



## St. Francis de Sales

6610 Balmoral Street, Burnaby, V5E 1J1  
Phone 604-434-1328

Email: [parish.sfds@rcav.org](mailto:parish.sfds@rcav.org) Website: [www.sfds.ca](http://www.sfds.ca)

Parish Office Hours Monday to Friday 9am to 5 pm  
(Closed for Lunch from Noon to 1 pm)

Facebook: [sfdsburnaby](https://www.facebook.com/sfdsburnaby) Instagram: [sfdsburnaby](https://www.instagram.com/sfdsburnaby)



“Obedience is a consecration of the heart, chastity of the body, and poverty of all worldly goods to the Love and Service of God. Blessed indeed are the obedient for God will never permit them to go astray.”

St. Francis de Sales

### Pastor:

Father Mark McGuckin

### Priest in Residence:

Father Paul Goo

### Deacon:

Patrick Dwan

### Religious Education Coordinator:

Marguerite Goldsmith

[sfds.religiouused@rcav.org](mailto:sfds.religiouused@rcav.org)

### Parish Accountant:

Theresa Inocentes

### Parish Secretary:

Danka Mak

### Parish School

#### School Principal:

Mrs. Irene Wihak

Ornella Hatzisavva-Secretary

Phone: 604-435-5311

Fax: 604-434-4798

Email: [office@sfds.school](mailto:office@sfds.school)

Pre-School: 604-434-3311

### St. George's Melkite-Greek Catholic Mission

Byzantine Rite Mass at 1:30 pm on Sundays

Pastor: Fr. Edward Ibrahim

778-251-8270

[stgeorgsmelkite@hotmail.com](mailto:stgeorgsmelkite@hotmail.com)

Website: <http://gm.rcav.org>

### St. Vincent de Paul Society

Help Line: 604-434-1328

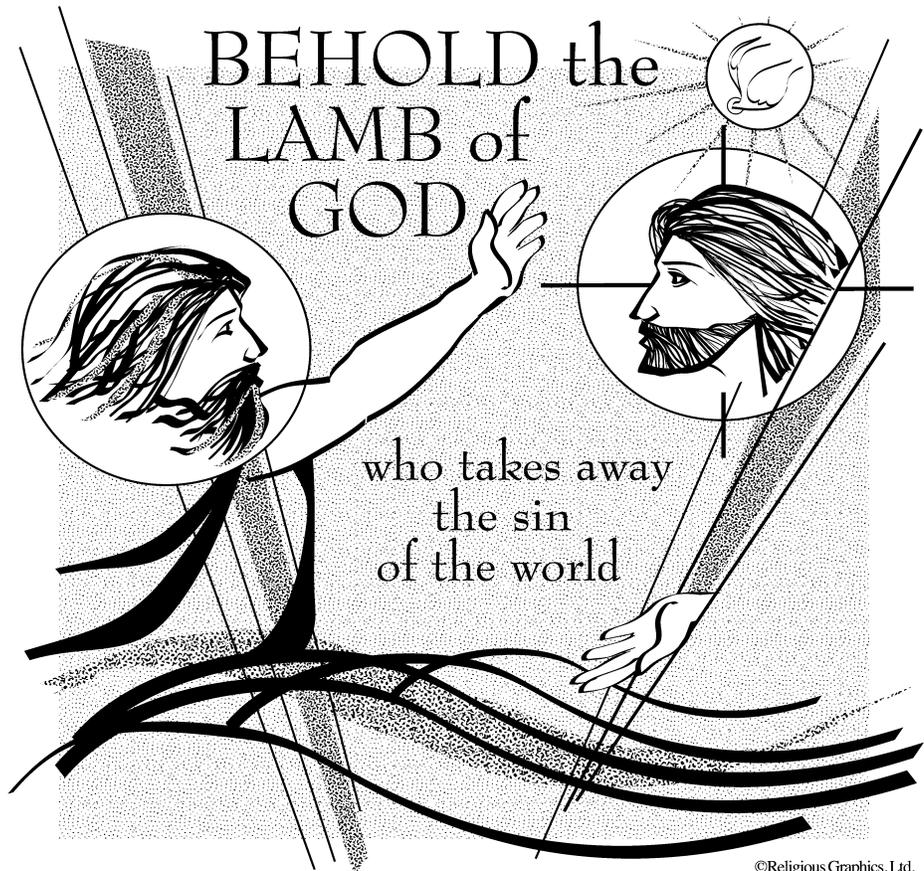
### Domestic Abuse

Help Line: 604-640-7549

## Second Sunday in Ordinary Time

January 15, 2023

This is my Beloved,  
in whom I am well pleased!



