

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

Second Sunday of Lent

March 1, 2026



THIS IS MY BELOVED SON, WITH
WHOM I AM WELL PLEASED;
listen to him.

MATTHEW 17:5

© 1998

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

February 28 - March 8, 2026

*The Sanctuary Candle Burns for Deceased
Members of the Naczas and Osborne Families
by Cathy and Jim Filiano*

Saturday Vigil / Sunday: Feb 28 / March 1
Second Sunday of Lent

4:00pm Robert Radice by Alice Maleski
8:00am Paul Smollin by Joy, Lynn, and Lee
9:30am Louis and Marion Tremblay
by Gordon and Louise Gribble

Monday: March 2

8:00am Pro Populo

Tuesday: March 3

St. Katherine Drexel, Virgin

5:30pm Formation and Intentions
of all NH Seminarians

Wednesday: March 4

St. Casimir

12:10pm Dan Quirk by Carol Quirk

Thursday: March 5

8:00am Anita Serpe the Hardt Family

Saturday Vigil / Sunday: March 7 / 8
Third Sunday of Lent

4:00pm Alfred and Lena Prunier
by Des and Shirley Hudson

8:00am Pro Populo

9:30am Nancy Gallagher by Jayne Long

St. Helena and St. Mary's Mission

March 1 and 8, 2026

Sunday: March 1
Second Sunday of Lent

10:00am (St. Mary's) Pro Populo
5:30pm Intentions of Maxwell Lemay
by Debbie and Roy Stone

Sunday: March 8
Third Sunday of Lent

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

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: <http://www.sthstm.org>

Email: sthstm@gmail.com

PARISH STAFF

Rev. Fr. Charles H. Pawlowski, KHS
Pastor - pastorsheartlebanon@gmail.com

Camille Hardt

Parish Secretary - sheartlebanon@gmail.com

Lynn Smollin

DRE - lynnsheartlebanon@gmail.com

Alice Maleski

Music Dir. - musicshheartlebanon@gmail.com

Cathy Filiano, Sheila Gallagher

Office Assistants

UPCOMING SECOND COLLECTIONS

This Sunday, March 1 - Parish Fuel Fund
March 15 - Easter Flowers

FIRST TUESDAY EUCHARISTIC ADORATION for VOCATIONS

Sacred Heart - March 3
4:15 to 5:15pm
Holy Mass - 5:30pm



Pray

for the holiness and
chastity of our youth.

FEAST of ST. CASIMIR
SACRED HEART - Wed, March 4

10:45 - 11:45am Holy Hour for Peace
Rosary for Peace prayed at start of Holy Hour
Litany of Peace prayed before the Benediction

12:10pm Holy Mass
with Veneration of St. Casimir's relic



FREE HOMEMADE POLISH COMMUNITY LUNCH
FOLLOWS in the PARISH HALL.
ALL ARE WELCOME!

ST. PATRICK'S CORNED BEEF
and CABBAGE LUNCH
SACRED HEART PARISH HALL

2 Hough St., Lebanon

Sunday, March 15

11:45am to 2:00pm

Lunch includes Corned Beef and Cabbage,
Potatoes, Carrots, Roll, Dessert, Coffee BYOB

\$17 per person / \$45 per family*
(immediate family members)

Tickets go on sale Sat, Feb. 28, after weekend Masses
and during office hours.

**After March 10th add \$3 per person / \$10 per family.*

Music by local Celtic band JD and the Stonemasons.

Games - Prizes - Family Fun - Live Music!

