



## 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 Instagram: @sfdsburnaby



### Pastor:

Father Mark McGuckin

### Assistant Pastor:

Father Lukose Kochupurackal CMF

### Deacons:

Patrick Dwan & Alvin Rint

### Religious Education Coordinator:

Marguerite Goldsmith  
[sfds.religioused@rcav.org](http://sfds.religioused@rcav.org)

### Parish Accountant:

Theresa Inocentes

### Parish Secretary:

Danka Mak

### Parish Administrative Assistant :

Fiona Dwan

### Parish Bookkeeper:

Lin Dou

### 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. Ephrem Kardouh B.S.O.

Tel: 778-251-8270

[office@stgeorgemelkitechurch.com](mailto:office@stgeorgemelkitechurch.com)

### 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

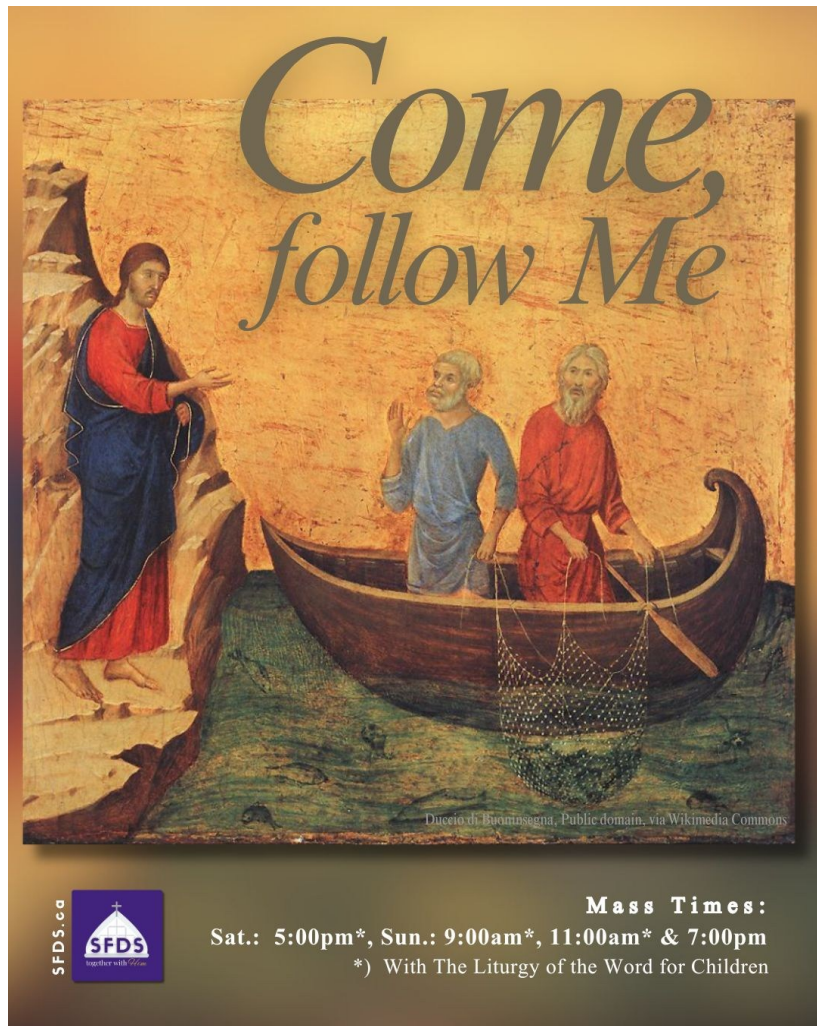
### Weekday Mass Schedule

8:15 am Monday-Friday  
9:00 am January 28 (School Mass)  
9:00 am Saturday's & Holidays

### Holy Hour

Thursday mornings after Mass  
First Friday's at 6 pm

Sunday January 25, 2026



### Mass Times:

Sat.: 5:00pm\*, Sun.: 9:00am\*, 11:00am\* & 7:00pm

\*) With The Liturgy of the Word for Children

*"Do not be afraid to be saints. Follow Jesus Christ who is the source of freedom and light. Be open to the Lord so that he may lighten all your ways."  
Pope John Paul II*

