

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

Eucharistic Adoration

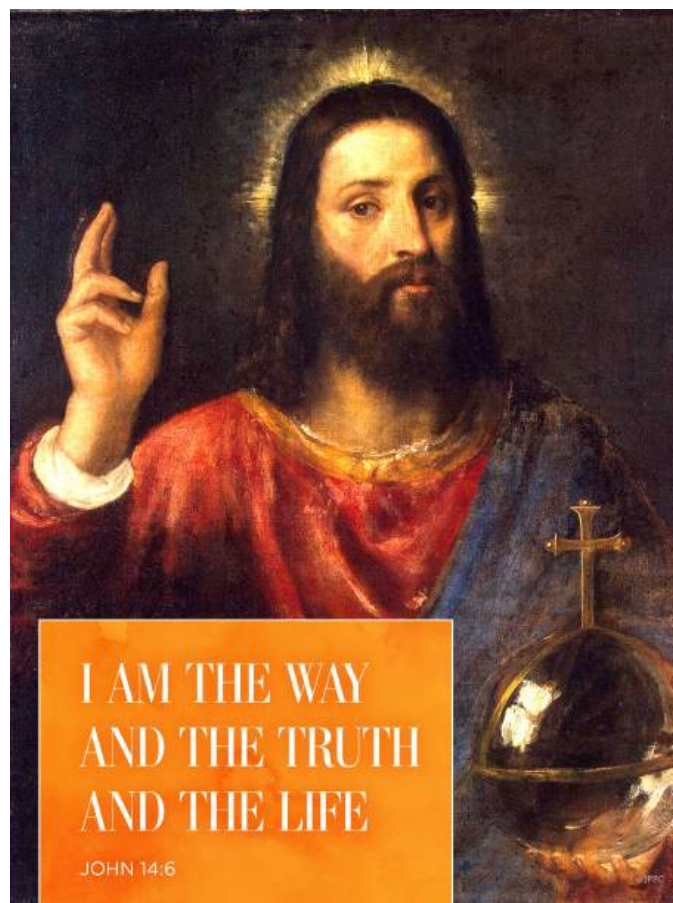
First Tuesdays 4:15 - 5:15pm

Rosary

Monday 8:30am in church & 5pm on Zoom
Tuesday 5:15pm (First Tuesdays at 4:30pm)
Thursday 7:30am
Last Four Saturdays in May 3:30pm

Fifth Sunday of Easter

May 3, 2026



St. Helena Parish

36 Shaker Hill Road, Enfield, NH

Mass Schedule

Sunday 5:30pm

Confession

Sunday 5:00 - 5:15pm

Rosary

All Sundays in May 5:00pm

St. Mary's Mission Church

1157 US Route 4, Canaan, NH

Mass Schedule

Sunday 10:00am

Confession

Sunday 9:30 - 9:45am

Rosary

All Sundays in May 9:30am

**NB: Due to the Priest Convocation
there will be no weekday Masses.**

Mass Intentions and Notes

Sacred Heart - May 2 - 10, 2026

Saturday Vigil / Sunday: May 2 / 3
Fifth Sunday of Easter

4:00pm All Children Receiving Their Sacraments and for Their Families
8:00am Robert Coutermarsh by His Family
9:30am Pro Populo

Monday: May 4

8:00am **NO MASS**

Tuesday: May 5

5:30pm **NO MASS**

Wednesday: May 6

12:10pm **NO MASS**

Thursday: May 7

8:00am **NO MASS**

Saturday Vigil / Sunday: May 9 / 10
Sixth Sunday of Easter

4:00pm Mary Hudson
by Des and Shirley Hudson
8:00am Roger Aucoin by Pat Aucoin
9:30am Jim and Kathleen Whitney
by Kelly Koloski

St. Helena and St. Mary's Mission May 3 and 10, 2026

Sunday: May 3
Fifth Sunday of Easter

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

Sunday: May 10
Sixth Sunday of Easter

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

ATTENTION CHILDREN of the PARISH!

**Come be part of our
annual May Crowning
of Our Lady's statue.**

**Sacred Heart
This Sunday, May 3
9:30am Mass**



- This is open to all children 5 years of age and older.
- The procession will be arranged in the Parish Hall at 9:10am on May 3 where the children will receive their flowers and instructions on how to process.
- We encourage all children to wear their Sunday best to honor Jesus' mother. Those children who will have made their Sacraments the day before are asked to wear the clothes they wore on their special day.

