



IGREJA NACIONAL PORTUGUESA DAS CINCO CHAGAS FIVE WOUNDS PORTUGUESE NATIONAL CHURCH

IGREJA CATÓLICA ROMANA / ROMAN CATHOLIC CHURCH

1375 East Santa Clara Street, San Jose, CA 95116 / Telephone (408) 292-2123; Fax (408) 292-0201

MARCH 01, 2026

www.fivewoundschurch.org / info@fivewoundschurch.org

01 DE MARÇO DE 2026

2ND SUNDAY OF LENT

Message from the Parish Administrator

Dear Parishioners,
Our Church is deeply connected to the mystery of Christ's Passion. The five wounds of Our Lord Jesus Christ were inflicted at the end of His journey to Calvary, where He was crucified and died on the Cross.

This long and painful path is known in popular devotion as the Way of the Cross, or Stations of the Cross.

Some may wonder why we relive the suffering of Christ in the Stations of the Cross. The answer is simple: it is a journey of faith. The Stations of the Cross is like a brief summary of several Gospel passages, enriched by pious traditions. It is a Catholic prayer that expresses deep love and devotion by walking—mentally or physically—the final steps of Christ's life until His death.

To understand it better, let us look briefly at its historical origins.

Beginning in the fourth century, Christians started making pilgrimages to Jerusalem. During their time there, they desired to visit the places connected to Jesus' Passion.

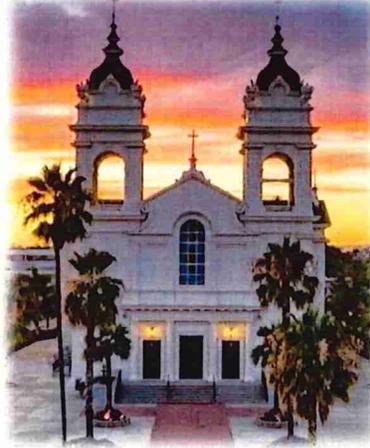
It was especially through the Franciscan friars that, beginning in the seventeenth century, the prayerful practice of the Stations of the Cross spread widely throughout the world. In 1731, Pope Clement XII officially approved this devotion, granted indulgences, and established the fourteen stations as we know them today.

To pray the Stations of the Cross is to enter deeply into the mystery of Christ's Passion and Death. The fact that it is traditionally prayed on the Fridays of Lent reminds us of the day Jesus gave His life for us—the day the Church commemorates His redeeming death. In this way, we are able to extend the liturgy into our daily lives, leading us to a contemplative experience of Christ's sacrifice, which is offered and celebrated every day in the Eucharist.

I invite all of you to take part in this meaningful prayer of the Stations of the Cross every Friday of Lent here at Five Wounds Church, allowing us to unite ourselves more closely to Jesus Christ.

May you have a blessed Lent.

Fr. Manuel Pato



20 DOMINGO DA QUARESMA

Mensagem do Administrador Paroquial

Estimados paroquianos,
A nossa Igreja das Cinco Chagas está profundamente ligada ao mistério da Paixão de Cristo. As cinco chagas de Nosso Senhor Jesus Cristo são-lhe infligidas no final do caminho para o Calvário, onde é crucificado e acaba por morrer na Cruz.

Esse longo e doloroso caminho é chamado de Via-Sacra ou Via-Crucis.

Há quem se pergunte por que razão revivemos o sofrimento de Cristo na Via-Sacra. A resposta não é complexa: é um caminho da nossa fé.

A Via-Sacra é como que um resumo de várias passagens dos Evangelhos, enriquecido por tradições piedosas. É uma oração católica que exprime grande amor e devoção ao querer percorrer, mental ou fisicamente, os últimos passos da vida de Cristo até à sua morte.

Para a compreendermos melhor, vejamos a sua origem histórica.

A partir do século IV, os cristãos começam a peregrinar para Jerusalém e, durante o tempo que ali permanecem, desejam visitar os lugares da Paixão de Jesus.

Foi, sobretudo, graças aos frades franciscanos que, a partir do século XVII, a prática orante da Via-Sacra se difundiu amplamente por todo o mundo. Em 1731, o Papa Clemente XII aprovou esta devoção, concedeu-lhe indulgências e estabeleceu as catorze estações.

