

## 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

# Second Sunday in Ordinary Time

## January 18, 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 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

*NB: In observance of Martin Luther King, Jr.'s birthday, our office will be closed this Monday, January 19. There will be no Mass that morning.*

# Mass Intentions

## **Sacred Heart**

**January 17 - 25, 2026**

*The Sanctuary Candle Burns for  
Pro-Life Pregnancy Centers*

**Saturday Vigil / Sunday: January 17 / 18**  
*Second Sunday in Ordinary Time*

**4:00pm** Agnes Laliberte by Theresa Boutin  
**8:00am** Maybelle Dumont  
by Bob Ferranti and Family  
**9:30am** The Tremblay Family  
by Gordon and Louise Gribble

**Monday: January 19**

**8:00am NO MASS**

**Tuesday: January 20**  
*St. Fabian, Pope and Martyr*  
*St. Sebastian, Martyr*

**5:30pm** Pro Populo

**Wednesday: January 21**  
*St. Agnes, Virgin and Martyr*

**8:00am** The Intentions of Elizabeth Haway  
by David Monmaney

**Thursday: January 22**  
*Day of Prayer for the Legal Protection  
of Unborn Children*

**8:00am** All Unborn Children Especially those  
in Danger of Being Aborted

**Saturday Vigil / Sunday: January 24 / 25**  
*Third Sunday in Ordinary Time*

**4:00pm** The Intentions of Michael Hickey  
by Bernadette McLaughlin  
**8:00am** Claire Smith by Her Family  
**9:30am** The Boisvert Family  
by Gordon and Louise Gribble

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

**January 18 and 25, 2026**

**Sunday: January 18**  
*Second Sunday in Ordinary Time*

**10:00am** (St. Mary's) The Healing of William  
Vanasse by Mom Rosie and Kevin Swanson  
**5:30pm** Celebrant's Intentions

**Sunday: January 25**  
*Third Sunday in Ordinary Time*

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



**MARJORIE  
MASON PLACE**  
1928 - 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.*

## **A Prayer for Life** to Jesus in the Blessed Sacrament



O Jesus, you came that we might have life—and have it in abundance. Together with the Father and the Holy Spirit, you form us in our mothers' wombs and call us to love you for all eternity.

As your most precious gift of human life is attacked, draw us ever closer to your Real Presence in the Eucharist. Dispel the darkness of the culture of death, for you are the light that shines in the darkness, and the darkness cannot overcome it.

By the power of your Eucharistic Presence, help us to defend the life of every human person at every stage. Transform our hearts to protect and cherish all whose lives are most vulnerable.

For you are God, forever and ever. Amen.

## **MASS and SANCTUARY CANDLE REQUESTS**

The office will reserve Masses and Sanctuary Candles up to four months in advance. Thank you.



**Please call or email the office  
to request your Mass  
and/or Sanctuary Candle.**

The suggested donation for a Mass  
or Sanctuary Candle is \$10.

# Parish Announcements

## EVENTS at SACRED HEART through JUNE 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

**JUNE 20 - FESTA JUNINA**  
Brazilian Festival following 4pm Vigil Mass



## Annual Sacred Heart Baby Shower Brunch

benefiting the Dayspring Pregnancy Center  
of the Upper Valley

**JOIN US in the PARISH HALL this 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, teething, 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.**



Free  
Community Dinner  
at St. Mary's, Canaan

**Join us for our Community Dinner  
next Sun, Jan. 25, 11:30am to 12:30pm**

### Tentative Menu

Turkey, Salads, Veggies, Fruit,  
Desserts, Beverages

Prep work on Saturday, January 24 at 9am  
in St. Mary's hall. And as always, we'll need help  
with serving and clean-up. Thank you!



Pray

for those who long to be mothers.

# Parish Ministries



## SACRED HEART

RELIGIOUS EDUCATION / OCIA

Catechesis for a journey  
that will last a lifetime.

**We'll next meet in the Parish Hall  
on January 25 after 9:30 Mass.**

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



**INFUSED welcomes all men  
to meet this Tues, Jan. 21, 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 21 will focus on *New Wine into New Wineskins, Part 1: How the OT Jewish faith transitioned into Catholicism.*** 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)

## JANUARY DATES and TOPICS



**January 25**

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



## 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.

*Remember those who are in prison, as though in prison with them; and those who are ill-treated, since you also are in the body.* Hebrews 13:3

**BIBLE STUDY  
MEETS NEXT  
SUNDAY, JAN. 25**



**Join us after the 9:30 Mass in the Parish Office  
to finish discussing Chapter Eight  
and begin Chapter Nine over refreshments.**

## VOCATIONS MINISTRY

Three weeks ago we celebrated the Feast of the Holy Family and we prayed that St. Joseph would be the inspiration and intercessor for young men to accept if they were called to the priesthood or diaconate. We must also remember that when a man is the "head" of the family, the woman is often the "neck" that turns the head toward God's will in the preservation and advancement of their children. That holy, synergistic relationship between husband and wife, and between consecrated men and women, brings the peace and joy of Faith, Hope, and Love to our world.