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### Confessions:

Monday to Friday  
7:55 am to 8:10 am

### Saturday

9:30 am to 10:00 am  
4:00 pm to 4:45 pm

### By Appointment

Please call the Parish Office.  
604-434-1328

### Weekday Mass Schedule:

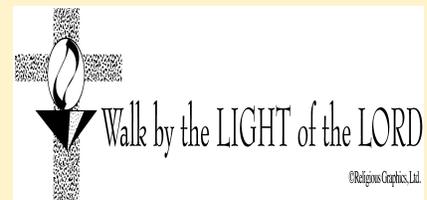
8:15 am Monday-Friday  
9:00 am Saturdays & Holidays

### Weekend Mass Schedule:

Saturday: 5:00 pm  
Mass of Anticipation  
Sunday: 9:00 am, 11:00 am & 7:00 pm

### Holy Hour:

Thursday mornings after Mass.  
First Friday's at 6:00 pm



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Sunday, January 15 John 1:29-34

## *The Lamb of God. (John 1:29)*



When you hear John the Baptist call Jesus the “Lamb of God,” you might picture a cute baby sheep leaping in a pasture or happily resting on its shepherd’s shoulders. But that can be confusing. How can Jesus be that kind of lamb?

Israelites in Jesus’ time would have understood what John was getting at. They would likely have called to mind the feast of Passover. Each year during that feast, every Jewish family slaughtered and ate an unblemished lamb in remembrance of God bringing his people out of slavery in Egypt (Exodus 12).

They might also have thought about Isaiah’s song of the suffering servant, who like a lamb, silently allowed himself to be led to the slaughter while he bore the guilt of us all (Isaiah 53:6-7). Finally, they might have remembered when God asked Abraham to sacrifice his beloved son, Isaac. As Isaac prepared the wood for the sacrifice, he asked why there was no sheep to offer. Abraham replied, “God will provide the sheep for the burnt offering” (Genesis 22:8).

John likely had all this in his mind when he called Jesus the Lamb of God: Jesus was the sacrifice, provided by God, who would silently offer his life to redeem us all.

Contemplating Jesus as the lamb of God gives us an infinite number of reasons to worship him. We can praise him for delivering us from enslavement to sin. We can ponder what he silently bore to redeem us. We can bow to him as the perfect sacrifice, provided for us by God himself. Jesus is so much bigger, so much more committed to us, so much more glorious in his mercy than we could ever imagine!

At Mass today, we will be invited to “Behold the Lamb of God who takes away the sin of the world.” How happy we are to be called to his supper, to behold him and to receive him in the Eucharist!



**KNIGHTS  
OF COLUMBUS**

**PANCAKE BREAKFAST**  
This Sunday January 15  
In the Church Hall  
After the 9 am & 11 am Masses  
Everyone is welcome!



## Delta Hospice Society

*comfort, meaning, dignity and hope*

**DATE: Saturday March 18**

**LOCATION: SFDS Church Hall**

**TIME: After the 9 am Mass**

There will be a presentation by Angelina Ireland on a person’s right to compassionate palliative care free from the fear of so-called medical assistance in dying, or MAID .

Angelina is the President of the Board of Directors for the Delta Hospice Society.

Opportunity for Q & A after the presentation.

Free refreshments will be provided.

### ***Baptisms in our Parish***

***We welcome and Congratulate***

***Selina Pui Lam Siu***

***Terrence Wai Lam Siu***

Baptized in our parish this weekend



**Prayer Group:** Please note that the prayer group has now resumed back to IN PERSON meetings every Wednesday at 7:30 pm in the Church hall.

**Everyone is welcome!**

*“The person who gives with a smile is the best giver because God loves a cheerful giver.” Mother Teresa*

## Stewardship Reflection

Second Sunday in Ordinary Time - January 15, 2023

*"Now the Lord has spoken who formed me as his servant from the womb..."Isaiah 49:5*



God have given each of us different gifts. In order for God's plan to work, you have to do what God is calling you to do and I have to do what God is calling me to do. And guess what? God has given each of us a different plan! So, stop comparing yourself to others. Don't let envy and jealousy enter your life. Be thankful for the gifts God has given you and become the saint that God is calling you to be.

