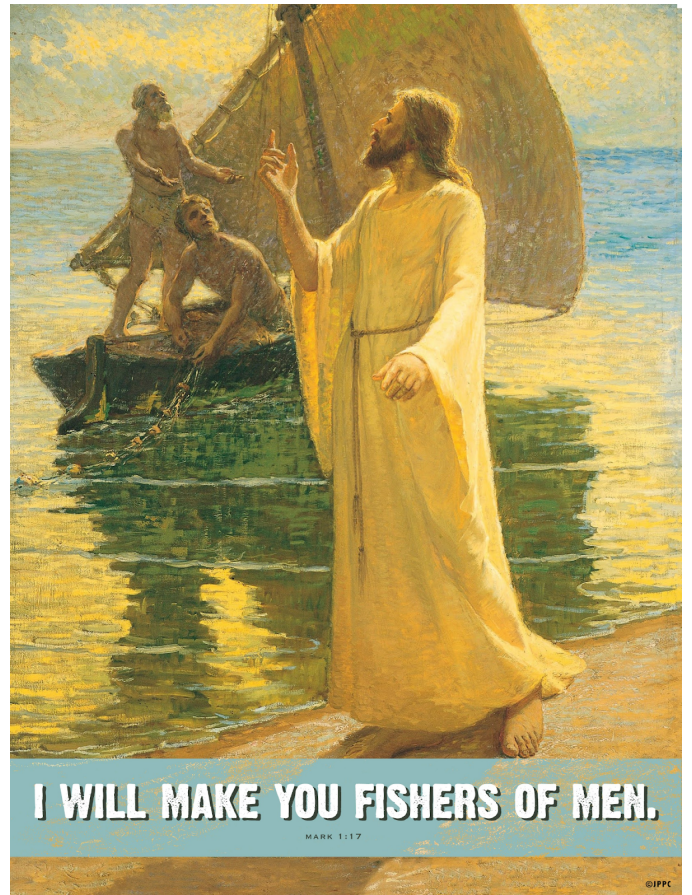
Eucharistic Adoration

First Tuesdays 5:45 - 6:45pm
Third Wednesdays following 12:10pm Mass

Rosary

Monday 8:30am in church- 7pm on Zoom
Tuesday 6:45pm
Thursday 7:30am
First Saturdays 3:30pm

Third Sunday in Ordinary Time January 21, 2024



St. Helena Parish

36 Shaker Hill Road, Enfield, NH

Mass Schedule

Sunday 5:30pm

Confession

Sunday 5:00 - 5:15pm

St. Mary's Mission Church

1157 US Route 4, Canaan, NH

Mass Schedule

Sunday 10:00am

Confession

Sunday 9:30 - 9:45am

Rosary

First and Third Sundays 9:30am

*NB: There will be no weekday Masses
at Sacred Heart this Monday through Thursday.*

Mass Intentions

Sacred Heart

January 20 - 28, 2024

The Sanctuary Candle burns for
The Intentions of Donna McLain
by Suzan Louzier

Saturday Vigil / Sunday
January 20 / 21

Third Sunday in Ordinary Time

4:00pm The Intentions of My Grandchildren
by Carol Quirk

8:00am Adrian Jette by Anne Jette

9:30am Deceased Members of the Tremblay
Family by Gordon and Louise Gribble

Monday: January 22

8:00am NO MASS

Tuesday: January 23

7:00pm NO MASS

Wednesday: January 24

St. Francis de Sales, Bishop, Religious Founder

12:10pm NO MASS

Thursday: January 25

The Conversion of St. Paul, Apostle

8:00am NO MASS

Saturday Vigil / Sunday
January 27 / 28

Fourth Sunday in Ordinary Time

4:00pm The Intentions of Kevin, Clara, and
Haley McNamara by Mom / Nan

8:00am George Maleski by Alice Maleski

9:30am Jacquelyn Logan by Cathy Griffin

St. Helena and St. Mary's Mission

January 21 and 28, 2024

Sunday: January 21

Third Sunday in Ordinary Time

10:00am (St. Mary's) Starr Guaraldi

by Larry and Sharon Guaraldi

5:30pm The Intentions of Fr. Samuel

by Jim and Cathy Filiano

Sunday: January 28

Fourth Sunday in Ordinary Time

10:00am (St. Mary's) Barbara Cheney

by Larry and Sharon Guaraldi

5:30pm Pro Populo

EARLY FEBRUARY FEASTS CELEBRATED at SACRED HEART

THE PRESENTATION of the LORD

(also called *Candlemas*)

Friday, February 1

Mass at 12:10pm

Our church candles will be blessed at Mass.
Please bring your own candles from home
for a blessing.

