

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

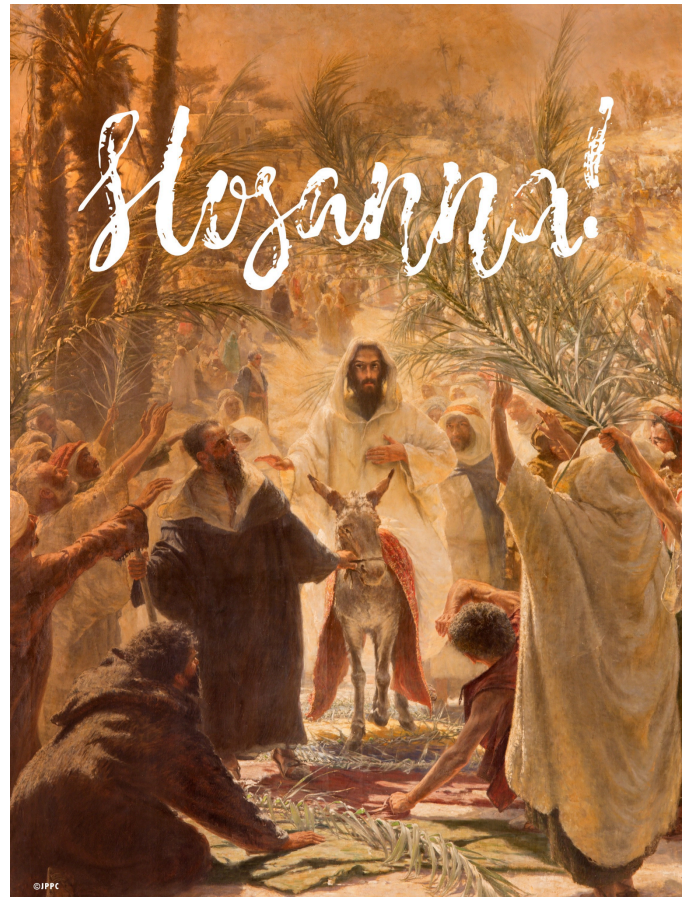
First Tuesdays 5:45 - 6:45pm
Third Wednesdays following 12:10pm Mass

Rosary

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

Palm Sunday

March 24, 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 23 - 31, 2024

The Sanctuary Candle burns for
*Hilary and Frances Negele on the Occasion
of their 50th Anniversary*
by Herman and Sharon Martin

*Saturday Vigil / Sunday
March 23 / 24*

Palm Sunday

4:00pm Sam Johnson by Janice Miles

8:00am Joseph Maddy
by Willis and Ellie Downing

9:30am Elizabeth Marut
by Bernie and Sophie Konicki

Monday of Holy Week: March 25

8:00am Roger Aucoin by Pat Aucoin

Tuesday of Holy Week: March 26

7:00pm **No Mass**

Wednesday of Holy Week: March 27

12:10pm **No Mass**

Holy Thursday: March 28

7:00pm All Priests in the Manchester Diocese

Good Friday: March 29

3:00pm The Solemn Intercessions

*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

St. Helena and St. Mary's Mission

March 24 and 31, 2024

*Sunday: March 24
Palm Sunday*

10:00am (St. Mary's) Wilfrid Dauphinais
by Rene Dauphinais
5:30pm Pro Populo

*Sunday: March 31
Easter Sunday*

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

Every penny counts!



Thank you for your contribution - big and small!

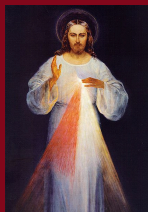
UPCOMING SPECIAL COLLECTIONS

Throughout Lent

Catholic Relief Services Rice Bowls

***PLEASE RETURN YOUR RICE BOWLS!
THERE WILL BE BASKETS at ST. HELENA
and ST. MARY'S EXITS and
a BASKET near the BAPTISMAL FONT
at SACRED HEART. ***

Friday, March 29
Holy Land - Good Friday



DIVINE MERCY SUNDAY

April 7

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!

