

## PEOPLE HELPING PEOPLE (PHP)



*People Helping People is a small project founded in the Chapel of Penha de França to help those in need.* Our former Bishop D. António once said, "One must find new ways of helping the poor". A very small group of people attending the English Mass decided to do just that after the floods in 2010! In a short period of time we created partnerships with supermarket chains and restaurants; we have paid dozens of medical prescriptions, we have spent gallons and gallons of petrol riding across the island giving lifts, we have prevented families from going hungry, getting their electricity cut off, running out of gas, losing their homes. **We have tried to keep them warm, keep them hopeful, and keep them dreaming...**

**The Mission Statement of People Helping People is...** through social solidarity, to mobilize many people to help many people in a combat against poverty, hunger, illness, exclusion, indifference, intolerance, and social injustice, with a special preference for the last, the least and the lost, having as a model the person of Jesus, the «Good Shepherd» (Gospel according to Luke, chapter 15). Our wish is that it may always be an open door when all the other doors close, building in this way, different feelings and acts of Mercy (Gospel according to Luke, chapter 6 and Matthew chapter 25).

"You should wash each other's feet"  
(John 13:14).

### >> PEOPLE HELPING PEOPLE CONTACTS:

**EUROPE:** Pe Bernardino Andrade, Rua das Murteiras, 28 - 1E, 9060-199 Funchal, Madeira, Portugal.

Email: bernardinodandrade@gmail.com

**USA:** Larry Contreras, 60 Meeks Ln., Oakley, CA 94561. Tel. 707-333-5501

Email: l.a.contreras@sbcglobal.net

### >> TRANSFER TO BANK ACCOUNT IN MADEIRA:

#### ACCOUNT NAME:

Associação Gente Ajudando Gente

**BANK:** Banco Santander Totta

**ACCOUNT NUMBER:** 0003 4938 1759020

**IBAN:** PT50 0018 0003 49381759020 94

**SWIFT:** TOTAPTPL

**NIB:** 0018 0003 49381759020 94

#### Bank Address:

Caminho de Santa Quiteria 46A,  
9020-119, Funchal  
Madeira, Portugal.

### >> DONATIONS FROM THE UK:

**ACCOUNT NAME:** Sinead Moynihan

**BANK:** Lloyds Bank

**ACCOUNT NUMBER:** 02461743

**BRANCH:** Univ. of Cambridge

**SORT CODE:** 30-13-55

**IBAN:** GB05 LOYD 3013 5502 4617 43

**BIC:** LOYDGB21035

The funds will then be transferred to Madeira. Any questions or concerns about transferring to this account, please contact Sinead Moynihan at: sineadmoynihian7@icloud.com

### >> PAYPAL:

genteajudandogente2016@gmail.com

### >> DONATIONS FROM THE USA:

**Instructions for sending funds to People Helping People in Madeira, Portugal, from USA:**

**Write a check made out to:** Fr Bernardino Andrade PHP in the bottom of the check in Memo area add: **PHP**

#### Mail the check to:

Mr. L.A. Contreras  
60 Meeks Lane  
Oakley, Ca 94561

The funds will then be transferred to the People Helping People account in Madeira, at no cost.

Any questions or concerns please contact Larry Contreras at 707-333-5501 or email him at: l.a.contreras@sbcglobal.net

**Food items are also appreciated and can be left in the basket at the Chapel door on Sunday mornings.** When sending any donation, please send an email to penhafranca.newsletter@gmail.com with the date, and name on the transfer so that Fr. Bernardino is able to confirm with you as soon as the transfer is received. Thank you.

Older issues of the newsletter can be downloaded from the Chapel's website/blog: [www.rcmassmadeira.org](http://www.rcmassmadeira.org)