DURING LENT at SACRED HEART



CONFESSION and
EUCCHARISTIC
ADORATION



TUESDAY, MARCH 3

First Tuesday

Adoration 4:15 - 5:15pm, **Confession** 4:30 - 5:00pm, **Mass** 5:30pm

WEDNESDAY, MARCH 4

Feast of St. Casimir

Adoration 10:45 - 11:55am, **Mass** 12:10pm

SATURDAY, MARCH 7

Confession 2:45 - 3:30pm, **Mass** 4:00pm

SATURDAY, MARCH 14

Confession 2:45 - 3:30pm, **Mass** 4:00pm

WEDNESDAY, MARCH 18

Mass 12:10pm, **Adoration** 1:00 - 2:00pm, **Confession** 1:00 - 1:30pm (*2 priests*)

SATURDAY, MARCH 21

Confession 2:45 - 3:30pm, **Mass** 4:00pm

WEDNESDAY, MARCH 25

The Annunciation of the Lord

Mass 12:10pm, **Confession** 1:00 - 1:30pm

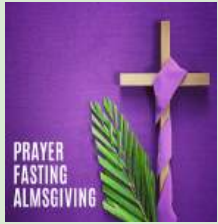
SATURDAY, MARCH 28

Confession 2:45 - 3:30pm, **Mass** 4:00pm

MONDAY, MARCH 30

Mass 8:00am, **Adoration** 8:30 - 9:30am, **Confession** 8:45 - 9:15am

Parish Notes & Ministries



The foundational call of Christians to charity is a frequent theme of the Gospels. During Lent, we are asked to focus more intently on "almsgiving," which means donating money or goods to the poor and performing other acts of charity. As one of the three pillars of Lenten practice, almsgiving is "a witness to fraternal charity" and "a work of justice pleasing to God." (Catechism of the Catholic Church, no. 2462).

I ask that you prayerfully consider the parish at this special time of the year. We are drawing close to the completion of our organ restoration at Sacred Heart (thanks be to God!) and could use a bit of help to meet our final payment. If you wish to make a donation for the organ, please note it on your check and drop it in any collection basket. You can also donate online through the Building Fund (which includes the Organ Restoration) or simply use this QR code.



Thank you and God bless, Fr. Charles



MARDI GRAS - ST. MARY'S

We had a great time at the Mardi Gras party. A big thank you to those who helped with kitchen prep work. Kevin and Ray helped assemble the chicken and I cooked. Missie Loupis took charge of the hall decorating along with her sister and Susan Gagnon. The hall looked awesome. Missie, thank you for soliciting over 70 raffle items. Thank you also to those who stepped up to donate desserts. They were great. Sixty-six people attended, enjoyed the food, and bought many raffle tickets. Also, a special thank you to Father Charles for coming. We raised \$3,017 for our Fuel Fund!

Coordinator, Rosalie Swanson

BIBLE STUDY: THIS SUN, MAR. 1

Join us after 9:30 Mass in the Parish Office to discuss Romans: 10.

LITURGICAL CHANGES DURING LENT

MUSIC There are a few noticeable changes in the music that reflect the penitential aspect of Lent:

1. Only the Processional and Recessional hymns will be accompanied subtly; all else will be *a capella*. This recalls the pre-Vatican II practice of abandonment of the organ during Lent.
2. The *Gloria* is omitted except for some solemnities.
3. The *Amen* response after the doxology (*Through Him, with Him, etc.*) will be *recto tono*, meaning one note, i.e., not rising as you chant the two syllables.
4. There will be no music during the Offertory so that Father's prayers may be heard, prompting us to pray with humble and contrite hearts for God to cleanse our sins, as well as those of others (living and dead), realizing we are part of the universal Church.
5. The *Alleluia* (usually sung prior to the Gospel) is replaced by *Praise to You, Lord Jesus Christ, King of endless glory!*

FLOWERS During Lent it is forbidden for the altar to be decorated with flowers. Exceptions, however, are Laetare Sunday (Fourth Sunday of Lent), Solemnities, and Feasts. Flowers are also allowed at funerals though they must be removed immediately after the Mass.

2026 PILGRIMAGE!

Majestic Cities of Central and Eastern Europe

Sept. 20 to Oct. 3, 2026

Fr. Charles is happy to answer any questions. You can check out the group's itinerary here:

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

There are still 3 spots left!

THIRD ORDER of MARY

Meets at noon this Sunday, March 1, in Sacred Heart's Parish Hall.

Parish Ministries



SACRED HEART

RELIGIOUS EDUCATION / OCIA

Catechesis for a journey
that will last a lifetime.

