



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)



“If you would fall into extreme,
let it be on the side of
gentleness. The human mind is
so constructed that it resists
rigor and yields to softness.”

St. Francis de Sales

Pastor:

Father Mark McGuckin

Priest in Residence:

Father Paul Goo

Deacon:

Patrick Dwan

Religious Education Coordinator:

Marguerite Goldsmith

sfds.religioused@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@sfdsschool.org

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

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

St. Vincent de Paul Society

Help Line: 604-434-1328

Domestic Abuse

Help Line: 604-640-7549

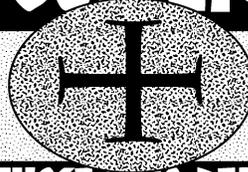
Seventh Sunday in Ordinary Time

February 19, 2023

Blessed are those
who hope in the Lord.

You have heard that it was said
You shall love your neighbor as yourself
and hate your enemy
BUT I SAY TO YOU

LOVE YOUR ENEMIES



PRAY FOR THOSE WHO PERSECUTE YOU

that you may be
CHILDREN
of your
HEAVENLY FATHER

so be perfect just as your
Heavenly Father is perfect

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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 Monday February 20
7:00 pm Wednesday February 22
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

Stations of the Cross:

6:30 pm every Friday during Lent
followed by Mass at 7 pm

Prayer Group:

Every Wednesday at 7:30 pm
In the Church Hall

Sunday, February 19 1 Corinthians 3:16-23



Do you not know that you are the temple of God, and that the Spirit of God dwells in you

For Israel, the Temple at Jerusalem was the holiest place on earth. A beautiful, gilded structure, it stood as a testament to God’s faithfulness. But it’s splendor and holiness didn’t come from its ornate decoration. It came from God’s presence within. There, almighty God showed his glory. From there, he blessed his people and offered them a share in his mercy and love.

So when St. Paul told the Corinthians that they were the temple of God, they would have recalled the physical Temple. But the idea that they were holy, like the Temple, must have seemed almost comical. Throughout his letter to them, Paul addresses the many weaknesses of the Corinthian church: their disordered worship, sexual immorality, immature faith, and failures to love. They didn’t sound very holy at all. But Paul tells them that they aren’t just like the Temple, they are the very temple of God, and God himself lives within them, by the holy Spirit.

How can this be? How could the all-holy God dwell amid sinful people like the Corinthians and us, for that matter? This is the mystery of the mercy and power of God. Through the waters of baptism, God cleanses us of our sins and makes us worthy to receive his Spirit. He fills us with his own presence and makes us holy “temples,” set apart for him.

God so desires to be close to us that he chooses to inhabit imperfect groups of imperfect people. The treasure of his presence dwells in “earthen vessels” (2 Corinthians 4:7). And he dwells in you. You may not feel like a beautiful temple, you may feel more like a cracked clay pot. But what makes you holy is not your own goodness, it’s Jesus himself, helping you every day, to be perfect, as he is perfect (Matthew 5:48). “

“Thank you, Holy Spirit, for living in me! Make me more like Jesus today.”

Baptisms in our Parish

We welcome and Congratulate



Mavie Clarisse Gonzales

Baptized in our parish this weekend

OUR BELOVED DEPARTED

† **Elleen Glavin**

Passed away January 29, 2023

Loving mother of David Glavin

Eternal Rest Grant unto her O Lord



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

“Truly it is a blessed thing to love on earth as we hope to love in Heaven, and to begin that friendship here which is to endure for ever there.”
St. Francis de sales



PALMS FOR ASH WEDNESDAY

Please bring in your old palms by **TUESDAY FEBRUARY 21**, so that we can burn them. Please drop them off in the box provided at the entrance of the Church.

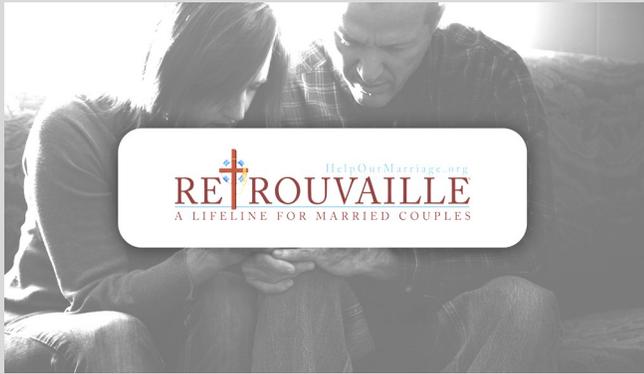


Stations of the Cross every **Friday** during **Lent**. Starting **February 24**, at 6:30 pm followed by Mass at 7:00 pm. Come and join us as we meditate on the Lords Passion.

