

Sacred Heart Parish

2 Hough Street, Lebanon, NH

Mass Schedule

Saturday 4:00pm Vigil
Sunday 8:00 and 9:30am

Monday 8:00am
Tuesday 7:00pm
Wednesday 12:10pm
Thursday 8:00am

Confession

Saturday 2:45 - 3:30pm

Eucharistic Adoration

First Tuesdays 5:45 - 6:45pm
Third Wednesdays following 12:10pm Mass

Rosary

Monday 8:30am in church - 7pm on Zoom
Tuesday 6:45pm (First Tuesdays at 6:15pm)
Thursday 7:30am
First Saturdays 3:30pm

Alleluia! He is Risen!



Praying you and yours enjoy
a most blessed Easter Sunday.

March 31, 2024

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

Mass Intentions

Sacred Heart

March 30 to April 7, 2024

The Sanctuary Candle burns for
George Lander by Judith Lander

Saturday Vigil / Sunday
March 30 / 31

Easter Sunday

7:30pm Al Cormier by The Men of St. Joseph
Ministry at Sacred Heart
8:00am Helen and Edward Konicki
by Bernie and Sophie Konicki
9:30am Louis Tremblay by Cathy Griffin

Mon within the Octave of Easter: April 1

8:00am **No Mass**

Tues within the Octave of Easter: April 2

7:00pm Victoria Ayala and Ethan Wasiejko
by The Santana Family

Wed within the Octave of Easter: April 3

12:10pm Reginald Festa by Angela and Dean

Thurs within the Octave of Easter: April 4

8:00am George Lander by Judith Lander

Saturday Vigil / Sunday: April 6 / 7

Divine Mercy Sunday

4:00pm Philip Mason by His Mother
8:00am Tommy Aucoin by Pat Aucoin
9:30am Richard Rubacka by His Family

St. Helena and St. Mary's Mission

March 31 and April 7, 2024

Sunday: March 31
Easter Sunday

7:30am The Intentions of the Celebrant
10:00am (St. Mary's) Pro Populo

Sunday: April 7
Divine Mercy Sunday

10:00am (St. Mary's) The Healing of William
Vanasse by Mom Rosie and Kevin Swanson
5:30pm The Intentions of Michael Hardt and
Family by Larry and Sharon Guaraldi

Every penny counts!

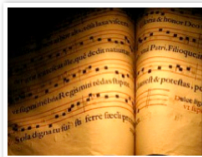


Thank you for your contribution - big and small!

UPCOMING SPECIAL COLLECTIONS

Sunday, April 14 - Fuel Fund
Sunday, May 5 - Fuel Fund
Thursday, May 9 - The Ascension
Sunday, May 19 - Catholic
Communications Campaign

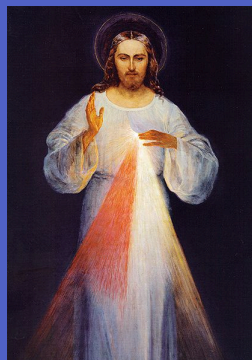
NIGHT PRAYER (COMPLINE)



Join us for Night Prayer at Sacred Heart
every Tuesday in Eastertide following
7 o'clock Mass.

*Now at the daylight's ending, We turn, O God,
to You: Send forth your Holy Spirit,
Our spirit now renew.*

*With watchful eyes, O Shepherd, Look down
upon your sheep; Stretch forth your hands in
healing and close our eyes in sleep.*



DIVINE MERCY SUNDAY

April 7

At Sacred Heart

Holy Hour: 2:30 - 3:30pm
First Confession for Religious Education
Students: 2:45 - 3:00pm
Confession open to All: 3:00 - 3:15pm
We'll be serving a light Polish meal in the Parish
Hall immediately following Holy Hour.
All are welcome!

Parish Ministries and Announcements

BIBLE STUDY at SACRED HEART



We'll start a new subject on April 21 as we begin to examine *David: A Man after God's Own Heart*. Make sure to join our Flocknote group to receive all notifications.

