

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

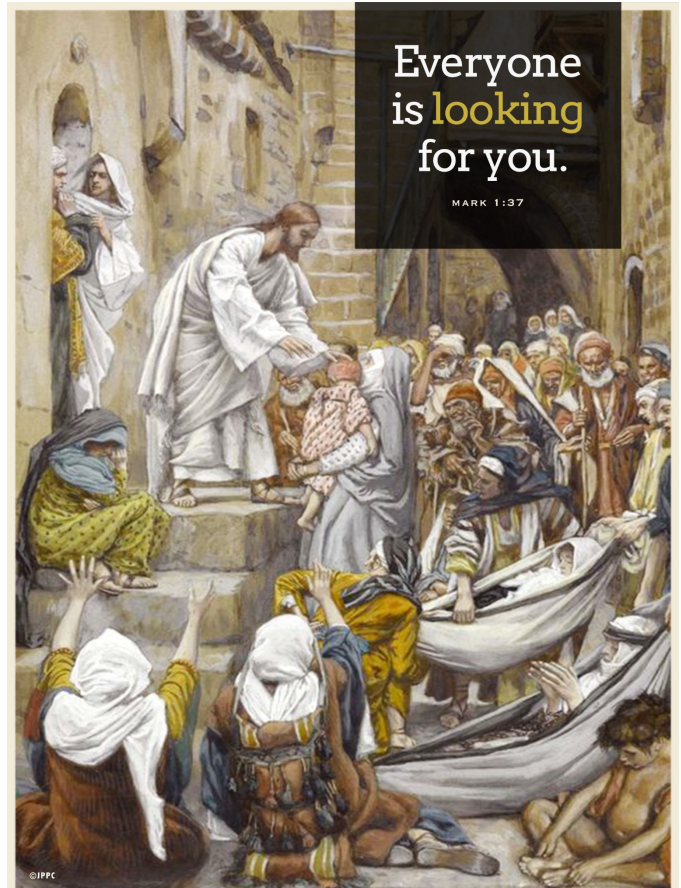
Eucharistic Adoration

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

Fifth Sunday in Ordinary Time February 4, 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

February 3 - 11, 2024

The Sanctuary Candle burns for the
Healing of Kevin McNamara by Mom

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

Monday: February 5

St. Agatha, Virgin and Martyr

8:00am Anne Gallagher by Sheila Gallagher

Tuesday: February 6

St. Paul Miki and Companions, Martyrs

7:00pm Robert D'Arcy by Marianna Doyle

Wednesday: February 7

12:10pm Intentions of Andrew Martin
by Mom and Dad

Thursday: February 8

8:00am Daniel Quirk by Carol Quirk

Saturday Vigil / Sunday

February 10 / 11

Sixth Sunday in Ordinary Time

4:00pm Melanie Blezard by Janice Miles

8:00am Deacon Paul Boucher by His Family

9:30am Wilfred Tremblay, Jr.
by The Tremblay Family

St. Helena and St. Mary's Mission

February 4 and 11, 2024

Sunday: February 4

Fifth Sunday in Ordinary Time

10:00am (St. Mary's) James and Rita Labrie

Hooker by Janet Labrie

5:30pm Barbara Cheney by A Friend

Sunday: February 11

Sixth Sunday in Ordinary Time

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

5:30pm Barbara Cheney by A Friend



EUCCHARISTIC ADORATION
for VOCATIONS to the PRIESTHOOD

Tuesday, February 6

5:45 to 6:45pm

Please join us immediately afterwards
for Holy Mass at 7 o'clock.

MASS and SANCTUARY CANDLE REQUESTS



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.

Every penny counts!



UPCOMING SPECIAL COLLECTIONS

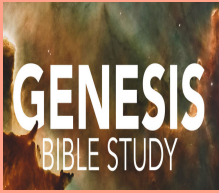
Sunday, February 11
Fuel Fund

Ash Wednesday, February 14
Church in Eastern Europe and Africa

Throughout Lent
*Catholic Relief Services Rice Bowls**

Sunday, February 18*
Charity Fund

Parish Ministries and Announcements



BIBLE STUDY
at SACRED HEART
this Sunday, February 4
following 9:30 Mass
in the Parish Office.
We'll resume with Chapter 47.

