

## 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:** Alexandre Silva, Funchal, Madeira, Portugal.

Email: alex.lupus@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 USA:

Please contact Mr. Larry Contreras (contact info below) for instructions on sending funds to People Helping People in Madeira, Portugal, from USA.



Larry Contreras

Tel: 707-333-5501

Email: l.a.contreras@sbcglobal.net

### >> 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



**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 we are able to confirm with you as soon as the transfer is received. Thank you.

## JOYFUL GIFT

3rd of March 2024

3<sup>rd</sup> Sunday of Lent - Year B

10h00 Sunday Mass

THIRD  
SUNDAY  
OF LENT



Vol. 3, nr. 404

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](http://www.facebook.com/penhafrancachapel)

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

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



### CATHOLIC MASS – 10 AM (IN ENGLISH)

Welcome to the Chapel of Our Lady of Penha de França this morning. Today is the 3rd Sunday of Lent.

### TODAY'S SCRIPTURE READINGS - 3<sup>rd</sup> Sunday of Lent - Year B

(Exodus 20: 1-17; Psalm 18(19); 1 Cor 1: 22-25; John 2: 13-25)

In Genesis God promised to shower blessings on Abraham and his descendants. Today **Exodus** spells out the people's part of the covenant. In the Law given to Moses on Sinai the ten commandments are followed by 10 chapters of detailed rules about behaviour and ritual. Meanwhile, back at the foot of the mountain, the people became bored, and built a golden calf to worship! The **Psalm** praises God's moral law, underlining the irony of worshipping a golden calf: God's decrees "are more to be desired than gold". Paul began his letter to the **Corinthians** by telling them to stop squabbling among themselves. They should not divide into opposing groups, saying "I belong to Paul" or "I belong to Apollos", and so on. They must follow only the crucified Christ, who brought the Law of Moses to completion by his command to love one another. He demonstrated this love by dying on the Cross – "a stumbling block to Jews and foolishness to Gentiles". In **John's gospel** Jesus cleanses the Temple at the beginning of his ministry, instead of towards the end, as in the other gospels. Jesus claims he will rebuild the Temple in three days, replacing it with himself and antagonising the Jewish leaders. From the start of John's gospel Jesus' death and resurrection are foreshadowed.

Brought to you by **Chris Oliver** - ([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)

**PSALM RESPONSE:** You, Lord have the message of eternal life.

### TODAY'S HYMNS:

- [1] **Entry Hymn:** *Praise to the Holiest in the height...* – 467
- [2] **Offertory Hymn:** *Take my life, and let it be...* – 527
- [3] **Peace:** *Shalom, my friend, shalom...* - 495
- [4] **Communion:** *And I will raise you up...* - 237
- [5] **Thanksgiving:** *O Lord, hear my prayer...* – 418
- [6] **Final Hymn:** *The King of love my shepherd is...* - 546



## THOUGHTS FROM FR. JOSEPH

- Brought to you by Fr. Joseph Arun



### JOURNEY OF FORGIVENESS

**Lent offers us a sacred opportunity to examine our hearts**, acknowledge our faults, and reconcile with those we have wronged. Just as we seek forgiveness from a higher power, we must also extend forgiveness to others,

embodying the compassion and grace that define this season. Forgiveness is not always easy; it requires humility and vulnerability. Yet, it is essential for our spiritual growth and inner peace. As we journey through Lent, let us release the burdens of resentment and grudges, embracing the transformative power of forgiveness. By doing so, we open ourselves to healing and reconciliation, paving the way for a renewed sense of hope and redemption. May this Lenten season be a time of introspection and renewal, where we embrace forgiveness with open hearts and strive to live in harmony with one another.

**In the heart of Lent**, amidst the somber hues of repentance and reflection, **we are invited to embark on a profound journey of forgiveness.** I remember the life of Sarah, a woman whose story encapsulates the essence of Lent and the transformative power of forgiveness.

Sarah's journey begins in a small village, where she grew up in a close-knit community. From a young age, she was taught the importance of forgiveness, yet her understanding of its depth would be tested in ways she never imagined. As a teenager, Sarah experienced betrayal from a friend she held dear. The pain cut deep, leaving scars that lingered well into adulthood. Despite her efforts to move on, the wounds of betrayal festered, casting a shadow over her relationships and her faith.

