



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

12th Sunday
IN ORDINARY TIME

SFDS.ca

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

Weekday Mass Schedule

8:15 am Monday-Friday
9:15 am Friday June 21 School Mass
9:00 am Saturday's & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's at 6 pm

*"Do Not look forward to the changes of this life in fear, rather look to them with full hope, that as they arise God will deliver you out of them. He is your keeper, He has kept you until now. Hold fast to His dear hand and He will lead you safely through all things, and when you cannot stand, He will hold you in His arms."
St. Francis de Sales*

12th Sunday of Ordinary Time A Word from our Holy Father, Pope Francis:

Today's liturgy tells the episode of the storm calmed by Jesus (Mk 4:35-41). The boat in which the disciples are crossing the lake is beaten by the wind and the waves and they fear they will sink. Jesus is with them on the boat, yet he is in the stern asleep on the cushion. Filled with fear, the disciples cry out to him: "Teacher, do you not care if we perish?" (v. 38).

And quite often we too, beaten by the trials of life, have cried out to the Lord: "Why do you remain silent and do nothing for me?". Especially when it seems we are sinking, because love or the project in which we had laid great hopes disappears; or when we are at the mercy of unrelenting waves of anxiety; or when we feel we are drowning in problems or lost amid the sea of life, with no course and no harbour. Or even, in moments in which the strength to go forward fails us, because we have no job, or an unexpected diagnosis makes us fear for our health or that of a loved one. There are many moments when we feel we are in a storm; when we feel we are almost done in.

In these situations and in many others, we too feel suffocated by fear and, like the disciples, risk losing sight of the most important thing. In the boat, in fact, even if he is sleeping, *Jesus is there*, and he shares with his own all that is happening. If on the one hand his slumber surprises us, on the other, it puts us to the test. The Lord is there, present; indeed, he waits, so to speak, for us to engage him, to invoke him, to put him at the centre of what we are experiencing. His slumber causes us to wake up. Because to be disciples of Jesus, it is not enough to believe God is there, that he exists, but we must put ourselves out there with him; we must also raise our voice with him. Hear this: we must *cry out to him*. Prayer is often a cry: "Lord, save me!"



BAPTISM

We

Welcome and Congratulate

Estela Avira Shankar Martins



Knights of Columbus
Pancake Breakfast

This Sunday June 23
After 9 am & 11 am Masses.

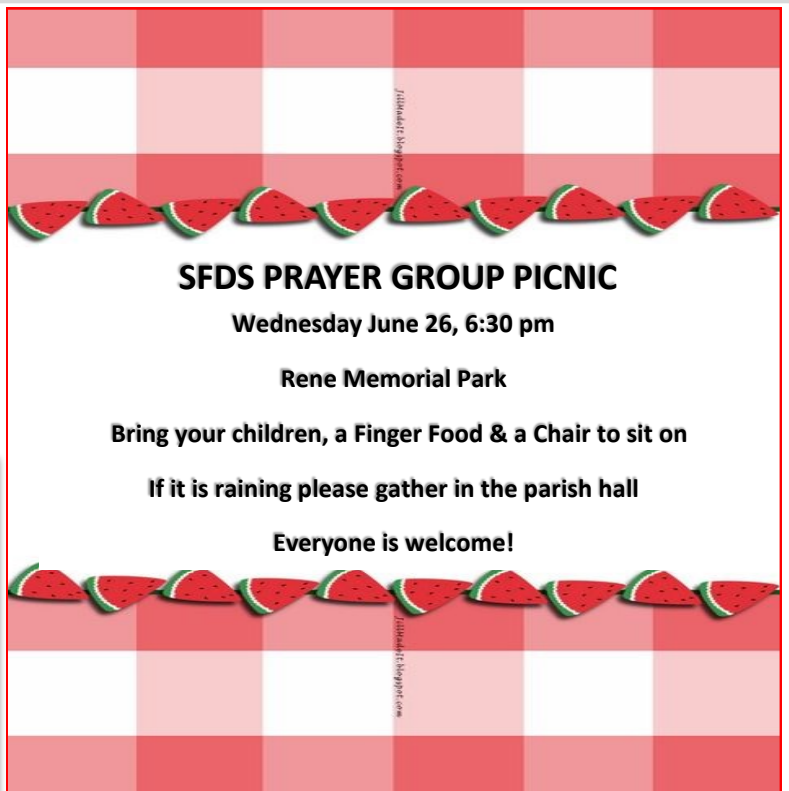


Now accepting Cash & Debit Card (tap only)
Please note that we are not set up for credit card yet

There will be a Vocation Live-In on the weekend of July 6-7 at the Seminary of Christ the King in Mission, BC. Anyone wishing to enter the Seminary in the next couple of years is welcome. For more information phone 604-826-8975 or email rector.minors@sck.ca



During the weekend of **July 7**, we will publish our "In Loving Memory" column for our loved ones who passed away in the month of July. If you wish to have someone included in this column, please phone or email the parish office by **Wednesday July 3**.



