



# 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 08, 2026

[www.fivewoundschurch.org](http://www.fivewoundschurch.org) / [info@fivewoundschurch.org](mailto:info@fivewoundschurch.org)

08 DE MARÇO DE 2026

## 3RD SUNDAY OF LENT

### Message from the Parish Administrator

Dear Five Wounds Community,

I invite each one of you to join in prayer with the Holy Father in this time marked by conflicts and wars in many parts of the world, asking the Lord for the gift of disarmament and peace. Let us do this personally, with our families, or here in the church before the Blessed Sacrament:

Lord of Life,

you shaped every human being in your image and likeness. We believe you created us for communion, not for war, for fraternity, not for destruction. You who greeted your disciples saying, "Peace be with you," grant us the gift of your peace and the strength to make it a reality in history.

Today we lift up our prayer for peace in the world, asking that nations renounce weapons and choose the path of dialogue and diplomacy.

Disarm our hearts of hatred, resentment, and indifference, so we may become instruments of reconciliation.

Help us understand that true security does not come from control fueled by fear, but from trust, justice, and solidarity among peoples.

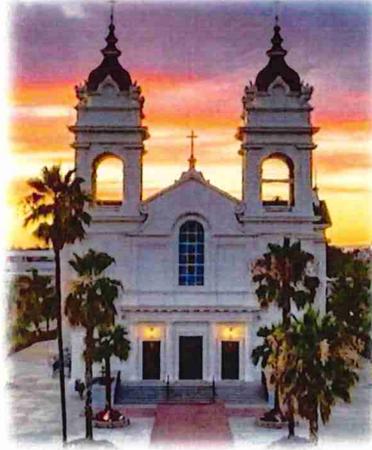
Lord, enlighten the leaders of the nations, so they may have the courage to abandon projects of death, halt the arms race, and place the lives of the most vulnerable at the center. May the nuclear threat never again dictate the future of humanity.

Holy Spirit,

make us faithful and creative builders of daily peace: in our hearts, our families, our communities, and our cities.

May every kind word, every gesture of reconciliation, and every choice for dialogue be seeds of a new world.

Amen



## 30 DOMINGO DA QUARESMA

### Mensagem do Administrador Paroquial

Estimada comunidade das Cinco Chagas,

Convido todos e cada um a unirmo-nos em oração com o Santo Padre, neste tempo marcado por conflitos e guerras em várias partes do mundo, pedindo ao Senhor o dom do desarmamento e da paz. Que o façamos pessoalmente, em família, ou aqui na igreja diante do Santíssimo Sacramento:

Senhor da Vida,

que moldaste cada ser humano à tua imagem e semelhança, acreditamos que nos criaste para a comunhão, não para a guerra, para a fraternidade, não para a destruição. Tu, que saudaste os teus discípulos dizendo: "A paz esteja convosco", concede-nos o dom da tua paz e a força para torná-la realidade na história.

Hoje elevamos a nossa súplica pela paz no mundo, pedindo que as nações renunciem às armas e escolham o caminho do diálogo e da diplomacia.

Desarma os nossos corações do ódio, do rancor e da indiferença, para que possamos ser instrumentos de reconciliação.

Ajuda-nos a compreender que a verdadeira segurança não nasce do controlo que alimenta o medo, mas a confiança, a justiça e a solidariedade entre os povos.

Senhor, ilumina os líderes das nações, para que tenham a coragem de abandonar projetos de morte, parar a corrida ao armament e colocar no centro a vida dos mais vulneráveis. Que nunca mais a ameaça nuclear condicione o futuro da humanidade.

Espírito Santo,

faz de nós construtores fiéis e criativos de paz quotidiana: no nosso coração, nas nossas famílias, nas nossas comunidades e nas nossas cidades.

Que cada palavra amável, cada gesto de reconciliação e cada decisão de diálogo sejam sementes de um mundo novo.

Ámen.

# 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

## Staff / Equipa

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 / Comité 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 / Comité de Arte e Meio  
Ambiente  
Manuel Cabral Buildings and Grounds Committee / Comité 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 Teresa Santos, Anthony Garcia

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 from 4:30 p.m. to 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 from 4:40 p.m. to 5:20 a.m. / Todos os sábados das 4:40 às 5:20 da tarde.

# FIVE WOUNDS PORTUGUESE NATIONAL CHURCH



2023 PASTORAL PLAN  
Journey to 2031

SPREAD THE WORD – GET INVOLVED!



Get to know the Pastoral Plan

Join our Parish implementation team

Structural Renewal – Participate in the ADA to support implementation

**Sowing Seeds of Faith**

The Diocese of San José – Campaign for Spiritual Renewal



[www.dsj.org/giving/seedsfaith](http://www.dsj.org/giving/seedsfaith)

2nd Collection / 2ª Coleta:

Parish Buildings and Grounds/Edifícios e Terrenos

	Weekly	Year to date
Needed for Ministry / <i>Necessário para o Ministério</i>	\$5,700	\$159,000
Collection / <i>Colecta</i>	\$6,327	\$139,420
Deficit (deficit will reduce Parish's savings) / <i>Défice (o défice reduzirá as poupanças da Paróquia)</i>	+\$627	-\$19,580
Collection at Mass:		
Saturday 5:30pm	\$703	
Sunday 9am	\$847	
Sunday 10:30am	\$1,816	
Sunday 5:30pm	\$200	
Received by mail	\$202	
Online giving	\$2,559	
St. Isabel's Kitchen	\$1,441	

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



## A REMINDER ON LENTEN FASTING AND ABSTINENCE

### FASTING



Fasting is consuming only one full meal in a day, and 2 small meals that do not equal to a full meal



Catholics ages 18-59 years old



On Ash Wednesday and Good Friday

#### Who are exempted?

Those who are sick or have a medical condition  
Those who are pregnant or breastfeeding

### ABSTINENCE



NO MEAT: pork, chicken, and beef  
Fish, seafood, and eggs are allowed.



Catholics ages 14+



On Ash Wednesday and Good Friday



Every Friday During Lent

## 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.

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