



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 15, 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

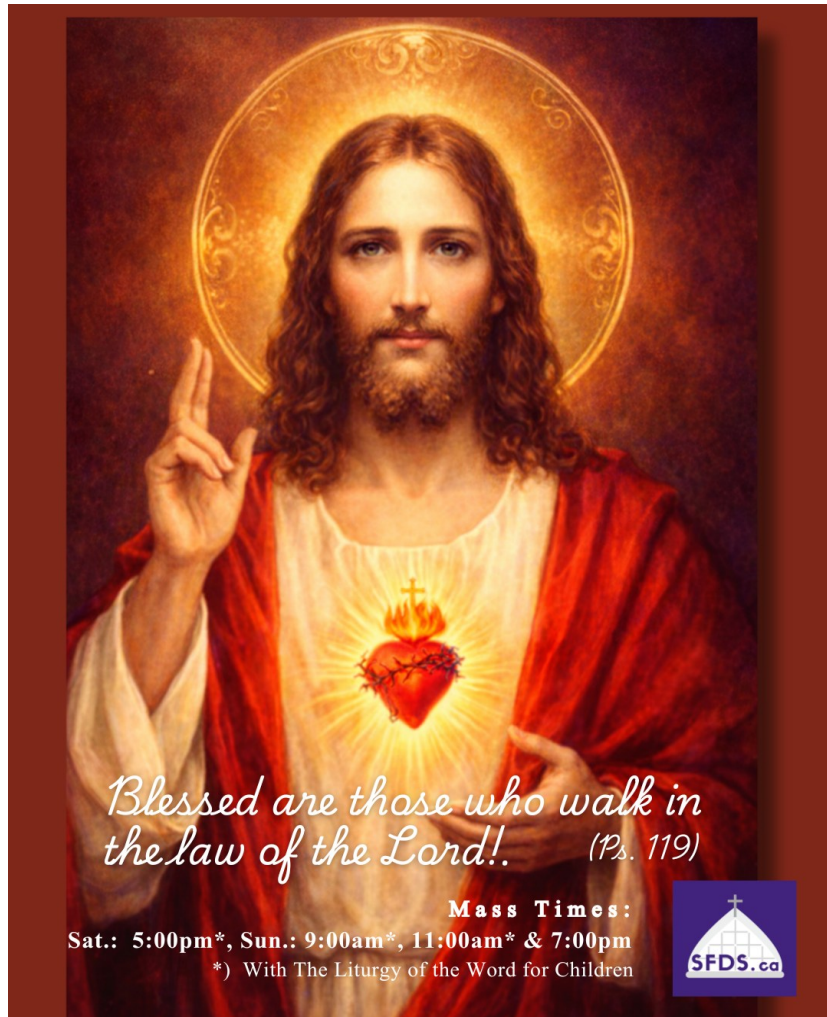
office@stgeorgemelkitechurch.com

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

8:15am Monday-Friday
9:00am Monday February 16
9:10am Feb 18 (School Mass)
7:00pm Feb 18 (Ash Wednesday)
9:00am Saturday's & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's at 6 pm

*"Give me, good Lord, such a love for
you that I will love nothing in a
way that displeases you."*

