



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 15, 2026

www.fivewoundschurch.org / info@fivewoundschurch.org

15 DE MARÇO DE 2026

4TH SUNDAY OF LENT

Message from the Parish Administrator

Dear Five Wounds Community,

Since we are now halfway through Lent, I invite each one of you to celebrate the Sacrament of Reconciliation next Friday, March 20, at 6:00 PM, in our Five Wounds Church. Several priests will be available to hear confessions in different languages. Here are a few instructions and recommendations.

Why go to Confession?

Confession is a sacrament instituted by Jesus Christ for the forgiveness of sins. He said to His apostles: "Whose sins you forgive are forgiven them, and whose sins you retain are retained" (John 20:23).

The new life we received in Baptism can grow weak or even be lost because of sin. For this reason, Christ wanted the Church to continue His work of healing and salvation through this sacrament.

Through the priest's sacramental absolution, acting in the name of Christ, God grants the penitent forgiveness and peace. The grace of God is restored, allowing us to live again as children of God and to reach heaven, our eternal happiness.

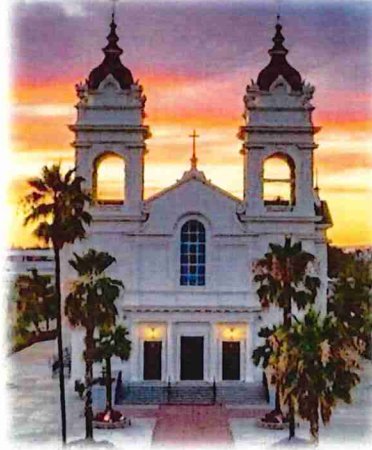
What is needed for a good Confession?

To make a good Confession, it is necessary to: examine your conscience about the sins committed since your last Confession; have true sorrow; confess your sins to the priest; and accept the penance given by the confessor to repair the harm caused by sin.

An examination of conscience helps us remember the sins we have committed since our last Confession in the light of the Ten Commandments, the Sermon on the Mount, and the teachings of the Apostles.

Confessing all our sins shows true repentance and our desire for God's mercy. It is like when a sick person shows his wound to the doctor in order to be healed.

Therefore, we must also do something to repair our sins: we must "make satisfaction" or "make amends" in the way the confessor asks us to do.



4º DOMINGO DA QUARESMA

Mensagem do Administrador Paroquial

Estimada comunidade das Cinco Chagas,

Visto que nos encontramos a meio da Quaresma, convido-vos a todos a celebrar o Sacramento da Reconciliação na próxima sexta feira, dia 20 de março, pelas 6 horas da tarde, na nossa Igreja das Cinco Chagas, onde estarão alguns sacerdotes que podem confessar em várias línguas. Assim deixo-vos algumas instruções e recomendações.

Confessar-se, porquê?

A Confissão é um sacramento instituído por Jesus Cristo para perdoar os pecados, quando disse aos seus apóstolos: «Aqueles a quem perdoardes os pecados, serão perdoados; aqueles a quem os retiverdes, serão retidos» (Jo, 20, 23). Porque a vida nova que nos foi dada por Ele no Batismo pode debilitar-se e perder-se por causa do pecado. Por isso, Cristo quis que a Igreja continuasse a sua obra de cura e de salvação mediante este sacramento.

Pela absolvição sacramental do sacerdote, que atua em nome de Cristo, Deus concede ao penitente o perdão e a paz, recupera a graça pela qual vive como filho de Deus e pode chegar ao céu, a felicidade eterna.

O que é preciso para fazer uma boa Confissão?

Para fazer uma boa Confissão é necessário: um exame de consciência dos pecados cometidos desde a última Confissão; o arrependimento; a confissão dos pecados feita ao sacerdote e a penitência imposta pelo confessor ao penitente para reparar o dano causado pelo pecado.

Fazer o exame de consciência ajuda recordar os pecados cometidos desde a última confissão à luz dos dez mandamentos, do Sermão da montanha e dos ensinamentos apostólicos.

A confissão de todos os pecados cometidos manifesta a verdadeira contrição e o desejo da misericórdia divina. É como quando o doente mostra a sua chaga ao médico para ser curado.

Portanto, deve fazer algo mais para reparar os seus pecados: deve "satisfazer" de maneira apropriada ou "expiar" os seus pecados do modo que o confessor indicar.