*If you have any questions, please contact
our DRE, Lynn Smollin,
at lynnsheartlebanon@gmail.com.*



**THE SEVEN - DAY
MARIAN CANDLE**
Our Lady of Lourdes Altar
May 2 through 8 burns for
*Deceased Members of the Gallagher
and McNamara Families
by Sheila Gallagher*

MAY IS A MARIAN MONTH

At **Sacred Heart** the Rosary will be prayed at 3:30pm before all Saturday Vigil Masses (*except on May 2nd*).

At **St. Helena and St. Mary's** the Rosary will be prayed one half-hour before all Masses.

At Our Lady of Lourdes altar at Sacred Heart two 7-day candles are available each Saturday through the following Friday. Please call the office if you wish to honor or remember a loved one in this way. The suggested stipend is \$10 per candle.

Upcoming Events at Sacred Heart



SESQUICENTENNIAL ANNIVERSARY

of SACRED HEART PARISH

Join us Sunday, May 24, and celebrate
our parish's 150th anniversary.

Mass at 9:30am with Bishop Libasci.

Procession through town and festival
on parish grounds follow immediately.

MEMORIAL DAY - MONDAY, MAY 25

10:00am Mass

Coffee and Donuts gathering afterward.

Lebanon Parade begins at 11:00am. Watch from the front lawn!

FESTA JUNINA - SATURDAY, JUNE 20

5:00-8:00pm in the Parish Hall

Come feast with us as we honor Saints Anthony, John the Baptist,
Peter, and Paul and share the beautiful Brazilian culture!

Sacred Heart Parish - 2 Hough St. - Lebanon
sacredheartlebanon.org

New Hampshire Catholic Appeal: Did you know?

- ❖ 93% of the Appeal's revenue will go toward ministry, education, and parishes. 7% goes to administering the Appeal.
- ❖ No funds will go toward diocesan administration, the bishop's office, or any clergy abuse settlement litigation.
- ❖ Our parishes will keep 90% of any income raised above our goals of \$26,194 for Sacred Heart and \$7,721 for St. Helena/St. Mary's.
- ❖ Parish goals are set at 10% of the average of the last three years' assessable income.
- ❖ Our parishes are obligated to contribute our share whether or not we meet the goals noted above by the close of the year's appeal. We will be billed for the difference.
- ❖ For Catholic Charities NH, the NHCA funds their Community Service programs which is one of ten core social service programs at CCNH. In 2025 Community Services helped 4,500 individuals with emergency assistance, financial literacy training, and other forms of support. This was an increase of 23% from 2024.
- ❖ The current appeal closes on March 31, 2027.
- ❖ You may contribute more than once.
- ❖ Payments may be made via: cash, check, online, pledging and paying over several months, monthly recurring gifts, stock donations, or through an IRA.
- ❖ If you donate *directly* to Catholic Charities without noting the parish, that money will *not* go toward our parish goal. Likewise if you designate a donation to one of the ministries now funded by the NHCA (e.g., seminarian formation) that money will *not* go toward our parish goal.
- ❖ For Sacred Heart or St. Helena to receive credit for your donation(s), all payments must include the parish name, town, and/or ID #41852 (Sacred Heart) #41811 for St. Helena/St. Mary's.
- ❖ If you'd rather not share your personal information with the NHCA, you may still donate by making your check payable to either Sacred Heart or St. Helena and **clearly marking the memo section as NHCA donation**. The parish will forward your gift to NHCA anonymously though it will still be a tax-deductible contribution.

Thank you for your generosity!

Parish Ministries and Notes



SACRED HEART

RELIGIOUS EDUCATION / OCIA

Catechesis for a journey
that will last a lifetime.

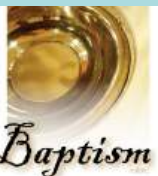
At our final gathering for this school year, our students will be part of the May Crowning at the 9:30 Mass then go down to the Parish Hall for cake and presentation of certificates and gifts.

All Religious Education students and their families are invited!

We'll meet this Sunday,
May 3, to discuss
Chapters 14 and 15.



Sunday is our final gathering for this study. We'll then be on hiatus until the fall. Announcements regarding our start-up date and next study topic can be found in this summer's bulletins and on our website.



Baptism

INFANT BAPTISM

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

A prep class led by our DRE,
Lynn Smollin, will be held on **June 7**
at Sacred Heart at 9:00am.

Please contact the office to enroll.

Free
Community Dinner
at St. Mary's, Canaan



We had a slow start to participants coming to the Dinner last weekend but ... had lots from the outside community attend. Everyone enjoyed the scalloped potatoes with ham and cheese. We had a total of 40 people dine-in and 10 takeouts. I want to thank everyone who helped with prep-work, serving, and clean-up.

