



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

JULY 12, 2026

www.fivewoundschurch.org / info@fivewoundschurch.org

12 DE JULHO DE 2026

OUR LADY OF MOUNT CARMEL AND THE SCAPULAR

The title of Our Lady of Mount Carmel is one of the oldest and most beloved titles by which Christians honor the Mother of Jesus. This devotion began on Mount Carmel in the Holy Land, where the Carmelite Order was founded. It was there that the first Carmelites built a small chapel dedicated to the Blessed Virgin Mary. Later, because of the Muslim invasions, the Carmelites had to leave Mount Carmel and travel to Europe. They brought with them their devotion to Our Lady of Mount Carmel.

Years later, St. Simon Stock, the Superior General of the Carmelite Order, entrusted the entire community to the protection of Our Lady. According to tradition, the Blessed Virgin Mary appeared to him and gave him the **Brown Scapular as a sign of her protection and her motherly love**. Since that time, the Scapular has been a sign of the special protection of Our Lady.

The Meaning of Signs in Our Lives

We all need signs that remind us of what is most important. That is why we wear a crucifix, carry a rosary, wear a medal, or receive the Brown Scapular. These objects have no power by themselves. Their true value is found in what they represent and in the way they help us live our faith.

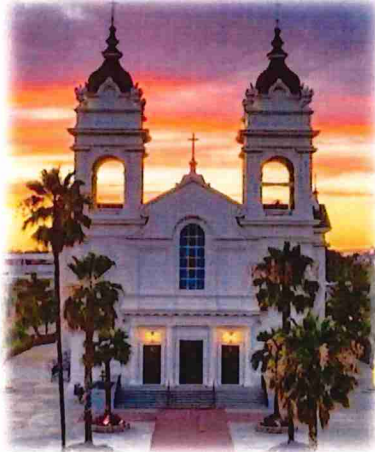
Jesus Himself used visible signs to communicate God's grace: bread, wine, water, oil, and the laying on of hands. Through these visible signs, God makes His love and His saving action present in our lives. Besides the signs of the sacraments, the Church also preserves other signs that are part of her history and spiritual tradition. One of these is the Brown Scapular of Our Lady of Mount Carmel.

The Brown Scapular has been part of the Church's tradition for more than seven hundred years and is a sacramental approved by the Church. Originally, it was part of the Carmelite habit and was worn during daily work. Over time, it became a spiritual symbol. It reminds us that we are called to follow Jesus by carrying our daily cross with love and faithfulness.

The Scapular also became a sign of a special relationship with the Blessed Virgin Mary. It expresses our trust in her motherly protection and our desire to imitate her life of complete devotion to Christ.

Receiving the Brown Scapular is not simply wearing a religious object. It is not something magical or a good-luck charm. Rather, it is a true commitment to the Christian life, striving to follow Jesus and to live a holy life.

Finally, **the Brown Scapular reminds us** to place our trust in Our Lady's loving motherly protection throughout our lives. It also strengthens our hope that one day we will come into the presence of God and share with Him the joy of eternal life.



NOSSA SENHORA DO CARMO E O ESCAPULÁRIO

O título de Nossa Senhora do Carmo é um dos mais antigos e queridos com que os cristãos veneram a Mãe de Jesus.

Esta devoção nasceu no Monte Carmelo, na Terra Santa, onde teve origem a Ordem Carmelita. Foi ali que os primeiros Carmelitas construíram uma pequena capela dedicada à Virgem Maria. Mais tarde, devido às invasões muçulmanas, os Carmelitas tiveram de abandonar o Monte Carmelo e partir para a Europa. Levaram consigo a devoção a Nossa Senhora do Carmo.

Foi então, mais tarde, que o Superior Geral da Ordem, São Simão Stock, confiou toda a comunidade à proteção de Nossa Senhora. Segundo a tradição, a virgem Maria apareceu-lhe e entregou-lhe o **Escapulário como sinal da sua proteção e do seu amor materno**. Desde então, o Escapulário tornou-se um sinal da especial proteção de Nossa Senhora.

O valor dos sinais na nossa vida

Todos nós precisamos de sinais que nos recordem aquilo que é mais importante. Por isso usamos um crucifixo, um terço, uma medalha ou o Escapulário. Estes objetos não têm poder por si mesmos. O seu verdadeiro valor está naquilo que representam e nos ajudam a viver.

Também Jesus utilizou sinais para nos comunicar a graça de Deus: o pão, o vinho, a água, o óleo e a imposição das mãos. Através destes sinais visíveis, Deus torna presente o seu amor e a sua ação na nossa vida.

