



## 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)



“Go in all simplicity, do not be anxious to win a quiet mind, and it will be all the quieter. Do not examine so closely into the progress of your soul. Do not crave too much to be perfect, but let your spiritual life be formed by your duties, and by the actions which are called forth by circumstances.”

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](mailto: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@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

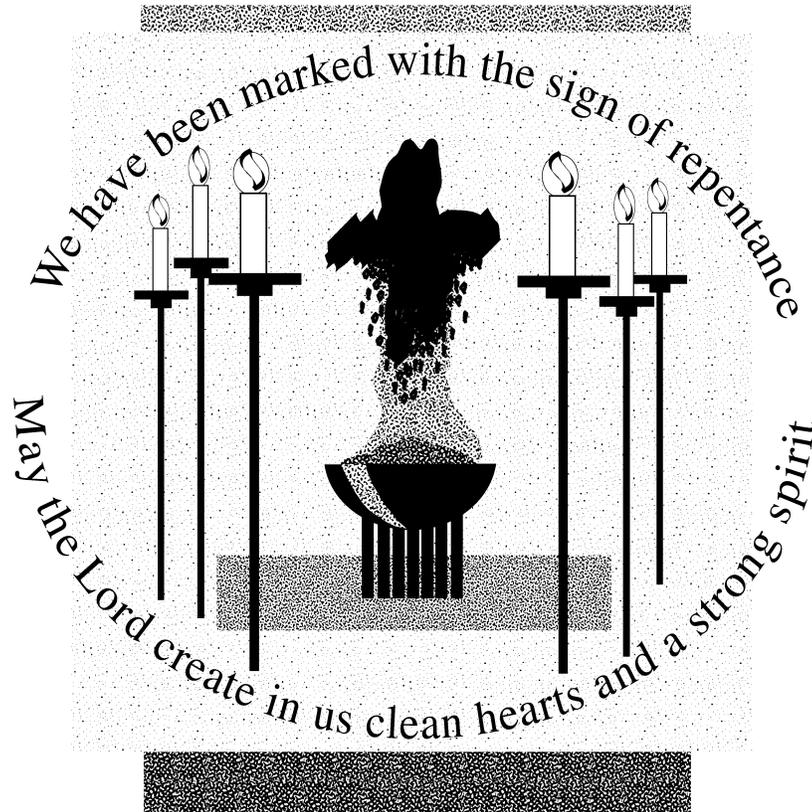
### Domestic Abuse

Help Line: 604-640-7549

## First Sunday of Lent

February 26, 2023

One does not live  
by bread alone!



©Religious Graphics, Ltd.

### 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

### 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 26 Genesis 2:7-9, 3:1-7



## *You will be like gods. (Genesis 3:5)*

We know what the first sin was: Adam and Eve disobeyed God by eating the forbidden fruit. But do you know what the first temptation was? "You will be like gods" (Genesis 3:5).

This is the temptation that has always plagued humanity. Like gods, we want to be in control. We want to decide what is right and wrong. We want the power, honor, and glory that belong only to the Lord.

This is the same temptation that Jesus conquered in his battle with Satan in the desert. In today's Gospel, the devil tries to tempt Jesus to rebel against his Father's plan. He taunts Jesus, saying, "If you are the Son of God..." (Matthew 4:3, 6). In other words, if you are really who you claim to be, don't wait for your Father's permission. Go ahead and act like God!

But Jesus "did not regard equality with God something to be grasped" (Philippians 2:6). Though he was God incarnate, he submitted to his Father's will each and every day. Finally, he undid that first sin of Adam when he offered himself on the cross to save us (Romans 5:12, 15).

This Lent, ask the Spirit to help you recognize where you are being tempted to rebel against God. It may be something subtle, like persisting in a bad habit. Or it may be something more obvious, like resisting God's will in a difficult situation.

Don't get discouraged if you see signs of rebellion. Instead, let the words of St. Paul in today's second reading encourage you, through Jesus' death and resurrection, we have all received an "abundance of grace" (Romans 5:17). That grace can help you overcome any temptation, including the temptation to become your own god! This Lent, just keep asking for God's grace, and trust that it will never run out.

