



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

AUGUST 16, 2026

www.fivewoundschurch.org / info@fivewoundschurch.org

16 DE AGOSTO DE 2026

From Fragility to Hope

The experience of fragility is part of the human condition. We are limited, and we often face challenges that make us feel powerless or inadequate. Fragility is part of our human nature, and it was embraced by Christ, who became fragile and poor with us (...).

However, beyond this natural human fragility, there are other forms of fragility that are unjustly or violently imposed on people. These are not part of a natural journey, but situations that make people more vulnerable and push them into poverty. In the end, these situations take away hope and offend human dignity. Many people are forced to migrate or seek refuge. They leave their homeland in search of better living conditions, greater freedom, and greater respect for who they are — personally, culturally, religiously, or ethnically.

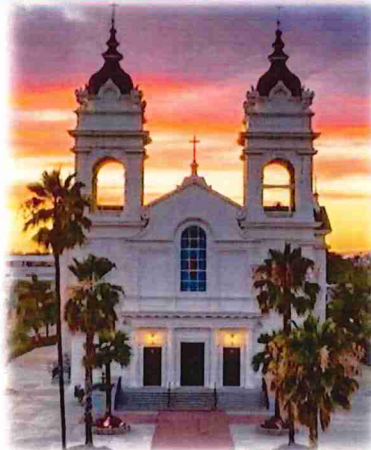
Many experiences of migration are very painful. People may leave their homeland because of poverty, hardship, or even violence. But when they arrive in another country, migrants often face exploitation and oppression. They may become victims of human trafficking, unfair working conditions, or inadequate and sometimes inhumane housing. They may also face discriminatory laws and administrative or political practices that cause even more suffering.

In Portugal, we have a long tradition of migration in both directions. Portuguese people have left their homeland and have been welcomed in other countries, and Portugal has also welcomed people who have come from other parts of the world. There are many beautiful stories of successful integration (...). When large numbers of migrants arrive and the systems for integration are not prepared to respond adequately, the solution is not to fight against migrants. Instead, we must provide better conditions to welcome them. We must challenge and reject hatred and racism. We must prevent every form of exploitation in employment, housing, and social life. We also need responsible laws that respect the four fundamental actions proposed by the social teaching of the Church: to welcome, to protect, to promote, and to integrate. (...)

The Christian response to the unjust situations that make migrants more vulnerable must be a concrete response that offers hope and meaning. This cannot be done only with beautiful words. It requires promoting solidarity and justice through concrete actions and positive ways of helping people become part of society. This is what it means to be the Church: a universal community that is truly Catholic. We welcome the gift of God that makes us one, not only when we celebrate the liturgy, but also, and above all, in our social and community relationships. (...) **Fraternity is the necessary path that leads us from fragility to hope.**

Bishop Pedro Fernandes

President of the Portuguese Episcopal Commission for Human Mobility



Da fragilidade à Esperança

A experiência da fragilidade é transversal à condição humana: somos finitos, vivemos muitas vezes desafios que nos fazem sentir impotentes ou insuficientes. A fragilidade é constitutiva da nossa natureza e foi abraçada por Cristo, que conosco se fez frágil e pobre (...).

Porém, para além desta fragilidade estrutural, profundamente humana, há outras formas de fragilidade que são impostas de modo injusto ou violento, que não são um caminho, mas processos de fragilização e empobrecimento. Em última análise, estes processos de fragilização roubam a esperança e ofendem a dignidade das pessoas, muitas das quais são forçadas a migrar ou procurar refúgio. Saem da sua terra em busca de melhores condições de vida, de mais liberdade, de mais respeito pelo que são, ao nível pessoal, cultural, religioso ou étnico.

Muitas destas experiências de migração são vividas de modo muito doloroso: se na origem a causa da saída foi, de algum modo, a carência ou até à violência, nos lugares de destino os migrantes encontram com frequência o oportunismo e a opressão: tornam-se vítimas de tráfico, de condições de trabalho ou alojamento injustas e, tantas vezes, desumanas, com legislações injustamente discriminatórias e práticas administrativas ou políticas que causam ainda mais sofrimento.

No nosso país (Portugal), com uma tão grande tradição migratória, em todos os sentidos (partimos e somos acolhidos nos países de destino; e acolhemos outros que chegam à nossa terra), há muitas e belas histórias de sucesso na integração (...). Para as vagas migratórias por vezes desproporcionais aos mecanismos de integração, a solução não é combater as pessoas migrantes, mas é garantir-lhes melhores condições de acolhimento: combater e desconstruir os discursos de ódio e racismo; inviabilizar todas as formas de oportunismo e aproveitamento, no trabalho, no alojamento ou na vida social; providenciar legislação responsável que respeite os quatro verbos fundamentais que a doutrina social da Igreja preconiza: acolher, proteger, promover e integrar. (...)