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 2h
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*

Memorial Mass for Fátima Williams

who worked for the parish for 18 years / que trabalhou para a
paróquia durante 18 anos

March 23 at 5:00 p.m - 23 de março às 5 da tarde
Five Wounds Church - Igreja das Cinco Chagas

Prayer Requests / Pedidos de Oração

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, Anthony Garcia, Noel Medeiros, Sergio Cadena, Gi Au
Luu

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*



SOCIAL MEDIA

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



2nd Collection / 2ª Coleta:

Religious Education / Formação Religiosa Paroquial

	Weekly	Year to date
Needed for Ministry / <i>Necessário para o Ministério</i>	\$4,200	\$163,200
Collection / <i>Colecta</i>	\$2,635	\$142,055
Deficit (deficit will reduce Parish's savings) / <i>Défice (o défice reduzirá as poupanças da Paróquia)</i>	-\$1,565	-\$21,145
Collection at Mass:		
Saturday 5:30pm	\$394	
Sunday 9am	\$537	
Sunday 10:30am	\$1,130	
Sunday 5:30pm	\$167	
Received by mail	\$407	
Buildings and Grounds	\$809	

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

2026 Lenten, Holy Week and Easter Schedule Horário da Quaresma, Semana Santa e Páscoa de 2026

STATIONS OF THE CROSS / VIA-SACRA

Every Friday during Lent / Todas as Sextas-feiras durante a Quaresma
9:30 a.m. (English/Portuguese/Spanish)
6h00 da manhã (Inglês/Português/Espanhol)

RECONCILIATION SERVICE / CELEBRAÇÃO PENITENCIAL, MARCH 20

Friday/Sexta-feira
6:00 p.m. (English/Portuguese/Spanish)
6h00 da tarde (Inglês/Português/Espanhol)

STEPS OF THE PASSION OF CHRIST CELEBRATION / CELEBRAÇÃO DOS PASSOS DA PAIXÃO DE CRISTO

Sunday, March 22 / Domingo
10:30 a.m. Mass and Procession (Portuguese)
10h30 da manhã, Missa às e Procissão (Português)

HOLY THURSDAY / QUINTA FEIRA SANTA, APRIL 2

7:00 p.m. Mass of the Lord's Supper (English/Portuguese)
Adoration after Mass until 11:00 p.m.

7h00 da tarde - Missa da Ceia do Senhor (English/Portuguese)

After the end of the Mass of the Lord's Supper until 11:00 p.m.

GOOD FRIDAY / SEXTA FEIRA SANTA DA PAIXÃO DO SENHOR, APRIL 3

3:00 p.m. Celebration of the Lord's Passion (English/Portuguese)
7:00 p.m. The Passion Play by Youth Confirmation Candidates
and Procession of the Lord's Burial (English/Portuguese)

3:00 p.m. Celebração da Paixão do Senhor
7:00 p.m. Representação da Paixão de Cristo pelos jovens candidatos ao Crisma
e Procissão do Senhor Morto (English/Portuguese)

HOLY SATURDAY / SÁBADO SANTO, APRIL 4

8:30 p.m. - Celebration of the Easter Vigil (English/Portuguese)
Celebração da Vigília Pascal (English/Portuguese)

EASTER SUNDAY / DOMINGO DE PÁSCOA DA RESSURREIÇÃO DO SENHOR, APRIL 5

9:00 a.m. Mass in English / Missa em Inglês
10:30 a.m. Mass in Portuguese / Missa Português
5:30 p.m. Mass in Latin / Missa em Latin (Novus Ordo)

WHAT'S THE DIFFERENCE?

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CRS RICE BOWL



What it Supports

Global Relief and Development

Supports:

- Global Poverty
- Disaster Response
- Peacebuilding
- Healthcare
- Education, etc



Global and Local (in our Diocese)

Supports:

- Global countries
- Local Hunger Programs

When it Take Place

One Day Collection

Third Sunday of Lent



Throughout Lent

After Ash Wednesday until Holy Thursday

How To Give

Donate during 3rd Sunday
Mass of Lent



Save daily in your CRS Rice bowl
box and submit your box on
Easter Sunday or through your
Parish online donations

Where the Funds Go

100% Supports Global Effort



75% Supports Global Hunger Relief
25% Helps Diocese of San José
Hunger Relief Program



LET US MAKE A DIFFERENCE THIS LENT
www.dsj.org/crs/



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