Sacred Heart Parish
2 Hough Street, Lebanon, NH

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

Monday 8:00am
Tuesday 5:30pm
Wednesday 12:10pm
Thursday 8:00am

Confession
Saturday 2:45 - 3:30pm
or by appointment

Eucharistic Adoration
First Tuesdays 4:15 - 5:15pm

Rosary
Monday 8:30am in church
and 5pm on Zoom
Tuesday 5:15pm
(First Tuesdays at 4:30pm)
Thursday 7:30am
First Saturdays 3:30pm

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

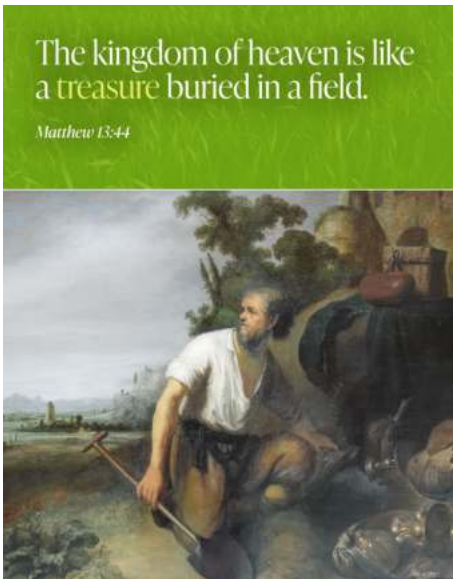
Mass Schedule
Sunday 10:00am

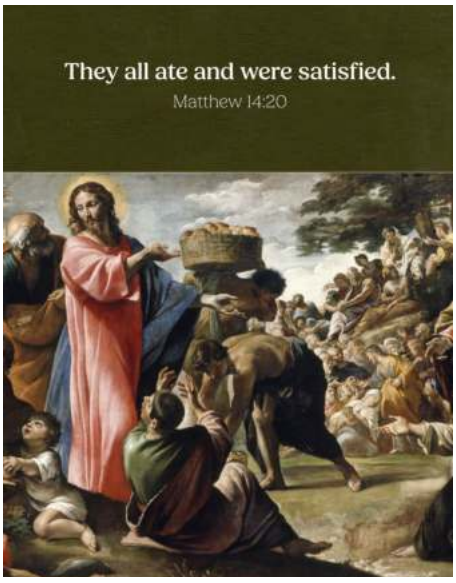
Confession
Sunday 9:30 - 9:45am

Rosary
First and Third Sundays 9:30am

Seventeenth and Eighteenth Sundays in Ordinary Time

July 26 & August 2, 2026





SUMMER OFFICE HOURS
THROUGH SEPTEMBER 7:
Monday through Thursday, 9 - 1pm

Mass Intentions and Notes

Sacred Heart
July 25 - August 9, 2026

Saturday Vigil / Sunday: July 25 / 26
Seventeenth Sunday in Ordinary Time

4:00pm Bob and Fay Sharkey by Their Sons
8:00am Herman Martin
by Scott and Carissa Martin and Family
9:30am Ruth Shepard and Frank Currier
by Gary and Karen Shepard

Monday: July 27

8:00am Eddie Chambliss by Kelly Diette

Tuesday: July 28

5:30pm Joan and Kenneth Louzier
by Suzan Louzier

Wednesday: July 29
Saints Martha, Mary, and Lazarus

12:10pm Genevieve Cerutti
by Angela and Dean

Thursday: July 30
St. Peter Chrysologus,
Bishop and Doctor of the Church

8:00am Paul and Lilian White
by Louise Dauphinais

The Sanctuary Candle Burns for
The Intentions of Kevin J. McNamara
by Mom

Saturday Vigil / Sunday: August 1 / 2
Eighteenth Sunday in Ordinary Time

4:00pm Thomas Hudson
by Des and Shirley Hudson
8:00am Mr. and Mrs. Adalbert Messer
by Pat Aucoin
9:30am Joan and Kenneth Louzier
by Suzan Louzier