## January 25, 2025 - 3rd Sunday of OT

**A word from our late Holy Father Pope Francis:** The Gospel from today's liturgy (Mt 4:12-23) narrates the call of the first disciples who, along the lake of Galilee, leave everything to follow Jesus. He had already met some of them, thanks to John the Baptist, and God had placed the seed of faith within them (cf. Jn 1:35-39). [...] This time, he extends a direct call to them: "Follow me!" (Mt 4:19). [...] From then on, they follow Jesus. And in order to follow him, they leave.

To leave so as to follow. It is always like this with Jesus. One can begin in some way to feel his appeal, perhaps because of others. Then the awareness can become more personal and can kindle a light in the heart. [...] But sooner or later, the moment comes in which it is necessary to leave so as to follow (cf. Lk 11:27-28). And this is when a decision has to be made: Do I leave behind some certainties and embark on a new adventure, or do I remain where and as I am? [...] If one does not find the courage to set out on the journey, the risk is to remain a spectator of one's own existence and to live the faith halfway.

[...] What must we leave behind? Certainly, our vices and our sins, which are like anchors that hold us at bay and prevent us from setting sail. To begin to leave, it is only right that we begin by asking forgiveness — forgiveness for the things that were not beautiful. I leave these things and move forward. But it is also necessary to leave behind what holds us back from living fully, for example, fear, selfish calculations, the guarantees that come from staying safe, just getting by. It also means giving up the time wasted on many useless things. How beautiful it is to leave all this in order to experience, for example, the tiring but rewarding risk of service, or to dedicate time to prayer so as to grow in friendship with the Lord. [...] In short, to live life, we have to accept the challenge of leaving. Today Jesus extends this invitation to each of us. [...] Do not be afraid to leave if it is to follow Jesus. We will always find that we are better.

### OUR BELOVED DEPARTED

† **Brenda Ann Lobo**

*Passed away on January 20, 2026*

*Predeceased by her husband Basil Lobo*

*Loving mother to Philip, Kevin & Stephen*

*Grandmother to her adored grandchildren*

*Samantha, Jamie, Matthew & Emma*

*Prayers at SFDS Parish on Thursday January 29 at 5pm*

*Funeral Mass at SFDS Parish on Friday January 30 at 11am*

*Eternal Rest Grant unto her O Lord*

### SOCIETY OF ST VINCENT DE PAUL – 2025 CHRISTMAS HAMPER PROJECT

Thank you parishioners for your generous donations of gift cards and cash. We were able to provide Christmas cheer to **165 individuals** (adults and children). The hampers were delivered on December 6<sup>th</sup>. We would like to acknowledge gratitude to the SFDS community: Fr. Mark, SFDS school and PREP teachers and students, parishioners, the Knights of Columbus, Catholic Women's League, volunteer drivers, and the parish office for another successful endeavour. God Bless you and your homes abundantly this new year.

**All through 2025, we supported 199 individuals (119 adults, 80 children).**

### Special Prayer Intention for Catholic Health Care

The court case involving St. Paul's Hospital continues to be heard by the B.C. Supreme Court. The case pertains to whether faith-based health care facilities are permitted to operate in accordance with their values by not providing Medical Assistance in Dying (MAiD). It will challenge Catholic healthcare and its place within Canada's publicly funded healthcare system.

***Lord Jesus, Divine Healer, you sought out the sick, the marginalized, and those cast aside. We pray for all who receive care at St. Paul's Hospital, for their families and loved ones, and for all healthcare workers who serve with compassion. We entrust this court case to your care. Grant wisdom to those who must decide it, that justice may prevail and that Catholic health care may continue its mission without compromise. Help us to protect those who are most vulnerable and to build a society where every human life is sacred.***

### Do You Have a Child Entering Kindergarten this coming School Year, 2026-27?

If so, and you are interested in your child attending our parish school, St. Francis de Sales elementary, please submit a waitlist form promptly. Registration for the upcoming kindergarten class has now begun, and spots are limited. For more information, please visit the school's website, [www.sfdsschool.ca](http://www.sfdsschool.ca) or email [office@sfdsschool.ca](mailto:office@sfdsschool.ca)



### Seminary of Christ the King Live-In Experience

Are you interested in the priesthood or the life of a religious brother, and want to see for yourself what seminary life is like? Spend two days at the Seminary, meet other young men who have a priestly or religious vocation in mind. Saturday, February 7 through Sunday, February 8 at Christ the King Seminary in Mission. Learn more at [sck.ca/vocation-live-in](http://sck.ca/vocation-live-in).