MONDAY NIGHT ROSARY



Join us on Zoom at 7pm and pray the Glorious Mysteries with us throughout Eastertide. Zoom sign-in information may be found on our parish website.

Drop in at Sacred Heart's CATHOLIC CAFÉ Thursday, April 4



We typically meet on the first Thursdays of the month in the Parish Office at 8:30am to discuss the day's readings and Father's homily, all over a cup of coffee and homemade treats. Join the Flocknote group to receive the readings in advance and stay current with all announcements.

(Also, many of us pray the Rosary in church at 7:30, and attend the 8 o'clock Mass.)



THIRD ORDER OF MARY

Noon, next Sunday, April 7,
in Sacred Heart's Parish Hall.
All are welcome!

For more information, please contact Connie LeBlanc at 603-448-5129, or email her at leblanc.constance@gmail.com.

PRAYER CHAIN MINISTRY

at ST. HELENA / ST. MARY'S,
contact Margaret Battis
at (603) 632-5249,



and at SACRED HEART,
send an email to sheartprayerchain@gmail.com
or call the office during normal business hours.

"I was
sick and
you visited
me ..."
Matthew 25:36

PASTORAL CARE VISITORS

We hope to share the Eucharist and conversation with the homebound in our parishes. If you, a family member, or a friend cannot come to Mass, our parish family will come to you.

Please contact the office to request a visit. Our Pastoral Care ministers would be happy to share their time with those who are unable to get out on their own.

PRAYER SHAWLS are available at the entrances of all our churches. Please take a shawl to someone who could use a physical reminder that he or she is being prayed for.



OUR NORMAL OFFICE
HOURS WILL RESUME
MONDAY, APRIL 8.

Monday through Thursday
9am to 3pm

NB: The bulletin boards in our churches are solely for church-related events or elements of the Faith.



If you would like to display something on one of our boards, please allow Father Charles to review it and give you permission to post it.

Should this protocol not be followed, any item(s) in question will be removed.

Thank you for your cooperation.

Parish, Diocesan, & Community Notes



EASTER CELEBRATIONS in our PARISHES

SACRED HEART

Easter Sunday, March 31
Knights of Columbus Annual Brunch
and Easter Egg Hunt
Parish Hall following 9:30am Mass

ST. MARY'S MISSION

Easter Sunday, March 31
Knights of Columbus Easter Egg Hunt
Church Hall following 10:00am Mass

EUCHARISTIC ADORATION for VOCATIONS to the PRIESTHOOD



Tuesday, April 2
5:45 to 6:45pm

Confessions heard: 6 to 6:30pm

Please join us immediately afterwards
for Holy Mass at 7 o'clock followed by Compline.

Derby Day Fundraiser



SACRED HEART

SAVE the DATE
for this FAMILY-FRIENDLY EVENT!

Saturday, May 4
following 4pm Vigil Mass
Pre-sale tickets available April 13.



A PARISHIONER ASKS ...

I know that when
the Sanctuary Candle is lit
it means that there are
consecrated Hosts,
the Eucharist,
in the tabernacle.
But why are consecrated
Hosts kept at all?

The Eucharist is reserved in the tabernacle for several reasons. First, the Eucharist is brought to the sick, homebound, or those in prisons who are not able to participate in Mass.

Second, it serves as a focal point of prayer for people who stop by the church throughout the day to pray. By having the Blessed Sacrament in the tabernacle, believers are able to spend time in prayer and worship before Christ in the Blessed Sacrament, the Eucharist.

And you're right. Whenever the Eucharist is inside the tabernacle, there is always a candle, usually red or white, burning as a sign of Christ's Real Presence.

APRIL and MAY EVENTS at SACRED HEART

Sunday, April 7 - Divine Mercy Holy Hour from 2:30 to 3:30pm. Light Polish meal served in the Parish Hall immediately after.

