

## 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  
All Saturdays in May 3:30pm

# Seventh Sunday of Easter

## May 17, 2026



Go therefore and make  
disciples of all nations.

Matthew 28:19

## 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

# Mass Intentions and Notes

## Sacred Heart

May 16 - 24, 2026

Saturday Vigil / Sunday: May 16 / 17  
Seventh Sunday of Easter

4:00pm Bob and Fay Sharkey by Their Sons  
8:00am William Cerruti by Angela and Dean  
9:30am The Intentions of Matthew and Merry Bond and the Health of their Unborn Child

Monday: May 18  
St. John I, Pope and Martyr

8:00am Pro Populo

Tuesday: May 19

5:30pm Sylvio and Elizabeth St. Amour  
by Granddaughter Carmel

Wednesday: May 20  
St. Bernadine of Siena, Priest

12:10pm Intentions of Mary Guynan  
by Emily Corwin and Family

Thursday: May 21  
St. Christopher Magallanes, Priest,  
and Companions, Martyrs

8:00am Betty and Ted Guay by Janice Miles

Saturday Vigil / Sunday: May 23 / 24  
Pentecost Sunday

4:00pm Donald Jeffrey, LaSalette Priest  
by Karen Boucher

8:00am NO MASS

9:30am All Parishioners of Sacred Heart,  
Living and Deceased

## St. Helena and St. Mary's Mission

May 17 and 24, 2026

Sunday: May 17  
Seventh Sunday of Easter

10:00am (St. Mary's) Dottie Campbell  
by Larry and Sharon Guaraldi  
5:30pm Pro Populo

Sunday: May 24  
Pentecost Sunday

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

## MAY IS A MARIAN MONTH

At Sacred Heart the Rosary will  
be prayed at 3:30pm before all  
Saturday Vigil Masses.

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



THE SEVEN - DAY  
MARIAN CANDLES AT  
Our Lady of Lourdes Altar  
May 16 through 22 burn for

Continued Healing of Mary White  
by Steven and Linda Milman

Richard Dupree  
by Laurette



Dorothy "Dottie" Campbell  
November 1941 - May 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.

St. Helena welcomes  
new parishioners

Laurie Griffin  
Michael and Therese Samson

Pray for the Lonely  
and Brokenhearted



# Upcoming Events at Sacred Heart



## **SESQUICENTENNIAL**

### **of SACRED HEART PARISH**

**Join us next Sunday, May 24, and celebrate  
our parish's 150<sup>th</sup> anniversary.**

**Mass at 9:30am with Bishop Libasci.**

**Procession through town and international 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](http://sacredheartlebanon.org)*

# Parish Ministries and Notes



Free  
Community Dinner  
at St. Mary's, Canaan

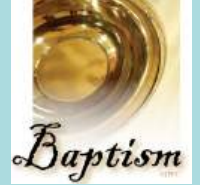
Join us this Sunday, May 17!

We'll be welcoming warmer weather (God willing) and serving hotdogs and hamburgers. Donations of cold salads, veggies, etc. are welcome.

If you can help, please text or call coordinator Rosalie Swanson at 603-727-2383.

## 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.*

**INFUSED - Mens Group**  
invites all men to join them Wednesday, May 20 6:10pm at Sacred Heart

Our topic is *Perfecting Purgatory: The Final Cleansing.*



Contact Chris Wira for information at [chris\\_wira@yahoo.com](mailto:chris_wira@yahoo.com)

## BABY BOTTLE BENEFIT for the Dayspring Pregnancy Center of the Upper Valley

Mother's Day to Father's Day

As parishes that support life from its very beginning in the womb until natural death, we embrace the ongoing initiative of the Catholic Church in the United States of *Walking with Moms in Need*. Although this initiative is primarily focused on helping women who are facing challenges while parenting or pregnant, it also naturally embraces and supports the child, both born and unborn, and men who choose to embrace their role as a father, especially in challenging situations.

**BOTTLES ARE AVAILABLE  
AT ALL CHURCH DOORS.**

Please consider supporting the Pregnancy Center in a small but helpful way by taking home a bottle and filling it with spare change for donation to the Pregnancy Center. Thank you.



Guillaume Temkitt

## VOCATIONS MINISTRY DIOCESAN ORDINATION MASS Saturday, June 6 - 10am St. Joseph's Cathedral

Two seminarians, Guillaume Temkitt and Peter Phong Quang Lê, will be ordained to the priesthood on the date noted above.

Guillaume Cedric Temkitt has invited all members of Sacred Heart, St. Helena, and St. Mary's Mission to this joyful event. He spent a summer working at our churches approximately six years ago and he remembers us with grateful joy.

**His First Solemn Mass will be Sunday, June 7, 2026 at 2pm at All Saints Church** (163 Main Street, Lancaster, NH), his childhood parish. We are all invited to that Mass and the reception that follows at the Lancaster Fairgrounds. Please pray for him and Peter Lê with gratitude for their sacrifice in accepting their vocations.

# Parish Ministries and Notes

## MONDAY NIGHT ROSARY

*We'll pray the Glorious  
Mysteries through May 18.*



**Join us on Zoom at 5pm;** sign-in info can be found on our parish website.

## A PARISHIONER'S PRISON MINISTRY



Parishioner David Monmaney is in continuous contact with several inmates at various prisons. **Because of this he is always in need of postage stamps.** If you can help in this way you may leave your donation at the parish office.

If you'd like to write to a prisoner yourself, please let David know. You can catch him on Sundays at the 8am Mass or contact him through the office.