Monday: August 3

8:00am Intentions of Katey Patenaude
by Roy and Debbie Stone

Tuesday: August 4
St. John Vianney, Priest

5:30pm Eddie Chambliss by Hilary Maes

Wednesday: August 5
Dedication of the Basilica of St. Mary Major

12:10pm Intentions of John Martin by Mom

Thursday: August 6
The Transfiguration of the Lord

8:00am J. Louis Dauphinais
by Louise Dauphinais

Saturday Vigil / Sunday: August 8 / 9
Nineteenth Sunday in Ordinary Time

4:00pm Marjorie Mason Place
by Her Family
8:00am Michael Long by His Wife Lynn
9:30am Maurice LeBlanc
by Barb and Brian Sagraves

St. Helena and St. Mary's Mission
July 26 and August 2 & 9, 2026

Sunday: July 26
Seventeenth Sunday in Ordinary Time

10:00am (St. Mary's) Celebrant's Intentions
5:30pm Pro Populo

Sunday: August 2
Eighteenth Sunday in Ordinary Time

10:00am (St. Mary's) Pro Populo
5:30pm Celebrant's Intentions

Sunday: August 9
Nineteenth Sunday in Ordinary Time

10:00am (St. Mary's) Celebrant's Intentions
5:30pm Pro Populo

ADORATION: What is it?

Adoration is simply adoring Jesus and spending time with Him exposed in His Eucharistic form on the altar in a monstrance. He is present there: body, blood, soul, and divinity. The monstrance is a beautiful vessel often in the form of a sunburst.

FIRST TUESDAY HOLY HOUR for VOCATIONS to the PRIESTHOOD

Sacred Heart - 4:15 to 5:15pm, followed by Mass at 5:30pm

An hour spent with Jesus in the Blessed Sacrament is known as a Holy Hour. **Don't miss the Tuesday, August 4, Holy Hour for Vocations. Jesus wants your company and patiently waits for you.**

Religious Education & Parish Notes

SHARE the FAITH - BECOME a CATECHIST or ASSISTANT CHATECHIST!

Do you enjoy working with children and helping them grow in their faith? Our Religious Education program is looking for volunteer catechists and assistant catechists for students in 1st through 3rd grade.

Whether you feel called to lead a class as a catechist or support a teacher as an assistant, your time and presence can make a meaningful difference in the lives of our children. No teaching experience is necessary—just a willing heart, a love for Jesus, and a desire to help young people learn about God's love.

All materials and support are provided. This is a wonderful opportunity to share the Faith, build relationships within our parish community, and mature in your own spiritual journey. We hope you'll join us in helping our children grow in faith, knowledge, and love of God!

Please prayerfully consider joining this important ministry. If you are interested or would like more information, please contact Lynn Smollin, DRE at lynnsheartlebanon@gmail.com.

"Let the little children come to me."
Matthew 19:14

FIREPIT TUESDAY

SACRED HEART
AUGUST 4

Join us for 5:30pm Mass and then stay for fellowship, a bite to eat, some music, and a few lawn games.

Invite your friends and other families to enjoy a pleasant summer evening at your parish. All are welcome!

REGISTRATION NOW OPEN!

Classes for Grades 1 through 3 will begin on Sunday, September 20 following our 9:30am Mass.

If you have any questions concerning the program or how your child may progress in his or her faith formation or receive the Sacraments, please contact our parish Director of Religious Education, Lynn Smollin, at lynnsheartlebanon@gmail.com.

Use the QR code shown here to register your student.
Tuition increases after September 13.

Most people know OCIA as a class for people who desire to convert to the Catholic faith but it's much more than that.

- Maybe you were Baptized Catholic but never received any other Sacraments.
- Perhaps you received First Holy Communion but were never Confirmed.
- Possibly you grew up thinking you were Catholic but never felt like you knew or understood the Faith.
- Have you been asked to be a "godparent" or sponsor but don't feel like you're qualified to take on that obligation?
- Maybe you feel like you need more knowledge to be able to pass the Faith on to your children or grandchildren.
- Did you promise your Catholic spouse that one day you'd attend these classes?
- Or could it be that you're just curious and want to know more about the wonderfully strange (but true!) Catholic faith?

Classes start soon!
Register with this link:
https://forms.gle/pz7qPkMf8eZJdwo3A

Questions? Contact Kelly Diette at ociasheartlebanon@gmail.com.

