



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 Instagram: sfdsburnaby



Pastor:

Father Mark McGuckin

Assistant Pastor:

Father Médard Kamanzi

Deacon:

Patrick Dwan

Religious Education Coordinator:

Marguerite Goldsmith

sfds.religioused@rcav.org

Parish Accountant:

Theresa Inocentes

Parish Secretary:

Danka Mak

Parish Administrative Assistant :

Fiona Dwan

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

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 May 20

9:15 am Friday May 24

(School Mass)

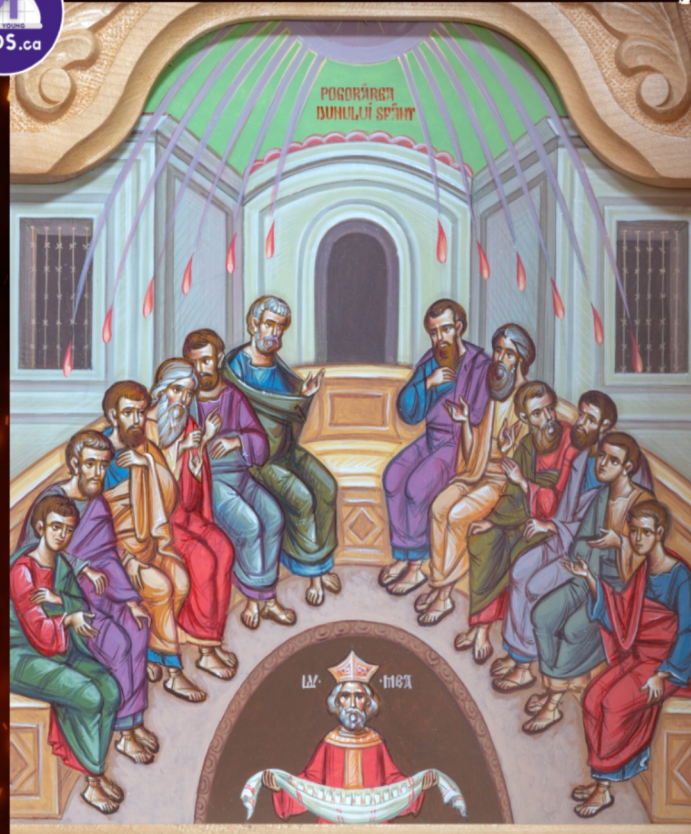
9:00 am Saturday's & Holidays

Holy Hour

Thursday mornings after Mass

First Friday's at 6 pm

Pentecost Sunday



Mass Times: Saturday: 5:00pm*, Sunday: 9:00am*, 11:00am & 7:00pm
*) with The Liturgy of the Word for Children

Please Note: The Mass of Anticipation on Saturday May 25, will be at 7 pm NOT 5pm. (The day of SFDS Spring Fair)

The Holy Spirit truly transforms us. With our cooperation, he also wants to transform the world we live in. Pope Francis

Solemnity of the Pentecost...A Word from our Holy Father, Pope Francis:

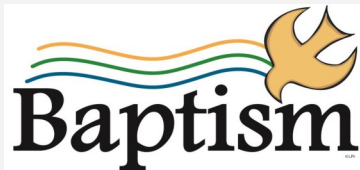
"When the Paraclete comes, whom I will send to you from the Father..." (Jn 15:26). With these words, Jesus promises to send his disciples the Holy Spirit, the ultimate gift, the gift of gifts. He uses an unusual and mysterious word to describe the Spirit: *Paraclete*.

The Paraclete is the Comforter. All of us look for consolation. Often, though, we turn only to earthly comforts, ephemeral comforts that quickly fade. Today, Jesus offers us heavenly comfort, the Holy Spirit, who is "of comforters the best" (*Sequence*). What is the difference? The comforts of the world are like a pain reliever: they can give momentary relief, but not cure the illness we carry deep within. They can soothe us, but not heal us at the core. They work on the surface, on the level of the senses, but hardly touch our hearts. Only someone who makes us feel loved for who we are can give peace to our hearts. The Holy Spirit, the love of God, does precisely that.

Let us go another step. We too are called to testify in the Holy Spirit, *to become paracletes*, comforters. The Spirit is asking us to embody the comfort he brings. How can we do this? Not by making great speeches, but by drawing near to others. Not with trite words, but with prayer and closeness. Let us remember that closeness, compassion and tenderness are God's "trademark", always.

The Paraclete is also the Advocate. He does not take our place, but defends us from the deceits of evil by inspiring thoughts and feelings. He does so discreetly, without forcing us: he proposes but does not impose. The spirit of deceit, the evil one, does the opposite: he tries to force us; he wants to make us think that we must always yield to the allure and the promptings of vice."

