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 12:10pm
Thursday 8:00am

Confession
Saturday 2:45 - 3:30pm
or by appointment

Eucharistic Adoration
First Tuesdays 4:15 - 5:15pm

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

St. Helena Parish
36 Shaker Hill Road, Enfield, NH

Mass Schedule
Sunday 5:30pm

Confession
Sunday 5:00 - 5:15pm

St. Mary's Mission Church
1157 US Route 4, Canaan, NH

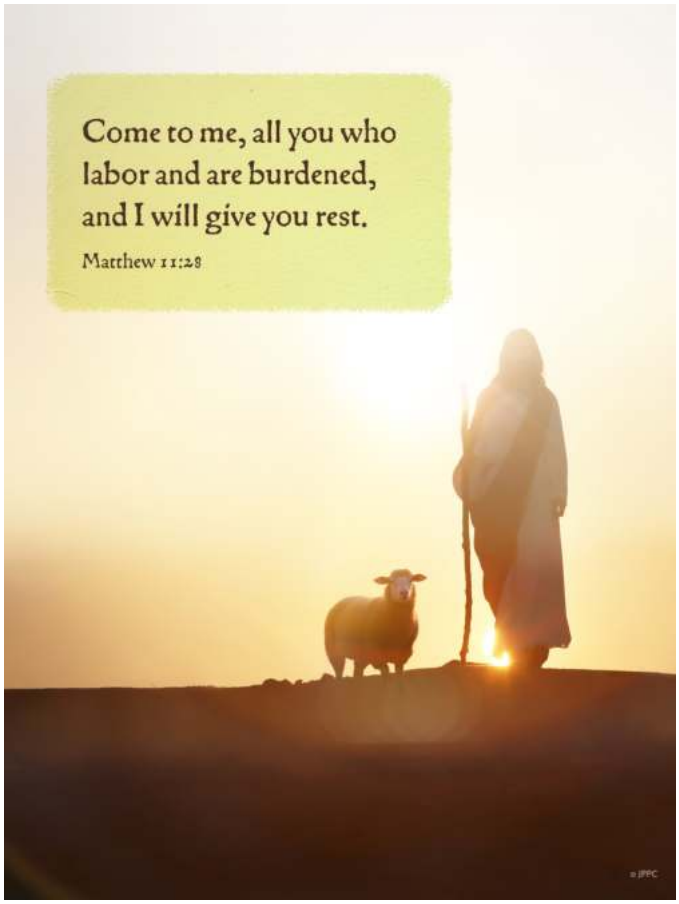
Mass Schedule
Sunday 10:00am

Confession
Sunday 9:30 - 9:45am

Rosary
First and Third Sundays 9:30am

Fourteenth Sunday in Ordinary Time

July 5, 2026



SUMMER OFFICE HOURS
THROUGH SEPTEMBER 7:
Monday through Thursday, 9 - 1pm

Mass Intentions and Notes

Sacred Heart
July 4 - 12, 2026

Saturday Vigil / Sunday: July 4 / 5
Fourteenth Sunday in Ordinary Time

4:00pm Charlotte Hudson
by Des and Shirley Hudson
8:00am Maurice Aucoin by Pat Aucoin
9:30am Intentions of Thomas and Andrew Rockett by Sarah Hough Rockett

Monday: July 6
St. Maria Goretti, Virgin and Martyr

8:00am Maurice LeBlanc
by Barb and Brian Sagraves

Tuesday: July 7

5:30pm Intentions of Luke McLaughlin
by Bernadette McLaughlin

Wednesday: July 8

12:10pm John H. McNamara, Jr.
by Sheila Gallagher

Thursday: July 9
St. Augustine Zhao Rong, Priest, and Companions, Martyrs

8:00am The Intentions of Chris Martin
by Mom

Saturday Vigil / Sunday: July 11 / 12
Fifteenth Sunday in Ordinary Time

4:00pm Bob and Fay Sharkey by Their Sons
8:00am Michael Long by His Wife Lynn
9:30am Mark Mullin by Suzan Louzier

Avarice, Ambition, Revenge or Gallantry, would break the strongest Cords of our Constitution as a Whale goes through a Net. Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other.