*"Jesus, give me the grace to submit to you in all things."*

### **Baptisms in our Parish**

**We welcome and Congratulate**



**Caleb Sium Almesged**

Baptized in our parish this weekend

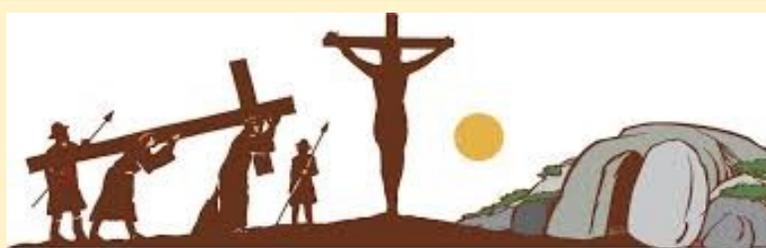
### **Second Collection for the St. Joseph's Society**

This Sunday's second collection supports our retired priests who have dedicated their entire life to the Church. Generous support from the community ensures a comfortable living environment, quality medical care, and other essential services for our retired priests. Parishioners can make their tax-deductible donation to St. Joseph's Society in-person at their parish or online at [rcav.org/second-collection](http://rcav.org/second-collection)

### **Cemetery Plot for Sale:**

In ground grave site Forest Lawn Burnaby  
\$21,750.00 CDN includes transfer fees / taxes  
Details please email Marguerite Ghislieri at -  
thehiz@shaw.ca

*"God never tires of forgiving us, we are the ones who tire of seeking his mercy." Pope Francis*



## STATIONS of the CROSS

Stations of the Cross every **Friday** during Lent starting at 6:30 pm followed by Mass at 7:00 pm.

Come and join us as we meditate on the Lords Passion.

### **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 by committing to prayer at home, and/or Eucharistic Adoration or time in the Church.

40DAYSFORLIFE



#### **Our parish date is on Saturday April 1.**

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.



**Development & Peace**  
CARITAS CANADA

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.

Date & Time  
**SATURDAY**  
**MARCH 11TH, 2023**  
10:00 AM - 12:00 NOON

Location  
**ST. FRANCIS DE SALES**  
**PARISH HALL**  
6656 Balmoral Street  
Burnaby, BC

\* Coffee, tea, and refreshments will be served. \*

**Registration Not Necessary**  
**Everyone is Welcome! Bring A Friend!**

For more event info, please contact  
Pinky.DevPeace@gmail.com or (604) 612-9677



**PRAY FAST GIVE**

## Stewardship Reflection

First Sunday of Lent - February 26, 2023

*"It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Matthew 4:10*

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives. Lent is our time to prune ourselves of earthly things, and develop and nurture heavenly things. Lent is time to repent and let go of the other "gods" we have put before God.

*Copyright © 2023 Archdiocese of St. Louis*

**St. Mark's College Regional Preview Night**  
**February 27, 6:30pm at St. Thomas More Collegiate (Burnaby)**



Would you like to learn more about graduate programs at St. Mark's College?

Join representatives from St. Mark's for an evening that will include a presentation of the college, a Q & A session, and an opportunity to connect with our community over refreshments. You'll also hear about some fantastic scholarship opportunities for people working (paid and volunteer) in lay ministry and for CISVA educators. Contact the Dean of Theology, Dr. Lynda Robitaille, for more info: [stmarkscollege.ca](mailto:stmarkscollege.ca) 604-822-4463 Ext. 129 [lrobitaille@stmarkscollege](mailto:lrobitaille@stmarkscollege)



### RCIA - Rite of Election

During Lent, we are called to a profound conversion. We are called to let God change our hearts and have a greater place in our lives. That sign is our Catechumens and Candidates for Full Communion and Confirmation. They are proclaiming to us that they believe that God has called them into a fuller and deeper relationship with him through Jesus and the Holy Spirit and are asking to participate in the Easter Sacraments of Baptism, Confirmation and Eucharist. They are entering into a more intense preparation of purification and enlightenment. Those to be baptized will become our **Elect**. We, the Church, ratify their choice and send them with our encouragement, prayers and support to celebrate the Rite of Election with Archbishop Michael Miller at Holy Rosary Cathedral on Sunday March 5 at 2:30 pm. Please keep our elect and candidates in your prayers. The Rite of Election is for the Catechumens, those not yet baptized. The Candidates, those already baptized, are welcomed as candidates for full communion with the Catholic Church.



### Preschool - Registration for the 2023-2024

preschool program will begin in April. There is still room in all three programs. Waitlist forms can be found on the school website under parent portal and then select preschool.

# THIS WEEK ON **FORMED**

## Week of February 26, 2023



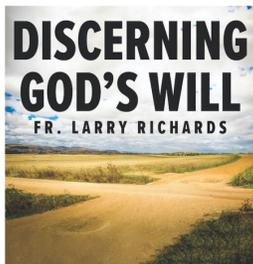
### Father Michael McGivney: An American Blessed

In May 2020, Pope Francis approved a miracle attributed to the intercession of Fr. Michael McGivney, paving the way for his beatification. This documentary highlights Fr. McGivney's fraternal charity, evangelization, and empowerment of the laity.



### Session 1: Jesus: Model and Master of Prayer

In this episode of his course on the Our Father, Dr. Ben Akers teaches us what we can learn from the perfect model and master of prayer: Jesus himself.



### Discerning God's Will by Fr. Larry Richards

Discovering the will of God can be an intimidating challenge in the spiritual life. Join Fr. Larry Richards as he guides us in this task through practical advice and personal stories!

