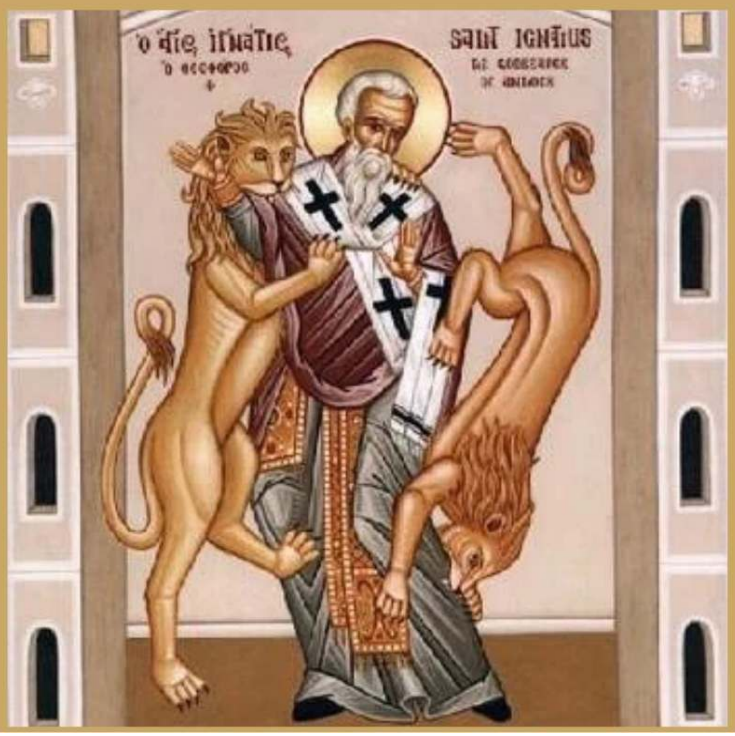
Sacred Heart and St. Helena Parishes

October 11, 2026
28th Sunday
in Ordinary Time

St. Teresa of Avila, Virgin
and Doctor of the Church
Feast day - October 15

St. Ignatius of Antioch
Bishop and Martyr
Feast day - October 17



St. Margaret Mary Alacoque,
Virgin
Apostle of the Sacred Heart
Feast day - October 16

Mass Intentions & Parish Notes

Sacred Heart
October 10 - 18, 2026

The Sanctuary Candle burns for
Kevin Sheehan by Karen Sheehan

Saturday Vigil / Sunday: October 10 / 11
Twenty - Eighth Sunday in Ordinary Time

4:00pm George Lander
by Louise Dauphinais
8:00am Jim and Anne Gallagher
by Their Family
9:30am Michael Currier by Mom and Dad

Monday: October 12

8:00am NO MASS

Tuesday: October 13

5:30pm The Holy Souls in Purgatory
by Andrew Raymond

Wednesday: October 14
St. Callistus I, Pope and Martyr

12:10pm Maurice LeBlanc
by Connie LeBlanc

Thursday: October 15
St. Teresa of Jesus, Virgin and Doctor of the Church

8:00am Suzette Torrey by Mom and Dad

Saturday Vigil / Sunday: October 17 / 18
Twenty - Ninth Sunday in Ordinary Time

4:00pm Bob and Fay Sharkey by Their Sons
8:00am Leon D. Vanasse, Sr.
by Wayne Vanasse
9:30am Amy Wiedenbeck Nash
by The Colombo Family

UPCOMING SECOND COLLECTIONS

Sunday, Oct. 18 - World Mission Sunday
Sunday, Nov. 1 - All Saints / All Souls
Sunday, Nov. 15 - Fuel Fund

Thank you for your generosity!