John Adams - Founding Father and Second President of the United States

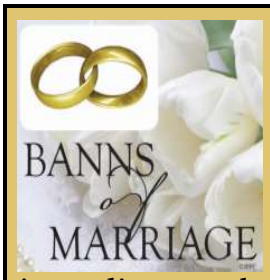
St. Helena and St. Mary's Mission
July 5 and 12, 2026

Sunday: July 5
Fourteenth Sunday in Ordinary Time

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

Sunday: July 12
Fifteenth Sunday in Ordinary Time

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



Let it be known to all here present that **Kyle Allen** and **Grace Shoemaker** intend to contract marriage between themselves. Therefore we admonish all that if anyone is aware of any existing impediment that would prohibit marriage between them, that he is obligated to reveal it as soon as possible to Fr. Charles or the Bishop, and this serves as the third and final publication of these Banns.

PRAYER FOR OUR COUNTRY

God our Father, Giver of Life, we entrust the United States of America to Your loving care. You are the rock on which this nation was founded. You alone are the true source of our cherished rights to life, liberty, and the pursuit of happiness. Reclaim this land for Your glory and dwell among Your people.

Send Your Spirit to touch the hearts of our nation's leaders. Open their minds to the great worth of human life and the responsibilities that accompany human freedom. Remind Your people that true happiness is rooted in seeking and doing Your will.

Through the intercession of Mary Immaculate, patroness of our land, grant us the courage to reject the culture of death. Lead us into a new millennium of life. We ask this through Christ Our Lord. Amen.

Parish Ministries and Notes

Magical Rhine and Moselle Rivers

2027 travel with Fr. Charles

Below are the links to the trip's itinerary as well as the Zoom recording of our recent Information Night. Travel flyers are located at the entrances of Sacred Heart Church.

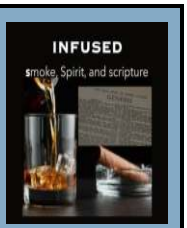
Itinerary: https://groups.gocollette.com/en-US/link/1382854
Zoom meeting: https://tinyurl.com/Sacred-Heart-Travel

THIRD ORDER of MARY

Meets this Sunday, July 5, noon
Sacred Heart's Parish Hall

Ministry contact - Connie LeBlanc
leblanc.constance@gmail.com

INFUSED - Mens Group



invites all men Tues, July 7
6:10pm at Sacred Heart
Spoken Prayers -Why We Say Them

Contact Chris Wira for more information at chris_wira@yahoo.com

MEN of ST. JOSEPH

All men are welcome to join us!

Saturday, July 11
8:00 to 9:30am
Parish Office, Lower Level

FIREPIT TUESDAYS

SACRED HEART

JULY 14 AND AUGUST 4

Join us for 5:30pm Mass and then stay for fellowship, a bite to eat, some music, and a few lawn games.

On August 4th, the men's group INFUSED will be manning the grill!

Invite your friends and other families to enjoy a pleasant summer evening at your parish.

MONDAY NIGHT ROSARY

Join us on Zoom at 5pm; sign-in info can be found on our parish website.

Vocations and The Church

VOCATIONS MINISTRY

At our nation's 250th birthday we consider ourselves the Land of the Free but, as Pope St. John Paul II told President Reagan, *"Yes but freedom for what."*

Church theologians have studied this question for centuries after St. Paul pointed out that Jesus gave us freedom from excessive Judaic law, freedom from sin, freedom from pride, freedom from fear of a meaningless death because heaven is waiting for us, and freedom to not be obstructed from doing good in love. Freedom is the liberty to do good, not to be a self-indulgent libertine.

One of our nation's liberties is Freedom of Religion. Before 1823 it was illegal to run a Catholic Church or organization in NH. Some protestant sects, the KKK, John Birch Society, the "No-Nothing Party," and others worked to designate the Catholic Church as a criminal arm of a "foreign power." Laws were passed to stop Catholic Christians from practicing the Faith. Unlike Elizabethan England, 1920s Mexico, or many Communist and Moslem countries today, a NH Catholic could not be arrested or killed for merely believing in the Catholic Church, but *could* be arrested for practicing Catholicism. Thus people in NH had Freedom of *Conscience* but not Freedom of *Religion.* The Diocese of Manchester Bishop's office was in Portland, Maine. Catholics went to Mass in VT, MA, ME, or Canada. Confession and Eucharist were given secretly in NH Franco-American Clubs comprising Canadians from NH factories, but priests could be arrested, and some were beaten.