ST. BLAISE, BISHOP & MARTYR

Saturday, February 3

Vigil Mass at 4:00pm

The Blessing of Throats
will take place at this Mass.



BAPTISM at SACRED HEART Sunday, January 14

Welcome, Connor Petrizzi!
Son of Jared and Hannah,
baby brother of Hank.

*The soul is regenerated in the sacred waters of
baptism and thus becomes God's child.*

St. Maximilian Kolbe

UPCOMING SPECIAL COLLECTIONS

Every penny counts!



Thank you for your contribution - big and small!

Sunday, February 4

Diocesan Catholic School Education

Sunday, February 11

Fuel Fund

Throughout Lent

Catholic Relief Services Rice Bowls

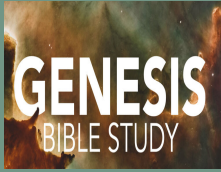
Wednesday, February 14

Church in Eastern Europe and Africa

Sunday, February 18

Charity Fund

Parish Ministries and Announcements



BIBLE STUDY
at SACRED HEART
meets this Sunday, Jan. 21
following 9:30 Mass
in the Parish Office.

**THIS WEEK
WE AGAIN PRAY ...**



... to the Holy Spirit and Holy Family for vocations to Catholic Christian parenthood.

It takes a family, with the aid of a parish and diocese, to bring children to their full capacity to flourish, spiritually AND materially. The Knights of Columbus in our three churches work hard in concert with Fr. Charles and other parish organizations to promote parenting in a family context. Grand Knight John Pomeroy and Knights from both councils are very grateful to generous parishioners who support Knight-sponsored activities such as meals, Lenten Fish Fries, raffle tickets, etc. **The next opportunity to support the Pregnancy Center of the Upper Valley (PCUV) through the Knights will be at Sacred Heart's Fish Fry on February 16.** In 2023 these events helped us donate more than \$1000 in supplies given to pregnant mothers via the PCUV. This is the third year we have done so.

This support pushes back against U.S. and world-wide Marxists who oppose the nuclear family and all religions. They believe that if children are raised in government indoctrination collectives outside a family, parents are free to indulge in material pleasures and work for the state without the burden of child-rearing. Divorce can be free, convenient, and frequent because there is no need for couples to focus on child-rearing. In contrast, in the Catholic Christian ideal, parents focus on providing what is needed for the financial, academic, social, and spiritual flourishing of each child, and do so lovingly. In the Marxist plan, children are raised for efficient diligent productivity for the state, without love among children and parents. In the proud words of Karl Marx himself: *"I wish to avenge myself against the One who rules above. I will wander god-like and victorious through the ruins of this world. Thus heaven I forfeited; I know it full well. My soul, once true to God, is chosen for hell."*

We are grateful that parishioners of Sacred Heart, St. Helena, and St. Mary's Mission are committed to provide young families and unwed mothers with spiritual, social, and financial assistance. They help promote the sacred vocation of Christian parenthood through the prayerful liturgies of Fr. Samuel and Fr. Charles, the prayerful activities of the Knights in Lebanon and Enfield/Canaan, and the prayerful efforts of the Third Order of Mary, Faith in Action Committees, the Men of St. Joseph, and other parish groups.

NATIONAL CATHOLIC SCHOOLS WEEK Jan. 28 through Feb. 3



Matthew McMenaman, Admissions Director of Mt. Royal Academy in Sunapee, NH will be visiting Sacred Heart Parish and speaking at our 9:30am Mass this Sunday, January 21. He'll also be on hand to speak to any parents during the children's class time. Also on hand to speak with interested parents will be Michael Hardt, Sacred Heart parishioner and humanities teacher at Mount Royal Academy.

Catholic Schools
United in Faith and Community



SAVE THESE DATES!

SACRED HEART RELIGIOUS ED. FAMILY HOLY HOUR and DINNER

This is mandatory for all Religious Education families who are currently enrolled.

Friday, February 2, 5:30pm

SACRED HEART INFO SESSION for PILGRIMAGE to FRANCE

Monday, February 5, 6:00pm

SACRED HEART MARDI GRAS

Saturday, February 10, following 4pm Mass

ST. MARY'S MARDI GRAS

Sunday, February 11, following 10am Mass

ETERNAL REST ...
grant unto them, O Lord
and let Perpetual Light
shine upon them.