Holy Spirit, Paraclete Spirit, comfort our hearts. Make us missionaries of your comfort, paracletes of your mercy before the world. Our Advocate, sweet counsellor of the soul, make us witnesses of the "today" of God, prophets of unity for the Church and humanity, and apostles grounded in your grace, which creates and renews all things. Amen."



We Welcome and Congratulate

Xanaya Elisse Mapili

Baptized in our parish this weekend

**This Weekend We Welcome & Congratulate
into the Catholic Faith**

Michaela "Shelly" Butasova

Radu Vladimír Pirvu

Alice Kung

Joseph Franko Bua

May they always feel love & support here in our parish community, at St. Francis de Sales



"There is nothing small in the service of GOD"

-St. Francis de Sales

PROJECT ADVANCE 2024

Building our Parish Community

Dear brothers and sisters, thank you for your ongoing support and generosity to enable our parish of St. Francis de Sales to really flourish as a home away from home for our parishioners and so many guests whom we see, week in and week out.

This year our Project Advance parish project is aimed at an expansion of this flourishing. Specifically, our campaign is directed to enhancing/renovating key parts of our parish hall, making it more attractive to all the thousands who utilize the space over the course of the year AND ... we need to secure more initial funds to help get our developing regional teen ministry program off the ground in 2024. So many of our Catholic teens in local public schools (and not to neglect our Catholic schools) are in desperate need to receive an extra lifeline to Jesus and His Church. By way of this year's campaign, we're confident that we'll be able to make that vital lifeline a reality. Friends, if you haven't made your Project Advance contribution this year, we invite you to take this to prayer and offer whatever you think is best. Thanks again



**Knights of Columbus
Pancake Breakfast**

**This Sunday May 19
After 9 am & 11 am Masses.**





\$12.00 / guest



JUNE 10 MONDAY
LUNCH SERVED @ 12:00 DOOR OPEN @ 11:30

SENIOR LUNCH

ITALIANO

Salmon
Stuffed peppers
Baked potatoes
green salad
cauliflower with besciamella
Italian Gelato
chocolate chip cookies

last day to register: June 5

Louise: 604 872 1574 (pls leave a message)
bclouise@gmail.com



COMING SOON

ALPHA MARRIAGE Course

Starts on

May 30, 2024



Give your tea sets a new life & home at CWL, keeping your legacy intact.

DONATE YOUR TEA SETS!!!

Enjoy a cup of tea/coffee with us as you drop off your lovely donation

Sunday June 2nd

9:00-2:00 pm

Thank you for your generosity

email gracemushinski@gmail.com if you are dropping and joining us for coffee/tea.



ALPHA MARRIAGE COURSE

When life gets busy, its easy for married couples to forget about date night. We would like to invite you and your spouse to set a weekly date night to reconnect and build a more joyful family by thriving as a couple. The Marriage Course, a 7 week program produced by Alpha International, for couples "seeking practical support to strengthen their relationship, keep the spark alive and stay connected." For more information and to register, please visit our parish website: www.sfds.ca

The Canadian Christian Meditation Community Conference Retreat: From Anxiety to Peace

This retreat will be led by Benedictine Father Laurence Freeman, Spiritual Director of the World Community of Christian Meditation, and recipient of the Order of Canada for interfaith dialogue, from July 5-7 at UBC Vancouver. Participants can attend in person or online. **The registration deadline for the in-person option, which includes accommodation and meals, is Thursday, May 30.** Spaces are limited. For more information, please contact JoAnn at 604-318-3429 or Maeve at bccchristianmeditation@gmail.com, or visit wccm-canada.ca or beholdvancouver.org/events.

Rachel's Vineyard Retreat "God takes pleasure to see you take your little steps; and like a good father who holds his child by the hand, He will accommodate His steps to yours and will be content to go no faster than you. Why do you worry?" -St. Francis de Sales Sometimes that is all one can do after a loss due to abortion: little steps in the right direction. Take heart! That is the beginning of your healing! You are not alone as you walk, and you will not be alone on a Rachel's Vineyard Retreat™. Join us! Why wait? Our next retreat is on May 24-26. For confidential information, call 604-525-0999 or email nfo@pacscanada.org.

A young family is seeking rental in the SFDS Parish area. In return for a reduced rent of \$1800, they could do light housework and yard work as well as provide companionship. The parents are devout Catholics from Mumbai, India; they are well educated and have two young children, a daughter aged 3 and a son aged 9. Please contact the school office if you can help. 604-435-5311 or office@sfds.school

2nd SFDS Spring Fair, happening on May 25th, 2024.
Get ready for an extraordinary day filled with excitement and joy. This year's fair promises to be even more spectacular, with an array of free and fun activities and entertainment for everyone.