In 1823 after the repeal of some anti-Catholic laws, St. Mary's in Claremont became the first Catholic parish in NH, and the first Catholic boys school in all of New England. Catholics could not obtain insurance because insurance companies prohibited Catholic participation. Blessed Father Michael J. McGivney saw many Catholic men die in their 40s from tuberculosis or work-related injuries without life insurance and this left no help for Catholic wives and children. In response to this he started the Knights of Columbus in 1882 to provide insurance and give scholarships to children. Heroic priests and sisters in the Diocese of Manchester, despite anti-Catholic laws, promoted these benefits for Catholic Christians. Today because of their efforts, Catholic hospitals, charitable organizations, and schools, colleges, and St. Mary's Bank (the world's first credit union, started by the NH Catholic Church!) are open to people of any religion in our state.

The struggle to practice the Faith remains threatened in the present world wherever Communist or Islamist governments rule. Catholic services were restricted even in the USA as part of the country's covid response. Today activists in the US and Canada wish to suppress religious practice through economic pressure and "law fare," and Canada has no constitutional protection for religion. The determination of priests and sisters present in NH in 1823 is still needed in 2026. Please pray for our Bishop and all our heroic priests and consecrated people as they must be agile in managing unjust legal restrictions. Lastly, please send a card of encouragement to our newest ordained priest, Rev. Fr. Guillaume Temkkit at 77 Rowell Rd., Lancaster, NH 03584. If you wish, you can place the letter in the collection basket and we will place the postage.

FIRST TUESDAY EUCHARISTIC ADORATION for VOCATIONS

Sacred Heart - July 7
4:15 to 5:15pm - Holy Mass at 5:30pm

Parish, Diocese, & Community Notes

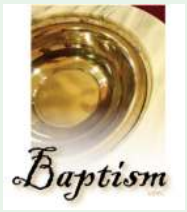
AT SACRED HEART THIS SEPTEMBER!

Annual Parish Fall Festival
Sunday - September 14

Start of Religious Education Classes, Grades 1 - 3

Start of OCIA
Visit the link below for info and registration
https://www.sacredheartlebanon.org/interested-in-becoming-catholic-ocia.html

Details for all events will follow in upcoming bulletins and on our website.



INFANT BAPTISM

Are you interested in having your child Baptized at Sacred Heart, St. Helena, or at St. Mary's?

Our next *mandatory* prep class is October 4 at Sacred Heart at 9:00am.

Please contact the office to enroll.

The ministry for **Adults with Special Needs** (and their caregivers) will break over the summer months and meet again in late September. For more information on this ministry, kindly contact Kathy Prieto at **info@PS139-14.org**.

ONLINE BEREAVEMENT SUPPORT GROUP

Have you recently lost a spouse, family member, or friend and are struggling with grief? Catholic Charities NH invites you to join our upcoming support group, "*Bereavement – Experiencing Loss, Being Lost and Finding Your Way Again*." This five-week program will help you better understand the grief process, discover healthy ways to cope, and connect with others on a similar journey.

- Tuesday, August 4; 11:00 AM – Noon
  Session I: Introduction and Overview of the program
- Tuesday, August 11; 11:00 AM – Noon
  Session II: Emotions, Loneliness and Anger
- Tuesday, August 18; 11:00 AM – Noon
  Session III: Remembering
- Tuesday, August 25; 11:00 AM – Noon
  Session IV: Faith
- Tuesday, September 1; 11:00 AM – Noon
  Session V: Hope and New Beginnings

Registration is required and space is limited! To register, please fill out the information below to register. You may also register by calling Shannon at 603-448-5151, or email shannon.popescu@nh-cc.org.

CAN YOU SING *HAPPY BIRTHDAY?*

If you answered *yes*, please consider joining the Sacred Heart Choir with an eye toward becoming a beloved (and much needed!) cantor.

We will train you and work with you including sending you files for practicing at home (iOS or Android). Don't be shy! Come on up to the choir loft after any Mass for a chat or email me with any questions: musicsheartlebanon@gmail.com.

Cantate Domino! Alice Maleski, Music Director

Catholic Saints & Witnesses Who Reveal 250 Years of Grace in Our Nation's History

St. Elizabeth Ann Seton was born in New York City on August 28, 1774, into a well-to-do and prominent Episcopal family. Sadly, her life was marked by death early on, losing her mother and sister by age four. In 1794, she married William Magee Seton, who suffered from tuberculosis for most of his life. He succumbed to his illness in 1803 while the couple was in Italy. It was there that St. Elizabeth was introduced to the Catholic faith. She returned to New York a widow and was received into the Church two years later. She would never remarry, instead devoting her life to serving the Church.

