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

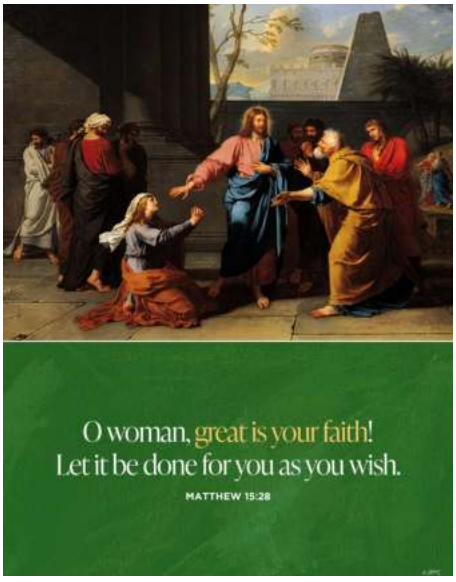
Mass Schedule
Sunday 10:00am

Confession
Sunday 9:30 - 9:45am

Rosary
First and Third Sundays 9:30am

Nineteenth and Twentieth Sundays in Ordinary Time

August 9 and 16, 2026



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

Mass Intentions and Notes

Sacred Heart
August 8 - 23, 2026

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

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

Monday: August 10
St. Lawrence, Deacon and Martyr

8:00am Anita Serpe by Camille Hardt

Tuesday: August 11
St. Clare, Virgin

5:30pm Mark Mullin by Suzan Louzier

Wednesday: August 12
St. Jane Frances de Chantal, Religious

12:10pm Herman Martin by Raoul Martin, Jr.

Thursday: August 13
SS. Pontian, Pope, and Hippolytus, Priest, Martyrs

8:00am André Ribeiro
by Wyktor and Ibby Cavalcante

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

Saturday Vigil / Sunday: August 15 / 16
Twentieth Sunday in Ordinary Time

4:00pm Adam and Veronica Zeikus
by Alice Maleski
8:00am Michael Long by His Wife Lynn
9:30am Tom Dauphinais
by Louise Dauphinais

Monday: August 17

8:00am Edith Johnson by Jan Miles

Tuesday: August 18

5:30pm Intentions of Fr. Richard Jasper

Wednesday: August 19
St. John Eudes, Priest

12:10pm Holy Souls in Purgatory
by Sheila Gallagher

Thursday: August 20
St. Bernard, Abbot and Doctor of the Church

8:00am Intentions of Eoin Cunningham Devane by Bernadette McLaughlin

The Sanctuary Candle Burns for
John H. McNamara, Jr. by Sheila Gallagher

Saturday Vigil / Sunday: August 22 / 23
Twenty - First Sunday in Ordinary Time

4:00pm Bob and Fay Sharkey by Their Sons
8:00am Ken Hendrick, Sr.
by Matthew & Merry Bond
9:30am Maurice LeBlanc by Kelly Diette

St. Helena and St. Mary's Mission
August 9, 16, and 23, 2026

Sunday: August 9
Nineteenth Sunday in Ordinary Time

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

Sunday: August 16
Twentieth Sunday in Ordinary Time

10:00am (St. Mary's) Rev. Fr. Jean M. Lemay
5:30pm Celebrant's Intentions

Sunday: August 23
Twenty - First Sunday in Ordinary Time

10:00am (St. Mary's) Pro Populo
5:30pm Rev. Fr. Jean M. Lemay

THE MARIAN CANDELABRUM
burns on August 15, The Solemnity of the Assumption of the Blessed Virgin Mary, for **Thomas Eytel** by Victoria Young.

Religious Education / OCIA

SHARE the FAITH - BECOME a CATECHIST or ASST CATECHIST!

We all see the challenges facing our world today—the lack of faith, the harmful influences, and the struggles our children encounter. You may wonder, "What can I do?"

You can make a lasting difference in the next generation by helping our children grow in the Faith and their love for Christ. Our Religious Education program is seeking Catechists and Assistant Catechists for students in 1st through 3rd grade.