A resposta fraterna dos cristãos aos processos injustos de fragilização da pessoa migrante é a resposta concreta que oferece esperança e sentido, não apenas com palavras bonitas, mas com a promoção da solidariedade, da justiça, através de processos e propostas concretas de integração positiva. Ser Igreja, como comunidade universal, verdadeiramente católica, é isso: acolher o dom de Deus que nos faz ser um só, não apenas na liturgia, mas, antes de mais, nas relações sociais e comunitárias. (...) **E a fraternidade é o ambiente necessário para passar da fragilidade à esperança.**

Bispo Pedro Fernandes,

Presidente da Comissão Episcopal Portuguesa da Mobilidade Humana

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
Sr. Agnes Trang Phan, LHC Religious Education Coordinator /
Coordenadora de Formação Religiosa
Loretta Krouse Bookkeeper / Contabilista
Anna Maria Shumard Office Assistant / Assistente de escritório
Champion Avecilla Sacristan / Sacristão
Lúcia Soares Chair of the "Sowing Seeds of Faith" Campaign / Chair da
Campanha "Sowing Seeds of Faith"
George Mattos Finance Council / Conselho de Finanças
Emanuel Sousa Parish Pastoral Council / Conselho Pastoral
Tony Freitas Saint Isabel's Kitchen / Cozinha de Santa Isabel
Celina Belém Altar Society / Sociedade do Altar
Sofia Avila Website Administrator / Administradora da Website
Michelle Salguero Liturgy Committee / Comité Litúrgico
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

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, Joe Rosa

And for those who have died / E pelo eterno descanso de:

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



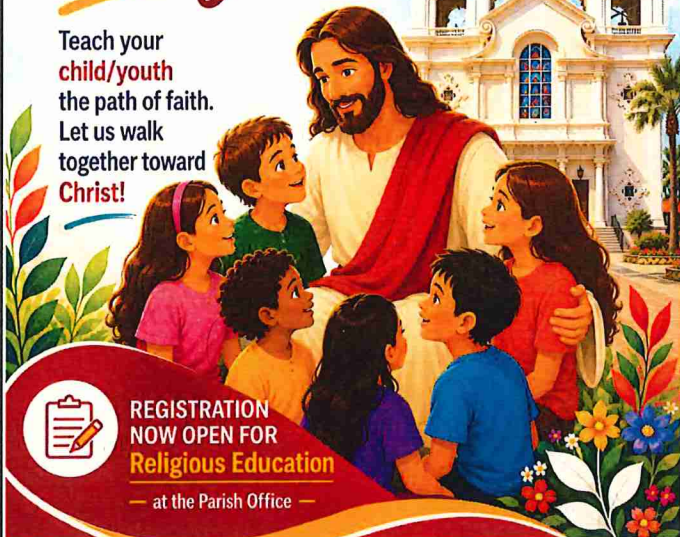
The future of
our faith begins
with

*Children
and Youth*



FIVE WOUNDS
PORTUGUESE NATIONAL PARISH
— SAN JOSÉ, CA —

Teach your
child/youth
the path of faith.
Let us walk
together toward
Christ!



REGISTRATION
NOW OPEN FOR
Religious Education
— at the Parish Office —

2nd Collection / 2ª Coleta:

Religious Formation / Formação Religiosa Paroquial

	Weekly	Year to date
Needed for Ministry / <i>Necessário para o Ministério</i>	\$4,200	\$26,700
Collection / <i>Colecta</i>	\$4,270	\$21,995
Deficit (deficit will reduce Parish's savings) / <i>Défice (o défice reduzirá as poupanças da Paróquia)</i>	+\$70	-\$4,705
Collection at Mass:		
Saturday 5:30pm	\$483	
Sunday 9am	\$750	
Sunday 10:30am	\$1,935	
Sunday 5:30pm	\$256	
Received by mail	\$846	
Buildings and Grounds	\$931	

*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**

Sowing

Seeds of Faith

The Diocese of San José - Campaign for Spiritual Renewal



As was announced in April, this year we are
combining the Annual Diocesan Appeal (ADA) into
the Diocesan *Sowing Seeds of Faith* Campaign.

This Campaign will raise money to implement the
Diocesan Pastoral Plan across our 50 parishes.
The plan will create resources and projects to
reinvigorate our parishes, attracting more pa-
rishioners to grow in their faith and service together.

We have chosen these areas to focus on to make our
parish and Christ's community stronger:

Worship, Formation, and Family Ministry

Let's help our community grow in faith
and in service to Christ's Church.

Conforme foi anunciado em abril, este ano a Cam-
panha Diocesana Annual (ADA) será integrada na
Campanha Diocesana "Sowing Seeds of Faith".

Esta campanha tem como objetivo angariar fundos
para implementar o Plano Pastoral Diocesano nas
nossas 50 paróquias. O plano permitirá criar recur-
sos e desenvolver projetos destinados a revitalizar as
nossas comunidades paroquiais, ajudando mais pes-
soas a crescer na fé e no serviço à Igreja.