**JAN 26**

# MINI GAMES Night

**7:30 PM**

**MINUTE-TO-WIN-IT**

7:30 pm Welcome  
 8:00 pm Speed-friending  
 8:30 pm Minute-to-win-it Challenges



Our next SFds Youth Night (for ages 15 to 25 years) will be this coming Monday January 26 at 7:30pm in the parish hall. Entry is free, just show up, hangout and enjoy some sweet and savoury snacks... and take part in the faith, the fun, and the frenzy of mini-games night!

*On track for*  
**JUSTICE**



**SHARE LENT WORKSHOP**

In person at St. Francis de Sales parish (6610 Balmoral St. Burnaby, BC)  
 Saturday, January 31, 2026, from 9:30 a.m. to 12:30 p.m.

Share Lent 2026 Development and Peace CARITAS CANADA

Come learn more about the Catholic Church's social teaching and Jesus' call to heed the cry of the poor in our world. You will explore the work of our Brazilian partner Justiça nos Trilhos (Justice on the Rails) and deepen your understanding of Development and Peace—Caritas Canada, its mission, and its actions. Saturday, Jan. 31, 9:30 a.m. - 12:30 p.m. at St. Francis de Sales Parish, Burnaby. Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).


**YOU ARE INVITED TO OUR INAGURAL AFTERNOON SOCIAL!!!**

**Monday, Feb. 2, 2026**  
**2:00-4:00 pm**  
 Free Admission!!!  
 Refreshment provided  
 Parish Hall




15	30	45	56	72
6	28	43	57	74
X	17	X	46	73
13	X	40	49	71
X	22	33	50	63

*Hey!!* St. Francis de Sales' parish feast day weekend is upcoming



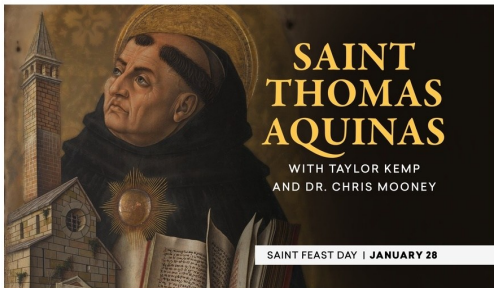
**JANUARY, 24 & 25**

Our hospitality team has something for you after our Masses!



# This Week on Formed

Week of January 25, 2026



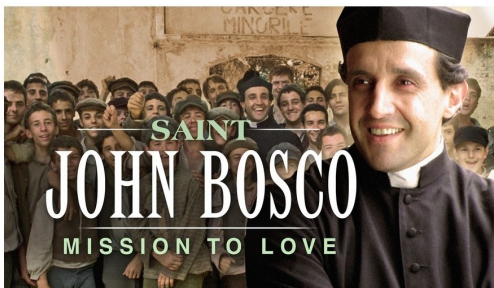
## St. Thomas Aquinas | Catholic Saints

St. Thomas Aquinas was given one of the greatest minds in history. He devoted his life to studying God. Not only did St. Thomas cover almost all of theology, but he also did it while maintaining theological accuracy.



## The Story of St. John Bosco

Learn the inspiring story of the life of St. John Bosco in this audio reflection intended for kids. We celebrate his feast day on January 31.



## Saint John Bosco: Mission to Love

Flavio Insinna gives a winning performance as John Bosco, the great priest and educator of youth. Beautifully filmed in Italy, this epic movie dramatizes the many challenges that he had to overcome from his childhood all the way to founding his religious order.

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