THIRD ORDER OF MARY

Noon, this 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.



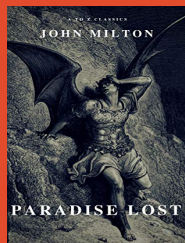
MEN of ST. JOSEPH

Saturday, February 17- 7:30 to 9:30am
Youth Ministry Room
Parish Office, Lower Level

We have a couple gentlemen joining us this month to meet the group and to share with us a little bit about some events happening at the state level. Dick Kiernan coordinates Come Follow Me (www.comefollowme.org), and Jay Yvars oversees the 89 North region for Men of Saint Joseph in NH. All men are welcome to join us!

SACRED HEART BOOK CLUB

Our discussion of Milton's
masterpiece *Paradise Lost*
will continue this month
on February 13 and 27,
5:45 - 6:45pm, Parish Office.



All are welcome.

FEBRUARY PARISH EVENTS

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!

THIS IS YOUR LAST CHANCE to 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.

Individual tickets \$25

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):

SACRED HEART PILGRIMAGE to FRANCE
(Through Collette Tours)

SAVE THE DATES!

October 3 through 14, 2024

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

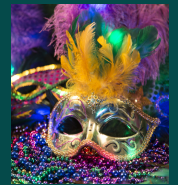


collette

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.



Free Community Dinner at St. Mary's, Canaan

From Rosie Swanson: Our January Community Dinner was great. We fed a total of 65 people. Thanks to all for the food and monetary donations. Thank you to the servers, and clean-up people. We really appreciate it.

Our next Community Dinner will be Sunday, February 25, following 10am Mass.

February: The Holy Family / Catholic Youth



The month of February is dedicated to the Holy Family. The special devotion which proposes the Holy Family of Jesus, Mary, and Joseph as the model of virtue of all Christian households began in the seventeenth century. It started almost simultaneously in Canada and France: the Association of the Holy Family was founded in Montreal in 1663, and by the Daughters of the Holy Family in Paris in 1674. This devotion soon spread and in 1893 Leo XIII expressed his approval of a feast under this title and himself composed part of the Office. On account of the flight into Egypt this feast has been observed by the Copts from early times. The feast was welcomed by succeeding Pontiffs as an efficacious means for bringing home to the Christian people the example of the Holy Family at Nazareth, and by the restoration of the true spirit of family life, stemming, in some measure, the evils of present-day society.

In the words of His Holiness Pope Leo XIII, "Nothing truly can be more salutary or efficacious for Christian families to meditate upon than the example of this Holy Family, which embraces the perfection and completeness of all domestic virtues."

*Heavenly Father, we ask You to bless our family.
Open our hearts to receive Your love. May our home be
another Nazareth, so that our family may be a place
where Your peace and love abides.*

*Open our eyes to recognize the gift and beauty of life,
so that we may find joy in Your presence among us.
Grant us pure hearts seeking holiness, generous hearts
full of Your love, merciful hearts ready to forgive and
tender hearts full of kindness.*

*May our family be a sanctuary of life and love,
a beacon of hope drawing others
to your Son, Jesus Christ. Amen.*

*Jesus, Mary, and Joseph,
Holy Family of Nazareth, pray for us.*



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>



**CATHOLIC CAMPS
for GIRLS and BOYS**

CAMPS BERNADETTE and FATIMA

MAKE NEW FRIENDS • LEARN NEW SKILLS •
GROW IN CONFIDENCE • KAYAK • TUBING •
ARCHERY • ROCK WALL • ROPES • TEAM
SPORTS • ARTS • AND MORE.

BUILD FAITH AND LIFELONG FRIENDSHIPS

Visit <https://bfcamp.com/> for a virtual tour of the camps as well as registration information including dates and costs.

ON JAN. 21 at our 9:30 Mass, the admissions director from Mount Royal Academy spoke about his school's mission that included: *a classical curriculum that liberates the soul; a school culture that nurtures virtue; meaningful parent partnership; affordable tuition enhanced by state grants; and education rooted in goodness, truth, and beauty.*



If you'd like to tour the school or have your student(s) enjoy a shadow day there, call Mount Royal at 603-763-9010 to schedule. Visit their website at mountroyalacademy.com.