Barbara Cheney: May 1943 to January 2024
Raymond Dixon: May 1936 to January 2024
Claire M. Smith: January 1939 to January 2024

*May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace.
Amen.*

Parish Notes



**IF YOU MISSED LAST YEAR'S PARTY,
DON'T LET IT HAPPEN AGAIN!**

**JOIN US at SACRED HEART
for an AWESOME
NEW ORLEANS INSPIRED
MARDI GRAS FUNDRAISER!**

Saturday, Feb. 10, following 4pm Mass.

5 - 8:30pm, Dinner at 5:45.

All guests at least 21 years of age are welcome.

**Tables of six \$150
Tables of eight \$200**

**TRADITIONAL MARDI GRAS MENU
including**

Cajun Cabbage Soup (GF/Veg)

Mardi Gras Salad (GF/Veg)

Muffaletta with Olive Tapenade

Jambalaya with Vegetables (GF/Veg)

*(Choice of Shrimp, Chicken,
or Andouille Sausage as Stir-Ins)*

Bananas Foster (GF) and King Cake Cupcakes

Hurricane Punch (non-alcoholic)

**PRIZE GIVEN FOR
BEST DECORATED TABLE!**

RAFFLES, RAFFLES, RAFFLES!!

Thanks to many generous donors,
we'll have some terrific raffle prizes available.

HOW IT WORKS: Table Captains will purchase a table and be responsible for all dinnerware, glassware, table coverings, all decorations, and any alcohol or appetizers they wish to serve. Set-up will take place Friday, Feb. 9 from 5 - 7pm and on Saturday, Feb. 10 from 10am - noon. Judging for the *Best Decorated Table* contest will take place at 3:30pm on Saturday with the winner announced at Mardi Gras.

**IN an EFFORT
to KEEP PARISH
EXPENSES in CHECK,**



we will not be issuing year end tax statements through the mail. If you've made all your 2023 donations online, you are able to log into your OSV account and produce a tax statement for the year just ended. (Please call the office should you need assistance with this.) If you use envelopes or "loose" checks, please call the office and a statement will be prepared and emailed to you.

**Thank you for your generous support
during 2023 and God bless.**



**Free
Community Dinner
at St. Mary's, Canaan**

**Plan to join us for 10am Mass next Sunday,
January 28, and stay for our Community Dinner.**

We'll be enjoying a spaghetti dinner with some great sides, as well as a variety of desserts.

Helping hands and monetary donations are always cheerfully accepted!

**MONEY COLLECTED from the
DECEMBER COMMUNITY DINNER and
PARISH CHRISTMAS PARTY: \$509**

**SACRED HEART
PILGRIMAGE to FRANCE
(Through Collette Tours)**

***SAVE THE DATES!*
October 3 through 14, 2024**

***Information session with the tour company,
Monday, February 5 at 6pm
Sacred Heart Parish Hall***

collette



January: The Holy Name of Jesus & Respect Life Month



In Philippians 2, St. Paul tells us that “At the name of Jesus every knee should bow, of things in heaven and things in earth, and things under the earth and every tongue should confess that Jesus Christ is Lord.”

From the earliest days of Christianity, Christians have known the great power of Jesus’ Holy Name. Small wonder, then, that the Church sets aside the first month of the year in honor of the Holy Name of Jesus. Through this devotion, the Church reminds us of the power of Christ’s Name and encourages us to pray in His Name. In our society, of course, we hear His Name uttered quite often but all too frequently it is used in a curse or blasphemy. In the past, Christians would often make the Sign of the Cross when they heard Christ’s Name uttered in such a manner and that’s a practice that would be worthwhile to revive.

What has happened to the tradition of honoring the Holy Name of Jesus? By way of concretising respect for the name of Jesus in a formal way the Second Council of Lyons in 1274 decreed that “at the name of Jesus every knee should bow; whenever that glorious name is recalled, especially during the sacred mysteries of the Mass, everyone should bow the knees of his heart, which he can do even by a bow of his head.”

As regards what is to be done in Mass today, the General Instruction of the Roman Missal says: “*A bow of the head is made when the three Divine Persons are named together and at the names of Jesus, of the Blessed Virgin Mary, and of the saint in whose honor Mass is being celebrated.*” The importance of honoring the holy name of Jesus is seen too in the feast of that name, which Pope Innocent XIII inserted into the universal calendar in 1721 and is now celebrated on January 3.