St. Helena and St. Mary's Mission
October 11 and 18, 2026

Sunday: October 11
Twenty - Eighth Sunday in Ordinary Time

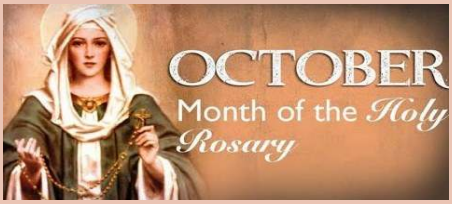
10:00am (St. Mary's) Rev. Fr. Leo LeBlanc
5:30pm Celebrant's Intentions

Sunday: October 18
Twenty - Ninth Sunday in Ordinary Time

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

THE SEVEN-DAY MARIAN CANDLE at OUR LADY of LOURDES ALTAR BURNS October 10 - 16 for

The Intentions
of Jeanne Roningen and Patrick Kennelly



AT SACRED HEART

- The Rosary will be prayed every Saturday prior to the 4pm Vigil Mass.
- Two Seven-Day Candles will be available for remembering a loved one. These will be on Our Lady of Lourdes' Altar. Please call the office to request one; the suggested donation is $10. The candle will burn from Saturday through the following Friday.

AT ST. HELENA and ST. MARY'S

- The Rosary will be prayed before every Sunday Mass.

SPECIAL MARIAN REMEMBRANCE

Final Apparition of Our Lady of Fatima - October 13

Religious Ed. & Parish Ministries

RELIGIOUS EDUCATION CLASS SCHEDULE for GRADES 1 - 3

We will not meet this Sunday
but will meet on the following Sundays this month - October 18 and 25

Parents and students, please meet in the Parish Hall directly after Mass.

Should you have any questions, please contact our Director of Religious Education, Lynn Smollin, at lynnsheartlebanon@gmail.com or call the office.

Join us this Tues, Oct. 13, at 6:15pm.

The Holy Spirit: God Dwells in Us

UPCOMING DATES & TOPICS

Oct. 20 - Christian Prayer: God Invites Us into Relationship

Oct. 27: The Old Law and the New: Learning Freedom

Nov. 3: The Church: God's Family

Nov. 10: The Blessed Virgin Mary and the Saints: Our Extended Family

Nov. 17: The Last Things: God Will Set All Things Right

Already a full member of the Church? We guarantee you'll discover a new thing about her. There's *always* something to learn about the beautiful (and intriguing) Catholic faith!

OCIA meets Tuesday evenings in the Parish Hall at 6:15pm. Refreshments are served. Questions? Please contact coordinator Kelly Diette at ociasheartlebanon@gmail.com or call the office.

UPCOMING MINISTRY MEETINGS

- **Sunday, Oct. 18**: Bible Study
- **Wednesday, Oct. 21**: Infused Men's Group
- **Sunday, Oct. 25**: Bible Study
- **Sunday, Nov. 1:** Bible Study and Third Order of Mary
- **Tuesday, Nov. 3:** Infused Men's Group
- **Sunday, Nov. 8:** Bible Study
- **Saturday, Nov. 14:** Men of St. Joseph

ONGOING MINISTRIES at SACRED HEART

JOYFUL HEARTS MINISTRY: We help make parish events possible. The opportunities to serve include planning, set up, food preparation, baking, serving, and clean-up. There are no minimum hours to which you commit; sign up only for those events that interest you! It is an amazing opportunity to get to know your parish community.

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

MUSIC: If you can sing *Happy Birthday*, please consider joining the Sacred Heart Choir with an eye toward becoming a beloved (and much needed!) cantor.

PASTORAL CARE MINISTRY: We hope to share the Eucharist and conversation with the ill and homebound in our parishes.

If you, a family member, or a friend cannot come to Mass, our parish family can come to you. Please contact the office to request a visit.

PRAYER SHAWL MINISTRY: 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.

Vocations and The Church

RIGHTLY CALLING UPON the HIGHLY FAVORED ONE

October is the Month of the Rosary and of Mary, Our Lady of Victory and Our Lady of the Rosary. Many victories of heart, mind, and body, for individuals as well as the whole Church, have been attributed to Mary's intercession when the Rosary is prayed with ardor.

