

## 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 8:00am  
Thursday 8:00am

### Confession

Saturday 2:45 - 3:30pm

### Eucharistic Adoration

First Tuesdays 4:15 - 5:15pm

### Rosary

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

# The Epiphany of the Lord

## January 4, 2026



*“Where is He who has been born king of the Jews? For we have seen His star in the East, and have come to worship Him.”*

**Matthew 2:2**

## St. Helena Parish

36 Shaker Hill Road, Enfield, NH

### 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

First and Third Sundays 9:30am

# Mass Intentions

## **Sacred Heart**

**January 3 - 11, 2026**

*The Sanctuary Candle Burns for  
All Unborn Children at Risk of Abortion*

**Saturday Vigil / Sunday: January 3 / 4**  
*The Epiphany of the Lord*

**4:00pm** Roger and Eddice Tremblay  
by Gordon and Louise Gribble

**8:00am** David Levy by Alice Maleski

**9:30am** Michael Currier by Anne Jette

**Monday: January 5**  
*St. John Neumann, Bishop*

**8:00am** Richard G. Reece, Jr.  
by Richard and Jane Reece

**Tuesday: January 6**  
*St. André Bessette, Religious*

**5:30pm** Claire Smith by Liam Coyle

**Wednesday: January 7**  
*St. Raymond of Penyafort, Priest*

**8:00am** Pro Populo

**Thursday: January 8**

**8:00am** For All Expectant Mothers  
by Anonymous

**Saturday Vigil / Sunday: January 10 / 11**  
*The Baptism of the Lord*

**4:00pm** Paul Joseph Labarre by Theresa Boutin

**8:00am** Jennifer Spring Sites by The Sites Family

**9:30am** Michael Currier

by Gordon and Louise Gribble

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

**January 4 and 11, 2026**

**Sunday: January 4**  
*The Epiphany of the Lord*

**10:00am** (St. Mary's) The Courage and Grace  
Cecilia Reitnauer Needs to Leave a Harmful  
Relationship by Kelly Diette

**5:30pm** Celebrant's Intentions

**Sunday: January 11**  
*The Baptism of the Lord*

**10:00am** (St. Mary's) Celebrant's Intentions

**5:30pm** Pro Populo



Epiphany House Blessing

C+M+B+2026

The numbers represent the New Year

2 meanings for C, M, B

(Caspar) (Melchior) & (Balthasar)  
traditional names for the magi

"CHRISTUS MANSIONEM BENEDICAT"  
which in Latin means  
"MAY CHRIST BLESS THIS HOUSE"

The "+" signs represent the cross  
and 2026 is the year of the blessing.

**GOD BLESS**

**Virginia Lynn**

Baptized

at Sacred Heart Sunday,  
December 28

*Daughter of  
Agustin and Elizabeth  
Tornabene, married  
at Sacred Heart in May 2024.*



## **EPIPHANY HOUSE BLESSING aka "Chalking the Door"**

Celebrated on the Feast of the Epiphany, it is a tradition of using chalk to write above the home's entrance asking for God's blessing on the home and those who dwell in or visit the home.

As the family gathers together in prayer, it is an invitation for Jesus to be a daily guest in our lives and home.

**Fr. Charles will have blessed chalk  
available after the 9:30 Mass  
to enable you to bless your home.**

# Parish Announcements

## Mark Your CALENDAR



### EVENTS at SACRED HEART through MAY 2026

#### JAN 18 - ANNUAL BABY SHOWER BRUNCH

Following the 9:30 Mass; sponsored  
by the Faith in Action Ministry  
and Sacred Heart Knights of Columbus

