



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

Sunday February 1, 2026

Pastor:

Father Mark McGuckin

Assistant Pastor:

Father Lukose Kochupurackal CMF

Deacons:

Patrick Dwan & Alvin Rint

Religious Education Coordinator:

Marguerite Goldsmith
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

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

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 February 3 (School Mass)

7:00 pm February 6 First Friday

9:00 am Saturday's & Holidays

Holy Hour

Thursday mornings after Mass

First Friday's at 6 pm



**Blessed are the Poor in Spirit,
theirs is the Kingdom of Heaven**

Mass Times:

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

*) With The Liturgy of the Word for Children

*“There is no joy like that known
by the truly poor in spirit.”
St. Thérèse of Lisieux.*

February 1, 2026 - 4th Sunday in Ordinary Time

A word from our late Holy Father Pope Francis: In today's liturgy, the Beatitudes according to the Gospel of Matthew are proclaimed (cf. Mt 5:1-12). *The first is fundamental. This is what it says: "Blessed are the poor in spirit, for theirs is the kingdom of heaven" (v. 3).[...]*

Today, I would like to pause on this typical aspect of the poor in spirit: *not wasting. The poor in spirit try not to waste anything. Jesus shows us the importance of not wasting. For example, after the multiplication of the loaves and the fish, he asks that the leftover food be gathered so that nothing is wasted (cf. Jn 6:12). Not wasting allows us to appreciate the value of ourselves, of people and of things. Unfortunately, however, this principle is often disregarded, above all in more affluent societies where the culture of waste and the throw-away culture are predominant. Both are a plague. So, I would like to propose to you three challenges against the waste and throw-away mentality.*

The first challenge: *not to waste the gift that we are. Each one of us is a good, independent of the gifts we have. Every woman, every man, is rich not only in talents, but in dignity. He or she is loved by God, is valuable, is precious. Jesus reminds us that we are blessed not for what we have, but for who we are. And when a person lets go and throws him or herself away, he or she wastes him or herself. Let us fight, with God's help, against the temptation to believe ourselves inadequate, wrong, and to feel sorry for ourselves.*

Then, the second challenge: *not to waste the gifts we have. It turns out that about one-third of total food production goes to waste in the world each year, while so many die of hunger! Nature's resources cannot be used like this. Goods should be taken care of and shared in such a way that no one lacks what is necessary. Let us not waste what we have; rather, let us disseminate an ecology of justice and charity, of sharing!*

Lastly, the third challenge: *not to throw people away. The throw-away culture says, "I use you insofar as I need you. When I am not interested in you any more, or you are in my way, I throw you out". It is especially the weakest who are treated this way: unborn children, the elderly, the needy and the disadvantaged. But people are never to be thrown out; the disadvantaged cannot be thrown away! Every person is a sacred gift, each person is a unique gift, no matter what their age or condition. Let us always respect and promote life! Let's not throw life away! [...]*

Swahili Mass Schedule all start times at 4:00pm

Sun., Jan. 18, 2026

Sun., Feb. 15, 2026

Sun., Mar. 15, 2026

Sun., Apr. 19, 2026

Sun., May 17, 2026

Wed., Jun. 3, 2026 (at 7:00pm)

Feast Day of St. Charles Lwanga

Sun., Jun 21, 2026



Pray the Famous Spiritual Exercises Retreat An intensive (9 month) Retreat offered in the Archdiocese. Especially for those seeking to find God's Will for their Lives.

The Retreat:

- Discerning your actual Experience of God.
- Pray through your own life and the life of Christ
- Find God's Presence, Healing, & Call in the deepest areas of your soul.

Free (+ \$100 Application Processing Fee) Information & Registration: <https://www.jsav.ca/the-spiritual-exercises.html> or scan the QR code. Application Deadline: **Feb 28th**. Inquiries:



CANDLEMAS DAY



Presentation of the Lord Monday February 2

Bring your candles to be blessed

at the 8:15 am Mass

All are welcome!

Feast of St. Blaise

Blessing of Throats

February 3 at 8:15 am Mass

All are welcome!