Exciting Activities Await:

- Euro Bungee: Embark on the most exhilarating midway ride, Euro Bungee, where you can safely jump up in the air and enjoy the thrill.
- Star Wars Inflatable Laser Tag: Play laser tag with your friends in our one-of-a-kind Star Wars inflatable laser tag arena.
- Pony Rides: Get up close with our friendly ponies visiting from Langley's Laughing Stock Ranch
- Interactive Crafts: Unleash your creativity with interactive crafts from our vendors.
- Arts and Crafts: Visit the Burnaby RCMP booth for arts and crafts and have a meet and greet with the loveable Red Serge.
- Local Community Vendors: Explore booths from local community vendors offering unique products and services.
- Free Massages: Relax and rejuvenate at our relaxation zone with complimentary massages.

Hungry? We've Got You Covered:

Indulge in mouth-watering offerings from our food vendors, and don't forget to grab your FREE Starbucks coffee and iced tea, generously sponsored by Edmonds Highgate branch.

Entertainment Highlights:

- Zumba Dance with Mayu: Join the ever-energetic and fun Zumba instructor of Burnaby, Mayu, for a high-energy dance session.
- Beatboxing by Vino Cuenca: Prepare to be mesmerized by the beatboxing talent of the one and only champion, Vino Cuenca.
- SFDS Choir Performance: Cheer for our talented SFDS Choir as they showcase their musical prowess.
- Dance Party with Rossinite Band: Don't miss out on the dance party with the electrifying Rossinite Band.

Rain or Shine, the Fun Won't Stop!

Whether it's rain or shine, we guarantee a day filled with fun and excitement that you won't want to miss.

Eco-Friendly Transportation:

Due to limited parking spaces, we encourage you to walk or take public transit. Let's make this event eco-friendly and enjoyable for everyone!

Spread the Word and Join Us:

Don't miss out on this epic celebration of family, community, and fun! Spread the word, bring your loved ones, and let's create unforgettable memories together. See you there! Sincerely, SFDS Spring Fair Team



MAP OF ATTRACTIONS

THIS WEEK ON **FORMED**

Week of May 19, 2024



Never Alone Session 1: Belonging

The third Person of the Trinity is the one who illuminates our identity and belonging as God's sons and daughters. Presented by Nic Gutierrez



Mary: The Church's First

In the Gospel of John, we see the powerful scene in which Jesus gives to the Church his final gift: "Behold, your mother!" (John 19:27). Here we see Jesus inaugurating Mary's role as mother of the Church. Therefore, it should be no surprise that from the very earliest time of the Church, Christians have turned to Mary as their spiritual mother for her prayers and her motherly help.



It's a Miracle! | Laugh and Grow Bible for Kids

When Jesus was all grown up He traveled with His disciples doing amazing things all over the place! Learn about Jesus' miracles in this story that walks through some of the most powerful moments of His ministry.

Our parish has a FORMED subscription.
Visit signup.formed.org and select our parish name.



MARY'S CAKES
Custom Cakes
For All Occasions
Unique & Beautiful

All Designs Are Possible!
inspiredbymommary@gmail.com

30% of all Profits Donated to
Vocations to the Priesthood

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



GREATER VANCOUVER ROOFING

604 783 8553

SARITA PINTO
 LICENSED REALTOR®

778.883.1063
saritacpinto@gmail.com

2309 W 41st Ave #302
 Vancouver, BC V6M 2A3
 ORCA REALTY

www.saritapintorealestate.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 BC
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




New Westminster
 604 521 4881
 219 Sixth Street

Mike Crean

- 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.



LUIS SILVA
 Personal Real Estate Corporation
 604-649-2654
 Email: laddsilva@gmail.com

RE/MAX
 HEIGHTS REALTY

A Better Way To Buy Real Estate



SA STEVEN ALMEIDA
 604-358-5758

StevenAlmeida.com 



ROBERT ALMEIDA
 PERSONAL REAL ESTATE CORPORATION

604.862.8000 TOP 10%  

HomesForBC.ca



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

MABUHAY!
REUNITE WITH YOUR FAMILIES
FROM THE PHILIPPINES!



ZOREN SINGSON
 QUALIFIED EDUCATION AGENT
 ENZ EDUCATION CONSULTANCY SERVICES

Get In Touch:
 ☎ 604-805-8096
 www.enz.com.ph
 z.singson@enzconsultancy.com

Philippine Branches:
 • Laoag City, Ilocos Norte
 • Vigan City, Ilocos Sur
 • Santiago City, Isabela
 • Pasig City, Metro Manila
 • Dumaguete City, Negros Oriental
 • Cagayan De Oro City

TOURIST VISA | STUDENT VISA

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
 2657 Shaughnessy Street
 Port Coquitlam, BC V3C 3G7



Antonio Oliveira
 Owner/Funeral Director

- Funeral arrangements in the comfort of your home or at our office
- Professional and compassionate services tailored to your needs
- Catholic family owned and operated

604-942-7920 (24 HRS)
604-942-7924 (Fax)
www.oliveirafuneralhome.com
oliveirafunerals@gmail.com

A family you can trust