



St. Francis de Sales

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

Email: parish.sfds@rcav.org Website: 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)



“Nothing is so edifying as charitable meekness. Like oil in a lamp, it keeps the flame of good example burning.”

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

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

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

stgeorgesmelkite@hotmail.com

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

St. Vincent de Paul Society

Help Line: 604-434-1328

Domestic Abuse

Help Line: 604-640-7549

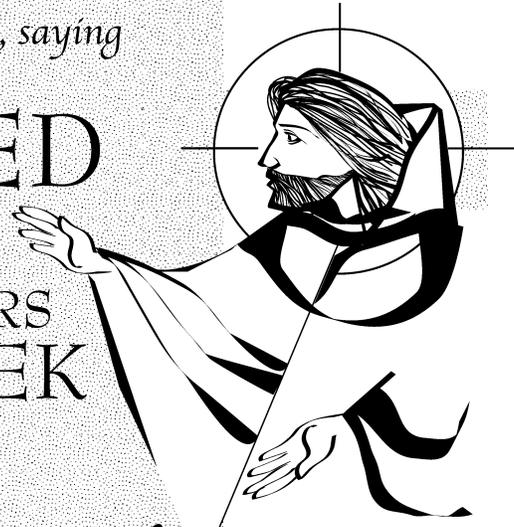
Fourth Sunday in Ordinary Time

January 29, 2023

Your words, Lord,
are Spirit and life.

He began to teach them, saying

BLESSED
are the
POOR in SPIRIT
the PEACEMAKERS
the MEEK
the MERCIFUL
those who mourn
the CLEAN of HEART
they who hunger for JUSTICE
For theirs is the KINGDOM of
HEAVEN



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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
7:00 pm First Friday Mass February 3
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

Prayer Group:

Every Wednesday at 7:30 pm
In the Church Hall



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Sunday, January 29, Sunday, January 29 Matthew 5:1-12

Blessed are the meek, (Matthew 5:5)



If someone called you meek, would you consider it a compliment or an insult? Are you being described as humble and patient or overly submissive and weak?

In today's Gospel reading, Jesus called the meek "blessed," so clearly, he thought it was something worth striving for. He also called himself "meek and humble of heart" (Matthew 11:29). And he was: he was submissive, but only to the will of his heavenly Father.

This is what it means to be meek to bend our will to God's. This kind of meekness requires strength, not weakness, and a willingness to trust and obey the Lord. In today's first reading from the prophet Zephaniah, it seems that meekness was exactly what the people of Jerusalem were lacking. The northern kingdom of Israel had already been overrun by the Assyrians just a generation or two before Zephaniah wrote these words. A similar fate awaited the southern kingdom because they were worshipping other god's and breaking the Lord's commandments.

And who would survive the "day of the Lord's anger" (Zephaniah 2:3)? Only a "remnant" of people "humble and lowly," who would observe God's laws and seek "justice" and "humility" (2:3, 3:12). They would be blessed for their willingness to be meek before the Lord.

And so will we. When we follow God's commandments, even when our passions and desires push us in the opposite direction, we will enjoy freedom from sin. When we seek the Lord's will in all that we do, especially when we are faced with an important decision, we will feel peaceful and secure that we are following the right path.

Is there an area in your life that you are struggling to submit to the Lord? If so, repent and ask for the grace to give it to him. And even if you don't see the blessings right away, believe that they will come, just as Jesus promised.

"Lord, help me to be like you, meek and humble of heart."

Baptisms in our Parish

We welcome and Congratulate



Josanna Aulian Olung

Baptized in our parish this weekend



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.

Volunteers needed to pack candy bags for The Good Shepherd Ministry Tuesday 9 am in the church hall
coffee & tea provided



OUR BELOVED DEPARTED

† Mary O'Connor

Passed away January 20, 2023

Sister of Cathy Greenaway

Mary lived a full life right to the end

Prayers at SFDS Parish, Thursday February 2, at 5:30 pm

Funeral at SFDS Parish, Friday February 3, at 2 pm

Reception following funeral in the Church hall

Everyone is welcome

Eternal Rest Grant unto her O Lord

In Loving Memory

During the weekend of **February 5**, we will publish our "In Loving Memory" column for our loved ones who passed away in the month of **February**. If you wish to have someone included in this column, please phone or email the parish office by **Wednesday February 1**.