Her first intercession was 2000 years ago when God asked her to be part of the greatest victory over evil by becoming the Mother of the Messiah. She shared her nation's centuries-long yearning to be freed from brutal, sinful tyranny. In the darkness of Jewish despair, Mary put fear aside, gave an "*undivided gift of herself*" to the Trinity (CCC 506), and said YES to bring Jesus to the world during her lifetime and forever.

Her intercession is tied to the deliverance of Constantinople from a Persian siege in 626 AD when the city prayed the *Akathist Hymn* to Mary for many days and nights. Nine hundred years later the Ottoman Empire raided Europe for seven decades and turned the Mediterranean into an Ottoman Lake. Faced with imminent destruction, Italy received little help from other nations. England's Elizabeth pursued self-promotion and praise, Spain pursued palace peculiarities, France pursued pleasures, and German principalities sought personal possessions and power after Luther. At the precipice of desperate darkness of a complete Ottoman dominance, the young Prince Don John of Austria was called to be a vehicle to rescue Christendom, despite his youth and minimal naval experience. Like Mary, he said YES. Pope St. Pius V led the entire Church in many days and nights of ardent Rosary prayer. On October 7, 1571, Don John sailed the small "Holy League" fleet into the mouth of a massive Ottoman armada at Lepanto. With faith in Mary's intercession to God, the paltry fleet was victorious and proud Ottomans were scattered in their conceit.

Today we face dark domination again. This time it comes from the combination of atheism, jihadism, and communism with its fellow travelers who think these "ism's" are benign and ignore the clear teachings of the 1891 encyclical *Rerum Novarum*. We get little support from politicians, and so-called influencers who are bemused by self-promotion, peculiarities, possessions, pleasure, power, and praise.

In this dark, diabolical maw, women and men are called to heroic religious vocations, to bring the spiritual victory of Jesus to all of us. Let us plead to Our Lady of Victory with an ardent decade of the Rosary every night to ask the Holy Spirit to dissolve the fears of young people called to religious vocations so that each will give their full YES in complete faith, like Mary and Don John. Civilization itself needs them.

CATHOLICS WORLDWIDE INVITED to JOIN GLOBAL ROSARY for PEACE

October 22, the Feast of St. John Paul II

The event is an international prayer initiative that aims to bring together families, parishes, schools, religious communities, and individuals from around the world in response to Pope Leo XIV's call for the Church to pray the rosary for peace.

The Global Rosary for Peace is organized by Holy Cross Family Ministries and is part of its efforts to strengthen family prayer and encourage the faithful to pray the rosary.

Currently, over 95,000 people have signed up to take part in this year's live, global rosary.

To take part and register for the Global Rosary of Peace visit https://hcfm.org/pray-for-peace/.

Parish Announcements

JOIN US AT ST. MARY'S THIS SUNDAY, OCT. 11

Come enjoy a potluck lunch and fun fall activities. If you are competing for the best pumpkin pie, be sure to bring that along. Looking forward to celebrating with you!

PARISH FUNDRAISER for HEATING FUEL ST. MARY'S / ST. HELENA

Raffle basket tickets are on sale after Sunday Masses at the back of the church. Please stop by the table to purchase them. Tickets are $1.00 each. All monies from these sales go directly to assist with the cost of our parish's heating bill.

Free Community Dinner at St. Mary's, Canaan

Join us for our next Community Dinner on Sunday, October 25, at 11:30am.

Contact coordinator Rosalie Swanson with any questions or to let her know how you can help! 603-727-2383

OCTOBER IS A MARIAN MONTH

AT SACRED HEART

- The Rosary will be prayed every Saturday prior to the 4pm Vigil Mass.
- Two Seven-Day Candles will be available for remembering a loved one. These will be on Our Lady of Lourdes' Altar. Please call the office to request one; the suggested donation is $10. The candle will burn from Saturday through the following Friday.