Religious Ed. / Youth Ministry / RCIA / Catechesis

GRADES K - 8 CLASSES
UPCOMING MEETING DATES:
February 11 & March 3, 10, 17



Parish Hall following 9:30 Mass



Come join in the fun!
Youth Ministry Room
6 to 8pm

Upcoming dates: February 11 and 25.

JOIN US THIS SUN, FEB 4
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!

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

Feb. 25: The Sacrament of Holy Matrimony

EIGHT WAYS to PREPARE for LENT

1. Examination of Attachments: Similar to examining your conscience for sins, take a few minutes to examine what attachments you have in your life. Is there something in your life that's taking an undue amount of time or attention? With the Lord's help, take the time before Lent to see what is taking up space from God. Then, craft your Lenten sacrifices around them.

2. Shared Sacrifices: Find others who can join you in certain fasts and penances. This will both help you grow closer to God AND grow closer to each other.

3. Private Sacrifices: It's normal to share with everyone what sacrifices you're making for Lent. Be sure to also reserve some that only you and the Lord know about. This helps against the temptation to sacrifice only so that others know about it.

4. Silence: Silence provides many benefits, the main one allowing for prayer time with God. Lent is a great time to carve out silent time each day because our sacrifices ought to give us more time back in our day. If you give yourself the space for silence, you might find that you'll want to keep it beyond Lent.

5. Learning: Lent provides ample opportunities to stretch our minds and learn something new! Some examples include:

- Learning a new skill
- Learning more about the Faith
- Digging through a challenging book

Invest in your mind this Lent!

6. Confession: It's hard to find a better time in the year to go to Confession than Lent. Take the time to find when confessions are happening at your local churches and schedule it in. Bonus points for going with a friend. Even more bonus points for going more than once!

7. Take Care of Your Body: The Scriptures say that the body is the temple of the Holy Spirit. When you do things like getting enough sleep, eating right, and exercising, you're treating your body with dignity. You also allow yourself to love better when your mind and body are in good order. Don't put off taking care of yourself among your Lenten sacrifices!

8. Prayer: Of course, what's Lent without prayer? Lent is an amazing opportunity to reset our priorities and rekindle our communication with God. Fortunately, the first seven ways mentioned above all help to prepare our prayer life.

- Isolating and removing attachments makes more room to attach ourselves to God
- Shared sacrifices help us to look toward our brothers and sisters and help lead them to God
- Private sacrifices add to our personal, intimate relationship with God
- Silence allows God to speak, rather than drowning Him out with all kinds of noise
- Learning disciplines our mind to use it for the greater glory of God, rather than letting it decay on shallow things
- Confession removes all sin that divides us from God and our neighbors
- Taking care of our bodies frees us to love God and others better – if our own life is out of order, helping others becomes difficult.

Lent is a great gift from God. We have a chance to shake ourselves out of bad habits and rekindle our love for God. If you prepare well, you'll be able to receive the graces that the Lord has in store for you.

from wedaretosay.com

SACRED HEART PARISH

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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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sheartlebanon@gmail.com

Cathy Filiano
Office Assistant

Alice Maleski
Music Director
musicsheartlebanon@gmail.com

Monthly Collections

SACRED HEART January 1 through January 28, 2024

In Person Collection: \$ 12,938.00
Online Collection: 5,775.00
\$ 18,713.00

Baptism Gift \$150
Christmas \$247
Fuel \$922
Ham and Bean Supper \$350
Organ Restoration \$384
Solemnity of Mary, Mother of God \$447

ST. HELENA / ST. MARY'S MISSION January 1 through January 28, 2024

In Person Collection: \$2,997.00
Online Collection: 553.00
\$3550.00

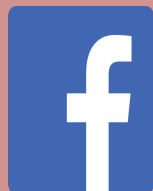
Christmas \$20
Christmas Flowers \$371
Fuel \$415
January Community Dinner \$222
Solemnity of Mary, Mother of God \$10

NEW HAMPSHIRE CATHOLIC APPEAL

Sacred Heart: \$22,605* (Goal: \$29,249)
St. Helena: \$8,506* (Goal: \$8,198)

**includes pledges*

To support us online, simply click
on the *Online Giving* image on our websites.



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/>



**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.