**FEB 2 - THE PRESENTATION of the LORD**  
Blessing of Candles with Free Community Lunch  
following the 12:10pm Mass

**FEB 3 - FEAST of ST. BLAISE**  
Blessing of Throats at 5:30pm Mass  
Wine and Cheese Social following

**FEB 14 - MARDI GRAS DINNER**  
Following 4:00pm Vigil Mass in the Parish Hall

**FEB 18 - ASH WEDNESDAY**  
Day of Fast and Abstinence

**MAR 15 - ST. PATRICK'S LUNCH**  
Noon in the Parish Hall

**MAR 19 - ST. JOSEPH'S DAY BREAKFAST**  
Free Community Breakfast in the Parish Hall  
following 8:00am Mass

**APR 5 - EASTER SUNDAY BREAKFAST**  
Following 9:30am Mass in the Parish Hall

**MAY 2 - DERBY DAY DINNER**  
Following 4:00pm Vigil Mass in the Parish Hall

**MAY 24 - 150th ANNIVERSARY  
of SACRED HEART PARISH**  
Mass with Bishop Libasci  
Festival following 9:30am Mass

**MAY 25 - MEMORIAL DAY**  
Mass at 10am with Coffee and Donuts Gathering  
at 10:30; Parade at 11 o'clock



## 12th Annual Sacred Heart Baby Shower Brunch

benefiting the Dayspring Pregnancy Center  
of the Upper Valley

**JOIN US in the PARISH HALL on SUN,  
JAN 18, following the 9:30am MASS.**

As a parish community that respects and responds to the value of human life in all of its stages and needs, this is an opportunity to join your fellow parishioners in showing our support for the babies, moms, and dads in need who are served by this pregnancy center.

Wish list: (*greatest need is in red*): **Diapers in sizes 3, 4, 5 and 6; boys and girls winter outfits in sizes newborn to 2 T; girls long sleeve tops in sizes 6, 9, 12, 18, and 24 months and bottoms in all sizes NB-2T; boys long sleeve tops in 0-3 and 6-9 months and bottoms in all sizes NB-2T; baby wipes; bath towels and wash cloths; shampoo/baby wash; fabric baby quilts; bassinet sheets; safety/medical/personal care items such as outlet protectors, thermometers, nail clippers, hair brushes, toddler feeding spoons and bowls, etc. NEW small toys, stuffed animals, rattles, teethers, etc. (Please, no knitted items, hats, snow suits (well stocked) or baby powder. Thank you.)**

*Something for Mom* such as chocolates or lotion; gift cards for gas, groceries and supplies local to both West Lebanon and Claremont; cases of bottled water.

**Please bring unwrapped gifts to the shower,  
or leave them at all church entrances  
beginning this weekend.**



### 2026 PILGRIMAGE!

*Majestic Cities of Central  
and Eastern Europe*

(Through Collette Tours)

**September 20 - October 3, 2026**

Please visit the group's webpage for details:

<https://groups.gocollette.com/en-US/link/1382613>

If you're interested in joining Fr. Charles on this pilgrimage, please contact the office or speak with Fr. Charles directly.

# Parish Ministries



## SACRED HEART

RELIGIOUS EDUCATION / OCIA

Catechesis for a journey  
that will last a lifetime.

**We'll meet in the Parish Hall  
on January 4, 11, and 25 after 9:30 Mass.**

Questions? Contact our DRE, Lynn Smollin,  
at [lynnsheartlebanon@gmail.com](mailto:lynnsheartlebanon@gmail.com).

## JANUARY DATES and TOPICS



### January 4

- The Last Things (What happens when we die? The meaning of Christian death)
- The Holy Name of Jesus
- Papal Documents
- St Elizabeth Ann Seton
- St André Bessette

### January 11

- The Liturgy and the Sacraments of Baptism and Confirmation
- Why We're Pro-Life
- St Marianne Cope
- St Agnes
- St Francis De Sales

### January 25

- The Eucharist (The Real Presence of Christ)
- NFP vs Contraception
- St Thomas Aquinas
- St John Bosco



How is Our Lord calling you to become a saint?

Last month we pondered Mary and the birth of Jesus, and rightly so. We might forget that in God's consistency, Joseph had his own "Annunciation" in dreams, to encourage him to accept the loving duty of committing the rest of his life to guard and support Mary and Jesus. In the crises of Joseph's foster parenthood — the midnight trek to Bethlehem, the flight into Egypt away from the wicked Herod, the sorrowful warning from Simeon, and the terror of the loss of Jesus in the Temple — Joseph might have feared failing in the duties of his diligent love. Joseph took the attitude conveyed in the book of Jeremiah, and later in Romans 9:21 — that he was clay in the Divine Potter's hand, to be shaped by God and used for His purposes. Joseph recognized that he was a fragile vessel in God's service.

Men who accept a calling to be a priest accept this reality as they embrace God's calling. Archbishop Fulton Sheen described his calling in this way: "[The calling] is so very sacred that one does not like to speak of it ... Always associated with that sense of the gift of a treasure was the frailty of the earthenware pot which was to house it. I (would) often drive it out of my mind, only to have it come back again. For the most part, the religious vocation is rather a silent but insistent whisper, yet one that demands a response; no violent shaking of bedposts or loud noises in the night. Just 'you are called to be a priest.'"