AT ST. HELENA and ST. MARY'S

- The Rosary will be prayed before every Sunday Mass.

Since 1973 the Catholic Church in the United States has observed October as *Respect Life Month* and the first Sunday in October as *Respect Life Sunday*. As Catholics we are called to cherish and protect those who are most vulnerable from the beginning of life to its natural end and at every point in between. During October the Church asks us to reflect more deeply on the dignity and gift of every human life.

Respect Life Novena: Oct. 22-30, 2026

This novena prays for the protection of human life, from conception to natural death. Each day of the novena features a different pro-life prayer intention which is accompanied by a short reflection and suggested actions to help build a culture of life. **Details for the novena and other reflections will become available through Flocknote later this month.**

Pray for the elderly and forgotten.

Parish and Community Notes

POLISH AMERICAN HERITAGE MONTH

St. Joseph Church, 58 Elm St, Claremont, NH
stjosephclaremont.org

SATURDAY, OCTOBER 17, 5-7PM
DOZYNKI (Polish Harvest Supper)

Gołąbki, Pierogi, Kiełbasa, and more
$20 Eat-In or Take-Out

ADVANCE TICKET SALES ONLY
Information: 603-542-6103 or
stjosephsclaremont@gmail.com

ST. BERNADETTE'S RELICS are TOURING the UNITED STATES

To venerate St. Bernadette's relics, you can visit:

Our Lady of Lourdes Church
20 River Rd., Pittsfield, NH

Wed, October 28, 3 to 8pm (Mass at 6pm)
Thurs, October 29, 9am to 8pm
(Mass at 9am)

Nightly Procession begins at 8PM

For all details see this parish's website:
https://ourladyoflourdes-stjosephs.org/

CATHOLIC CHARITIES NH ONLINE BEREAVEMENT SUPPORT GROUP

Have you experienced the loss of a loved one? Are you looking for better ways to cope with the struggles you face? Catholic Charities is hosting another online support group: "*Bereavement – Experiencing Loss, Being Lost, and Finding Your Way Again.*" **This five-week series will be held on Zoom beginning Tues, Oct. 20.** To register or learn more, visit www.cc-nh.org/bereavement or contact Shannon at 603-448-5151. There is no cost to attend.

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:

SACRED HEART: sacredheartlebanon.org

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

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.

FIND OUR PARISHES on FACEBOOK!

Be sure to 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** visit flocknote.com/sacredheartparish5. Text **STOP** to 84576 to stop text notifications at any time. Text **HELP** for help.

Parish Notes and Monthly Offertory

Sacred Heart Parish
2 Hough Street, Lebanon, NH
PO Box 482, Lebanon, NH 03766
Office: 603-448-1262
Email: sheartlebanon@gmail.com

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
All Saturdays in October 3:30pm

Monthly Collections

September 1 - 30, 2026

SACRED HEART

In Person Collection:	$ 12,158
Online Collection:	5,794
	$ 17,952

Bldg Fund (incl Organ Restoration) $5,734
Fuel $1,806
Parish Charity $20

ST. HELENA / ST. MARY'S MISSION

In Person Collection:	$ 3,607
Online Collection:	504
	$ 4,111

Fuel $370
Parish Charity $26
Retirement Fund for Religious $26
September Community Dinner $54 net

Eric Spangler at Sacred Heart

Brianna Lynch at St. Helena/St. Mary's

St. Helena Parish
36 Shaker Hill Road, Enfield, NH
PO Box 1363, Lebanon, NH 03766
Office: 603-632-4263
Email: sthstm@gmail.com

Mass Schedule
Sunday 5:30pm

Confession
Sunday 5:00 - 5:15pm

Rosary
All Sundays in October 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 October 9:30am

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 and Sheila Gallagher
Office Assistants