Fazer a Via-Sacra é mergulhar no mistério da Paixão e Morte de Cristo.

O facto de tradicionalmente ser meditada, sobretudo nas sextas-feiras da Quaresma, recorda-nos o dia em que Jesus entregou a sua vida por nós, o dia em que a Igreja celebra a sua morte redentora. Assim, temos a possibilidade de viver um prolongamento da liturgia na vida, conduzindo-nos a uma experiência contemplativa do sacrifício de Cristo, que é oferecido e celebrado todos os dias na Eucaristia.

Convido-vos a todos a participar nesta oração tão sensível que é a Via-Sacra, em todas as sextas-feiras da Quaresma, aqui na Igreja das Cinco Chagas, unindo-nos interiormente cada vez mais a Jesus Cristo.

Desejo-vos uma santa e abençoada Quaresma.

Pe. Manuel Pato

IGREJA NACIONAL PORTUGUESA DAS CINCO CHAGAS

RECTORY / REITORIA

1375 East Santa Clara Street, San Jose, CA 95116
Telephone (408) 292-2123; Fax (408) 292-0201
www.fivewoundschurch.org / info@fivewoundschurch.org

Office Hours / Horário do Escritório

Monday to Thursday / De segunda a quinta-feira:
from 9 a.m. to 2 p.m./ das 9h às 2h da tarde
Friday / Sexta-feira: 9 a.m. to 12 p.m./ das 9h às 12h
Saturday and Sunday / Sábado e Domingo: closed

Mary Vargas Administrative Assistant / Assistente administrativa

Anna Maria Shumard Office Assistant / Assistente de escritório

Loretta Krouse Bookkeeper / Contabilista

Sofia Avila Website Administrator / Administradora da Website

Champion Avecilla Sacristan / Sacristão

Emanuel Sousa Parish Pastoral Council / Conselho Pastoral

George Mattos Finance Council / Conselho de Finanças

Lúcia Soares Liturgy Committee / Comitê Litúrgico

Michelle Salguero Hospitality Ministry / Ministério de Hospitalidade

Rosie Soares Religious Education Coordinator / Coordenadora de
Formação Religiosa

Tony Freitas Saint Isabel's Kitchen / Cozinha de Santa Isabel

Celina Belém Altar Society / Sociedade do Altar

Kathleen Purdy Collection Team / Equipe da Coleta

Miguel Ávila Art and Environment Committee / Comitê de Arte e Meio
Ambiente

Manuel Cabral Buildings and Grounds Committee / Comitê de Edifícios e
Terrenos Paroquiais

Prayer Requests / Pedidos de Oração

Dear Parishioners,

I am saddened to share that Fatima Williams passed away on Monday, February 23, 2026. Fatima was a long-time parishioner, a dedicated Five Wounds parish employee, and a cherished friend.

Let us pray for her and for her eternal rest.

This week we pray for those who are ill / Esta semana vamos rezar pelas melhoras de: Sister Rosa Maria Alves Branco

And for those who have died / E pelo eterno descanso de: Fatima Williams, Maria Rangel, Maria Teresa Santos, Manuel Espinola, Maria Durvalina Vieira

For prayer requests, please contact the Parish Office.
Para pedidos de oração, por favor contate a Reitoria.

Catholic Cemeteries of the Diocese of San Jose
Cemitérios Católicos da Diocese de San Jose
Gate of Heaven Catholic Cemetery (650) 428-3730
Calvary Catholic Cemetery (408) 258-2940

Rev. Manuel Pato

Parish Administrator / Administrador Paroquial
The Carmelite Fathers / Padres Carmelitas

Sacramental Staff / Staff Sacramental

Rev. Samer Sawalha

Priest in residence / Sacerdote em residência

Mission Statement / Declaração de Missão

Five Wounds Portuguese National Church, Roman Catholic Church, is a loving and united community rooted in the gospel of Jesus Christ. Led by the Holy Spirit, our hope is to live the characteristic marks of Christianity: hospitality, prayer and good works, centered in the Eucharist.

A Igreja Nacional Portuguesa das Cinco Chagas, Igreja Católica Romana, é uma comunidade unida e dedicada, enraizada no Evangelho de Jesus Cristo. Guiados pelo Espírito Santo, o nosso desejo é viver as marcas próprias do Cristianismo: hospitalidade, oração e boas obras, centralizadas na Eucaristia.

