

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

Laetare Sunday

March 15, 2026

I was blind and *now I see.*

JOHN 9:25



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 14 - 22, 2026

*The Sanctuary Candle Burns for
The Hudgin Family
by Des and Shirley Hudson*

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 Ignaczy Swieszkowski
by Bernie and Sophie Konicki

9:30am Leon Tremblay
by Maurice and Connie LeBlanc

Monday: March 16

8:00am Intentions of Kevin McNamara
on His Birthday by Mom

Tuesday: March 17
St. Patrick's Day

5:30pm Lucille Tewksbury
by Roy and Debbie Stone

Wednesday: March 18
*St. Cyril Of Jerusalem, Bishop
and Doctor of the Church*

12:10pm Dr. Charles Salem by Kelly Diette

Thursday: March 19

St. Joseph, Spouse of the Blessed Virgin Mary

8:00am Celebrant's Intention

Saturday Vigil / Sunday: March 21 / 22
Fifth Sunday of Lent

4:00pm Peter and Fleurette Hudson
by Des and Shirley Hudson

8:00am Intentions of Our OCIA Participants

9:30am Marjorie Mason Place
by Gordon and Louise Gribble

St. Helena and St. Mary's Mission

March 15 and 22, 2026

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

Sunday: March 22
Fifth Sunday of Lent

10:00am (St. Mary's) Wilfrid Dauphinais
by Rene Dauphinais
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

*Sacred Heart welcomes
new parishioners*

The Ojoma Family
Job, Blessing, and Mirabel



2025 NEW HAMPSHIRE
CATHOLIC APPEAL
Future of our Faith II

**The 2025 NH Catholic
Appeal ends on March 31.**
Thank you to those who have
donated. To those who have
not but wish to do so, there's
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**

**\$20 per person / \$55 per family*
(immediate family members)**

Tickets on sale at the door.

**Music by local Celtic band
JD and the Stonemasons.**

Games - Prizes - Family Fun - Live Music!

DURING LENT at SACRED HEART



CONFESSION and
EUCHARISTIC
ADORATION



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 at the Altar of St. Joseph

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!**

You're encouraged to bring bread and/or pastries from home
to be blessed and shared at breakfast.

The entree will be a variety of quiches: cheese, meat, and vegetarian.

Parish Ministries



SACRED HEART

RELIGIOUS EDUCATION / OCIA

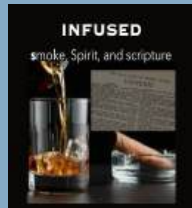
Catechesis for a journey
that will last a lifetime.

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

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

THIS SUNDAY, MARCH 15

- The Ten Commandments, Part 1
- St. Patrick
- St. Joseph
- Stations of the Cross



INFUSED - Mens Group

invites all men to join them
Wednesday, March 18,
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

CONFESSION & ADORATION

Sacred Heart - Wed., March 18

Adoration from 1 - 2pm

Confession (2 priests available) from 1 - 1:30pm



VOCATIONS MINISTRY

Genesis reports that “Noah did all that the Lord God commanded him” Gen 7:5. So did St Joseph. As a result he was described as a Just Man, with the word “just” meaning that his relationship was set in right order to God — spiritually “justified” — in the way that a printed document is “justified” in its margins.

The Feast of St. Joseph is March 19. We know that he was the foster father of Jesus, though he was assumed to be Jesus’ biological father in the world of his time. It is true that Jesus said: “Call no man Father” (Matt 29:3), and yet Jesus Himself used the term “father” in some of His own parables. How can we reconcile this contradiction? Jesus as God was separating the role of earthly father from the great unsurpassable significance of God the Father. It has been the Church’s position that we can use the word *father* to designate a biological, legal child-rearing role on earth; and an earth-bound spiritual/educational role (1 Cor 4:15-16; 1 Thess 2:11-12), but the truest, fullest meaning of the word *father* must be restricted only to God the Father of all. In Church and civil governance, parents or priests can be removed from the exercise of their fatherly role after intolerable criminal or sinful practice. However, when earthly fathers or priests practice their roles with virtue, charity, and competence, their beneficial influence is widespread and endures for the good of their offspring, their congregations, and their society. The Bible tells us this: “I give you the priesthood as a gift” (Numbers 18:7) ... “Respect those among you whose task it is to exercise authority in the Lord ... esteem them ... (1 Thess 5:12-13).

Let us pray this week asking St. Joseph to intercede and request that the Holy Spirit bring us more men committed deeply to the vocation of virtuous fatherhood in the family, and of spiritual priestly fatherhood — men who have full awareness that they are serving obediently the role of fatherhood as *foster fathers*, under the greater authority of our God the Father of all.

Parish Notes and Lent

Free
Community Dinner
at St. Mary's, Canaan



NEXT SUNDAY - MARCH 22

Join us after the 10am Mass. Menu to follow.
Volunteers are always welcome!



EASTER FLOWER MEMORIAL

If you'd like a loved one to be remembered on our flower memorial poster throughout Eastertide, please be sure to get those names to us no later than Tuesday, March 24.

**FLOWER COLLECTION THIS
SUNDAY, MARCH 15.**

SACRED HEART HOUSEKEEPING NOTES

Our *Lost and Found* table in the vestibule is overflowing. If you think you might have left a personal article behind, please check out that space. **Unclaimed items will be disposed of on March 27.**

Also in the vestibule is our *Parish Library Bookshelf*. This has become a place where people have been leaving their castoff books, religious pamphlets, and prayer cards. (We've also found some unwanted mail perched there!) This bookshelf is for the Sacred Heart Library and is stocked with books chosen by our librarians. If you wish to donate a religious book or pamphlet, please contact the office first and we'll let you know if that gift is agreeable with the librarians. And while prayer cards can be a lovely addition to our quiet time in church, we respectfully ask you to not leave them behind once your time in the nave is over. **This area too will be cleared out on March 27.**

Thank you for your consideration - Fr. Charles

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 20

Baked Fish and Corn
Garlic Bread and 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 info
or if you'd like to help:

a.vanasse712@gmail.com



*Thanks to all who helped make our Feast
of St. Casimir a wonderful celebration!
The food was great, the company even better.*

Fr. Charles

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.