Given the widespread misuse of the names of God and Jesus today in ordinary life, as well as in various forms of entertainment, it is especially important to do all we can to restore respect for the name of God. Bowing our head when we pronounce or hear the name of Jesus is a good way to do this. Also important is to make an internal act of reparation whenever we hear the name of God or Jesus blasphemed. It should hurt us that the object of our love is mistreated in this way.

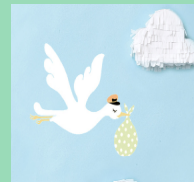
Let us each one bring back the custom of bowing our head at the holy name of Jesus for the very angels in Heaven do so ... and even the demons in Hell.

**MARCH for LIFE
CONCORD, NH**



New Hampshire
Right to Life

On Saturday, January 27, NH Right to Life will host its annual rally, march, and luncheon. **For the fifth straight year, abortion is the leading cause of death worldwide.** Even after the overturning of Roe v. Wade, there is much work to do legally and culturally to protect preborn human lives. These rallies celebrate the accomplishments of the past and hope for future years. Please join fellow parishioners in this important event. Michael and Camille Hardt will drive down and are happy to bring others along. Call the office for details.



**SACRED HEART
BABY SHOWER / BRUNCH
for DAYSPRING
PREGNANCY CENTER**

*Join us next Sunday, January 28, at noon
in the Sacred Heart Parish Hall
following a talk in the church by Anne Burge,
Executive Director, Dayspring*

Dayspring Pregnancy Center’s mission:
Empowering women to make informed choices This pro-life organization offers all services for free:

- *Pregnancy testing and options information
- *Practical support for pregnancy with educational opportunities, basic baby and maternity items, as well as other practical assistance
- *Peer counseling to assist new and expectant moms with practical education, spiritual encouragement, and a listening ear
- *Relationship-building classes
- *Abstinence education helping young people embrace a lifestyle of sexual integrity
- *Recovery programs to bring emotional healing and spiritual reconciliation to men and women suffering after an abortion experience and / or sexual transgression

Gift Wish List: Baby wash, shampoo, diaper rash cream, mommy pampering products (lotion, creams, bubble bath, chocolate), long-sleeved outfits (shirts and pants for both boys and girls, Newborn - 2T), quilts (given to moms at their ultrasound), diapers (all sizes) and wipes, bottled water. *Please, no knitted items, hats, or snow suits (already well stocked) or baby powder.*

*** Unwrapped shower gifts may be left at all church entrances through January.***

Religious Ed. / Youth Ministry / RCIA / Catechesis

GRADES K - 8 CLASSES

UPCOMING MEETING

DATES:

January 28

Parish Hall following 9:30 Mass



Totus Tuus

Summer Camp for Catholic Youth

Totus Tuus is back for 2024!
Mon, July 29 through Fri, August 2

Register online now at:

<https://www.osvhub.com/sacredheartlebanon/religious-ed/totus-tuus-summer-camp-2024>

Come join in the fun!
Youth Ministry Room
Lower Level, Parish Office
6 to 8pm



Upcoming dates: January 28, February 11 and 25.



JOIN US THIS SUNDAY
JANUARY 21
in the Parish Hall
after 9:30 Mass

ALL ADULTS WELCOME!

Our RCIA program is not only open to catechumens and candidates working toward complete communion with the Catholic Church, but to any interested adult. Even cradle Catholics have been known to learn something new about the Faith!

Jan. 21: The Celebration of the Paschal Mystery of Christ - The Holy Mass

Jan. 28: Baptism – Becoming A Christian and Confirmation - Consecrated for Mission

Feb. 4: Eucharist - The Source and Summit of Christian Life

Feb. 11: The Sacrament of Matrimony

Feb. 18: Rite of Election, St. Joseph Cathedral

PART THREE: ON SIN and ITS KINDS from THE BALTIMORE CATECHISM

Catholicnewsagency.com

THE CAPITAL SINS OF Pride, Covetousness, Lust, Anger, Gluttony, Envy, and Sloth:

WHAT IS PRIDE AND WHAT EFFECT DOES IT HAVE ON OUR SOULS? Pride is an excessive love of our own ability; so that we would rather sinfully disobey than humble ourselves. Pride begets in our souls sinful ambition, vainglory, presumption, and hypocrisy.