Rosalie Swanson, Dinner Coordinator

BABY BOTTLE BENEFIT

begins Mother's Day weekend,
May 9 / 10, with bottles
at all church entrances.
This drive benefits the
Dayspring Pregnancy Center
of the Upper Valley



*"Empowering People to Make Informed Decisions
Concerning Pregnancy and Relationships"*

Relationship Coaching
Relationship Coaching Classes
and Student/Parent Seminars

Pregnancy Support
Pregnancy Testing, Ultrasound, Childbirth
Education Classes, Parenting Classes and
Baby Supplies, Fatherhood Support

Self Care

A Journey in Forgiveness

Please consider supporting the Pregnancy Center in this small but helpful way by taking a bottle home and filling it with change for donation to the Pregnancy Center. Bottles will be collected on Father's Day weekend, June 20 / 21. Thank you!



MEN of ST. JOSEPH

All men are welcome to join us!

Sat, May 16 - 8:00 to 9:30am*

Parish Office Building,
Lower Level

***PLEASE NOTE DIFFERENT
DATE FOR MEETING.**

CANAAN/ENFIELD KNIGHTS of COLUMBUS COUNCIL 8027

invites all graduating seniors
of the parish to apply for the annual



**Fr. Michael McGivney
Council 8027 Scholarship.**

The deadline is Friday, May 15.

Questions? Contact Grand Knight
Albert Vanasse at a.vanasse712@gmail.com.

Parish Ministries and Diocesan Notes



VOCATIONS MINISTRY

APRIL 26 was the WORLD DAY of PRAYER for VOCATIONS

CELEBRATED on Good Shepherd Sunday, it was wedged between the Feast of St. Mark (April 25) and the Feast of St. Catherine of Siena (April 29). St. Mark was the Evangelist who wrote the book of Mark as the Memoir of St. Peter. He had worked as assistant first to St. Paul and later to St. Peter. He became the first Bishop of Alexandria in Egypt where he was martyred. St. Catherine of Siena was a Dominican Sister and a genius; a theological Doctor of the Church who convinced the “refugee” Avignon Papacy to return to Rome.

These two great saints show that the Church needs both men and women to consecrate their lives to preach the love of the Trinity and the necessity to love our neighbors and enemies. The Gospels show that Jesus and the Apostles depended on material and social support from believing men and women. The Book of Acts and the Epistles of Paul show deep material support from many men and women disciples, who take up the task of teaching the Faith after Paul moves on, and who work ardently to support the needs of the growing Church.

Consecrated people have been necessary to bring the love of Jesus to everyone from the time of the early Church to our present day. So we ask on at least one day next week, please pray a decade of the Rosary, or at least the Lord’s Prayer, and ask God to increase Vocations to the Consecrated Life. To call those who will proclaim the message of Jesus and serve all people in need. Some bring us the Lord in the Eucharist, some grant absolution and all the Sacraments, some give spiritual guidance, some help to staff schools and universities, some are called to the social services or to offer economic support, some are gifted and their works of art, music, and literature seek to make immorality unthinkable.

Remember that “*The harvest is plentiful, but the laborers are few; therefore, ask the Lord of the harvest to send out laborers into His harvest*”
Matthew 9:37-38.



INFUSED - Mens Group

invites all men to join them
Tuesday, May 5,
6:10pm at Sacred Heart

We will be discussing Catholic Marketing in the Modern World led by an author sharing what he learned recently from a conference in Texas.

Contact Chris Wira for information
at chris_wira@yahoo.com

New Hampshire Catholic Appeal



We thank all who made their gift to the *New Hampshire Catholic Appeal: Future of our Faith II* this past week. Your gift will enable the Catholic Church in New Hampshire to meet the increasing needs of parishes, our community, Catholic schools, retired clergy, seminarians, and much more. If you were not able to make your gift yet, please visit the website at www.catholicnh.org/nhca (you could also scan the QR code shown) or bring your gift envelope that includes your donor ID and parish ID and drop it in the collection basket at Mass next weekend. We thank you for your prayerful consideration and generosity and for helping to reflect the love of Christ throughout our state!



Diocese of Manchester
WEDDING ANNIVERSARY MASS
June 7th, 2026 at 2pm
Cathedral of St. Joseph



Bishop Libasci invites couples celebrating 5, 10, 15, 20, etc. years of marriage in 2026 to a Mass in celebration of wedding anniversaries. The Mass will be held on Sunday, June 7, at 2:00pm at Saint Joseph Cathedral, Manchester. **To register, please contact the parish office by May 15th.**

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. - musicheartlebanon@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.

welcome

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

If you prefer to give us your information
over the phone or in person, please contact
the office during normal business hours.

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



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 Mother Church.



Shawls can be found at the entrances of all churches. Please take a shawl to someone who could use a physical reminder that he or she is being remembered in prayer.