## JOYFUL GIFT

22nd of January 2023

10h00 Sunday Mass

3rd Sunday in Ordinary Time, Year A

Chapel of Our Lady of Penha de França,  
Rua Penha de França 3, Funchal, Madeira

**Website and Blog:** <http://rcmassmadeira.org/>

**f** [www.facebook.com/penhafrancachapel..](https://www.facebook.com/penhafrancachapel..)

**ig** [www.instagram.com/capela\\_penha\\_franca/](https://www.instagram.com/capela_penha_franca/)

**✉** [penhafranca.newsletter@gmail.com](mailto:penhafranca.newsletter@gmail.com)



### CATHOLIC MASS - ENGLISH SERVICE

Good morning! Welcome to the Chapel of Our Lady of Penha de França. Our Mass today will be celebrated by Father Joseph Arun. The English Mass is a tradition that dates back to 1966, when Fr Rafael Andrade, having just returned from his first visit to England, complied with the Bishop's request to start an English celebration. Fr Rafael presided this mass for over 30 years, when he had to stop in 1999 due to overlapping duties. For eight years there was no Mass in English in Madeira, until it began again on the first Sunday of Lent in 2007.

### TODAY'S SCRIPTURE READINGS

(*Isaiah 8:23-9:3; Psalm 26(27); I Corinthians 1:10-13,17; Matthew 4:12-23*)

The first reading from First **Isaiah**. About 725 BC, Ahaz, weak king of Judah, asked Assyria for help, in spite of Isaiah's advice to wait because "God is with us". God would send a saviour, idealistically described with words probably used to hail the new king Hezekiah. Assyria attacked northern Palestine, but Isaiah looked forward to the Messiah bringing freedom to the "Way of the sea" ie Galilee. The **Psalm** expresses total confidence in rescue by the Lord, hoping to dwell in safety in the Lord's house. In our second reading Paul is shocked at the self-glorifying divisions, or "rents", in the church at Corinth. Whoever baptised us, we were baptised into Christ. With our common baptism we should therefore "be united in belief and practice". Unity, but not uniformity. Our task is to preach the Good News of Christ's crucifixion, without following particular teachers or allowing the meaning of the Cross to be obscured by clever oratory. In **Matthew's Gospel**, Jesus has rejected the devil's temptations and so identified himself as the "Son of God", capable of not sinning. Hearing of the arrest of the Baptist, Jesus withdraws to Galilee, the "Way of the sea". He then quotes the verses of Isaiah from our first reading, before starting his mission in Galilee by calling his first disciples.

### PSALM RESPONSE: The Lord is my light and my help.

[www.bible-groups.info](http://www.bible-groups.info)

The Scripture notes are sent to us every week by **Chris Oliver from the UK**. If you'd also like to have these sent to you by email or included in your parish newsletter, please contact Chris at: [chris@chris-oliver.net](mailto:chris@chris-oliver.net)



### TODAY'S HYMN MUSIC

**Entry** - "I watch the sunrise..." - n. 248

**Gloria** - "Sing glory to God..." - n. 666

**Offertory** - "Gifts of bread and wine..." - n. 159

**Peace** - "Shalom, my friend, shalom..." - n. 495

**Communion** - "One bread, one body..." - n. 449

**Thanksgiving** - Panis Angelicus

**Final** - "Walk with me, O my Lord..." - n. 600.



IF WE KNEW THEIR PAIN...

That morning, in the city of New York, the train was full. Most of the people were going to work. Some were reading the daily newspapers, some drinking a warm cup of coffee, others were eating a sandwich for their breakfast, others were just tired and trying to rest and take a nap.

On the corridor of the train there was a small group of children running, pushing each other, yelling, some were even laughing. One thing was in common. They were disturbing all the passengers, who in turn started getting furious. **Actually not all.** One of the passengers, called Bob, didn't look disturbed. Bob was the children's father. He was just quiet and looking over the fields through the train's window. That "indifference" added more fuel to the common anger that was growing around the cabin train.

**Frustrated with Bob's "indifference"**, one of the passengers stood up, approached the father and asked him if he was not aware of what his children were doing. They had paid their ticket and had the right to have a "decent" and quiet trip.

**As if he was awaking up from a deep sleep**, looking very sad, his eyes full of tears, he replied, "Oh...! I am so sorry. My children don't know how to deal with this. They are lost. They are confused. Me too. We are just coming from the hospital. She was so beautiful. She was such a wonderful mother. She was such a great wife. She was so young. We, my children and I, were all around her bed. She looked at each one of us. She let drop one tear. Just one tear. Then her eyes closed and without saying goodbye, she stopped breathing. All of us knew that she was dead. I am sorry. Please ask the other passengers to forgive us. No one of us know how to deal with such an excruciating and painful experience".



