



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)



Sunday July 21, 2024

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 Saturday's & Holidays

Holy Hour

Thursday mornings after Mass

First Friday's at 6 pm

"Today may there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and everyone of us."
St. Teresa of Avila

16th Sunday of Ordinary Time A word from our Holy Father, Pope Francis:

Jesus's attitude that we observe in the Gospel of today's liturgy (Mk 6:30-34) helps us to grasp two important aspects of life. The first is rest. [...] Jesus tenderly directs this invitation to the Apostles: "Come away by yourselves to a lonely place and rest a while" (v.31). [...] He is concerned about their physical and interior tiredness, [...] because he wants to make them aware of a danger that is always lurking there for us too: the danger to be caught up in the frenzy of doing things, to fall into the trap of activism where what is most important are the results that we obtain and the feeling of being absolute protagonists. [...] We are busy, we run around, we think that everything depends on us and, in the end, we risk neglecting Jesus and we always make ourselves the centre.

This is why He invites His disciples to rest a bit with Him on their own. It is not only physical rest, but also rest for the heart. For it is not enough to "unplug" ourselves, we need to truly rest. [...] To do so, we must return to the heart of things: to stop, to remain in silence, to pray so as not to go from the frenzy of work to the frenzy of times of relaxation. [...] Let us learn how to take a break, to turn off the mobile phone, to contemplate nature, to regenerate ourselves in dialogue with God. [...]

This is the second aspect: compassion, which is God's style. God's style is to draw near, compassion and tenderness. How many times we find this phrase in the Gospel, in the Bible: "He had compassion on them". Touched, Jesus dedicates himself to the people and begins to teach again (cf. vv. 33-34). This seems to be a contradiction, but in reality, it is not. [...] Compassion is born from contemplation. If we learn to truly rest, we become capable of true compassion; if we cultivate a contemplative outlook, we will carry out our activities without that rapacious attitude of those who want to possess and consume everything; [...] We need [...] an "ecology of the heart", that is made up of rest, contemplation and compassion. Let us take advantage of the summer time for this! It will help us quite a bit.

Request for Your Prayers Please

We are asking all of you in our parish community, to please pray for three year old Josie Hui and her family. The Family are parishioners here at St. Francis de Sales parish. Just recently little Josie was diagnosed with a brain tumour .



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 team and...eventually...elevate us to championship status. To sign up please see our e-newsletter or visit our website. www.sfds.ca



Registrations are now open, please help us to spread the word. Propelled by the Holy Spirit, please help us direct more public elementary school students and families to PREP. Register via our website or through the parish office. www.sfds.ca

Create Hope: Build a Better Tomorrow (Development and Peace – Caritas Canada Regional Assembly)



All are invited to attend the annual Regional Assembly of the BC/ Yukon Development and Peace, where we will review what we have been doing and set priorities for the upcoming year.

The event will be held at Carmel Hill - Little Flower Monastery in Deroche, B.C. on the following dates:

- Friday, October 18, 5:00 a.m. - 9:00 p.m.
- Saturday, October 19, 9:00 a.m. - 10:00 p.m. (with speakers)
- Sunday, October 20, 9:00 a.m. - 11:30 a.m.

Event cost ranges from \$55-\$220. Discounts will depend on the number of attendees. New members are welcome! **Registration deadline: Thursday, August 1.** For more information and to register, please email pinky.devpeace@gmail.com or visit beholdvancouver.org/events.

SFDS Charismatic Prayer Group

Come join the prayer group every Wednesday at 7pm as we discuss "Speaking the Word of God." In the cool temperature of the church Hall. Everyone is welcome!



Rite of Christian Initiation for Adults

† 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?

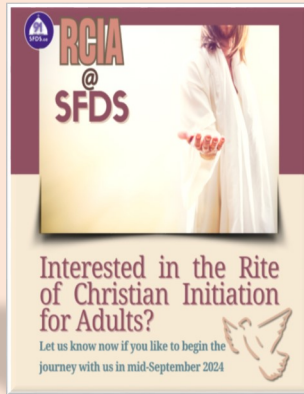
† Has it been a long time since you have been to Church and are looking to update understanding of the Catholic faith?

† 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



ANNIVERSARY CELEBRATION OF OUR PRAYER GROUP

JOIN US FOR HOLY MASS

FRIDAY, SEPTEMBER 27TH @ 7:00 PM

6610 Balmoral Street, Burnaby, BC V5E 1J1

The Men's Retreat: Perfect Storms

September 20–22, 2024

RockRidge Canyon in Princeton, B.C.