Again let us pray the Diocesan prayer for vocations: *"God, You give gifts to use the Body of Christ to bring a New Hope and the Good News of Jesus Christ through our Catholic faith to all in NH. Inspire young and old in the Diocese of Manchester to courageously follow Your will as we live the unique vocation for which You have created us. Please give us vocations to Christian sacramental marriage, to the religious life, and to the priesthood. Give us the grace to respond quickly to Your voice. Support our bishops, priests, and consecrated people in their missions. Confirm married couples and all families in Your love. Grant perseverance to our seminarians and to all who follow Your way. Mary, Mother of the Church, the model of every vocation, help us to say "YES" to the Lord who calls us to cooperate in the divine plan of salvation."*

Let us pray ardently for blessings on seminarian Guillaume Temkkit who was just ordained to the Transitional Diaconate. He spent a summer at Sacred Heart several years ago, and we remember him with joy. **Why not send a note of encouragement to him and his parents at 77 Rowell Rd., Lancaster, NH, 03584!**



# Parish Notes



## FEAST of the PRESENTATION OUR LADY'S PURIFICATION CANDLEMAS

**Monday, February 2**

At the 12:10pm Mass Fr. Charles will bless the candles that will be used in the church for the upcoming year.

If you'd like to bring your own candles for the blessing, please place them in front of Saint Joseph's altar *prior to the 12:10pm Mass that day.*

After Mass there will be a Free Community Luncheon in the Parish Hall. Join us for Turkey Sandwiches, Vegetable Soup, Pickles, Chips, and Dessert.

## FEAST of ST. BLAISE Tuesday, February 3

*Patron saint of ailments  
of the throat, candlemakers,  
wool combers,  
and wild animals.*



## Mass with the Blessing of Throats at Sacred Heart 5:30pm

Join us after Mass in the Parish Hall for a Wine and Cheese Social. Feel free to bring a bottle to share. All are welcome!

## 2026 PILGRIMAGE!

*Majestic Cities of  
Central  
and Eastern Europe*



**September 20 - October 3, 2026**

Think you might be interested in joining Father Charles on this pilgrimage? Please contact Father Charles in person after Mass, email him, and/or visit the group's webpage for details:

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



## SACRED HEART Saturday, February 14

Following the 4pm Vigil, plan to join us in the Parish Hall where we'll be enjoying a fun, family-friendly feast before we fast on Ash Wednesday.

Details to follow!

St. Mary's Mission in Canaan invites you to save the date!  
Sunday, February 15, 2026



Join us after the 10am Mass. We'll socialize from 11:00 to 11:45, enjoy dinner at 12:45pm, and take our chances at the raffle table. More details to come.

# Parish and Diocesan Notes



Kyle Allen & Grace Shoemaker  
Joan Crowley  
Samantha Launder & Cory James



## DIOCESAN SUMMER CAMPS *Scholarship Opportunities*

Hall Trust Scholarships are intended to assist families in financial need. Nominees must be active parishioners and reside in New Hampshire. Bishop Libasci asks each pastor to recommend youth and/or adults with disabilities from his parish to attend a session at Camp Bernadette or Camp Fatima where they can have fun and grow in faith, confidence, and friendship.

If you'd like your child/grandchild to be considered for a scholarship, please see Father Charles after any Mass or contact the office. The deadline for the applications is March 1. The various camp sessions (separate for boys and girls) run from the end of June through August 22.

## 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. If you use envelopes or "loose" checks, please call the office and a statement will be prepared and emailed to you.



## ANNUAL DIOCESAN RESPECT LIFE MASS

As thousands gather in Washington, D.C., for the National March for Life, our diocese will unite with them in prayer and solidarity. You are invited to join us for a special Respect Life Mass.



**When:** Friday January 23, 2026 at 12:10pm  
**Where:** St. Joseph's Parish Cathedral

Together we will entrust our nation, our families, and the most vulnerable among us to the mercy of Christ, asking for the courage to build a culture where every human life, especially the smallest and most fragile, is cherished and protected.

We look forward to celebrating this special Mass with you and growing together in our shared commitment to building a culture of life.

## 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.

## 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.

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)



## 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.



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.