The Mardi Gras Gala 'Auction & Fundraiser' in support of Domestic Abuse Services -

Our Lady of Good Counsel Society- is being held on February 18, 2023 at Anvil Centre New Westminster. For more info/buy tickets: (604)585-6688 or visit www.MardiGras2023.ca]





Please attend our
Spiritual Warfare Conference

featuring
two seasoned exorcists,
Fr. John Farao and
Fr. James Northrup



February 4 | 10:00am - 4:00pm
at St. Francis de Sales Church

Admission:
\$50 e-transfer
or \$60 at the door



Stewardship Reflection

Fourth Sunday in Ordinary Time - January 29, 2023

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." Matthew 5:3



The phrase "poor in spirit" can be confusing. Think of it in this sense – poor in spirit means depending on God's providence and not depending on our own self-reliance. Being detached from earthy things (power, money, and comfort) and being attached to heavenly things (charity, sacrifice, and mercy).

Denying ourselves from satisfying our desires and helping others obtain their basic needs.

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Acts of generosity from two of our youngest

parishioners: This week two of our grade one students Sky & Kingston Hill visited the parish office and donated \$550.00 This was the lucky money that they had received for their birthday from their classmates & friends. A BIG thank you to both of them for their kindness. *"It's not about how much we give, but how much love we put into it."*
Mother Teresa

"The Lord asks everything of us, and in return he offers us true life, the happiness for which we were created. He wants us to be saints and not to settle for a bland and mediocre existence." Pope Francis

Care for the Sick in Catholic Health Care

Care for the sick, the oppressed, and the poor are essential parts of the mission of Catholic healthcare. How can you be involved in a healthcare system that cares for the most vulnerable? This talk from Alexandre A. Martins will explore how the care for the sick, the oppressed, and the poor are essential parts of the mission of Jesus' followers, guided by the Holy Spirit. At St. Mark's College on Feb. 15 at 7:00 p.m. Learn more and register at beholdvancouver.org/events.

Catholic Street Missionaries One-Day Training and Outreach for Young Adults

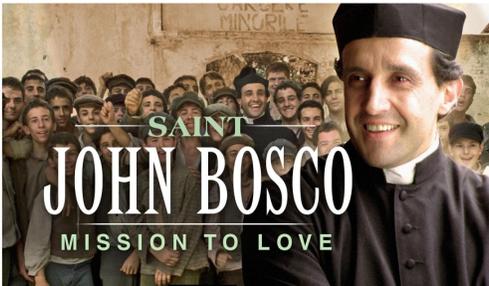
Spend a day reaching out to our less privileged brothers and sisters on the streets of Vancouver. Young adults aged 19 to 39 who would like to serve Jesus in the poor are invited to join on Sunday, Feb. 5th from 12:00 p.m. to 7:00 p.m. Learn more at beholdvancouver.org/events.

URGENT NEED! The Good Shepherd Ministry is in great need of clean, used socks. Our street ministry hands out dozens of pairs of much needed socks each night on our walks. Look for the marked box at the entrance of the Church. Your continued support is greatly appreciated.



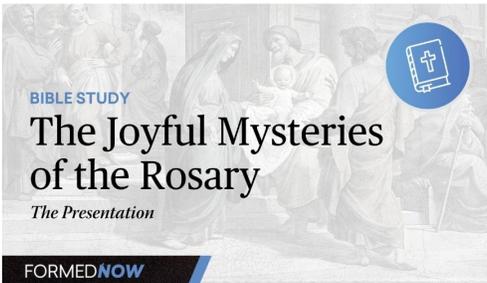
THIS WEEK ON **FORMED**

Week of January 29, 2023



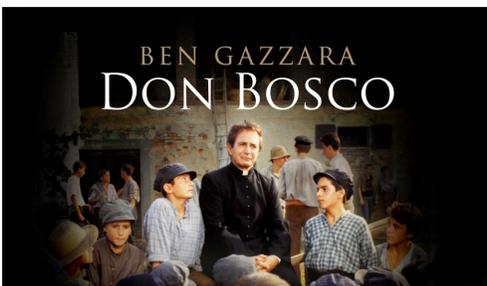
Saint John Bosco: Mission to Love

Flavio Insinna gives a winning performance as John Bosco, the great priest and educator of youth. Beautifully filmed in Italy, this epic movie dramatizes the many challenges that he had to overcome from his childhood all the way to founding his religious order.



A Bible Study on the Joyful Mysteries: The Presentation

What is the importance of the Presentation of Jesus in the Temple? Join Dr. James Protho and Dr. Ben Akers as they unpack this great mystery and how it can apply to your spiritual life.



Don Bosco: The True Story of the Apostle of Youth

Don Bosco tells the true story of a brave and holy priest whose single-handed battle to save the children of the streets inspired the formation of the Salesians, which is now a worldwide religious order that carries on his work with youth everywhere.

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