

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

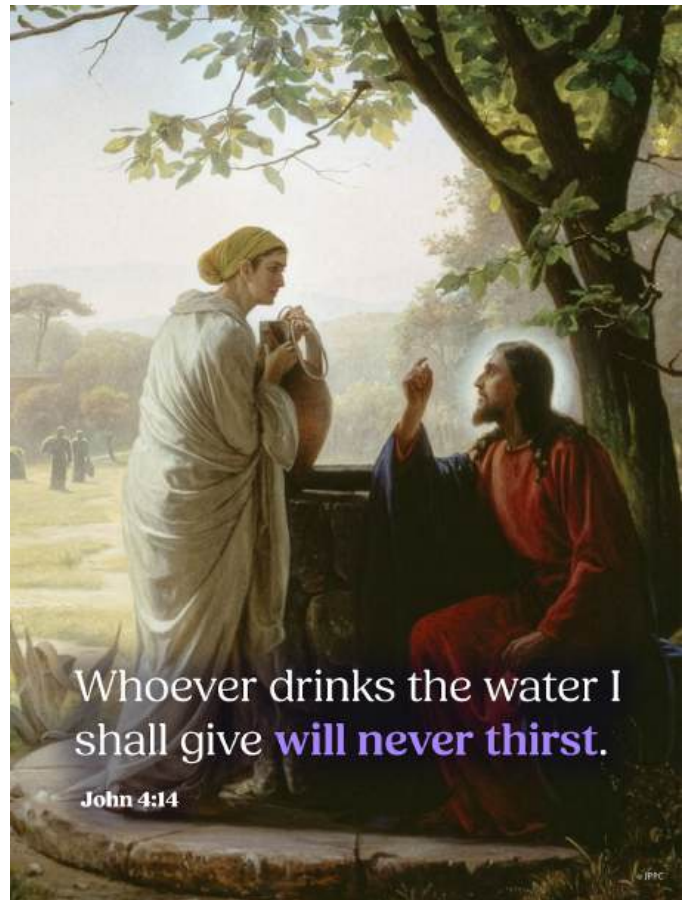
First Tuesdays 4:15 - 5:15pm

Rosary

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

Third Sunday of Lent

March 8, 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

Mass Intentions

Sacred Heart

March 7 - 15, 2026

*The Sanctuary Candle Burns for
The Deepening of our Practices
of Prayer, Fasting, and Almsgiving*

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

Monday: March 9
St. Frances of Rome, Religious

8:00am Celebrant's Intention

Tuesday: March 10

5:30pm Jesse and Marion Stone
by Roy and Debbie Stone

Wednesday: March 11

12:10pm Dr. Charles Salem by Kelly Diette

Thursday: March 12

8:00am Celebrant's Intention

Saturday Vigil / Sunday: March 14 / 15
Laetare Sunday

4:00pm Wilfred (Willy) and Shirlene
Tremblay, Jr.
by Gordon and Louise Gribble

8:00am Mary and Ignacy Swieszkowski
by Bernie and Sophie Konicki

9:30am Leon Tremblay
by Maurice and Connie LeBlanc

St. Helena and St. Mary's Mission

March 8 and 15, 2026

Sunday: March 8
Third Sunday of Lent

10:00am (St. Mary's) Celebrant's Intentions
5:30pm Selina Rock Doriski and Paul Rock
by June Rock

Sunday: March 15
Laetare Sunday

10:00am (St. Mary's) Healing of William
Vanasse by Mom Rosie & Kevin Swanson
5:30pm Selina Rock Doriski and Paul Rock
by June Rock

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: 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

UPCOMING SECOND COLLECTIONS

Next Sunday: March 15 - *Easter Flowers*

*Sacred Heart welcomes
new parishioners*

Madison Piel



**2025 NEW HAMPSHIRE
CATHOLIC APPEAL**
Future of our Faith II

The 2025 NH Catholic
Appeal ends on Mar 31.
Thank you to those who
have donated. To those
who have not but wish
to do so, there are a
couple of weeks left!



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 on sale 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



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



SOLEMNITY of ST. JOSEPH

SACRED HEART - Thurs, March 19

8:00am Holy Mass

Praying the Litany of St. Joseph
at the conclusion of Mass

9:00am Blessing of St. Joseph Table

FREE COMMUNITY
BREAKFAST FOLLOWS.
ALL ARE WELCOME!

Parish Notes & Ministries

**KNIGHTS of COLUMBUS
COUNCIL 8027**
invites you to their
Family Fully Alive Devotions



**Join them at St. Mary's Church following
10am Mass this Sun, March 8.**



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 8

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



BIBLE STUDY: THIS SUN, MAR. 8



*Join us after 9:30 Mass in the Parish Office
as we discuss Romans: 11.*

SACRED HEART BOOK GROUP

A Severe Mercy by Sheldon Vanauken

We'll discuss Chapter Six on March 10.
Parish Office - 6 to 7pm

MEN of ST. JOSEPH

All men are welcome to join us!

Sat, March. 14 - 8:00 to 9:30am
Youth Ministry Room,
in the Parish Office Building



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."*

Lent and Parish Celebrations



FRIDAYS during LENT

Sacred Heart

5:30pm Stations of the Cross
in the church

6:15pm Knights of Columbus
Lenten Dinners in the Parish Hall

MARCH 13

Shrimp - Pasta - Broccoli
Salad
Dessert

Tickets sold at the door.

\$15 per person / \$40 per family

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



St. Mary's Mission

4:30pm Stations of the Cross
in the church

Potluck Soup and Bread Supper
follows 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

OCIA PARTICIPANTS ATTEND the RITE of ELECTION at ST. JOSEPH CATHEDRAL

*Please keep them, their sponsors, and their families
in your prayers during their last month
of preparation to receive the Sacraments.*



(From left to right: James Rust,
David Coleman, Sydney Gallien,
Allistaire Young, Fr. Charles)

GOD BLESS and WELCOME **JONAH MICHAEL** to the MYSTICAL BODY of CHRIST and to OUR PARISH



*Jonah was Baptized at Sacred Heart
on Saturday, February 28.
He is the son of Taryn Raymond.*

Diocese of Manchester VOCATIONS EVENT



**VOCATION
DAY**
March 21 | 9 am - 6 pm

 **REGISTER
NOW!**
<https://form.jotform.com/RCBM/vocation-day>

Location: Saint Mary Magdalen Center
511 Kearsarge Mountain Road, Warner, NH

Vocation Day is open to high schoolers and young adults. Participants will have the opportunity to hear presentations from men and women religious communities, married couples, and Bishop Libasci.

Parent's Trek: 2 pm – 6 pm

All parents are welcome to learn how to support their children in their vocation. Get some practical tools on how to foster vocations within the home.