WHAT IS COVETOUSNESS AND WHAT EFFECT DOES IT HAVE ON OUR SOULS? Covetousness is an excessive desire for worldly things. Covetousness begets in our souls unkindness, dishonesty, deceit, and want of charity.

WHAT IS LUST AND WHAT EFFECT DOES IT HAVE ON OUR SOULS? Lust is an excessive desire for the sinful pleasures forbidden by the Sixth Commandment. Lust begets in our souls a distaste for holy things, a perverted conscience, a hatred for God, and it very frequently leads to a complete loss of faith.

WHAT IS ANGER AND WHAT EFFECT DOES IT HAVE ON OUR SOULS? Anger is an excessive emotion of the mind excited against any person or thing, or it is an excessive desire for revenge. Anger begets in our souls impatience, hatred, irreverence, and too often the habit of cursing.

WHAT IS GLUTTONY? Gluttony is an excessive desire for food or drink.

WHAT KIND OF A SIN IS DRUNKENNESS? Drunkenness is a sin of gluttony by which a person deprives himself of the use of his reason by the excessive taking of intoxicating drink. Deliberate drunkenness is always a mortal sin if the person is completely deprived of the use of reason by it, but drunkenness that is not intended or desired may be excused from mortal sin. Habitual drunkenness injures the body, weakens the mind, leads its victim into many vices and exposes him to the danger of dying in a state of mortal sin.

WHAT IS ENVY AND WHAT EFFECT DOES IT HAVE ON OUR SOULS? Envy is a feeling of sorrow at another's good fortune and joy at the evil which befalls him; as if we ourselves were injured by the good and benefited by the evil that comes to him. Envy begets in the soul a want of charity for our neighbor and produces a spirit of detraction, back-biting and slander.

WHAT IS SLOTH AND WHAT EFFECT DOES IT HAVE ON OUR SOULS? Sloth is a laziness of the mind and body, through which we neglect our duties on account of the labor they require. Sloth begets in the soul a spirit of indifference in our spiritual duties and a disgust for prayer.

SACRED HEART PARISH

2 Hough Street, Lebanon, NH
Office: 7 Fairview Avenue, Lebanon, NH
Mailing: PO Box 482, Lebanon, NH 03766
Telephone: 603-448-1262

Website: www.sacredheartlebanon.org
Email: sheartlebanon@gmail.com

ST. HELENA PARISH

36 Shaker Hill Road, Enfield, NH

ST. MARY'S MISSION

1157 US Route 4, Canaan, NH

Office: 7 Fairview Avenue, Lebanon, NH
Mailing: PO Box 1363, Lebanon, NH 03766

Telephone: 603-632-4263

Website: <http://www.sthstm.org>
Email: sthstm@gmail.com

PARISH STAFF

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Pastor / Director of Religious Education
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Camille Hardt
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Cathy Filiano
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Alice Maleski
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musicsheartlebanon@gmail.com



Be sure to follow us on Facebook! See pictures from parish events, receive up to date schedules, and learn about the feasts, solemnities, and saints of the Church!

SACRED HEART PARISH

<https://www.facebook.com/sacredheartlebanon>

ST. HELENA PARISH

<https://www.facebook.com/St-Helena-Parish-164450373980798/>



We extend a warm welcome to you and thank God that you are with us.

If you wish to register or would like to update your registration information, please complete this form and place it in the collection basket or mail it to the parish office.

_____ Sacred Heart _____ St. Helena/St. Mary's

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Please check the following:

- ___ Request Registration Form
- ___ Request monthly envelopes
- ___ New Address and/or Phone Number

Get important updates via email and/or text. Flocknote lets you choose what information you'd like to receive from the groups in our parish.



- Go to flocknote.com/sacredheartparish5 OR
- Text SHLEB to 84576 from your phone to subscribe to updates.
- Text STOP to 84576 to stop text notifications at any time. Text HELP for help. There is no charge for this service, but your carrier message and data rates may apply. See: www.flocknote.com/txt



**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.

SACRED HEART COUNCIL 2656

Council Grand Knight, John Pomeroy
johnpomeroy84@gmail.com

Meets the second Monday of the month at 6pm,
Sacred Heart Parish Hall in Lebanon.

CANAAN / ENFIELD COUNCIL 8027

Council Grand Knight, Albert Vanasse
a.vanasse712@gmail.com

Meets the third Wednesday of the month at 7pm,
St. Mary's Parish Hall in Canaan.