Parish Announcements

ST. HELENA / ST MARY'S FUEL FUNDRAISER

For the fiscal year just ended, St. Helena / St. Mary's paid $15,335 for fuel expenses.

We will be selling raffle tickets for gift baskets and other prizes to raise money to help pay this expense. Tickets will be on sale at the monthly Community Dinners and are available for purchase for one month. The winning tickets will then be drawn at the *next* monthly Community Dinner. Tickets are $1.00 each and are for sale after Mass on Sunday mornings at St. Mary's. Please contact Susan Gagnon (76suegagnon@gmail.com) with any questions or to purchase tickets.

Thank you for your consideration!

ST. HELENA'S NEEDS YOUR HELP!

We are in need of altar boys / young men as well as lectors. If you're interested, contact Roger Dauphinais at redauphinais1@protonmail.com or call or text him at 603-667-8262.

KNIGHTS of COLUMBUS COUNCIL 8027

invites you to their

Family Fully Alive Devotions

Join them at St. Mary's Church following 10am Mass Sunday, August 9.

Books available at no cost in the church hall at St. Mary's.

CONGRATULATIONS and GOD BLESS KYLE and GRACE ALLEN

Joined
in Holy Matrimony
at Sacred Heart
Saturday, July 11, 2026

GOD BLESS RUTH AGNES

Baptized
at Sacred Heart
July 12, 2026

Daughter of Maxwell and Elizabeth Nowak, who were wed at Sacred Heart last autumn.

Welcome to the Mystical Body of Christ and our parish!

ORGAN RESTORATION UPDATE

Our year-to-date donations have reached over $54,000! We've crossed the halfway point of our $100,000 goal.

If you haven't yet donated but wish to do so, you can use this QR code for online giving.

Thanks to all who have given. God bless you for your generosity toward our parish and beautiful music for our Masses.

Fr. Charles

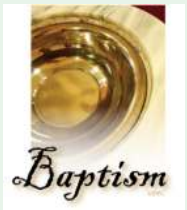
Parish, Diocese, & Community Notes

SOON AT SACRED HEART

Annual Parish Fall Festival
Sunday - September 13

Start of Religious Education Classes, Grades 1 - 3
Sunday - September 20

Start of OCIA
Visit the link below for info and registration
https://www.sacredheartlebanon.org/interested-in-becoming-catholic-ocia.html



INFANT BAPTISM

Are you interested in having your child Baptized at Sacred Heart, St. Helena, or at St. Mary's?

Our next *mandatory* prep class is October 4 at Sacred Heart at 9:00am.

Please contact the office to enroll.

The ministry for **Adults with Special Needs** (and their caregivers) will break over the summer months and meet again in late September. For more information on this ministry, kindly contact Kathy Prieto at **info@PS139-14.org**.

Invites all men Tuesday, August 4
6:10pm at Sacred Heart

The First Three Kingdoms of Contemplative Prayer:
Not So Ordinary After All!

Contact Chris Wira for more information at chris_wira@yahoo.com

QUO VADIS DAY CAMPS
August 10 - 14

High school age young men are invited to attend our upcoming vocations camp to reflect on the Lord's call in their lives while having lots of fun. This overnight camp is led by priests and seminarians from the Diocese.

REGISTER NOW!

https://form.jotform.com/RCBM/quovadis-2026

Travel with Fr. Charles in 2027!

MAGICAL RHINE
and MOSELLE RIVERS

Flyer with itinerary:
https://groups.gocollette.com/en-US/link/1382854

Replay of Zoom Information Meeting:
https://tinyurl.com/Sacred-Heart-Travel

Vocations and The Church

VOCATIONS MINISTRY

July 26 is the Feast of SS. Anne and Joachim, the parents of the Blessed Virgin Mary and patrons of grandparents and marriages. Mary was born without original sin, so she did not have its Four Wounds: *corruption of the body, corrupt desires, darkened intellect, or a weakened will*. Regardless of Mary's Immaculate Heart, it was still the job of her parents, like that of all parents, to condition their child's "behavioral reflexes" to respond in an immediate virtuous way to all circumstances, so that she would be good and kind even before her intellect and judgment made decisions. To do this, Mary's parents — Jesus' grandparents —taught Mary the four Cardinal Virtues of *courage, justice, prudence and temperance*. As a result of her parents' training, Mary's virtuous responses became her habits. Eventually Mary conveyed those habits, instinctively, to her future child Jesus. Thus Jesus' human immediate "behavioral reflexes" were kind, good, and virtuous as a family legacy.