Sunday, April 21 - Religious Ed. students receive the Sacraments of Confirmation and First Eucharist by Bishop Libasci at the 9:30 Mass. Refreshments follow in the Parish Hall.

Saturday, May 4 - Derby Day Fundraiser

Sunday, May 5 - May Crowning of Mary at 9:30 Mass.

Thursday, May 9 - Ascension Thursday. Masses at 12:10 and 7:00pm. **This is a Holy Day of Obligation.**

Sunday, May 26 - Filipino - American *Flores de Mayo* celebration at 9:30 Mass with outdoor procession following.

Monday, May 27 - Memorial Day Knights of Columbus Coffee and Donuts following 9:30 Mass. Watch the parade from the church lawn!

Parish, Diocesan, & Community Notes

GREGORIAN CHANT as PRAYER

from neumz.com

I found this to be a beautiful explanation of why we incorporate chant here at Sacred Heart.

Alice Maleski, Music Director

The use of Gregorian chant as a means of prayer is not a novelty; on the contrary, it is a form of prayer and praise that has been intoned for more than twelve hundred years every day and in every part of the world. Monasteries and religious communities still use it as a means of prayer, praying for all of us. However, there are prejudices that this type of prayer is not for the layman because he will not understand Latin or that it is only for those consecrated to religious life. This is a misconception and far from the truth because Gregorian chant is for all members of the Church and is still practiced today (albeit in a minimal way perhaps due to lack of knowledge or personal interest). The prayerful person who obeys what God has granted to His Church prays with Gregorian chant, doing so during the Divine Office as well as Sacred Liturgy, privately or communally. This prayerful person or cantor is aware that sung prayer serves God by allowing himself to remain in communion with Him as well as with the entire heavenly and earthly Church.

St. John Chrysostom advises us by writing: *"You make a covenant with God, you sign a covenant with Him, without ink or paper. Your voice proclaims that you love Him...let us not sing the responses with routine, but let us take it as a staff for our journey. The response that you have sung, not once, not twice, not three times, but many times, remember it with interest, then it will be of great comfort to you. I exhort you not to leave here empty-handed, but to gather the responses like pearls, that you may always keep them, meditate upon them, and sing them to your friends."*

It is of the utmost importance that within the same faith and universality there is something in common for the union of all: that the Word of God is enlivened with sacred chant and that it enlightens us toward the perfection of the soul. Why not make this sung prayer our faithful companion so that we may walk more securely hand in hand with God, united in prayer during the different stages of our lives, and especially during the liturgical seasons?

Just as there is mental prayer, spoken or recited, there is also sung prayer in the eternal existence of God. It is in all Sursum Corda (*lift up your hearts*), that by glorifying God and meditating it is transformed by the Lord Himself into an aid, a joy, and the greatest hope. So let us become aware, let us not go out empty-handed, let us pray singing, and let us offer the pearls of our souls as offerings to the Heavenly Father because everything belongs to Him, everything in the name of Jesus who purifies and redeems us forever.



ANNIVERSARY CELEBRATION with BISHOP LIBASCI



All couples celebrating 5, 10, 25, 50 and 60+ years of marriage in 2024 are invited to attend Mass at St. Joseph Cathedral, Manchester, on Sunday, May 5, at 2pm.

To register, please contact our parish office no later than April 17.



PREGNANCY CENTER OF THE UPPER VALLEY

FUND-RAISING BANQUET

Celebrating 42 years of service to the families of the Upper Valley region!

FRIDAY, APRIL 19

6:30 - 9:00pm, Fireside Inn, West Lebanon

FEATURING COMEDIAN

Mike Williams

Your financial investment changes lives!
For more information or to make a reservation and be seated with other parishioners, please contact the Sacred Heart office at 603-448-1262

Be watchful, stand firm in your faith, be courageous, be strong.

