IGREJA NACIONAL PORTUGUESA DAS CINCO CHAGAS
FIVE WOUNDS PORTUGUESE NATIONAL CHURCH

IGREJA CATÓLICA ROMANA / ROMAN CATHOLIC CHURCH

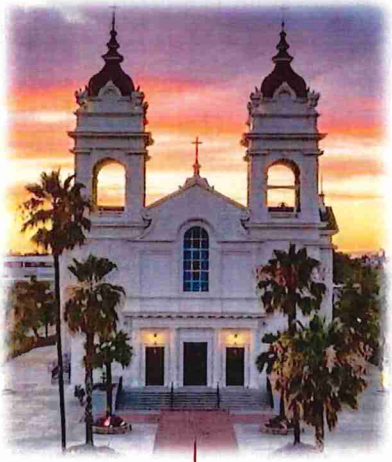
1375 East Santa Clara Street, San Jose, CA 95116 / Telephone (408) 292-2123

NOVEMBER 1, 2026 www.fivewoundschurch.org / info@fivewoundschurch.org 1 DE NOVEMBRO DE 2026

Solemnity of All Saints

Being Holy Is Easier Than We Think!

When we think about holiness, we often imagine something extraordinary, something only for special people who make great sacrifices or do heroic things. But the truth is that we are all called to be saints. And holiness begins in the little things of everyday life.



Being holy means living close to God, loving Him above all things, and loving our neighbors as ourselves. It means trying to follow the teachings of Jesus in our words, our actions, and the choices we make every day. Sounds simple, doesn't it? And it is! But simple does not always mean easy.

Holiness requires us to make choices. And making choices often means giving something up. When we choose God, we turn away from evil. When we choose to love others, we stop thinking only about ourselves. When we choose to follow Jesus, we try to live according to the Gospel, even when the world offers us an easier or more comfortable way.

Being holy means being happy!

God created us out of love, and He wants us to be happy. True holiness does not take away the joy of living. Instead, it teaches us to see the beauty of life, to be thankful for the little things, and to find God in the simplest moments.

Just look at the lives of the saints! Saint Teresa of Calcutta knew how to smile and play with children. Saint John Paul II loved sports, hiking in the mountains, and spending time with friends. And Saint Carlo Acutis, a young man who loved computers, showed us that we can love Jesus deeply, live our faith with joy, and become saints while wearing jeans and sneakers!

These examples remind us of a beautiful truth: we do not have to stop being ourselves to become saints.

Solenidade de Todos os Santos

Ser santo é mais simples do que pensamos!

Quando pensamos na santidade, imaginamos muitas vezes algo extraordinário, reservado a pessoas especiais, capazes de realizar grandes sacrifícios ou feitos heroicos. Mas a verdade é que todos somos chamados a ser santos. E a santidade começa nas pequenas coisas da vida de cada dia.

Ser santo é viver unido a Deus, amá-Lo acima de todas as coisas e amar o próximo como a nós mesmos. É procurar seguir os ensinamentos de Jesus nas nossas palavras, nas nossas atitudes e nas escolhas que fazemos diariamente. Parece simples, não é verdade? E é! Mas ser simples não significa que seja sempre fácil.

A santidade exige escolhas. E escolher implica, muitas vezes, renunciar. Quando escolhemos Deus, afastamo-nos do mal. Quando escolhemos amar o próximo, deixamos de pensar apenas em nós próprios. Quando escolhemos seguir Jesus, procuramos viver segundo o Evangelho, mesmo quando isso vai contra aquilo que o mundo nos apresenta como mais fácil ou conveniente.

Ser santo significa ser feliz!

Deus criou-nos por amor e quer que sejamos felizes. A verdadeira santidade não nos afasta da alegria de viver, mas ensina-nos a descobrir a beleza da vida, a agradecer as pequenas coisas e a encontrar Deus nos momentos mais simples.

Basta olhar para a vida dos santos. Santa Teresa de Calcutá sabia sorrir e brincar com as crianças. São João Paulo II gostava de praticar desporto, de caminhar pelas montanhas e de conviver com os amigos. E São Carlo Acutis, um jovem apaixonado pela informática, mostrou-nos que é possível amar profundamente Jesus, viver a fé com entusiasmo e ser santo de calças de ganga e ténis!

Estes exemplos recordam-nos uma verdade muito bonita: não precisamos de deixar de ser quem somos para nos tornarmos santos.

