

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

Fourth Sunday in Ordinary Time January 28, 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

Mass Intentions

Sacred Heart

January 27 - February 4, 2024

The Sanctuary Candle burns for
All Crisis Pregnancy Centers

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

Monday: January 29

8:00am Rev. Mark A. Rundzio

Tuesday: January 30

7:00pm The Intentions of Garrigan Sadler
by Marianna Doyle

Wednesday: January 31

St. John Bosco, Priest

12:10pm The Intentions of Kevin McNamara
by Jim and Norma Jerry

Thursday: February 1

8:00am Bob Evans by Carol Quirk

Friday: February 2

The Presentation of the Lord / Candlemas

12:10pm The Intentions of All Men and Women
in Consecrated Life

Saturday Vigil / Sunday
February 3 / 4

Fifth Sunday in Ordinary Time

4:00pm Laurie Burton by The O'Donnell Family

8:00am Robert Gallagher by Jayne Long
and Julia Neily

9:30am Mark Mullin by Suzan Louzier

St. Helena and St. Mary's Mission

January 28 and February 4, 2024

Sunday: January 28

Fourth Sunday in Ordinary Time

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

by Larry and Sharon Guaraldi

5:30pm Pro Populo

Sunday: February 4

Fifth Sunday in Ordinary Time

10:00am (St. Mary's) Pro Populo

5:30pm Barbara Cheney by A Friend

EARLY FEBRUARY FEASTS CELEBRATED at SACRED HEART

THE PRESENTATION of the LORD

(also called *Candlemas*)

Friday, February 2

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.

Every penny counts!



UPCOMING SPECIAL COLLECTIONS

Sunday, February 4

Diocesan Catholic School Education

Sunday, February 11

Fuel Fund

Ash Wednesday, February 14

Church in Eastern Europe and Africa

Throughout Lent

Catholic Relief Services Rice Bowls*

Sunday, February 18*

Charity Fund

REQUESTING a MASS or SANCTUARY CANDLE



There are two ways to accomplish this:

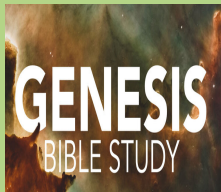
- Email us at sheartlebanon@gmail.com with the date and intention. You will receive an email stating that your request has gone through as requested *or* will be advised of necessary changes.
- Call the office and speak with someone directly: 603-448-1262.

Parish Ministries and Announcements

Drop in
at Sacred Heart's
CATHOLIC CAFÉ
Thursday, February 1



We typically meet on the first Thursdays of the month in the parish office at 8:30am to discuss the day's readings and Father's homily, all over a cup of coffee and homemade treats. Join the Flocknote group to receive the readings in advance and stay current with all announcements. (Also, many of us pray the Rosary in church at 7:30, and attend the 8 o'clock Mass.)



BIBLE STUDY
at SACRED HEART
will meet next on February 4
following 9:30 Mass
in the Parish Office.
We'll resume with Chapter 47.

THIRD ORDER OF MARY

We'll meet at noon, Sunday, Feb. 4,
in Sacred Heart's Parish Hall.



All are welcome! For more information, please contact Connie LeBlanc at 603-448-5129, or email her at leblanc.constance@gmail.com.

2024 FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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



CONSECRATED WOMEN ...

... have supported the Church since the time Jesus walked on the earth. Some are named in the Old Testament, some in the Gospels, others in Acts and the Epistles. Leading them all is the Blessed Virgin Mary, the prophetess Anna of the Presentation, Mary Magdalene, Martha and Mary, the woman with the alabaster jar who anointed Jesus, Mary the wife of Alpheus (Cleopas) and, as Luke wrote: "*Joanna ... Susanna, and many others, who ministered to Him of their substance*" Luke 8:2-3. Also, Many helped St. Paul: Priscilla, Phoebe, Miriam, Tabitha, Tryphena, Tryphosa, and Persis.

The Church, from its earliest days until today, has depended upon these women for her survival. We do not know all they do for us. Their personal example of life in the Holy Spirit has inspired the vocations of many priests.

This week we urge parishioners to write a brief (just a few sentences) note of gratitude to the consecrated sisters in New Hampshire. These women are involved in education, social services, healthcare, and prayerful devotions for all the people in our state, with their beneficiaries being people of any religion.