Além dos sinais dos sacramentos, a Igreja conserva outros sinais ligados à sua história e à sua espiritualidade. Um deles é precisamente o Escapulário de Nossa Senhora do Carmo.

O Escapulário tem uma tradição com mais de setecentos anos e é um sinal aprovado pela Igreja. Originalmente fazia parte do hábito dos Carmelitas e era usado durante o trabalho diário. Com o passar do tempo, tornou-se um símbolo espiritual: recorda-nos que somos chamados a seguir Jesus, levando a nossa cruz de cada dia com amor e fidelidade.

O Escapulário tornou-se também um sinal da sua ligação especial à Virgem Maria, confiando na sua proteção materna e do desejo de imitar a sua vida de entrega total a Cristo.

Receber o Escapulário não é apenas usar um objeto religioso, nem receber algo mágico ou um amuleto. É verdadeiramente assumir um compromisso de vida cristã, procurando seguir Jesus e viver uma vida santa.

Por fim, **o Escapulário recorda-nos** a confiança na proteção materna de Nossa Senhora ao longo da vida e alimenta a esperança de um dia chegarmos ao encontro definitivo com Deus na vida eterna.

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 / Comitê Litúrgico
Michelle Salguero Hospitality Ministry / Ministério de Hospitalidade
Religious Education Coordinator / Coordenador 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

Important Notice / Atenção

During the months of July and August, the Parish Office
will be closed on Fridays. From Monday through Thursday,
regular office hours will remain in Effect.

Durante os meses de julho e agosto, a Reitoria estará
encerrada à sexta-feira. De segunda a quinta-feira, mantém-
se o horário habitual de funcionamento.

Prayer Requests / Pedidos de Oração

This week we pray for those who are ill / Esta semana
vamos rezar pelas melhoras de: Meghan Silveira

And for those who have died / E pelo eterno descanso de:
Maria Concepcion Valdez Juaregui, Egualberto Abaya,
Antônio Silveira

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 dedica-
da, 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 a.m. (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*.

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



FIVE WOUNDS PORTUGUESE NATIONAL CHURCH



• Upcoming Events •

Check out the parish calendar.

- * July 13, 2026 (Monday)
11:00 pm - Funeral: Maria Concepcion Valdez Juaregui
- * July 14, 2026 (Tuesday)
10:30 pm - Funeral: Eguilberto Abaya
- * July 17, 2026 (Friday)
11:00 pm - Funeral: António Silveira
- * July 18, 2026 (Saturday)
10:30 pm - Baptism: Nicollete Penington
11:30 pm - Baptism: Aurora Nogueira
- * July 19, 2026 (Sunday)
10:30 pm - Festa de Nossa Senhora do Carmo
- * July 25, 2026 (Saturday)
3:00 pm - Youth Day in the Bay (see the program below)

Five Wounds Portuguese National Parish JOB OPENING | OFERTA DE EMPREGO



Administrative Assistant



Director of Religious Education



For more information: info@fivewoundschurch.org

2nd Collection / 2ª Coleta:

Buildings and Grounds/ Edifícios e Terrenos Paroquiais

	Weekly	Year to date
Needed for Ministry / Necessário para o Ministério	\$4,200	\$4,200
Collection / Colecta	\$2,718	\$2,718
Deficit (deficit will reduce Parish's savings) / Déficit (o déficit reduzirá as poupanças da Paróquia)	-\$1,482	-\$1,482
Collection at Mass:		
Saturday 5:30pm	\$329	
Sunday 9am	\$869	
Sunday 10:30am	\$894	
Sunday 5:30pm	\$199	
Received by mail	\$427	
St. Isabel's Kitchen	\$919	

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



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/seedsoffaitth

YOU ARE CALLED. YOU BELONG. YOU ARE SENT.

YOUTH DAY

in the BAY

A DAY OF CELEBRATION, ENCOUNTER & COMMUNITY

DANA CATHERINE
FIVE WOUNDS PT. N. CH.
KEYNOTE

BISHOP CANTÚ
BISHOP OF SAN JOSE
SPECIAL GUEST

JON MARTIN
ST. JOHN VIANNEY CHURCH
WORSHIP TEAM

SATURDAY, JULY 25, 2026
3:00 PM - 8:00 PM

ST. JOHN VIANNEY CHURCH
4800 HILAND AVE. SAN JOSE, CA 95127
ALUM ROCK, SAN JOSE

FELLOWSHIP | FOOD TRUCKS & VENDORS | PRAISE | ADORATION | CELEBRATION

*Ages 13 - 18
REGISTER & LEARN MORE:
\$40 - Dinner included

YOUTH DAY in the Bay



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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