Our parish has a FORMED subscription.  
Visit [signup.formed.org](https://signup.formed.org) and select our parish name.

**AD Space  
available**

**WILDWOOD**

**LANDSCAPE & MAINTENANCE**

COMMERCIAL RESIDENTIAL STRATA  
FULL SPECTRUM LAWN SERVICES  
EXPERT HEDGE TRIMMING TREE PRUNING  
SOIL, ROCK, SAND, MULCH, PLANT INSTALLATION  
TURF, GATES AND FENCING  
WOOD AND ALLAN BLOCK RETAINING WALLS  
FREE ESTIMATES

CALL JOHN OR MIKE TODAY AT 604 893 5745

KNOWLEDGE INTEGRITY TRUST



Lucia Bevacqua

604-202-6160

lbevacqua@sutton.com

www.LuciaBevacqua.com

**Sutton WestCoast Realty**  
You've found a home

An independent member broker

**B&M AUTO-CRAFT COLLISION LTD.**

I.C.B.C. ACCREDITED EXPRESS VALET  
ALL PRIVATE INSURANCE CLAIMS

**TONY MURAZZO  
ANTONIO BENINTESO**

7092 CURRAGH AVENUE  
BURNABY, B.C. V5J4V9

TEL: 604-432-6760 FAX: 604-432-6733

bandmauto-craft@telus.net  
WWW.BANDMAUTCRAFT.COM

**HAIR ZONE** HAIR DESIGN & ESTHETICS

604.526.7700

We have been your neighbours since 1990  
Come check us out  
You will feel and look your best

(604)-526-7700

6919 Kingsway

Burnaby B.C.

www.hairzoneandesthetics.com



**DR. JUDY S.Y. WONG** B.Sc., DMD

DENTIST

NEW PATIENTS WELCOME OPEN SATURDAYS,

牙科醫生黃倩儀



**METRO-EAST DENTAL CLINIC**

#110 - 5021 KINGSWAY,  
BURNABY, B.C. V5H 4A5

TEL: 604-432-9291

E-Mail: drjsywong@gmail.com



**My Family Story**

Capture family history and life stories  
at MyFamilyStory.ca



Serving Our Catholic Community Since 1908



Mike Crean



**New Westminster**

604 521 4881

219 Sixth Street

- Family Owned Since 1908
- Compassionate and Caring Service
- 4 Locations to Serve You:  
Vancouver, Burnaby,  
New Westminster & Cloverdale

www.KearneyFS.com

DBA Crean Family Holdings Ltd.



sutton - centre realty  
AN INDEPENDENT MEMBER BROKER  
3010 Boundary Road, Burnaby, BC V5M 4A1

**Luis Silva**  
604.649.2654

Bus: (604) 435-9477  
Fax: (604) 435-9412  
E-mail: lsilva@sutton.com  
www.sutton.com

Professionalism and integrity that you can count on.



A Better Way To Buy Real Estate

**SA STEVEN  
ALMEIDA**  
604-358-5758

StevenAlmeida.com 21 CENTURY 21  
In Town Realty



**ROBERT  
ALMEIDA**  
PERSONAL REAL ESTATE CORPORATION

604.862.8000  
HomesForBC.ca

TOP 10% PLATINUM RE/MAX CREST



**GREATER  
VANCOUVER  
ROOFING**

604 783 8553



**NEXGEN HEARING**  
The Next Generation of Hearing Care

**Raymond Belmonte** RHIP  
Registered Hearing Instrument Practitioner  
**BURNABY METROTOWN**  
T 604.434.6446 F 604.434.6443  
1698 - 4500 Kingsway, V5H 2A9  
rbelmonte@nexgenhearing.com  
nexgenhearing.com

OCEAN VIEW | FOREST LAWN  
BELL AND BURNABY

**Jennifer Pearce**

Pre-Planning Advisor

Mausoleum Specialist

604.727.9497

Attention to detail like  
no other. Guaranteed.



Jennifer.Pearce@DignityMemorial.com

Every Detail Remembered™



BASKETBALL CAMPS AND  
ONLINE TUTORING SERVICES  
FOR K-12 B.C. STUDENTS

**jr. nba**



**jumpplaylearn.ca**  
info@jumpplaylearn.ca | (604) 258-8390



**Oliveira Funeral Home**



"A Family You Can Trust"

Arrangements in the family home or at our office  
Personal and Affordable Services  
24 hours a day, 7 days a week

The Oliveira family prides themselves  
in being able to serve many communities  
with the highest standards in the industry.

www.oliveirafuneralhome.com  
info@oliveirafuneralhome.com

604-942-7920

2657 Shaughnessy St., Port Coquitlam, B.C. V3C 3G7

Catholic family owned & operated. Serving the Lower Mainland and Fraser Valley