**REQUIESCAT IN
PACE**

MSGR. DANIEL LAMOTHE

April 1936 - March 2024 (Ordained 1962)

*Eternal rest, grant unto him, O Lord,
and let Perpetual Light shine upon him.*

*May his soul and the souls of all the faithful departed,
through the mercy of God, rest in peace. Amen.*

Parish Ministries and Announcements

BIBLE STUDY at SACRED HEART



We'll resume our meetings on April 21 studying *David: A Man after God's Own Heart*. Make sure to join our Flocknote group to receive all notifications.

MONDAY NIGHT ROSARY

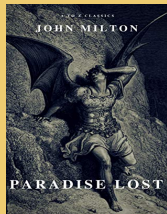


Join us on Zoom at 7pm and pray the Sorrowful Mysteries with us throughout Lent. Zoom sign-in info may be found on our parish website.

SACRED HEART BOOK CLUB

We'll be meeting Tuesday, March 26, and on April 9 and 23, 5:45 - 6:45pm, in the Parish Office.

All are welcome.



A PARISHIONER ASKS ...

Why are there different ways of receiving the Eucharist and which way should I be doing it?

Receiving the Holy Eucharist on your tongue while kneeling is the preferred practice. Proper reverence is shown by kneeling and by receiving on the tongue there's little chance of the Consecrated Host (the Body and Blood of Our Lord, Jesus Christ) falling to the floor or losing bits of It on your hand or clothing.

It's not possible, however, for some to kneel so receiving while standing is acceptable. Receiving in your hand is permitted but not preferred. To do so, place your right hand *under* your left, holding your hands level and outstretched to the priest. Please do not have your hands pointing upward or placed side by side. Such postures increase the likelihood of the Host falling. Carefully use your right hand to pick up the Host and place it immediately in your mouth.

*"Recognize in this bread
what hung on the cross..."*

from the writings of St. Augustine, Sermon 3



VOCATIONS MINISTRY

We have exciting news about the NH **RUNNING NUNS: Daughters of Mary, Mother of Healing Love!** This summer, when their teaching duties are complete, they will travel, hike, and jog nearly 1000 miles to the **International Eucharistic Conference** held at the Lucas Oil Stadium in Indianapolis, July 17-21.

Along their trek they will testify to the power of the Eucharist in transforming minds, hearts, souls, communities, and social values. It does this today as it did for many of their own rescued lives and as It has for 2000 years. Wearing their religious garments on that trek, in sun or rain, will testify to the power of the Eucharist to all who question: *Twas God the WORD that spoke it. He took the Bread and broke it. And what the WORD did make it, that I believe and take it!*

They will post their progress on their website: <https://motherofhealinglove.org/wordpress/> as well as on their YouTube channel: <https://www.youtube.com/@MotherOfHealingLove>. You also can learn about their self-authored books, music, art, and lectures at these sites. To learn more about their trek to Indiana go to https://youtu.be/CptDc_ah7CE?si=LJ-aAZZN8U5V5_SL.

We are greatly blessed to have these Sisters in NH. Women aged 19-40 may inquire about their community via their web site or vocation director Sr. Esther Marie Massad, SEM3733@gmail.com. The Mother General is Mother Paul Marie Santa Lucia; motherpaulmarie@gmail.com.

Daughters of Mary,
Mother of Healing Love
279 Cartier St.

Manchester NH, 03102

www.motherofhealinglove.com



PRAY for vocations

Diocesan and Parish Notes

PARISH EVENTS in MARCH

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

Palm Sunday, March 24
Knights of Columbus Pastry and Fruit Social
Church Hall following 10:00am Mass

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

SACRED HEART'S ST. JOSEPH'S DAY TABLE



SACRED HEART'S ST. PATRICK'S DAY



Thanks to all who helped make this year's St. Patrick's Day Dinner the best ever! Great food, terrific games, and wonderful company - not to mention live music provided by seminarian Spencer Gregory! (See more photos on our FB page.)