This is how the words and example of holy parents and holy grandparents convey God's grace to every generation. The four Cardinal Virtues are valued in all cultures and religions because a culture cannot thrive peacefully without them. To promote good lessons to each generation God gave a command with a promise: "*Honor thy father and thy mother … so that you may live long and that it may go well with you…*" Honoring means, in part, to give parents and grandparents a chance to be heard and so gain the benefits of their experience. If as adults we disagree with their opinions, we must at least consider their ideas carefully. At the Annunciation, Mary demonstrated her predilection for virtuous reactions. It was her inculcated instinct to listen to and honor her ultimate Father, and so her Fiat response to Gabriel was a complete, trusting, honoring, self-giving acceptance of God's will, regardless of the difficulties she might face. This holy responsiveness had been instilled into Mary over years of holy parenting from the grandparents of Jesus.

Culture unravels when children dishonor elders, religion, and religious vocations. If we convey to our children by words and example the importance of honoring grandparents, we will strengthen the Church, increase religious vocations, and slow societal disintegration. Perhaps our greatest gift to the world may be the future acts of our grandchildren or their own fiat to a call to a religious vocation. For the sake of healing our culture and increasing religious vocations, let us pray for the intercession of SS. Anne and Joachim, and Mary and Joseph, that God will strengthen our will to honor parents and grandparents.

PRAY for the PERSECUTED CHURCH

Christian Brick Kiln Worker Killed for Drinking from a Muslim's Cooler

July 20, 2026 | Pakistan

Overcome by thirst after working under the sweltering summer heat in Pattoki, Pakistan, a Christian brick kiln worker reached for the closest water cooler and took a sip. Doing so cost him his life. The worker, a 39-year-old man named Sadique, had just finished stacking bricks before he took the drink. The water cooler belonged to some of his Muslim co-workers. One of the Muslims, Ahmed, confronted Sadique, telling him he couldn't drink their water because he was a Christian and would "contaminate" it. When an argument broke out, other co-workers separated the two men and told Ahmed to walk away and cool down. Ahmed soon returned with a knife. Believing the conflict had ended, Sadique sat down and drank more water. Ahmed approached Sadique from behind and slit his throat, killing him. Sadique leaves behind a widow and four children.

SACRED HEART PARISH

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
ST. MARY'S MISSION

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

Telephone: 603-632-4263

Website: www.sthstm.org
Email: sthstm@gmail.com

PARISH STAFF

Rev. Fr. Charles H. Pawlowski, KCHS
Pastor - *pastorsheartlebanon@gmail.com*

Camille Hardt
Parish Secretary - *sheartlebanon@gmail.com*

Lynn Smollin
DRE - *lynnsheartlebanon@gmail.com*

Alice Maleski
Music Dir. - *musicsheartlebanon@gmail.com*

Cathy Filiano, Sheila Gallagher
Office Assistants

KNIGHTS of COLUMBUS

SACRED HEART COUNCIL 2656
Council Grand Knight, John Pomeroy
johnpomeroy84@gmail.com

Meets the second Monday of the month at 6pm, Sacred Heart's Parish Hall

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.

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

If you would like to register with either of our parishes, please do so online via our websites:

SACRED HEART: sacredheartlebanon.org

ST. HELENA / ST. MARY'S: sthstm.org

FIND OUR PARISHES on FACEBOOK!

Follow Sacred Heart and Saint Helena Parishes on Facebook to see pictures from parish events, receive up to date schedules, and learn about the feasts, solemnities, and saints of our Church.

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

- Text **SHLEB** to 84576 from your phone to subscribe to updates **OR** go to flocknote.com/sacredheartparish5 .
- 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

TRYING to DECIDE on the MINISTRY or GROUP THAT WILL DRAW YOU NEARER to CHRIST and HIS CHURCH?

Check out our website!
sacredheartlebanon.org

Choose from 13 ministries, 4 faith formation groups, and 2 Catholic organizations.
The parish needs you!