



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 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

Sunday February 8, 2026



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 11 (School Mass)
9:00 am Saturday's & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's at 6 pm

Mass Times :

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

*) With The Liturgy of the Word for Children

"Allow the light and the healing presence of Christ to shine brightly through your lives, in that way, all those who come in contact with you will discover the loving kindness of God." Pope John Paul II

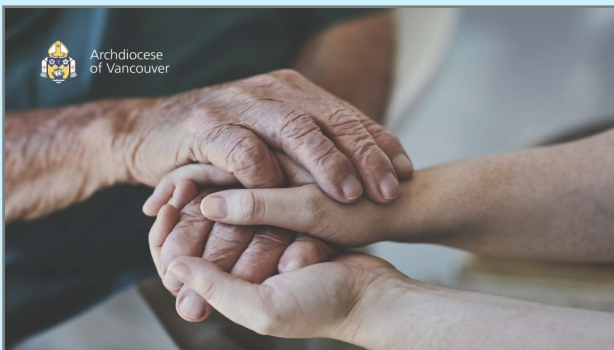
February 8, 2026 - 5th Sunday of OT

A word from our late Holy Father Pope Francis: These Sundays the liturgy offers us the so-called *Sermon on the Mount*, in the Gospel of Matthew. After presenting the Beatitudes last Sunday, today [Matthew] emphasizes Jesus' words describing his disciples' mission in the world. (cf. Mt 5:13-16). He uses the metaphors of salt and light, and his words are directed to the disciples of every age, therefore also to us.

Jesus invites us to be a reflection of his light, by witnessing with good works. He says: "Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven" (v. 16). These words emphasize that we are recognizable as true disciples of the One who is the Light of the World, not in words, but by our works. Indeed, it is above all our behaviour that — good or bad — leaves a mark on others. Therefore, we have a duty and a responsibility towards the gift received: the light of the faith, which is in us through Christ and the action of the Holy Spirit; and we must not withhold it as if it were our property. Instead we are called to make it shine throughout the world, to offer it to others through good works. How much the world needs the light of the Gospel which transforms, heals and guarantees salvation to those who receive it! We must convey this light through our good works.

The light of our faith, in giving of oneself, does not fade but strengthens. However it can weaken if we do not nourish it with love and with charitable works. In this way the image of *light complements that of salt*. The Gospel passage, in fact, tells us that, as disciples of Christ, we are also "the salt of the earth" (v. 13). Salt is an ingredient which, while it gives flavour, keeps food from turning and spoiling — in Jesus' time there were no refrigerators! Thus, Christians' mission in society is that of giving "flavour" to life with the faith and the love that Christ has given us, and at the same time, keeping away the contaminating seeds of selfishness, envy, slander, and so on. These seeds degrade the fabric of our communities, which should instead shine as places of welcome, solidarity and reconciliation. To fulfil this mission, it is essential that we first free ourselves from the corruptive degeneration of worldly influences contrary to Christ and to the Gospel; and this purification never ends, it must be done continuously; it must be done every day!

Each one of us is called to be *light and salt*, in the environment of our daily life, persevering in the task of regenerating the human reality in the spirit of the Gospel and in the perspective of the Kingdom of God. [...]



WORLD DAY OF THE SICK

Mass of Anointing



Most Rev. Richard W. Smith
PRINCIPAL CELEBRANT

Wednesday, February 11, 2026 at 11 a.m.
Our Lady of Sorrows Parish
555 Slocan Street, Vancouver
Reception to follow in the Parish Hall

rcav.org/world-day-of-the-sick

(Excerpt from Pope Leo XIV's Message for World Day of the Sick)

Let us raise our prayers to the Blessed Virgin Mary, Health of the Sick, asking her to assist all who suffer, all who are in need of compassion and a listening hear. Let us seek her intercession with this ancient prayer, that has been invoked in families for those living with illness and pain.

Sweet Mother do not part from me.

Turn not your eyes away from me.

*Walk with me at every moment
and never leave me alone.*

*You who always protect me as a true Mother,
obtain for me the blessing of the Father, Son
and Holy Spirit. Amen.*



bring in

your dried palm branches
before
Ash Wednesday!



Please bring in your old palms by Tuesday, February 17 in time for Ash Wednesday February 18. They can be dropped off in the box at the entrance of the church or at the parish office.



If you're not a member yet... ladies, consider joining our mighty CWL



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!



**Knights of Columbus
Pancake Breakfast 2026
Next Sunday February 15
After 9 am & 11 am Masses**



PLS. JOIN US

Valentine's Day Potluck

Saturday, Feb. 14, 2026

6:30 pm

Parish Hall



RSVP:

gracemushinski@gmail.com

pls mention what you are bringing

Entry is **FREE** however you will need a **TICKET**. Tickets will be available after all Masses this weekend. Please note that due capacity levels in our hall, there will only be a limited amount of tickets available.

40 Days for Life Vancouver

40 Days for Life is an internationally focused pro-life campaign of prayer, fasting, and peaceful vigil for the protection of life from conception to its natural end. You are invited to take part by signing up individually or with your parish group.



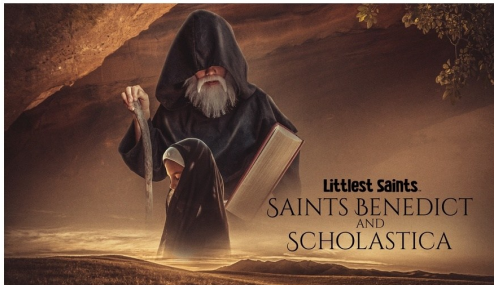
Feb. 18 to March 29, 7 a.m. to 7 p.m. Daily Vigil 4818 Willow Street, Vancouver You are also invited to [join the nightly rosary](#) online via Zoom at 8 p.m.

- **Sunday, March 8, 2:30 p.m.** Mid-way rally Details TBA
- **Sunday, March 29, 2:30 p.m.** Closing rally Details TBA

Learn more and register at beholdvancouver.org/events.

This Week on Formed

Week of February 08, 2026



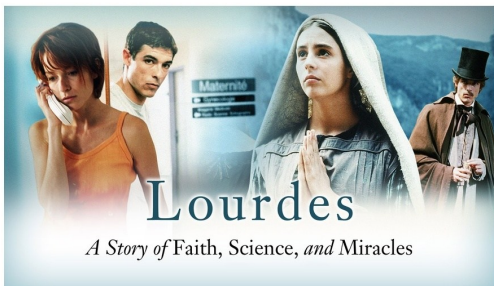
Sts. Benedict and Scholastica

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica.



Beloved

Beloved uncovers the mystery and the meaning of the sacrament of marriage. What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage? Beloved invites all couples to experience firsthand the wonder, mystery, and joy behind that first "I do" ... whether you said it last year or many years ago.



Lourdes: Story of Faith, Science,

The film follows a journalist, his ancestor who met Bernadette at Lourdes, and the story of a woman healed by Lourdes' waters, tracing three lives.

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