Through inspiring talks, the Sacraments, and outdoor adventures, Jake Khym (founder of Life Restoration Ministries) and Sam Blair (retired US Navy SEAL) will guide us through a prayerful weekend, helping us receive the perfect and transforming love of Jesus amidst life's storms. For more information and to register, visit liferestoration.ca/mens-retreat.



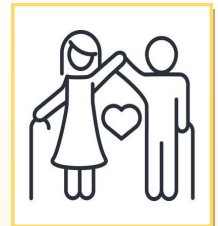
Liveloud Worship Tour: Splendour

Experience the uplifting power of music and faith! The Liveloud Worship Tour is an advocacy dedicated to spreading God's love and the beauty of the Catholic faith through music. Join us for an unforgettable evening filled with soul-stirring melodies and inspiring messages. Whether deeply rooted in the Catholic faith or simply seeking a unique and uplifting experience, this event is for you! On Saturday, August 10, 4:00 p.m. at Chandos Pattison Auditorium in Surrey. Ticket costs: Free for children aged 2 and under; \$15 for children aged 3-12; \$25 for adults. All are welcome! Learn more and register via beholdvancouver.org/events.

World Day for Grandparents and the Elderly

"Do not cast me off in my old age." —Psalm 71:9

The Fourth World Day for Grandparents and the Elderly, celebrated this year on July 28, 2024, is an important occasion for the life of our ecclesial communities. Attending to our grandparents and the elderly is not only a sign of gratitude and affection, but a necessity in the construction of a more human and fraternal society.



The Holy Father invites us to recognise their value and to do so permanently, not just occasionally. It is not a matter of celebrating an anniversary once a year, but of making the elderly feel like an integral part of our Christian family and our common history.

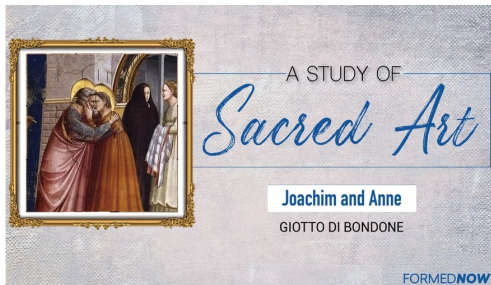
The successive generations of elderly people must be taken seriously, and the Church must give them appropriate pastoral attention.

We invite everyone to consider how they can honour their grandparents and the elderly in their communities.

Learn more at beholdvancouver.org/events.

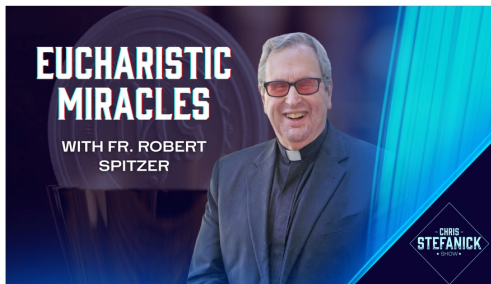
THIS WEEK ON **FORMED**

Week of July 21, 2024



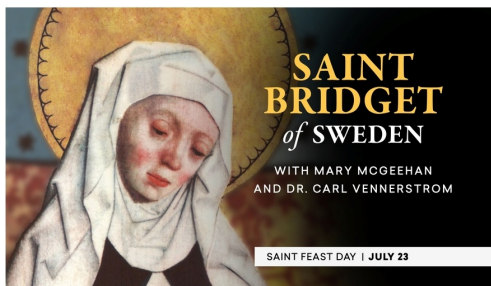
Sts. Joachim and Anne | Sacred Art

In this episode on FORMED Now, Dr. Ben Akers and Taylor Kemp discuss the parents of the Blessed Virgin Mary in this famous painting "Joachim and Anne Meeting at the Golden Gate."



The INCREDIBLE Eucharistic Miracles w/Fr. Robert Spitzer | Chris Stefanick Show

Did you know there are miracles that back up the true presence of the Eucharist? It's true! And I brought Fr. Robert Spitzer back to tell us about the incredible science behind them.



St. Bridget of Sweden | Catholic Saints

Join Dr. Carl Vennerstrom and Mary McGeehan as they dive into the life of this medieval saint: St. Bridget of Sweden. A wife, mother, and visionary, St. Bridget was an evangelist both inside and outside the home. St. Bridget's visions of Christ's Nativity have greatly influenced its depiction in Christian art. Watch to find out more!

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