IGREJA NACIONAL PORTUGUESA DAS CINCO CHAGAS

RECTORY / REITORIA

1375 East Santa Clara Street, San Jose, CA 95116
Telephone (408) 292-2123
www.fivewoundschurch.org / info@fivewoundschurch.org

Office Hours / Horário do Escritório

Monday to Thursday / De segunda a quinta-feira:
from 9 a.m. to 4 p.m. / das 9h às 4h da tarde
Friday / Sexta-feira:
9 a.m. to 3 p.m. / das 9h às 3h
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*
Diana Teixeira *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*
Joaquim Ávila *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*

Prayer Requests / Pedidos de Oração

This week we pray for those who are ill / Esta semana vamos rezar pelas melhoras de:
Meghan Silveira, Andrea Leal, Joseph Arnst, Joe Rosa

And for those who have died / E pelo eterno descanso de:
Pam Fátima Leal Silveira, Jairo Pacheco, Lilyana Gutierrez - Barron

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

"Alegrai-vos e exultai, porque é grande nos Céus a vossa recompensa" *Mt 5, 12*
"Rejoice and be glad, for your reward will be great in heaven" *Matthew 5:12*

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*

All Masses are live streamed and recorded on Facebook search Five Wounds Portuguese National Church

+ Confessions / Confissões:

Saturday from 4:30 p.m. to 5:20 p.m, and all days after Mass, whenever possible, or by appointment.
Sábado das 4:30 às 5:20 da tarde e todos os dias 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:

Thursdays, from 6:30 PM to 8:30 p.m. / Quinta-feira das 6:30 às 8:30 da noite
Saturday from 4:40 p.m. to 5:20 a.m. / Sábado das 4:40 às 5:20 da tarde.





FIVE WOUNDS PORTUGUESE NATIONAL CHURCH



2nd Collection / 2ª Coleta:

St. Isabel's Kitchen/ Cozinha de Santa Isabel

Needed for Ministry / Necessário para o Ministério	*Weekly* *$5,700*	*Year to date* *$77,400*
Collection / Colecta	$6,303	$66,314
Deficit (deficit will reduce Parish's savings) / Défice (*o défice reduzirá as poupanças da Paróquia*)	+$603	-$11,086
Collection at Mass:		
Saturday 5:30pm	$255	
Sunday 9am	$932	
Sunday 10:30am	$1,484	
Sunday 5:30pm	$234	
Received by mail	$177	
Online giving	$3,221	
Diocesan collection	$629	

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



As we continue reflecting on the priorities of our Diocesan Pastoral Plan through the Sowing Seeds of Faith campaign, this week we turn to the theme of Wisdom. Throughout Scripture, God calls His people to seek wisdom, understanding, and discernment so that we may faithfully live out our vocation as disciples of Jesus Christ.

Our bulletin insert focuses on how we are called to sow seeds of wisdom in our parish: forming disciples, strengthening faith formation for all ages, and ensuring that our community has the resources to grow in understanding and love of Christ. Wisdom helps a parish not only respond to the needs of today but also prepare faithfully for the opportunities and challenges of tomorrow.

Through Sowing Seeds of Faith, we hope to invest in the ministries, facilities, and opportunities that help our parishioners learn, discern, and deepen their relationship with God. By supporting the mission of our parish and Diocese, we are helping to build a strong foundation of faith for future generations.

We invite every household to spend time in prayer with this week's theme and to consider how God is calling you to help plant seeds of wisdom that will bear fruit in our parish community for years to come. Together, through faith, generosity, and commitment, we can ensure that the light of Christ continues to guide and inspire all who come to know Him through our parish.

Q 96.1 FM KSQQ

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

Tribuna Portuguesa

https://www.portuguesetribune.com/
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Five Wounds Portuguese National Parish Campaign Goal: $459,000

Pledges to date: 54
Total Raised: $282,579 (62%)

FORMATION

Sowing Seeds of Wisdom

$15,750,000

This campaign will support Catholic education, catechesis, and faith-building across all ages, digital tools, and retreats to spiritually nourish, strengthen, and accompany people in every season of life.

The diocese plans to make a significant investment in the priority area of formation during the initial phase of implementing the Pastoral Plan. Among the areas identified are:

- New opportunities for prayer to encounter God for all levels of spiritual maturity
- More support for seminarian education and vocations
- Tuition assistance for quality, faith-based Catholic education
- Comprehensive Christian initiation ministry for those joining the Church
- Expanded training for parish and school catechists and lay ministry leaders
- Increased retreat and small faith-sharing group opportunities in parishes and schools
- Digital technology for spiritual growth, learning, and engagement

SEMILLAS DE FE · HẠT GIỐNG ĐỨC TIN · SOWING Seeds of FAITH

How is God calling each of us at Five Wounds Portuguese National Parish to use all that He has entrusted to us to sow seeds of faith for generations to come?