CHRISM MASS

This Tues, March 26
St. Joseph Cathedral
Manchester, NH
6pm

All are welcome!



At the Chrism Mass -- which is usually the largest annual gathering of clergy and faithful most dioceses have -- the priests renew the promises they made at their ordination. The Mass takes its name from the most eminent of the three holy oils which the bishop commissions for his local church's use over the following year.

While the Oil of the Sick, used for those who seek the anointing, and the Oil of the Catechumens, which is imposed on those preparing for baptism, are simply "blessed," the Sacred Chrism is "consecrated," and all the priests present participate in the latter moment by extending their hands toward the vessel containing it as the bishop says the prayer of consecration.

The Chrism is used at the ordination of priests and bishops, baptisms, confirmations, the consecration of altars and the blessing of churches, where the walls are smeared with it in the shape of the sign of the cross.

As part of the consecration of the Chrism, balsam is poured into the oil, which gives it a sweet smell intended to remind those who encounter it of the "odor of sanctity" to which those people and things who are marked with it, and by extension all of us, are called to strive for.



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.

Parish Notes & the Month of St. Joseph



VEILED CRUCIFIXES and STATUES

While it may appear counterintuitive to veil statues and images during the final weeks of Lent, the Catholic Church recommends this practice to heighten our senses and build within us a longing for Easter Sunday.

- We use veils to alert us of the special time that we are in.
- The veils help focus our attention on the words being said at Mass.
- The Church uses veils to produce a heightened sense of anticipation for Easter Sunday.

The unveiling before the Easter Vigil is a great reminder of our own life on earth. We live in a “veiled” world, in exile from our true home. It is only through our own death that the veil is lifted and we are finally able to see the beauty of everything in our lives.

Please take a moment to notice that our crucifixes will be veiled in red cloth for Holy Week reminding us of Jesus' Precious Blood that was spilled for our salvation on Good Friday.



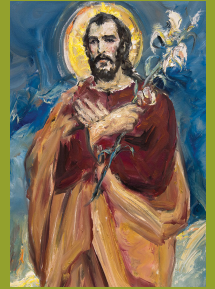
Free Community Dinner at St. Mary's, Canaan

From coordinator Rosie Swanson: We had a wonderful dinner last Sunday. About 15 new people from the community came. We fed a total of 70 people. Everyone enjoyed themselves. Thank you for all food and monetary donations!

Knights of Columbus, Council 8027, will be hosting the Free Community Dinner in April. Date of dinner to be announced soon!

THE “GO TO JOSEPH” PRAYERS

from stfrancisnewtonparish.com



1. In the miseries of this vale of tears, to whom shall we have recourse, O blessed Joseph, if not to thee, to whom thy beloved spouse Mary entrusted all her rich treasures, that thou might keep them to our advantage? “go to my spouse, Joseph,” Mary seems to say to us, “and he will comfort you, he will deliver you from the misfortunes which now oppress you and will make you happy and contented” Have pity on us, therefore, O St. Joseph; have pity on us through that love which thou didst cherish toward a spouse so worthy and amiable. Our Father ... Hail Mary ... Glory Be ...

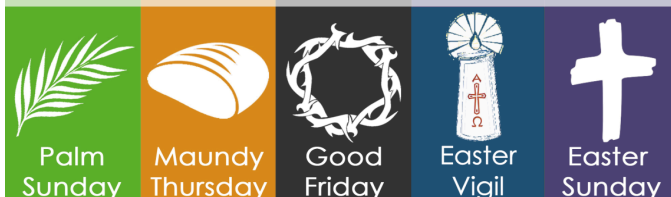
2. We are fully conscious that we have offended the justice of God by our sins and deserve His most severe chastisements. Not what shall be our place of refuge? “go to Joseph,” Jesus seems to say to us; “Go to Joseph, in whom I was well pleased and whom I had for My foster father. To him, as to a father, I have communicated all power, that he may use it for your good according to his own desire.” Pity us, therefore, O blessed Joseph, pity us, for the great love thou didst bear toward a Son so admirable and so dear. Our Father ... Hail Mary ... Glory Be ...