## PRAYER TO ST. RITA of CASCIA

*Patroness of Impossible Causes  
Feast Day: Friday, May 22*

*Under the weight of my burden, I turn to you, dear Rita, holy woman and saint. I am confident that you will hear my prayers and intercede on my behalf.*

*You, who were chosen by God to be an advocate for those whose cases are most desperate, have the graces necessary to understand my need.*

[Mention your intention.]

*If my sins are an obstacle, impeding the fulfillment of my urgent plea, I beg you to obtain for me, from God, the necessary grace to see and understand my sinfulness, that I may, in sincere contrition, make a heartfelt reconciliation through the sacrament of penance.*

*From the glory of heaven, have compassion upon me, you who suffered by the grace of the thorn and the rose, that my suffering and anxieties may be lessened, that I may bear my crosses with courage, contentment and trust. I will everywhere proclaim my debt and friendship to you. Oh, Bride of Jesus crucified, help me to live well and to die well. Amen.*



## ARE YOU A LONGTIME SACRED HEART PARISHIONER? DID YOU ATTEND SCHOOL HERE?

As we celebrate our church's 150th anniversary next Sunday, we'd love to have you contribute photographs or other memorabilia related to Sacred Heart Parish and/or its school. Please drop off your mementos at the parish office by Tuesday of this week, May 19, from 9am to 1pm. Be sure to mark each item with your name and contact information so that we're able to return the items to you.

Thank you for your consideration!



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.

# Diocesan and Community Notes

## NH CATHOLIC APPEAL

We are grateful to all our parishioners who have made a gift to the New Hampshire Catholic Appeal. If you have not made your gift yet, please bring your gift envelope which includes your donor ID and parish ID to Mass or you can make your gift online at [www.catholicnh.org/nhca](http://www.catholicnh.org/nhca). Extra gift envelopes are available in the church.



We need the support of all our parish families to reach our parish goal and every gift matters, no matter the size of the gift. To donate or learn more, please visit [www.catholicnh.org/nhca](http://www.catholicnh.org/nhca) or scan the QR code shown here.

Thank you for your support of these important needs and ministries of the Church.



## Psalm 139:14 Wonderfully Made

*A new ministry  
in our deanery.*

**Calling all parents and caregivers!  
We're meeting Thursday, May 28.  
Saint Mary Magdalen Center  
Warner, NH**

We are a new Catholic ministry for **ADULTS (18+ years old) with SPECIAL NEEDS**. We meet monthly and we want to connect with you!

Our mission includes coming together and forming authentic friendships, praying and growing together, and using our individual gifts and talents in support of each other.

For more info contact: [info@PS139-14.org](mailto:info@PS139-14.org)

Note from coordinator Kathy Prieto:  
*We had our first meeting on April 30  
and it was beautiful with over 60 people present.*



## *Diocesan Marriage Retreat - June 27* Sufficient Grace: The Mission of Marriage in a Wounded World

In a culture that's tired, divided, and quietly aching, God still speaks through something simple and brave: a husband and wife learning to love. This retreat is for **all** married couples who want their marriage to be more than survival or routine. Together we'll reflect on the truth that marriage is meant to make God's love visible, by letting Christ shine through the real places where we are imperfect and in need of His Grace.

For all details and to register:  
<https://www.catholicnh.org/family2/family/married-life/diocesan-marriage-retreat/>



Join us for a rejuvenating retreat at Saint Anselm Abbey. This weekend promises an enriching experience with Mass, Liturgy of the Hours with the Monks, Eucharistic Adoration, and insightful talks on deepening conversion through enhanced trust and intimacy with the Lord. The Benedictine Monks and the Daughters of Mary, Mother of Healing Love will deliver engaging talks. Financial assistance is available. The retreat kicks off Friday night and ends Sunday after lunch. Email Fr. Rory for details: [rtraynor@rcbm.org](mailto:rtraynor@rcbm.org).

## SACRED HEART PARISH

Office: 7 Fairview Avenue, Lebanon, NH  
Mailing: PO Box 482, Lebanon, NH 03766  
Telephone: 603-448-1262

Website: [www.sacredheartlebanon.org](http://www.sacredheartlebanon.org)  
Email: [sheartlebanon@gmail.com](mailto: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](http://www.sthstm.org)  
Email: [sthstm@gmail.com](mailto:sthstm@gmail.com)

## PARISH STAFF

Rev. Fr. Charles H. Pawlowski, KCHS  
Pastor - [pastorsheartlebanon@gmail.com](mailto:pastorsheartlebanon@gmail.com)

Camille Hardt  
Parish Secretary - [sheartlebanon@gmail.com](mailto:sheartlebanon@gmail.com)

Lynn Smollin  
DRE - [lynnshheartlebanon@gmail.com](mailto:lynnshheartlebanon@gmail.com)

Alice Maleski  
Music Dir. - [musicsheartlebanon@gmail.com](mailto:musicsheartlebanon@gmail.com)

Cathy Filiano, Sheila Gallagher  
Office Assistants

## KNIGHTS of COLUMBUS

SACRED HEART COUNCIL 2656  
Council Grand Knight, John Pomeroy  
[johnpomeroy84@gmail.com](mailto: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](mailto: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](http://sacredheartlebanon.org)  
ST. HELENA / ST. MARY'S: [sthstm.org](http://sthstm.org)

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](http://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](http://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.



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

Check out our website!  
[sacredheartlebanon.org](http://sacredheartlebanon.org)

Choose from 13 ministries, 4 faith formation  
groups, and 2 Catholic organizations.

The Mystical Body of Christ  
- and the parish - need you!