Letters from young children, teens, and young adults are greatly valued. Please place letters in any collection basket or send them to the office and we will address and mail them to one or more of the following destinations:

- Daughters of the Charity of the Sacred Heart of Jesus
- Dominican Sisters of Hope
- Sisters of St. Hedwig Convent
- Little Sisters of St. Francis
- The Sisters Adorers of the Precious Blood
- Sister Ruth Brighton of the Sisters of Charity of St. Vincent de Paul
- Sisters of the Holy Cross
- Sisters of Mercy of the Americas
- Sisters of the Presentation of Mary
- Sisters of Notre Dame de Namur
- Sisters Servants of the Immaculate Heart of Mary; Daughters of Mary, Mother of Healing Love (these are the ones known for running).

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

All guests at least 21 years of age are welcome.

**Table for six \$150
Table for eight \$200**

TRADITIONAL MARDI GRAS MENU

PRIZE GIVEN FOR BEST DECORATED TABLE!

RAFFLES, RAFFLES, RAFFLES!!

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

All celebration details may be found on our website at sacredheartlebanon.org

TABLE RESERVATION FORM

(Reservations and payment in full due to Sacred Heart Parish by Wed, February 7. Reservations and payments may be mailed to the office or dropped in a collection basket.)

TABLE CAPTAIN(S) :

Table for 6 ___ \$150 or Table for 8 ___ \$200

Email and phone number(s) for Captain(s):



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

Plan to join us for 10am Mass this 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.

*Contact Rosie Swanson for details or help her prepare for the dinner on Saturday morning.
rcvanasse@gmail.com*

**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*

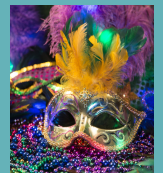


collette

**MARDI GRAS is BACK
at ST. MARY'S!!**

SUN, FEB. 11 after 10am MASS

*Tickets on sale this weekend
and next at St. Mary's & St. Helena.*



**Please join us for this parish fundraiser.
Proceeds to help pay our fuel expenses.**

Cost of Dinner: \$25 per person
Roast Pork, Baked Potato, String Beans with
Toasted Slivered Almonds, Homemade
Applesauce, Homemade Rolls, Desserts, Coffee

Lots of great Raffle Prizes: 25¢ per ticket

**We'd love some help decorating the hall
on Saturday, Feb. 10 starting at 9am.
Feel free to bring your own festive decorations!**

*Call or text Rosie Swanson for tickets
at 603-727-2383 or email at rcvanasse@gmail.com
with **Mardi Gras** in the subject line.*

January: The Holy Name of Jesus & Respect Life Month



**EVERYTHING
ABOUT OUR
DIVINE LORD IS
HOLY....**

...including His Name. The Archangel Gabriel first spoke the name of Jesus to His mother, *"Behold, you will conceive in your womb and bear a son, and you shall name him Jesus"* (Luke 1:31). The Archangel was only a messenger, so it was the Father in Heaven who gave Jesus his name.

St Peter was one of the first Apostles to speak with authority in the Holy Name of Jesus when he healed a crippled man saying, *"I have neither silver nor gold, but what I do have I give you: in the name of Jesus Christ the Nazorean, rise and walk"* (Acts 3:6). St Paul also exalted the holy name of Jesus when he said, *"...at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father"* (Philippians 2:9–10).

Throughout the history of the Church, Jesus' name has been invoked as an instrument of personal faith in the Son of God, especially to command demons or simply to pray to Jesus in a repetitive and personal way. The liturgical Feast of the Most Holy Name of Jesus has been celebrated by the Church for many centuries, especially within various religious orders, including the Franciscans and the Jesuits. Today, the first Greek letters of Jesus' name – IHS – are common on our churches' tabernacles, altars, and stained glass windows.

Repeating Jesus' name prayerfully or speaking it aloud brings Him close and gives you strength, provided you recite His name in faith. The name of Jesus casts out fear, arouses trust, and unites your heart to His. Sadly, the Most Holy Name of Jesus is so holy that the evil one often tempts people to invoke it as a curse when angry, without even considering what they are doing.

Ponder the prayer below that is attributed to St Bernardine of Sienna. Know and believe that the divine name of our Lord brings Him close to you and bestows His grace in abundance.