Now the one who had been the messenger from the crowd became a messenger from that agonizing father and his family.

**The crowd in the train changed completely** in one minute. All wanted to give them cookies, juice, hugs, kisses. All of the passengers were transformed by the pain of that family. Some of them also started crying.

There is a statement that has been part of my daily life and my daily prayer: *If you knew the pain of your worst enemy, you would become his best friend.*

**My problem is that I prefer to judge** and to condemn than to be aware of the pain of others. I prefer to be "right" than "compassionate". I prefer to teach people how to "behave properly" than to feed them or touch their pain. I prefer to analyze people's pain and give them my smart advices than to embrace their pain, no matter what the source is. I prefer to blame them for their pain than to look like an idiot and alleviate the pain of those who don't "deserve" my help, because I am better than they are.

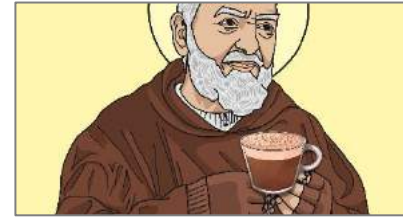


**My prayer today is**, Lord... help me to be aware and embrace the pain of all people around me and help me to try to do my best not to straighten them up and change them but to alleviate their pain, their suffering, their agony.

Maybe their mother just died in the hospital today and they don't know how to deal with such a painful agony...

**God loves you and so do I,**  
*Fr. Bernardino Andrade*

Source: www.ucatholic.com/blog/cant-get-enough-cappucinos-thank-capuchin-monks/

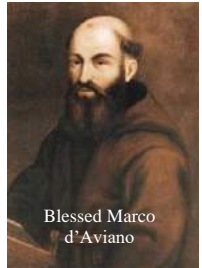


Once upon a time in the land of Italy, there were a group of wise and holy men known as the Cappuccini or Capuchin friars. These men wore brown robes and had a strong desire to live a simple and hard life, just like their founder. They were known for their rough appearance, beards, and brown tunics. As they walked through the streets, children would shout "scappuccini!" after them, which means "without

hoods," but had come to mean "hermits". They were officially named Cappuccini in 1535 and today, there are some 11,000 Capuchins worldwide.

**Their name inspired the creation of a special kind of coffee**, which was a brown (as opposed to black) coffee lightened by the use of milk or cream, which we now know as a cappuccino. Some believe the term's origin can be traced back to Marco d'Aviano, a Capuchin friar said to have invented the cappuccino after the Battle of Vienna in the 1680s.

**The term "cappuccino" was first used in Italian in the 1930s**, but in German it was called "Kapuziner" even earlier. One example is the recipe for "Capuzinerkaffee" written by a German author named Wilhelm Tissot in 1790. The process involves boiling the coffee, then adding cream, sugar,

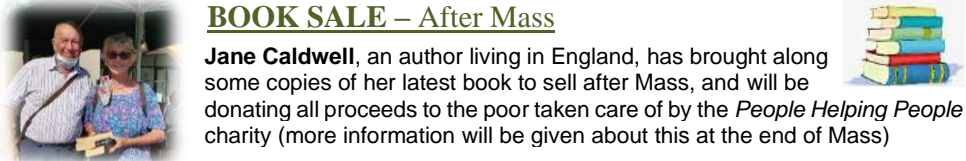


and spices, boiling it again, and finally, pouring it over beaten egg whites and yolks and stirring it well.

Italian scholars acknowledge that the Germans borrowed the term and used it in reference to coffee, but they maintain that the cappuccino as we know it is an Italian creation.

**So, next time you enjoy a warm and creamy cappuccino**, remember the wise and holy Capuchin friars who inspired its creation!

**BOOK SALE – After Mass**



**Jane Caldwell**, an author living in England, has brought along some copies of her latest book to sell after Mass, and will be donating all proceeds to the poor taken care of by the *People Helping People* charity (more information will be given about this at the end of Mass)

**If you love reading**, and would like to have a copy, Jane will be standing outside the Chapel after Mass. Go and get yourself a signed copy! Happy reading! 😊

THOUGHTS FOR THE WEEK