2022 TAX RECEIPTS

Are now available for pick up at the entrance of the Church.
Receipts are organized in alphabetical order.





Need Marriage Help? - Retrouvaille, pronounced "retroo-vye," means "rediscovery." It is a marriage program that has helped hundreds of BC couples recover from all kinds of marriage trouble, from simple discontent to serious crisis. Why live in misery? Repair and rekindle your relationship! The program consists of one weekend retreat and six weekly follow-up sessions, which can be attended remotely. For confidential information or to register for the spring Retrouvaille Vancouver program commencing on April 14 - 16, 2023, email vancouverbc@helpourmarriage.org, call 604-783-2864 or visit www.helpmymarriage.ca.



Development & Peace
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2023 SHARE LENT WORKSHOP

Create Hope:

Stand for the Land

& Catholic Social Teaching

www.DevP.org 



Join us for an **interactive** Lenten Workshop on how we can stand for the Land, and **Live in Solidarity** with those in the Global South.

<p><small>Date & Time</small></p> <p>SATURDAY MARCH 11TH, 2023 10:00 AM - 12:00 NOON</p>	<p><small>Location</small></p> <p>ST. FRANCIS DE SALES PARISH HALL 6656 Balmoral Street Burnaby, BC</p>
<p>* Coffee, tea, and refreshments will be served. *</p> <p>Registration Not Necessary Everyone is Welcome! Bring A Friend!</p>	
<p>For more event info, please contact Pinky.DevPeace@gmail.com or (604) 612-9677</p>	



Knights of Columbus

Pancake Breakfast

This Sunday February 19

After 9 am & 11 am Masses



40 DAYS FOR LIFE SPRING 2023 CAMPAIGN--The campaign for Vancouver 40 Days for Life will take place from Wed. February 22 to Sun. April 2 this year. We encourage our parishioners to take part in this campaign. Please consider offering up an hour or more of prayer during this year's virtual campaign and support this important endeavor to save the lives of these precious and helpless babies. Details and dates for SFDS in next weekend's bulletin.



CHABC's \$500 Bursary for Graduating Students:

The board of directors of the *Catholic Health Association of BC* is pleased to announce that it will grant a **\$500 bursary** to a graduating student who is enrolled in a Catholic secondary school or who is a member of a BC or Yukon parish and enrolled in a public secondary school or who is home-schooled.



Interested students are invited to submit a **500 word essay** to the Association by **April 7, 2023**, that demonstrates an awareness and understanding of the significance of *Spirituality in Health Care*.

While in some places in our province public health care facilities have reduced or eliminated funding for spiritual, religious and pastoral care to patients and residents, the provision of this service is recognized in our Catholic and other faith-based care facilities as a core service. There is a recognition that care and attentiveness to spiritual health is an integral part of holistic care. In your essay, please explain why you believe that care for the spirit is just as significant as care for the body, and why spiritual care is particularly important in tending to the sick and dying, to their families, and to those who care for them. Applicants must demonstrate a clear understanding of spirituality in care as opposed to focusing on religious beliefs and services.

Essays must be sent by email to info@chabc.bc.ca. Applicants must include a return address as well as information about the school he or she attends and the date and place of their graduation ceremony. We require all of this information before submissions will be considered.

Emailed submissions must be sent prior to midnight on **April 7, 2023**. A committee of the CHABC board of directors will evaluate all submissions that are received by the specified due date and announce the recipients of the bursaries before May 5, 2023.

THIS WEEK ON **FORMED**

Week of February 19, 2023



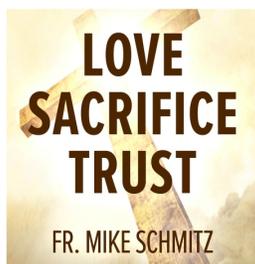
Whole 40: Making a Spiritual Plan for Lent

Sit down with Dr. Ben Akers and Dr. Elizabeth Klein to discuss the purpose of the season of Lent, how to prepare for it, and why it is such a fruitful season in our life of faith.



The Spirit and the Desert

Sometimes we might feel like we're stuck in spiritual deserts. In this episode of The Wild Goose, Fr. Dave Pivonka shares how the Holy Spirit is present even in these times of desolation.



Love—Sacrifice—Trust: He Showed Us the Way by Fr. Mike Schmitz

In this talk, Fr. Mike Schmitz shares with us the need to pick up our crosses and embrace Christ in our own suffering. He reminds us that love often means sacrifice!

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