SFDS PRAYER GROUP PICNIC
Wednesday June 26, 6:30 pm
Rene Memorial Park
Bring your children, a Finger Food & a Chair to sit on
If it is raining please gather in the parish hall
Everyone is welcome!

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:

- In-Person Option: Cost is \$340. Register by Wednesday, June 26.

- Online via Zoom: Cost is \$120 (\$60 for students).

Register by Monday, July 1.

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.



Are you thinking of becoming a Catholic?

R.C.I.A.

INTERESTED IN BECOMING CATHOLIC or LEARNING MORE ABOUT YOUR FAITH?

- † Are you asking some of life's most burning questions, such as: Why am I here? What is the purpose of life? What does the Church teach about this or that? Where does God fit into my life and is He interested?
- † Are you interested in becoming a Catholic?
- † Has it been a long time since you have been to Church and are looking to update your understanding of the Catholic faith?
- † Have you been a Catholic all your life but have not been Confirmed?

If these thoughts and more have been on your mind lately, then maybe you should check out the upcoming RCIA sessions. Start thinking now of joining or inviting a few friends.

RCIA will resume mid September from 7-9pm in the parish hall.

Please contact the parish office to register and for more information. 604-434-1328

Estate & Memorial Planning Webinar

This free online presentation provides general information for preparing or updating your Will, learning about the beauty of the funeral rite, and formulating pre-need arrangements. You'll be pointed to complementary guides, tools and practical resources. The event is presented by the Gardens of Gethsemani cemetery, a ministry of the Archdiocese of Vancouver. Next session is on Thursday, July 4, at 11:00 a.m. via Zoom. Learn more and register at rccav.org/events.

Save the Date: The Men's Retreat

Join Life Restoration Ministries for the 2024 Men's Retreat at Rockridge Canyon on September 20-24! The experience offers something for everyone— powerful presentations, prayer time, break-out sessions, sacraments, fellowship, adventure, music, rest, quiet, hiking, and the stunning beauty of Rockridge Canyon. This is the retreat you don't want to miss!

Registration opens July 13! More details soon via beholdvancouver.org/events.

Attention Soccer Playing Phenoms of SFDS!!
Ages 13 to 99 can apply!

CHRISTIAN SOCCER LEAGUE

We need your talent for our new competitive co-ed team.

Dust of the cleats, stretch out the hamstrings, and bring your 'A' game, brothers & sisters! At present, we're gearing up for the 2025 Christian Soccer League Season by adding a SFDS co-ed team to the league. To be sure...we will be assembling a competitive squad, high level skill will be warmly welcomed, and we're looking for a good balance of youthful exuberance and veteran savvy. Our brothers-in-Christ, Mr. Franco Caligiuri & Fr. Médard Kamanzi are spearheading this effort and we want to know if YOU (and or/a loved one) has what it takes to be part of this inaugural tea and...eventually...elevate us to championship status. To sign up please follow the link below, or see our e-newsletter.

<https://sfds.ca/announcements/christian-soccer-league>

REGISTRATION
For PREP 2024-2025 is
Now Open!

PREP
2024-25
Registration

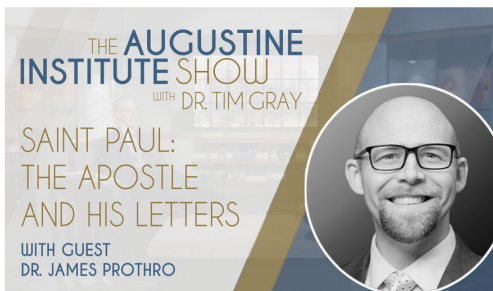
THIS WEEK ON **FORMED**

Week of June 23, 2024



The Woman at the Well | Drawing Closer to God: Lent | Episode 4

In this episode, Ms. Kim draws Christ's encounter with the Samaritan woman at the well from John 4. Through this scene, Ms. Kim explains how Jesus is the living water that quenches our thirst and gives us eternal life.



Saint Paul the Apostle and His Letters | The Augustine Institute Show

Join Dr. Prothro as he discusses Saint Paul and his Letters on The Augustine Institute Show!



St. John the Baptist | Catholic Saints

Join Dr. John Sehorn and Taylor Kemp as they talk about St. John the Baptist, the forerunner to Christ.

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