**We'll meet in the Parish Hall
after 9:30 Mass on all Sundays in March.**

Questions? Contact our DRE, Lynn Smollin,
at lynnsheartlebanon@gmail.com.

THIS SUNDAY, MARCH 1

- The Call to Happiness: Freedom, Virtue, and Morality
- St Katherine Drexel
- Postures and Gestures in the Liturgy



SUNDAY, MARCH 8

- The Human Community
- Saints Perpetua and Felicity
- Offer It Up

VOCATIONS MINISTRY

Lent is a penitential season and we Catholics are blessed with the *Sacrament of Reconciliation*. This is a highly scriptural sacrament.

In the Gospel of John when the resurrected Jesus suddenly appeared to the Apostles in the locked room, the VERY FIRST THING HE DID was to convey to them His authority to forgive sins: "*Peace be with you. As the Father has sent Me, so I send you.*" Then He breathed on them and said: "*Receive the Holy Spirit. If you forgive men's sins, they are forgiven.*" [John 20:21-23]

Matthew reports Jesus said: "*I will entrust to you the keys of the Kingdom. Whatever you declare bound on earth shall be bound in Heaven. Whatever you declare loosed on earth shall be loosed in heaven.*" [Matt 16:19]

When Jesus used the phrase "*Keys of the Kingdom*" He was making a clear, deliberate reference to Eli'akim's being given the keys to the House of King David. Eli'akim served as chancellor of Israel, the prime assistant to the King. [Is 22:15-25]

Paul reports to the Corinthians all the things he was doing to change their pagan perspective and actions. Then he wrote: "*All this has been done by God ... who has given us the ministry of reconciliation.*" [2 Cor 5:18]

The following is a prayer written by Cardinal Gibbons in 1889 for the purpose of reminding us of the value of the priest in the confessional, to help priests perform their sacramental conciliatory role with deep holiness, and to protect them from sin during their priesthood. Please say this prayer before and after sacramental confession during Lent. "*Lord Jesus Christ, I beseech You to bless Your servant who ministers to me in Your name. Help me to remember his good counsel and advice and to perform duly what he has rightly laid upon me [in penance]. Grant him the abundance of Your grace and favor, so that his own soul may be refreshed and strengthened for Your perfect service, and that he may come at last to the joy of Your heavenly kingdom.*"



BISHOP LIBASCI WILL CONFER the SACRAMENTS of CONFIRMATION and FIRST EUCHARIST at SACRED HEART, SAT, MAY 2, at the 4pm MASS.

Please plan to attend and stay to congratulate the seven Religious Education students and their families.

INFUSED - Mens Group

invites all men to join them
Tues, March 3, 6:10pm
at Sacred Heart

We'll be discussing *New Wine into New Wineskins Part 3, Serving God*. Participants are encouraged to bring Scripture passages, discussion questions, and personal insights. Hope to see you there!

Contact Chris Wira for information
at chris_wira@yahoo.com



FRIDAYS DURING LENT



**Knights of Columbus
sponsored dinners**

SACRED HEART – Lebanon

5:30pm **Stations of the Cross** in the church

6:15pm **Lenten Dinners** in the church hall

Tickets sold at the door. \$15 per person / \$40 per family

Feb 27 – Make Your Own Pizza, French Fries,
Baked Beans, Salad, Dessert

Mar 6 – Make Your Own Pretzel, Potatoes,
Green Beans, Salad, Dessert

Mar 13 – Shrimp, Pasta, Broccoli, Salad, Dessert

Mar 20 – Baked Fish, Corn, Garlic Bread, Salad, Dessert

Mar 27 – Veggie Spring Rolls, Rice, Shrimp Rice, Fish Lasagna,
Carrots, Homemade Bread, Salad, Dessert

*Enjoy a wonderful dinner, play some Trivia,
and take a chance with the 50/50 raffle!*

ST. MARY’S MISSION – Canaan

4:30pm **Stations of the Cross** in the church

Potluck Soup and Bread Suppers follow in the church hall

*(Even if you’re unable to bring a dish to share,
please come and enjoy the evening.)*

Contact Albert Vanasse for more information or if you’d like to help:

a.vanasse712@gmail.com