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## Catholic Street Missionaries Sleep Out 2023

Join the upcoming event SLEEP OUT on March 24. It will start at 6:00 p.m. and end the next day with Archbishop Miller, who will celebrate early morning Mass on March 25, the Solemnity of the Annunciation, at St. Mary's parish. The money raised will go directly to Catholic Street Missionaries and be used to bring resources to our homeless brothers and sisters in the streets of downtown Vancouver. Learn more and register at [beholdvancouver.org/events](http://beholdvancouver.org/events).

## Spiritual Care Training Program 2023

This 9-week training course teaches you how to make yourself more available to seniors and others who can benefit from your genuine concern and presence in their lives. Some topics covered include aging, communication, boundaries, and self-care. For more information about the course, visit the Catholic Health Association of BC's website. Learn more and register at [beholdvancouver.org/events](http://beholdvancouver.org/events).

**New Address** If you have moved please contact the parish office to update your information. This will ensure that your 2022 tax receipt is mailed to the correct address.



Please remember to pick up your donation envelopes at the entrance of the Church.



**LET US FEAST!**  
*Let us celebrate!*  
ST. FRANCIS DE SALES,  
FEAST DAY EXTRAUAGANZA

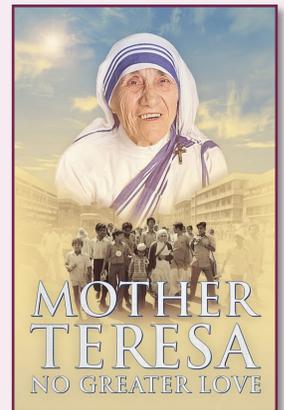
SFDS school Gym  
Tickets \$10/each  
on sale after  
all weekend  
Masses

January  
**28**  
at 6:30 PM

## Mother Teresa:

### No Greater Love Movie

The newest documentary film from the Knights of Columbus, will return to Canadian cinemas in Vancouver theatres on January 22 - 23, 2023. The film premiered in the U.S. earlier this year and was a smashing box-office success. It earned more than \$1.2 million in ticket sales,



and Supreme Knight Patrick Kelly [announced](#) that the Knights would allocate all its revenue from ticket sales to charitable purposes and efforts that advance the legacy of Mother Teresa. Learn more and register at [beholdvancouver.org/events](http://beholdvancouver.org/events).

*It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your own home for this is where our love for each other must start."*  
Mother Teresa

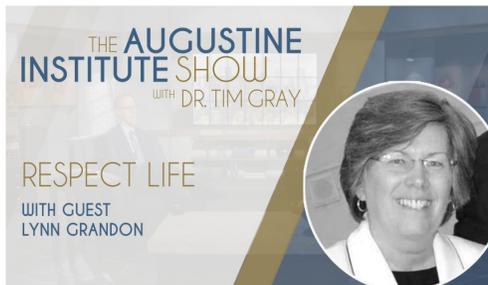
# THIS WEEK ON **FORMED**

Week of January 15, 2023



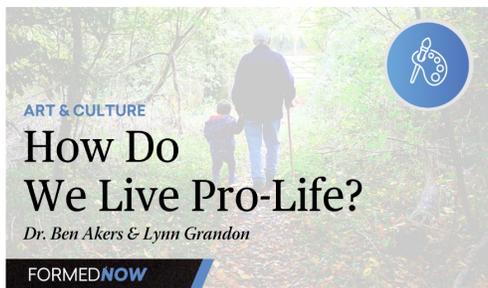
## Saint Anthony of Egypt

St. Anthony was a saint whose heroic life of humility and prayer inspired many other great Saints, including St. Athanasius and St. Augustine. Sit down with Taylor Kemp and Dr. Elizabeth Klein as they explore the life of this great saint.



## Respect Life The Augustine Institute Show

Dr. Tim Gray welcomes Lynn Grandon on to his show to discuss what it means to respect life. You will leave this conversation with great ideas for how you can get involved in the pro-life movement.



## How Do We Live Pro-Life?

The Catholic Church is committed to being pro-life. What does this mean and how are we called to live this out? Join Dr. Ben Akers and Lynn Grandon as they discuss what it means to live pro-life.

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Visit [signup.formed.org](https://signup.formed.org) and select our parish name.

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