Jesus, Name full of glory, grace, love, and strength! You are the refuge of those who repent, our banner of warfare in this life, the medicine of souls, the comfort of those who mourn, the delight of those who believe, the light of those who preach the true faith, the wages of those who toil, the healing of the sick. To You our devotion aspires; by You our prayers are received; we delight in contemplating You. O Name of Jesus, You are the glory of all the saints for eternity. Amen.



SACRED HEART BABY SHOWER & BRUNCH
Benefiting Dayspring Pregnancy Center

**Parish-wide talk in the church
this Sunday at 11:00am.
Shower and Brunch
in the Parish Hall at noon.**

As a parish community that respects and responds to the value of human life in all of its stages and needs, this is an opportunity to show our support for moms in need and for this pro-life pregnancy center.

Join us this weekend as Anne Burge, Executive Director of Dayspring, describes the pregnancy center's mission and invites us all to be Christ to the women and men Dayspring ministers to.

PREGNANCY CENTER 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 to size 2T, quilts (given to moms at their ultrasound), diapers (all sizes), wipes, bottled water, gift cards to gas stations, grocery stores, Walmart, Target, or Amazon.

Please, no knitted items, hats, snow suits (already well stocked) or baby powder.

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

Thank you for your thoughtfulness & generosity!



PREGNANCY CENTER
OF THE UPPER VALLEY

Religious Ed. / Youth Ministry / RCIA / Catechesis

GRADES K - 8 CLASSES

UPCOMING MEETING

DATES:

February 4 and 11

Parish Hall following 9:30 Mass



CANDLEMAS: The Feast of Light and Hope

On February 2, the Church celebrates the Feast of the **Presentation of the Lord**, forty days after Christmas. In the 1962 calendar the feast is called the "Purification of the Blessed Virgin Mary" and commonly referred to as **Candlemas**. This is the last feast of the liturgical calendar that we commemorate Christ still as an infant child.

Although this is considered a Christmas feast, it also is clearly connected to the upcoming Lenten and Easter seasons. Mary and Joseph offering Jesus to God is the beginning of His earthly ministry for His Heavenly Father. This is the first of Our Lady's seven sorrows, and a foreshadowing of the Cross.

Even the popular name **Candlemas** hints at the "light to reveal you to the nations" that we celebrate at Easter, the ultimate feast of Light. The blessing of candles is more than a strong indicator of the upcoming Paschal Candle.

Fr. Charles will be blessing church candles (as well as those brought from home by parishioners) at the beginning of the 12:10pm Mass on Friday, February 2, at Sacred Heart. If you'd like your personal candles to be blessed, please put them in place by noon that day.



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
this Sunday, Jan. 28!
Youth Ministry Room
Lower Level, Parish Office
6 to 8pm



Upcoming dates: February 11 and 25.



JOIN US THIS SUNDAY
JANUARY 28
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. 28: Baptism – Becoming A Christian and Confirmation - Consecrated for Mission

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

Feb. 11: Sacraments of Penance / Reconciliation and Anointing of the Sick - God is Rich in Mercy

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

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

WHY ARE THE SEVEN SOURCES OF SIN CALLED CAPITAL SINS? The seven sources of sin are called capital sins because they rule over our other sins and are the causes of them.

WHAT DO WE MEAN BY OUR PREDOMINANT SIN OR RULING PASSION? By our predominant sin, or ruling passion, we mean the sin into which we fall most frequently and which we find it hardest to resist.

HOW CAN WE BEST OVERCOME OUR SINS? We can best overcome our sins by guarding against our predominant or ruling sin.

SHOULD WE GIVE UP TRYING TO BE GOOD WHEN WE SEEM NOT TO SUCCEED IN OVERCOMING OUR FAULTS? We should not give up trying to be good when we seem not to succeed in overcoming our faults, because our efforts to be good will keep us from becoming worse than we are.

WHAT VIRTUES ARE OPPOSED TO THE SEVEN CAPITAL SINS? Humility is opposed to pride; generosity to covetousness; chastity to lust; meekness to anger; temperance to gluttony; brotherly love to envy; and diligence to sloth.

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

Rev. Fr. Charles H. Pawlowski, KHS
Pastor / Director of Religious Education
pastorsheartlebanon@gmail.com

Camille Hardt
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sheartlebanon@gmail.com

Cathy Filiano
Office Assistant

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.