1 Corinthians 16:13

MOUNT ROYAL ACADEMY in SUNAPEE PRESENTS:

Newport Opera House
20 Main St.
Newport, NH
603-863-2412

THE DIARY OF ANNE FRANK



April 27, 7 pm

April 28, 2 pm

Purchase Tickets at
Newportoperahouse.com

Religious Ed. / Youth Ministry / RCIA / Catholic Youth

GRADES K - 8 CLASSES
UPCOMING MEETING DATES

April 28, May 5 and 19

Parish Hall following 9:30 Mass



Come join in the fun!
Youth Ministry Room
6 to 8pm

We'll be meeting Sunday, April 21,
and continuing our discussion
of Corrie Ten Boom's *The Hiding Place*.

ALL ADULTS WELCOME!



Our RCIA program is not only open to catechumens and candidates working toward complete communion with the Catholic Church, but to any interested adult. Even cradle Catholics have been known to learn something new about the Faith!

Mar. 30: Easter Vigil, Reception of Sacraments

RCIA participants enter into a period of mystagogy after Easter.
Schedule of classes to follow.



FOR THE RELIGIOUS ED STUDENTS
RECEIVING THE SACRAMENTS

First Confession Times:

- Tuesday, April 2, from 6 to 6:30pm
- Divine Mercy Sunday, April 7, from 2:45 to 3:15pm.

Confirmation and First Holy Communion Rehearsal:

- Wednesday, April 17, at 5:30pm in the church. After rehearsal, all families are invited to a Pizza Party in the Parish Hall.



PLEASE PRAY for
our RELIGIOUS ED
STUDENTS who
will be RECEIVING
the SACRAMENTS
by BISHOP LIBASCI

SUNDAY, APRIL 21
9:30am MASS

Refreshments will be served
in the Parish Hall after Mass
and photos with the Bishop.

All are welcome!

CATHOLIC
CAMPS
for GIRLS
and BOYS

Don't wait, secure
your space at
camp!

Summer 2024 registration is
underway. Don't delay, spaces are
filling quickly!



CAMPS BERNADETTE and FATIMA

*Read all about these camps
in the March/April issue of Parable magazine.
Copies available at all our churches.*

MAKE NEW FRIENDS • LEARN NEW SKILLS •
GROW IN CONFIDENCE • KAYAK • TUBING •
ARCHERY • ROCK WALL • ROPES • TEAM
SPORTS • ARTS • AND MORE.

BUILD FAITH AND LIFELONG FRIENDSHIPS

Visit <https://bfcamp.com/> for a virtual tour of the
camps as well as registration information
including dates and costs. **Scholarships available.**

Pray

for the Salvation
of the Family



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
Email: 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

PARISH STAFF

Rev. Fr. Charles H. Pawlowski, KHS
Pastor / Director of Religious Education
pastorsheartlebanon@gmail.com

Camille Hardt
Parish Secretary / Safe Environment Coord.
sheartlebanon@gmail.com

Cathy Filiano
Office Assistant

Alice Maleski
Music Director
musicsheartlebanon@gmail.com



Be sure to follow us on Facebook! See pictures from parish events, receive up to date schedules, and learn about the feasts, solemnities, and saints of the Church!

SACRED HEART PARISH

<https://www.facebook.com/sacredheartlebanon>

ST. HELENA PARISH

<https://www.facebook.com/St-Helena-Parish-164450373980798/>



We extend a warm welcome to you and thank God that you are with us.

If you wish to register or would like to update your registration information, please complete this form and place it in the collection basket or mail it to the parish office.

_____ Sacred Heart _____ St. Helena/St. Mary's

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Please check the following:

- ___ Request Registration Form
- ___ Request monthly envelopes
- ___ New Address and/or Phone Number

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 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



**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.

SACRED HEART COUNCIL 2656

Council Grand Knight, John Pomeroy
johnpomeroy84@gmail.com

Meets the second Monday of the month at 6pm,
Sacred Heart Parish Hall in Lebanon.

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.