Let us pray daily for the men who, if they discern a true calling, will respond like St. Joseph.

## BIBLE STUDY MEETS

**THIS SUN, JAN 4, after 9:30 MASS**

*We'll be discussing Chapter Seven of St. Paul's Letter to the Romans in the Parish Office.*

## THIRD ORDER of MARY

We'll meet this Sunday, January 4,  
at noon in Sacred Heart's parish hall.



For more information contact Connie LeBlanc  
at [leblanc.constance@gmail.com](mailto:leblanc.constance@gmail.com).

## INFUSED welcomes all men to meet this Tuesday, Jan. 6, at 6:10pm

We are a gathering of Christ-following men who are authentic and who desire to discuss spiritual, social, and relational matters in a relaxed setting. **Our topic for January 6 will focus on the call and formation of Jesus' disciples and how we respond to God's invitation to become one ourselves.** Participants are encouraged to bring Scripture passages, discussion questions, and personal insights. Hope to see you there!

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

# Parish Ministries & Notes / Catechesis

## FIRST TUESDAY EUCCHARISTIC ADORATION for VOCATIONS

Sacred Heart - January 6

4:15 to 5:15pm

Holy Mass - 5:30pm



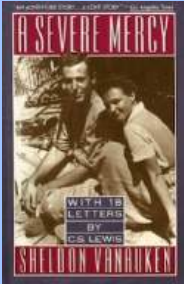
## A NEW TITLE for the SACRED HEART BOOK GROUP!

*Join us as we begin discussing Sheldon Vanauken's stunning chronicle of his marriage, his faith-forming friendship with C.S. Lewis, and the tragedy that altered his soul and spirit.*

### A SEVERE MERCY

We'll meet Jan. 13 and 27 and Feb. 10 and 24.  
Parish Office - 6 to 7pm

*Please join the Book Group on Flocknote to receive all notices. We hope to be reading with you soon!*



## TO HELP KEEP PARISH EXPENSES in CHECK,

we will not be issuing year end tax statements through the mail. If you've made all your 2025 donations online, you are able to log into your OSV account and produce a tax statement for the year just ending. If you use envelopes or "loose" checks, please call the office and a statement will be prepared and emailed to you.

## THE SIGNIFICANCE of SHEPHERDS throughout the HISTORY of GOD

Scott Hahn for [angelusnews.com](http://angelusnews.com)

It's unlikely that King Herod would have been as impressed with the testimony of shepherds as he was with the opinions of the Magi. Shepherds had little money, and they smelled like their sheep. The Bethlehem shepherds may have had a bit more prestige, since they bred lambs for sacrifice in the Jerusalem Temple. But Herod had little regard for the priests there; he'd have had no time for shepherds.



Maybe it would have been different in King David's time. After all, he was a shepherd who continued to tend his father's flocks even as he rose in the ranks of the military. When David was about to be crowned King, the Lord said to him: "You shall be shepherd of my people Israel, and you shall be prince over Israel."

David never forgot his origins; and, in his most famous song, he praised God as a shepherd: "The LORD is my shepherd, I shall not want". David describes God as the divine shepherd — who leads, feeds, tends, restores, protects, refreshes, and provides for the people he has chosen as his "sheep." Salvation, for David, was wrapped up in God's shepherding: "O save your people, and bless your heritage; be their shepherd, and carry them for ever."

The Hebrews were herdsmen from their origin. Abraham wandered with his flocks. And even before Abraham, at the dawn of humanity, Abel the herdsman was the righteous man of his generation.

Jacob was mingling with shepherds when he spied Rachel, his beloved. Noble Joseph, the patriarch and dreamer, was named as a shepherd. The Hebrews' identity as shepherds even protected them, for a while, from the Egyptians, who had a horror of the trade. The Book of Genesis ends with the Patriarch Jacob's blessing upon his sons, in which he refers to God as "the Shepherd."

Moses was tending flocks when he was called to be deliverer to his people. The Exodus journey itself is defined by shepherding, as God tells Israel: "your children shall be shepherds in the wilderness forty years."