You don't need to be a theologian or experienced teacher. All you need is a love for Jesus and a desire to share His love with others. Whether you feel called to lead a class or support as an assistant, your presence can have a meaningful impact on a child's faith journey.

Materials, training, and support are provided. We invite you to prayerfully consider how God may be calling you to serve in this important ministry.

Help bring our children closer to Christ—because if the world won't tell them about His love, we can.

For more information,
please contact Lynn Smollin, DRE,
at lynnsheartlebanon@gmail.com.

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

OCIA - *INVITED*
by Ascension Press

The Order of Christian Initiation of Adults this year will be using Ascension Press's ***Invited*** curriculum.

Please check it out by viewing their two-minute video found here: https://tinyurl.com/OCIAInvited or by scanning the QR code shown above. Presenters of the program include Father Mike Schmitz, Jeff Cavins, and Jackie and Bobby Angel.

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 or the link https://tinyurl.com/RelEdRegister to register your student.

Tuition increases after September 13.

IS OCIA FOR YOU?

- 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 Tues, August 18, at 6:15pm.

Register with this link:
https://tinyurl.com/OCIAregister

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

Parish and Community Notes

Kathleen Forden
Will Horne
The Sobreguel Family

Jeffrey and Colette Kittridge

Invites all men Tuesday, August 19, 6:10pm at Sacred Heart

An Invitation to All Men, Catholic or Non-Catholic, to Learn about the Faith and Enjoy Fellowship

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

MASS and CANDLE REQUESTS

There are many openings for Masses at all three churches. There's no better gift than a Mass offered for the soul or intention of a loved one. Mass cards are available upon request.

There are TWO ways to accomplish this: You can email us at the office with your date and intention and wait to receive an email confirming your date or you can call the office and speak with someone directly.

NB: Please do not simply drop a list of Mass dates along with payment into a collection basket. Please do not use the old envelopes once used to request a Mass.

LA SALETTE ASSOCIATES OF ENFIELD, NH warmly invite you to join them in prayer as they prepare for the 180th Anniversary of the Apparition of Our Lady of La Salette which occurred on September 19, 1846.

We will gather for special devotions:

- **Wed, August 19** - La Salette Way of the Cross

Please join us in Enfield at the former La Salette Shrine. We will gather on the hillside in the Summer House Pavilion at 3:00pm. You may walk or drive up the hill.

Prayer for the 180th Anniversary

Our Lady of La Salette, Reconciler of sinners, you came to call us back to your Son, with tears of love and words of hope. Help us to come closer to Jesus Christ, to receive His Word that enlightens and consoles, and to live lives of conversion and faith. Teach us to be witnesses of reconciliation, in our communities and in the world. Guide us during this time of preparation, that we may celebrate this anniversary with renewed hearts and joyful spirits. We entrust ourselves to your care, now and always. Amen.

MOUNT ROYAL ACADEMY'S

mission is to educate the whole person through the spiritual, academic, and human formation of each student. Our aspirations direct all temporal efforts toward building Catholic culture and our Father's eternal kingdom. See how this school might be the answer to your prayers for your family by visiting mountroyalacademy.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 BAKE SALE

Enfield Old Home Days

Thank you to everyone who baked goodies for the sale on July 25. We had a busy morning with many happy customers eager to take home their favorite baked goods. We made $338.

Well done, everyone and thanks! Susan Gagnon

KNIGHTS of COLUMBUS COUNCIL 8027

invites you to their

Family Fully Alive Devotions

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

CAROLE FONTAINE

May 1936 - July 2026

Eternal rest grant unto her O Lord and let Perpetual Light shine upon her. May her soul and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

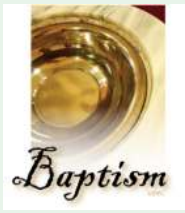
Free Community Dinner at St. Mary's, Canaan

At our July dinner we fed 75 people and everyone enjoyed themselves. Thank you for all the food and monetary donations and for helping us to set-up, serve, and clean-up! ***Save the date - Our next dinner is Sunday, August 23!***

Rosalie Swanson, Dinner Coordinator

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.