3. Unhappily the sins we have committed call down upon the heaviest scourges: this we must confess. In what ark shall we take refuge in order to be saved? Where shall we find the blessed rainbow that shall give us comfort and hope in the midst of our afflictions? “Go to Joseph,” the Eternal father seems to say to us: “Go to him who took My place on earth with regard to My Son made man. I entrusted to his keeping My Son, who is the unfailing source of grace; therefore, every grace is in his hands.” Pity us, then, dear St. Joseph, pity us by thy great love for Almighty God, Who has been so generous to thee. Our Father ... Hail Mary ... Glory Be ...

4. Daily Prayer to St Joseph: Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man. Blessed Joseph, to us too, show yourself a father and guide us in the path of life. Obtain for us grace, mercy, and courage, and defend us from every evil. Amen.

Holy Week / Religious Ed. / Youth Ministry / RCIA

HOLY WEEK



SACRED HEART

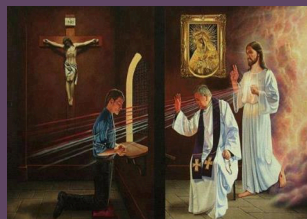
- **Palm Sunday Masses** - 4pm Vigil, Saturday, March 23; 8am and 9:30am, Sunday, March 24
- **Monday of Holy Week** - 8am Mass, 8:30 - 9am Confessions
- **Holy Thursday** - 7pm Mass, Adoration at Tabernacle following Mass until 9:30pm
- **Good Friday** - Stations of the Cross at noon with a 3pm Service
- **Holy Saturday/Easter Vigil** - 9:30am Blessing of Easter Foods; Mass at 7:30pm
- **Easter Sunday Masses** - 8am and 9:30am
- **Easter Sunday Brunch by Sacred Heart Knights of Columbus** - Parish Hall following 9:30am Mass

ST. HELENA

- **Palm Sunday Mass** - 5:30pm
- **Palm Sunday Knights of Columbus Pastry and Fruit Social** - Church Hall following 10:00am Mass
- **Monday of Holy Week** - Confession from 5:30-6:30pm
- **Good Friday** - Stations of the Cross - 5:30pm
- **Easter Sunday Mass** - 7:30am
- **Easter Sunday Knights of Columbus Easter Egg Hunt** - Church Hall following 10:00am Mass

ST. MARY'S MISSION

- **Palm Sunday Mass** - 10am
- **Easter Sunday Mass** - 10am



CONFESSION and EUCHARISTIC ADORATION during LENT

Sacred Heart

Saturday, March 23 – **Confession**
2:45-3:30pm
and Mass at 4:00pm

Monday, March 25 – Mass at 8:00am
and **Confession** 8:30-9:00am

GRADES K - 8 CLASSES UPCOMING MEETING DATES



April 21, 28

Parish Hall following 9:30 Mass



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

We'll be meeting this Sunday, March 24
and continuing our discussion
of Corrie Ten Boom's *The Hiding Place*.

JOIN US THIS SUN, MAR 24,
in the Parish Hall after 9:30 Mass
ALL ADULTS WELCOME!



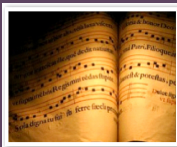
Our RCIA program is not only open to catechumens and candidates working toward complete communion with the Catholic Church, but to any interested adult. Even cradle Catholics have been known to learn something new about the Faith!

Mar. 24: The Commandments

Mar. 30: Easter Vigil, Reception of Sacraments

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

NIGHT PRAYER (COMPLINE)



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

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.