This identity would be enduring, and the flocks provide the dominant metaphors for Israel's self-understanding. When the people sin, they "go astray," as sheep do, and are "scattered upon the mountains, as sheep that have no shepherd." Leaders are discussed as good or bad "shepherds." David appears, then, as the archetype of the "good shepherd" of his people. Long after David's death, the Prophet Ezekiel foretold that the definitive Good Shepherd would be born from the House of David.

Thus the study of Israel's shepherds is a genealogy of its redeemers: Abraham, Jacob, Joseph, Moses, and David. All had their flaws and foreshadowed the Messiah still to come. It should come as no surprise, then, for us to find shepherds at the birth of Jesus. All through history, God had shown them favor.

# Diocesan and Community Notes

## Caring for Loved Ones with Dementia

### Online Support Group



Are you caring for a family member or friend with memory loss? You don't have to face it alone. Join Catholic Charities NH for a **five-week online support group**, starting January 28. You will discover a deeper understanding of dementia and practical resources to support your loved one's well-being.

- Session 1: Wednesday, January 28; 11:00 AM – Noon
- Session 2: Wednesday, February 4; 11:00 AM – Noon
- Session 3: Wednesday, February 11; 11:00 AM – Noon
- Session 4: Wednesday, February 18; 11:00 AM – Noon
- Session 5: Wednesday, February 25; 11:00 AM – Noon

For more details or to sign up, visit [www.cc-nh.org/dementia](http://www.cc-nh.org/dementia), or contact Shannon Popescu at 603-448-5151 or email her at [shannon.popescu@nh-cc.org](mailto:shannon.popescu@nh-cc.org). There is no cost to attend.



## CHILD SAFETY

Parenting isn't easy and it's especially difficult to keep up with all of the technology available to children and teens these days. The Diocese of Manchester has many resources for parents about online safety and other important topics.

For free resources, please visit [https://www.catholicnh.org/family2/youth/safe-environment/parents/?inf\\_contact\\_key=71f777ca314f235c645efcb04abfdf7a](https://www.catholicnh.org/family2/youth/safe-environment/parents/?inf_contact_key=71f777ca314f235c645efcb04abfdf7a).

## Free Community Dinner at St. Mary's, Canaan



From Dinner Coordinator Rosalie Swanson:

*(On December 21st) we had a good turnout of 45 people to dine-in, enjoy the corn chowder, seafood chowder, lasagna, mac & cheese, rolls, lots of veggie and fruit platters, tossed salad, beverages, and desserts. We fed a total of 60 people. The Knights of Columbus hosted this Christmas party with Christmas music and BINGO with prizes for the winners. A big thank you to all who helped make this last Community Dinner for the year of 2025 a great success.*

### SAVE THE DATE!

***Our next Community Dinner  
will be Sunday, January 25.***



## FIRE OF GOD

### Regional Charismatic Prayer Meeting

Immaculate Heart of Mary Church, 180 Loudon Rd., Concord

**JAN 17, 2026 10-noon**

Speaker: **Sr. Mary Rose Reddy, DMML**

**"But when the Son of Man comes,  
will He find faith on earth?" Luke 18:8**

Join us for lively praise and worship, fellowship  
and opportunity for healing prayer

Presented by Catholic Charismatic Renewal of NH  
For information: Jackie Morganti 603-332-3576

**ALL ARE WELCOME! Bring a friend!**

## SACRED HEART PARISH

2 Hough Street, Lebanon, NH  
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

36 Shaker Hill Road, Enfield, NH

## ST. MARY'S MISSION

1157 US Route 4, Canaan, NH

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

Telephone: 603-632-4263

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

## PARISH STAFF

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

Camille Hardt

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

Lynn Smollin

Director of Rel. Ed. - [lynnsheartlebanon@gmail.com](mailto:lynnsheartlebanon@gmail.com)

Alice Maleski

Music Director - [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.



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)

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



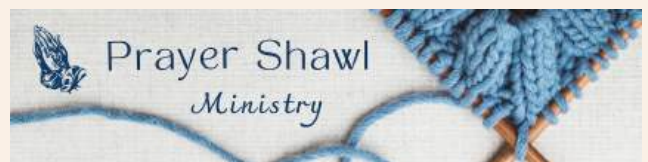
## FIND OUR PARISHES ON FACEBOOK!

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 Holy Mother 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 parish.



- Go to [flocknote.com/sacredheartparish5](http://flocknote.com/sacredheartparish5) OR text SHLEB to 84576 from your phone to subscribe to updates.
- 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)



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 prayed for.