In Loving Memory

<i>Julio Cesar De Los Santos</i>	<i>February 1, 2015</i>
<i>Settimio Testa</i>	<i>February 1, 2019</i>
<i>John David Furch</i>	<i>February 1, 2021</i>
<i>Concepcion Reyes</i>	<i>February 2, 2012</i>
<i>Joey Ferro</i>	<i>February 2, 2005</i>
<i>Brandon Malensek</i>	<i>February 2, 2017</i>
<i>Preciosa Echevaria</i>	<i>February 3, 2019</i>
<i>Consolacion G Lapastora</i>	<i>February 4, 1977</i>
<i>James O'Connor</i>	<i>February 5, 1982</i>
<i>Demetlka Giordano</i>	<i>February 5, 2004</i>
<i>Joachin de Figueiredo</i>	<i>February 5, 2012</i>
<i>Remedios M. Callanta</i>	<i>February 5, 2015</i>
<i>Sik-Je-Lam</i>	<i>February 6, 2010</i>
<i>Maria Marta Furtado</i>	<i>February 6, 2017</i>
<i>Romao Almeida</i>	<i>February 9, 2006</i>
<i>Florence O'Connor</i>	<i>February 7, 2007</i>
<i>Shok Chong Cheung</i>	<i>February 7, 2017</i>
<i>Maria Freiens</i>	<i>February 8, 1992</i>
<i>Stephen Dorazio</i>	<i>February 8, 2006</i>
<i>Saveria Testa</i>	<i>February 9, 1998</i>
<i>Romao Almeida</i>	<i>February 9, 2006</i>
<i>Melanio Santos</i>	<i>February 9, 2009</i>
<i>Leonor Reyes</i>	<i>February 9, 2011</i>
<i>Salvatore Tomasello</i>	<i>February 11, 2018</i>
<i>Gunner Andersen</i>	<i>February 11, 2011</i>
<i>Salvador Regis Jr.</i>	<i>February 13, 2021</i>

In Loving Memory

<i>John O'Neill</i>	<i>February 14, 1999</i>
<i>Elisabeth Spreitzer</i>	<i>February 16, 2014</i>
<i>Pat O'Connor</i>	<i>February 16, 2015</i>
<i>Manuel Floares</i>	<i>February 16, 2016</i>
<i>Manuel Silva</i>	<i>February 16, 1994</i>
<i>Patricia Cook</i>	<i>February 16, 2017</i>
<i>Manuel Luis Soares</i>	<i>February 16, 2016</i>
<i>Secondo Mario Volpatti</i>	<i>February 16, 2018</i>
<i>Eduardo Ilagan Sr.</i>	<i>February 17, 2013</i>
<i>Banag Isidro</i>	<i>February 17, 2018</i>
<i>Henk Van Koeveringe</i>	<i>February 19, 2004</i>
<i>Benifrida Bawagan</i>	<i>February 19, 2015</i>
<i>Longina Pimentel</i>	<i>February 19, 2018</i>
<i>Joseph Plock</i>	<i>February 20, 2019</i>
<i>Nelson Alexandrino de Melo</i>	<i>February 20, 2010</i>
<i>Sebastian Arboleta</i>	<i>February 21, 2003</i>
<i>Elmer De Lara</i>	<i>February 22, 2010</i>
<i>Rolando Cruz</i>	<i>February 22, 2021</i>
<i>Ivan Stokovac</i>	<i>February 23, 1990</i>
<i>Ryan Roces Bongato</i>	<i>February 24, 2011</i>
<i>Carmel Seymour</i>	<i>February 25, 2014</i>
<i>Gisele Marie Tryggvason</i>	<i>February 25, 2024</i>
<i>Randolph Mario Regis</i>	<i>February 28, 2003</i>
<i>Henry Cahill</i>	<i>February 28, 1945</i>
<i>Peter Yaw Siang Thong</i>	<i>February 29, 2008</i>
<i>Teresita Catu Dipasupil</i>	<i>February 29, 2024</i>



CWL MEMBERSHIP DRIVE ON FEBRUARY 7 & 8

The Catholic Women's League of Canada warmly invites women to join the St. Francis de Sales Chapter during our CWL Membership Drive on February 7 & 8. Rooted in our mission to grow in faith and to witness to the love of God through ministry and service, CWL offers a supportive community where women come together in fellowship, faith formation, and service to the Church and community. Membership is \$40, payable by Cash, E-transfer to sfds.payment@gmail.com (security question: membership), or Cheque payable to St. Francis de Sales Catholic Women's League.