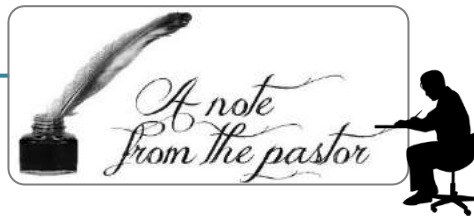
Years passed, and Sarah found herself caught in a cycle of bitterness and resentment. She carried the weight of past hurts like a burden, unable to release the chains that bound her heart. It wasn't until she encountered a pivotal moment during Lent that Sarah's perspective began to shift.

**One day, while attending a Lenten service, Sarah heard a sermon on forgiveness** that spoke directly to her soul. As tears streamed down her cheeks, she realized that she had been holding onto anger and pain for far too long. In that sacred moment, she made a choice – to confront her past and embrace the path of forgiveness. With courage and determination, Sarah embarked on a journey of reconciliation. She reached out to those she had harbored resentment towards, seeking to mend fractured relationships and offer forgiveness. It wasn't easy; there were moments of doubt and hesitation, but Sarah persisted, guided by the unwavering light of grace. Through acts of forgiveness, Sarah experienced a profound transformation. The burdens that once weighed her down began to lift, replaced by a sense of liberation and peace. She discovered that true forgiveness is not about condoning the actions of others but freeing oneself from the shackles of resentment.

**As Lent drew to a close, Sarah stood before her community**, a living testament to the power of forgiveness. Her journey had not only brought healing to her own life but had also inspired those around her to embrace forgiveness in their own hearts.

In the end, Sarah's story reminds us that Lent is not merely a season of penance but a sacred opportunity to embrace the fullness of forgiveness. May we, like Sarah, have the courage to confront our past hurts, extend forgiveness to others, and experience the transformative power of grace.

With prayers and love,  
Fr. Joseph Arun, OCD



## BLESSED ARE THE CHILDREN

**Since Father Bernardino's death, we have been receiving emails from all over the world.**

Many people were touched by his ministry, and wanted to share some special memories with us. Today we'd like to share an email we received from Carlos Camara in the USA:

*"We met him [Fr. Bernardino] in 2012 while on holiday in Madeira. We were from South Africa but live in the US now. He was always so joyful and will be sad when we visit and don't see him, but I believe that his memory will live on for a very long time. Loved his weekly newsletters. When we were there my 3-year-old son loved him, because he made a fuss over him. His name is Keanu. We shared a story with Fr Bernardino about Keanu having communion when he was two years old as he helped himself to a consecrated host while the priest was giving me communion. Fr Bernardino loved this story so much that at the next Sunday he used it for his homily and introduced Keanu to the parishioners.*



*A beautiful memory for my family and I. We continue to pray for the parish and for the soul of Fr. Bernardino.*

*MHSRIP*

*Much love,*

*Carlos Camara and family*

## EASTER HAMPER APPEAL



Continuing with Father Bernardino's mission of love and support for those in need, we are collecting items to make up Easter hampers for those families we support with our *People Helping People* charity. Please bring along items of personal hygiene, non-perishable food items (tins and dried food) and sweets and chocolate Easter eggs for the children.

Please bring in what you can spare and place in the basket at the entrance of the church.

These will be distributed amongst families who need our help.



Collection is until **SUNDAY 24<sup>th</sup> of March.**

For further details, e-mail Debbie: [deborahadajesus@yahoo.co.uk](mailto:deborahadajesus@yahoo.co.uk)

## ATTENTION PHP SUPPORTERS!

Pick up your Sponsor Sheet **today** and sign up for the Annual PHP "Orange" Walk.

**Sunday, April 7th**  
**12:00 Noon**  
**Santa Catarina Park.**



This will kick off the 1st Annual Father Bernardino Memorial Appeal, with events throughout the month of April.



Your participation could make the difference for "People Helping People."

**See Jane House for more information.**

([janelh1945@gmail.com](mailto:janelh1945@gmail.com))

## BLESSED ROSARIES

In the social room of the Chapel, there are some hand-made Rosaries for sale. These Rosaries were all made by Sofia, who is a member of our choir. She will be donating some of the proceeds to the "People Helping People" charity, and to the Chapel.



These Rosaries are all special as they were made with love, and also... they were all blessed by Fr. Bernardino when he baptised Sofia's son in 2012.