



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 22, 2026

www.fivewoundschurch.org / info@fivewoundschurch.org

22 DE MARÇO DE 2026

5TH SUNDAY OF LENT

Message from the Parish Administrator

Dear Five Wounds Community,

Today, it may seem that people have lost the sense of adoration, the need for quiet worship.

This practice is a deep expression of faith and love for Christ in the Eucharist. In the midst of our daily responsibilities, adoration offers a moment to encounter God—a time of rest in His presence that brings comfort and guidance for everyday life.

In a fast-paced world, a visit to the Blessed Sacrament becomes a refuge, a space where we find peace and consolation in the Lord.

The tabernacle is a quiet and welcoming place where Christ is present, where we can share with Him our worries, our sufferings, our hopes, and our joys.

Before Jesus, we grow in our ability to listen to what God wants to say to us. Visiting Him in the tabernacle is an opportunity for Him to heal our senses and free our hearts from the restlessness of constant busyness.

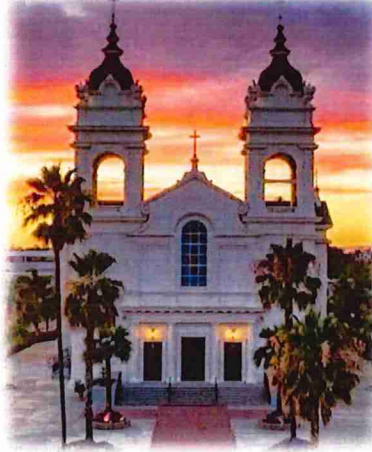
To adore is to offer both body and soul, to recognize deeply our complete dependence on God, before whom we bow with reverence and humility, aware that our life finds its meaning in Him.

Adoring Jesus is a clear expression of our belief in the Eucharist. Taking time before the tabernacle is a true profession of faith.

In the silence of the church, away from the noise of the world, Jesus invites us to rest in Him. This time of adoration not only strengthens our relationship with God, but also transforms us, making us more aware of His love and of our mission in the world.

Jesus remains in the Holy Eucharist for us: to stay close to us, to support us, to guide us. And love is repaid with love—how could we not go to the tabernacle every day, even if only for a few minutes, to offer Him our greeting and our love?

I invite you: Come, let us pause and adore the Lord.



5º DOMINGO DA QUARESMA

Mensagem do Administrador Paroquial

Estimada comunidade das Cinco Chagas,

Hoje em dia, pode parecer que o homem perdeu o sentido da adoração, a necessidade do culto em silêncio.

Esta prática constitui uma profunda expressão de fé e amor a Cristo na Eucaristia. Em meio dos afazeres do dia-a-dia, a adoração oferece uma ocasião de encontro com Deus, um descanso em sua

presença, que traz consolo e guia para a vida diária.

Num mundo de ritmo vertiginoso, a visita ao Santíssimo constitui um refúgio, um espaço em que achamos paz e consolo no Senhor.

O Sacrário é o lugar tranquilo e aprazível onde está Cristo, onde Lhe podemos contar as nossas preocupações, os nossos sofrimentos, os nossos anseios e as nossas alegrias.

Diante do Jesus podemos desenvolver a capacidade de ouvir o que Deus quer nos dizer. Visitar Jesus no sacrário é uma oportunidade para que Ele cure nossos sentidos e liberte nosso coração da inquietação da pressa.

Adorar é uma entrega do corpo e da alma, um reconhecimento profundo da nossa total dependência de Deus, diante de quem nos inclinamos com respeito e submissão absolutos, com a consciência de que nossa existência só tem sentido nele.

Adorar Jesus, manifesta adequadamente o acreditar que a Eucaristia. Deter-se diante do sacrário é uma declaração de fé.

No silêncio do templo, longe da agitação do mundo, Jesus nos convida descansar nele. Este tempo dedicado à adoração não só ajuda a fortalecer nossa relação com Deus, mas nos transforma, tornando-nos mais conscientes do seu amor e da nossa missão no mundo.

Jesus ficou na Hóstia Santa por nós: para permanecer ao nosso lado, para amparar-nos, para guiar-nos. – e amor somente com amor se paga – como não havemos de ir ao Sacrário, todos os dias, nem que seja apenas por alguns minutos, para levar-Lhe a nossa saudação e o nosso amor.

Convido-vos: Vinde, paremos e adoremos o Senhor!

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, Giau Luu, Antonio Nascimento

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/seedsoffaith

2nd Collection / 2ª Coleta:

Diocesan Special Collection/Coleta Diocesana Especial

	Weekly	Year to date
Needed for Ministry / Necessário para o Ministério	\$4,200	\$167,400
Collection / Colecta	\$3,291	\$145,346
Deficit (deficit will reduce Parish's savings) / Défice (o défice reduzirá as poupanças da Paróquia)	-\$909	-\$22,054
Collection at Mass:		
Saturday 5:30pm	\$633	
Sunday 9am	\$767	
Sunday 10:30am	\$1,552	
Sunday 5:30pm	\$102	
Received by mail	\$237	
Religious Education	\$907	

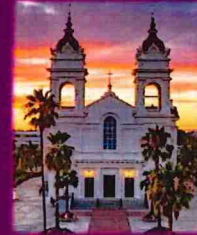
Thank You to our parishioners who contribute to the offerings of the Lord / Obrigado aos nossos paroquianos que contribuem para as ofertas do Senhor



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1373 East Santa Clara Street, San Jose, CA

Holy Week
and
Easter
2026



Semana Santa
e
Páscoa
2026

STEPS OF THE PASSION OF CHRIST CELEBRATION, March 22
CELEBRAÇÃO DOS PASSOS DA PAIXÃO DE CRISTO

Sunday / Domingo

10:30 a.m. Mass and Procession (Portuguese)

10h30 da manhã, Missa e Procissão (Português)

HOLY THURSDAY, APRIL 2

QUINTA FEIRA SANTA

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)

Adoração desde o final da Missa até às 11:00 p.m.

GOOD FRIDAY, APRIL 3

SEXTA FEIRA SANTA DA PAIXÃO DO SENHOR

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 (English/Portuguese)

7:00 p.m. Representação da Paixão de Cristo pelos jovens
candidatos ao Crisma e Procissão do Senhor Morto

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, APRIL 5

DOMINGO DE PÁSCOA DA RESSURREIÇÃO DO SENHOR

9:00 a.m. Mass in English / Missa de Páscoa em Inglês

10:30 a.m. Mass in Portuguese / Missa de Páscoa em Português





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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