For more information, please contact **Joan Koustas at burnabyjoan@gmail.com** or **Rena Mendoza at rena_mendoza@yahoo.com**. We look forward to welcoming new members!

YOU ARE INVITED
TO OUR INAGURAL AFTERNOON
SOCIAL!!!
Monday, Feb. 2, 2026
2:00-4:00 pm
Free Admission!!!
Refreshment provided
Parish Hall

Special Mass - World Day of the Sick

Pray for those who suffer from illness and their caregivers. Join Archbishop Smith for Mass at Our Lady of Sorrows in Vancouver followed by a reception. Wednesday, February 11, 11:00 a.m. at Our Lady of Sorrows Parish in Vancouver. See other participating parishes at beholdvancouver.org/events.

This Week on Formed

Week of February 01, 2026



The Presentation

The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.



The Martyrs | Littlest Saints

When a young Christian girl is arrested and imprisoned in ancient Rome, she hears stories of martyrs like St. Catherine of Alexandria and St. Lawrence the Deacon—will she find the strength to make the ultimate sacrifice for her faith?



Martyrs and Monastics

Dr. Ben Akers sits down with Dr. Elizabeth Klein, Professor of Theology at the Augustine Institute Graduate School, to discuss her Short Course: Martyrs and Monastics. Who are the early Church martyrs? What fueled their witness to the faith? How did monasticism develop? These questions and more are addressed in this show.

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



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

All Designs Are Possible!
inspiredbymommamary@gmail.com

30% of all Profits Donated to
 Vocations to the Priesthood

Set aside your sacred space

CALL US TO BOOK AN ADVISOR TODAY



Bryan
 Family Services Advisor

GARDENS OF *Gethsemani* CATHOLIC CEMETERY
 604-531-2141
 15694 32 Avenue, Surrey, BC
advisor@rccav.org



GREATER VANCOUVER ROOFING

604 783 8553

21 CENTURY 21
 AAA Realty Inc.

SARITA PINTO
 Realtor

C: (778)883-1063
 E: sarita.pinto@century21.ca
 #1113 - 7318 137 Street, Surrey, BC V3W 1A3



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



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

RE/MAX
 HEIGHTS REALTY

My Family Story
 Capture family history and life stories at MyFamilyStory.ca




the *Armchair* genealogist
 GARDENS OF *Gethsemani*


Serving Our Catholic Community Since 1908

PROUDLY OWNED & OPERATED

We are Here to Help



Kearney FUNERAL SERVICES
 Burquittam Funeral Home
 FAMILY OWNED



Aaron Morrison | Mike Garisto
 Funeral Director | Pre-Need Advisor & Community Outreach Coordinator

We believe that locally-based, family owned funeral homes are an important part of any community.

You can help your family by Pre-Planning.
 Call today to ask about our FREE Pre-Planning guide booklet and how to save money by locking in costs: **236 416 0006**

Burnaby: 604 299 6889 | New Westminster: 604 521 488

Vancouver | Burquittam | Cloverdale | Fraser Valley

www.KearneyFS.com | www.BurquittamFuneralHome.ca
 RSR Family Holdings Ltd.



Professional Services 25+ Years of Experience

Call us if you need our services:
604-988-8867 / 604-588-8007

- Janitorial Services
- Building Maintenance
- Handyman Services
- Movers, Awning

www.overtimebm.com



ROBERT ALMEIDA
 PERSONAL REAL ESTATE CORPORATION

604.862.8000 TOP 10%
HomesForBC.ca

RE/MAX CREST



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

People's Vote for: **Best Funeral Home**

CONSUMER CHOICE AWARD 2025 VANCOUVER
 6 YEAR WINNER

Amherst
 Funeral & Cremation Services

STARS
 straight A+ VANCOUVER
 best of vanco 2024
 TOP 3 FUNERAL HOME IN VANCOUVER

The Best is Simply Affordable



Scott McFarlane
 Owner & Funeral Director



Christian Nat
 Owner & General Manager

- Complete Church Funeral Package (with Rental Casket, Memorials, Cremation & Urn) \$4,330
- Church Funeral Mass (w/ Burial) from \$2,995
- Serving Vancouver & entire BC Lower Mainland

Vancouver: 980-1500 West Georgia Street
 Coquitlam: 925 Sherwood Avenue

604.831.3023 (24 Hours/7 Days)
www.amherstcremation.com

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

jr. nba



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

JUMPLAYLEARN



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