Na nossa paróquia, escolhemos concentrar-nos espe-
cialmente nestas áreas:

Liturgia, Formação e Pastoral Familiar

Vamos fazer crescer a nossa comunidade na fé
e no serviço à Igreja de Cristo.



Tune into 96.1 FM, the Portuguese Radio Network - serving 400,000 Portuguese and those of Portuguese descent in northern and central California.

To advertise on the station contact (408) 258-9699. To request contact (408) 258-9696. We are located at 1629 Alum Rock Avenue, Suite 40, San José, CA 95116

Come dine at The Drying Shed, a full service restaurant specializing in banquets and special events. Our casually elegant banquet rooms are equipped for Wedding Receptions, Holiday Parties, Baptismal Brunches, Business Luncheons - any function you are planning!

402 Toyon Ave San Jose, CA 95127 | (408) 272-1512
Open daily from 11:30 AM | thedryingshed.com

Dignity[®]

Pre-plan today to protect the people you love.
Contact **Myrna Ann Adriano** at (408) 420-4992 or MyrnaAnn.Adriano@Dignitymemorial.com.
Oak Hill | Funeral Home and Memorial Park
300 Curtner Ave, San Jose, CA 95125-1401



Realty World Golden Hills

Buy or Sell your home with me & **Five Wounds Church** will get 25% of my commission on your behalf.

Maria Sousa (408) 219-1844
mariasousarealtor@gmail.com

DRE#01098373

George M. Mattos, C.P.A.

- Tax Planning / Preparation
 - ◆ Individuals
 - ◆ Partnerships
 - ◆ Corporations
 - ◆ Trusts & Estates
- Computerized Bookkeeping
- Financial Statements / Audits
- Financial & Estate Planning
- Business Problem Solving
- Investment Review

Fala-se
Portugues

1600 Alum Rock Avenue
San Jose, CA 95116

729-7355

Helping families when they need it
the most com amor e amizade -

Melissa, Sandra, Cristina,
Stacey and Maria

Willow Glen Funeral Home

San Jose, CA FD813
(408) 295-6446

Pré-planeamento disponível e
encorajamos a fazê-lo!



Pre-planning encouraged with
Frances, Nathan and Myrna

Lima Family Erickson

San Jose, CA FD128
(408) 295-5160

Tribuna Portuguesa

https://www.portuguesetribune.com/
QUINZENÁRIO INDEPENDENTE AO SERVIÇO DAS COMUNIDADES DE LÍNGUA PORTUGUESA
To advertise call (209) 480-6860



Luis Amarante

Campbell

408-379-5010
FD898

Darling & Fischer

Family Mortuaries

Since 1936

San Jose

408-998-2226
FD557



Carlos Fagundes

Los Gatos

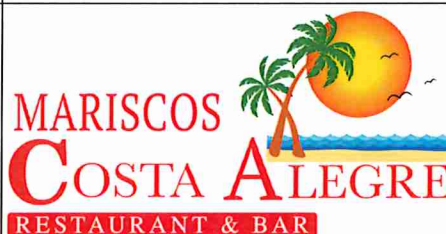
408-354-7740
FD940

SOUSA'S WINE FOOD & LIQUOR

specializing in a large selection of
Portuguese and Brazilian products

400 Moffett Blvd Ste A,
Mountain View, CA 94043
(650) 967-4461

Albert and Maria Gorete Sousa, Owners



13th Street
(408) 280-5014

Monterey Hwy
(660) 210-9250

Alum Rock
(408) 430-4214

Lima-Campagna-Alameda Mission Chapel

A tradition of caring, honoring memories and creating new ones.

Vince Lima
(408) 288-9188

600 S. 2nd St, San Jose, CA 95112



LAS CAZUELAS
RESTAURANT

Authentic Mexican
Cuisine Catering

55 Race St,
San Jose, CA 95126

Graciela Armas (408) 293-0115 or cell (408) 772-8302
email.lascazuellasrestaurant@yahoo.com



Custom Fabrication & Installation | Commercial | Residential
www.quintalsgranite.com
1775 Monterey Road, #64A, San Jose, CA 95112

Leandro Quintal - CEO/President
Cell: (408) 422-3209

Phone: (408) 295-8233

Leandro@quintalsgranite.com

Fax: (408) 295-8231 | Lic. #944208



A&D
Landscaping Service

Daniel Picanco, Manager

2670 S. White Road, Suite 243, San Jose, CA 95148

Cell: (408) 639-0861 | Tel: (408) 531-8848

aanddlandscaping@att.net



BAY AREA PRO PAINTING, INC.

Joe Medeiros, President

22 Sinnot Lane

Milpitas, CA 95035

(408) 251-1174

bayareapaintinginc@gmail.com

bayareapaintinginc.com