



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 19, 2026

www.fivewoundschurch.org / info@fivewoundschurch.org

19 DE JULHO DE 2026

OUR LADY OF MOUNT CARMEL AND THE SCAPULAR - II

The Brown Scapular is an outward sign of trust in Our Lady and a commitment to live a life of faith, prayer, conversion, and fidelity to the Gospel. It should never be worn as a good-luck charm or as an automatic guarantee of salvation.

Those who wear the Scapular are called to imitate the Blessed Virgin Mary by listening to God's Word, receiving the sacraments, practicing charity, and remaining united with Christ.

Throughout the centuries, many saints had a deep devotion to Our Lady of Mount Carmel and encouraged the faithful to wear the Brown Scapular as a sign of dedication to Mary, trust in her motherly protection, and commitment to living a faithful Christian life.

St. Simon Stock – According to Carmelite tradition, St. Simon Stock received the Brown Scapular from Our Lady herself. Tradition also tells us that on that same day he placed it on a dying man who had turned away from God, and the man received the grace of conversion.

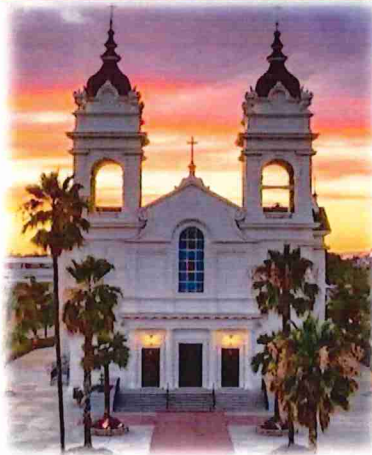
St. John of the Cross – During his final illness, St. John of the Cross often asked the brother caring for him what day of the week it was. He explained: "I ask because I have just remembered the great blessing Our Lady gives to the members of her Order who wear her habit and faithfully live according to its spirit."

St. Teresa of Ávila – St. Teresa rejoiced in wearing the Brown Scapular, even though she called herself an "unworthy Carmelite." She encouraged her sisters never to take it off, even while sleeping. She wrote: "I can trust only in the mercy of the Lord, in the merits of His Son, and in the Blessed Virgin Mary, His Mother, whose habit I unworthily wear, and which you also wear."

St. Alphonsus Liguori – St. Alphonsus faithfully wore the Brown Scapular and strongly encouraged others to wear it as a sign of devotion to Our Lady.

St. Peter Claver – St. Peter Claver often used the Brown Scapular in his ministry to enslaved people in Colombia. A well-known painting shows him on his deathbed holding a crucifix, with the Brown Scapular resting on his chest. Around him are many of the people he served, also wearing the Brown Scapular.

St. Bonaventure – The following words are traditionally attributed to St. Bonaventure: "Let even the most hardened sinners entrust their hearts to Our Lady of Mount Carmel. Let them put on her holy Brown Scapular, and she will lead them to the harbor of conversion. Honor her by wearing the Brown Scapular and by faithfully living the commitments of this devotion."



NA SRA DO CARMO E O ESCAPULÁRIO – II

O escapulário é um sinal exterior de confiança em Nossa Senhora e de compromisso com uma vida de fé, oração, conversão e fidelidade ao Evangelho. Não deve ser usado como um amuleto nem como uma garantia automática de salvação. Quem o usa é chamado a imitar a virgem Maria, escutando a Palavra de Deus, participando nos sacramentos, praticando a caridade e permanecendo unido a Cristo.

Ao longo dos séculos, muitos santos manifestaram uma profunda devoção a Nossa Senhora do Carmo e recomendaram o uso do escapulário

como sinal de consagração a Maria, de confiança na sua proteção materna e de compromisso com uma vida verdadeiramente cristã.

São Simão Stock, segundo a tradição carmelita, recebeu o escapulário das mãos de Nossa Senhora. Conta-se também que, nesse mesmo dia, o colocou sobre um moribundo que se encontrava afastado de Deus, alcançando a graça da sua conversão.

São João da Cruz

Durante a sua última doença, São João da Cruz perguntava frequentemente ao religioso que o assistia que dia da semana era. Explicava: «Pergunto porque me veio agora à memória quão grande benefício concede Nossa Senhora aos religiosos da sua Ordem que usaram o seu hábito e viveram de acordo com aquilo que este privilégio exige».

Santa Teresa de Jesus alegrava-se por usar o escapulário, embora se considerasse uma «indigna carmelita». Zelava também para que as suas religiosas não deixassem de o usar, mesmo durante a noite. Dirigindo-se a elas, escreveu: «Só posso confiar na misericórdia do Senhor, nos méritos do seu Filho e da Santíssima Virgem Maria, sua Mãe, cujo hábito indignamente uso e vós também usais.»

Santo Afonso Maria de Ligório usava o escapulário e recomendava-o insistentemente aos fiéis como sinal de devoção a Nossa Senhora.

São Pedro Claver utilizou frequentemente o escapulário de Nossa Senhora do Carmo no seu apostolado junto dos escravos na Colômbia. Existe uma pintura que o representa no leito de morte, segurando um crucifixo numa das mãos e tendo o escapulário sobre o peito. À sua volta encontram-se muitos daqueles a quem serviu, usando também o escapulário ao pescoço.

São Boaventura

A São Boaventura é atribuída esta exortação: «Confiem à Virgem do Carmo o seu coração, mesmo os pecadores mais endurecidos. Revistam-se do seu santo escapulário, e ela os conduzirá ao porto da conversão. Honrem-na através do uso do escapulário e do cumprimento dos compromissos próprios desta devoção».

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 "Sowing Seeds of Faith" Campaign / Campanha "Sowing Seeds of Faith"
Michelle Salguero 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

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 a.m. (da manhã) *Português*
5:30 p.m. *Latin Novus Ordo*



SOCIAL MEDIA

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 19, 2026 (Sunday)

10:30 am - Festa de Nossa Senhora do Carmo

* July 25, 2026 (Saturday)

10:30 am - Baptism Charlotte Estrada

13:00 am - Quinceañera Leah Alvarez

3:00 pm - Youth Day in the Bay (see the program below)



2nd Collection / 2ª Coleta:

Parish Religious Formation / Formação Religiosa Paroquial

Needed for Ministry / Necessário para o Ministério	Weekly	Year to date
Collection / Colecta	\$4,200	\$8,400
Deficit (deficit will reduce Parish's savings) / Déficit (o déficit reduzirá as poupanças da Paróquia)	-\$1,587	-\$3,069
Collection at Mass:		
Saturday 5:30pm	\$599	
Sunday 9am	\$778	
Sunday 10:30am	\$936	
Sunday 5:30pm	\$77	
Received by mail	\$223	
Buildings and Grounds	\$698	

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



Five Wounds Parish receives Two Grants from the Catholic Community Foundation

Five Wounds Parish is pleased to share the good news that the Catholic Community Foundation has awarded the parish two grants in support of **Parish Outreach** and the **Pastoral Plan**.

These grants will provide much-needed resources to strengthen parish ministries and programs, helping us better serve our parishioners and the wider community.

Through these investments, Five Wounds Parish will be able to continue its mission of faith formation, service, and outreach with renewed support.

We are deeply grateful to the Catholic Community Foundation for its generosity and commitment to our parish mission. Their partnership will make a meaningful difference in the lives of those we serve.

Please join us in giving thanks for this blessing and for all who support the ministry and future of Five Wounds Parish.



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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