Religious Activities / Atividades Religiosas

+++ Mass Schedule / Horário das Missas +++

Monday to Saturday - 9:00 a.m. *Bilingual*

Segunda a sábado - 9:00 a.m. da manhã *Bilingue*

Saturday/sábado - 5:30 p.m. / 5h30 da tarde *Bilingual/Bilingue*

Sunday/domingo 9:00 a.m. *English*

10:30 da manhã *Português*

5:30 p.m. *Latin Novus Ordo*



All Masses are live streamed and recorded on Facebook search

Five Wounds Portuguese National Church

+ *Confessions / Confissões*: All Saturday to 4:30 p.m. from 5:20 p.m. and all days before or after Mass, whenever possible, or by appointment / Todos os sábados das 4:30 às 5:20 da tarde e todos os dias antes ou após a Missa, quando possível, ou por marcação.

+ *Mass in honor of Sacred Heart of Jesus / Missa em louvor do Sagrado Coração de Jesus*: First Friday of the month - 9 a.m. *Bilingual* / Primeira sexta-feira do Mês - 9 da manhã *Bilingue*.

+ *Stations of the Cross / Via Sacra*: All Fridays during Lent - 9:30 a.m. *Bilingual* / Todas as sextas da Quaresma - 9:30 a.m. *Bilingue*.

+ *Adoration / Adoração*: All Saturday to 4:40 p.m. from 5:20 a.m. / Todos os sábados das 4:40 às 5:20 da tarde.

FIVE WOUNDS PORTUGUESE NATIONAL CHURCH

Sowing Seeds of Faith

The Diocese of San José – Campaign for Spiritual Renewal



2nd Collection / 2ª Coleta:

St. Isabel's Kitchen / Cozinha de Santa Isabel

	Weekly	Year to date
Needed for Ministry / <i>Necessário para o Ministério</i>	\$4,200	\$154,800
Collection / <i>Colecta</i>	\$4,028	\$133,093
Deficit (deficit will reduce Parish's savings) / <i>Défice (o défice reduzirá as poupanças da Paróquia)</i>	-\$172	-\$21,707
Collection at Mass:		
Saturday 5:30pm	\$217	
Sunday 9am	\$1,181	
Sunday 10:30am	\$1,841	
Sunday 5:30pm	\$169	
Received by mail	\$620	
Diocesan collection	\$765	
Ash Wednesday	\$1,588	

Thank You to our parishioners who contribute to the offerings of the Lord / Obrigado aos nossos paroquianos que contribuem para as ofertas do Senhor

LENTEN FASTING & ABSTINENCE FOR CATHOLICS

Fast and Abstinence

On Ash Wednesday and Good Friday

Abstinence

Every Friday during Lent Season

What is Fasting?

To eat one full meal or two smaller meals that together are not equal to a full meal

For Catholics aged 18 - 59 practice fasting

What is Abstinence?

Abstain from eating meat.

For Catholics aged 14+ practice abstinence



Retiro de Quaresma

*“O Coração de Jesus
na Mensagem da Virgem de Fátima
e o apelo à conversão”*



A Quaresma é um tempo favorável para parar, escutar e voltar ao essencial. Neste retiro, deixemo-nos guiar pela *Mensagem de Fátima* para redescobrir o *Coração de Jesus*, fonte de misericórdia, paz, e verdadeira conversão.

Orientador: Pe. Daniel Guerreiro
Pároco e Assistente Diocesano
do Movimento da Mensagem de Fátima
Diocese de Beja - Portugal

- Aprofundar a fé
- Renovar o coração
- Acolher o apelo de Maria à conversão
- Preparar a Páscoa com mais verdade interior

Data: 13 e 14 de março de 2026

Local: Hall S.F.V.D.E.S. - Villa Street, Mountain View, CA



Tune into 96.1 FM, the Portuguese Radio Network - serving 400,000 Portuguese and those of Portuguese descent in northern and central California.

To advertise on the station contact (408) 258-9699. To request contact (408) 258-9696. We are located at 1629 Alum Rock Avenue, Suite 40, San José, CA 95116

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mariasousarealtor@gmail.com
DRE#01098373

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