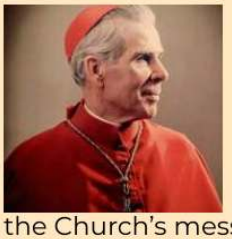
St. Elizabeth once wrote, "Afflictions are the steps to Heaven," and it is indeed through the afflictions of her life that she earned her rightful place in eternity. Amid being a mother to her five children, two of whom tragically died, St. Elizabeth moved to Maryland and founded the first U.S. women's religious order, the Sisters of Charity. She also helped establish the first parochial school, St. Joseph, which planted the seeds of Catholic education in America. In her too-short 46 years, St. Elizabeth embodied everything that's beautiful about America, and the impact of her bold and faithful witness still resonates today.

St. Frances Xavier Cabrini lived up to her more affectionate title of "Mother" in every way. She was born on July 15, 1850, in Italy, and her Italian heritage, along with her deep Catholic faith, shaped her entire ministry. In 1880, she founded the Missionary Sisters of the Sacred Heart of Jesus. Mother Cabrini felt a call to go east and serve as a missionary with her sisters in China, but was ordered by Pope Leo XIII instead to go "Not to the East, but to the West." Thus, she embarked for the United States, where Italian immigrants were being severely underserved and shunned by American society.

After a treacherous journey across the Atlantic, Mother Cabrini and her sisters arrived in New York City. Despite serious hardship, and true to her motto from St. Paul's letter to the Philippians — "I can do all things through Christ who strengthens me" (4:13) — she persevered. She would go on to establish schools, orphanages and hospitals across the U.S.

Born in Waterbury, Connecticut in 1852 and ordained a priest in 1877, **Blessed Michael McGivney** gained a reputation for being a man of the people. Around this time, men were being lured by anti-Catholic secret societies that offered social and employment benefits. Father McGivney, recognizing the need to provide men with financial and social support while also strengthening their faith, decided to do something about it. He founded the Knights of Columbus in 1882, and the rest, as they say, is history. Due to harsh labor conditions at the time, Catholic men often died while on the job, leaving their families destitute. The Knights sought to provide support to widows and children who found themselves in this tragic situation.

Under Father McGivney's tutelage, the Knights helped to spread the Catholic faith all across America. By living out the core principles of unity, charity, fraternity and patriotism, the fraternal organization became a vehicle for the corporal works of mercy — a mission that continues in earnest today and strengthens the very fiber of America.



Archbishop Fulton Sheen, who will be beatified on September 24, was a gifted preacher, fierce evangelist, and one of the most influential American Catholics of the 20th century. Born in 1895, he had a humble upbringing on a farm with his parents and three brothers. Fulton was ordained in 1919, and through subsequent years of study at the Catholic University of America in Washington, D.C., and the Catholic University of Louvain in Belgium, he became a renowned theologian. He would go on to teach at several Catholic universities and was appointed a bishop in 1951. He used the media of the time to spread the Church's message and teachings, first via radio starting in 1930 and then via television starting in 1951.

His weekly TV program, *Life is Worth Living*, drew some 30 million viewers each week and earned Archbishop Sheen an Emmy for Most Outstanding Personality. There's no way to know how many conversions Archbishop Sheen was responsible for, but given his reach and impact, it's very likely that an entire generation of Catholics learned something new about the faith from him and were drawn into a deeper relationship with Christ. Arguably, no Catholic figure besides the pope has had a greater influence on American Catholicism over the last century.

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, KCHS
Pastor - *pastorsheartlebanon@gmail.com*

Camille Hardt
Parish Secretary - *sheartlebanon@gmail.com*

Lynn Smollin
DRE - *lynnsheartlebanon@gmail.com*

Alice Maleski
Music Dir. - *musicsheartlebanon@gmail.com*

Cathy Filiano, Sheila Gallagher
Office Assistants

KNIGHTS of COLUMBUS

SACRED HEART COUNCIL 2656
Council Grand Knight, John Pomeroy
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

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

ST. HELENA / ST. MARY'S: sthstm.org

Get important updates via email and/or text. **Flocknote** lets you choose what information you'd like to receive from the groups in our parishes.

- Text **SHLEB** to 84576 from your phone to subscribe to updates **OR** go to flocknote.com/sacredheartparish5 .
- 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

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.

TRYING to DECIDE on the MINISTRY or GROUP THAT WILL DRAW YOU NEARER to CHRIST and HIS CHURCH?

Check out our website!
sacredheartlebanon.org

Choose from 13 ministries, 4 faith formation groups, and 2 Catholic organizations.
The parish needs you!