Travel with Fr. Charles in 2027!

MAGICAL RHINE & 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

Last month as in every July, the Church's special devotion is toward the Most Precious Blood of Jesus. People ask *"Where do Catholics get this idea? It sounds gruesome."* It comes from Scripture: 1 Peter 1:19, *"You know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect."* This satisfied and put and end to the primitive requirement for animal sacrifice to atone for human sin stated in Leviticus 17:11: *"For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one's life."* Similarly God forever put an end to the pagan idea of human sacrifice when God stopped the death of Abraham's son Isaac. God always offers abundant opportunities for mercy at the same time that He makes clear the proper way to live.

We benefit from the priests who provide the Sacrament of Reconciliation and from the consecrated women who teach, with clarity, the importance of both a holy life and God's mercy.

The Sisters of the Precious Blood spread this truth through their monastery (comprising twenty-three sisters) in Manchester, New Hampshire. These nuns guide religious and lay people as well as having published masterful spiritual insights in books, art, and music. They've provided commentary on the academic works by women such as Saints Teresa of Avila, Thérèse of Lisieux, Theresa Benedicta of the Cross, Hildegard of Bingen, and many others.

The Sisters of the Precious Blood continue this tradition by spreading the message of the healing, saving work of Jesus that He accomplished with shedding his life-blood from the Garden of Gethsemane to the Cross and in the non-bloody sacrifice of Holy Eucharist. Sacred Heart, St. Helena, and St. Mary's Mission churches have all their altar breads (aka *hosts*) supplied by the Precious Blood Monastery!

If you think Our Lord has perhaps "*whispered in your ear*" about any form of religious life, or if you are seeking guidance for your secular career, you may visit the Sisters of the Precious Blood in Manchester.

To learn more about this cloistered community and how to contact them, visit https://srspreciousbloodnh.org/.

PRAY for the PERSECUTED CHURCH

31 Christians killed in Nigeria, including eleven children and a Catholic priest

from Catholic World Report, Aug. 4, 2026

A devastating wave of violence has once again shattered communities across Nigeria's Middle Belt, claiming the lives of at least 31 Christians in separate, brutal attacks.

In the latest large-scale massacre, 30 Christians, including 11 children, were slaughtered just before midnight on Sunday, July 26, when suspected Fulani militants stormed the village of Naridon in Kauru Local Government Area of Kaduna state.

Local media reported that 30 people were killed in the attack, including 21 Catholics and nine members of the Evangelical Church Winning All (ECWA). An unspecified number was abducted.

The fatalities included nine men, ten women, and eleven children. Additionally, seven others—four children, two women, and one man—sustained injuries. With several individuals still unaccounted for, the death toll is expected to rise.

Residents say the attackers were moving from house to house to carry out the slaughter.

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

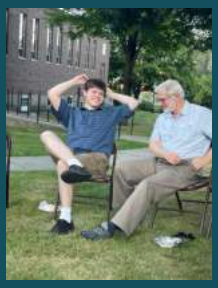
SACRED HEART COUNCIL 2656
Council Grand Knight, John Pomeroy
johnpomeroy84@gmail.com

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.

TAILGATE TUESDAY - AUGUST 4



Thanks to all who helped prepare our gathering and to all those who joined in the fun.
Fr. Charles

Monthly Collections

July 1 - 31, 2026

SACRED HEART

In Person Collection: $ 12,668
Online Collection: 6,273
$ 18,941

Bldg Fund (incl Organ Restoration) $1,810
Fuel $1,067
Parish Charity $20
Peter's Pence $40
Summer Mission Co-Op $30

ST. HELENA / ST. MARY'S MISSION

In Person Collection: $ 4,210
Online Collection: 400
$ 4,610

Fuel $746*
June Community Dinner $290
Parish Charity $21
Peter's Pence $20

**$338 from Bake Sale, $76 from Raffle tickets.*