St. Thomas More

February 15, 2026 - 6th Sunday of OT

A word from our late Holy Father Pope Francis: In the Gospel of today's liturgy, Jesus says: "Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfil them" (Mt 5:17). *To fulfil : this is a key word to understand Jesus and his message. [...]* To give us a concrete example, Jesus concentrates on the "rite of the offertory". By making an offering to God, one reciprocated the gratuity of his gifts. It was a very important rite [...] so important that to interrupt it was forbidden other than for serious reasons. But Jesus states that it must be interrupted if a brother has something against us, in order to go and be reconciled with him first (cf. vv. 23-24): only in this way is the rite fulfilled. *The message is clear: God loves us first, freely, taking the first step towards us, without us deserving it; and so we cannot celebrate his love without in turn taking the first step towards reconciliation with those who have hurt us. In this way there is fulfilment in God's eyes; otherwise, external, purely ritualistic observance is pointless, it becomes a pretence. In other words, Jesus makes us understand that religious rules are necessary, they are good, but they are only the beginning: to fulfil them, it is necessary to go beyond the letter and live their meaning. [...]* Jesus wants this: not to have the idea of serving a God who is master, but Father; and this is why it is necessary to go beyond the letter. Brothers and sisters, this problem was present not only in Jesus' time; it is there today too. At times, for example, we hear some say, "Father, I have not killed, I have not stolen, I have not harmed anyone...", as if to say, "I am fine". This is formal observance, which is satisfied with the *bare minimum, whereas Jesus invites us to aspire to the maximum possible. That is: God does not reason with calculations and tables; he loves us as one who is enamoured: not to the minimum, but to the maximum! He does not say, "I love you up to a certain point". No, true love is never up to a certain point, and is never satisfied; love always goes beyond, it cannot do otherwise. The Lord showed us this by giving his life on the cross and forgiving his murderers (cf. Lk 23:34). And he entrusted to us the commandment most dear to him: that we love one another like he loved us (cf. Jn 15:12). This is the love that gives fulfillment to the Law, to faith, to true life! [...]*

Are you a student
considering a career/vocation
in healthcare?

Come participate in our PANEL DISCUSSION

How to serve in healthcare as a Catholic

Event Highlights

- Get advice in navigating school applications and coursework from our faculty: practicing RC doctors, nurses, pharmacist, and other professionals.
- Meet and connect with medical students, other students, and working healthcare professionals.
- Learn how to serve in healthcare as a practicing Catholic.



Sat March 7 from 9:00AM -12:00PM

Event begins with Mass @9AM
Holy Name of Jesus Parish
4925 Cambie St, Vancouver



For information & registration, scan the QR Code

Record-Breaking \$8 Million Raised Through Project Advance 2025 The Archdiocese of Vancouver is pleased to announce that Project Advance 2025 has achieved a historic milestone, raising \$8 million to support vital ministries, programs, and outreach efforts across the Archdiocese. This year's record-breaking success reflects the extraordinary generosity of parishioners who answered the call to give back to their communities and support the mission of the Church. With the theme "Hope Thrives Here," Project Advance 2025 focused on strengthening parishes and funding critical initiatives. Through the parish rebate program, \$4.54 million will be distributed to parishes for local projects. For over 45 years, Project Advance has strengthened our parishes. We give thanks to God for this past year and for a generous community that recognizes all we have comes from Him.

Archbishop Smith's Lunar New Year Message

Dear Brothers and Sisters in Christ,

As we celebrate Lunar New Year and welcome the Year of the Horse, I extend my warm greetings to all who mark this joyful season—especially to our Asian communities, whose faith, culture, and presence so richly bless the Church here in Vancouver.

In the Christian tradition, the horse appears in Scripture as a sign of strength, endurance, and the long journey of God's people through history. While our confidence rests not in human strength but in God alone, such imagery can remind us that the Christian life is a journey—one that calls for perseverance, courage, and faithful trust in God's plan.

Lunar New Year offers a time for renewal, inviting us to pause, to give thanks, to seek reconciliation where relationships have been strained, and to turn our hearts again toward God as we look ahead. It also encourages reflection on the year that has passed and calls us to step forward with renewed purpose. As disciples of Christ, we are called to walk this path together, attentive to one another and responsive to the needs of our neighbours and the world.

I pray that this Lunar New Year may be a time of peace and blessing for you and your families. May God guide our steps in the months ahead and strengthen us to journey forward together in faith.

With prayers for a blessed and joyful Lunar New Year,

Richard W. Smith
Archbishop of Vancouver



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





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.



ASH WEDNESDAY February 18

The beginning of the holy season of Lent

MASSES AT:

8:15 am, 9:10 am & 7:00 pm

All are welcome

Senior Lunch

March 2, 2026

\$14.00 per guest

*shepherd pie
salad
dessert*

Parish hall

Door opens at 11:30 lunch at 12:00

RSVP & etranfer: gracemushinski@gmail.com



*Stations
of the
Cross*



Stations of the Cross

Every Friday during Lent at 6:30 PM.

Followed by Mass at 7pm. **Starting Friday March 20.**

Come and join us as we meditate on the Lord's Passion.

SFDS Charismatic Prayer Group

Please note that the prayer group is cancelled on Ash Wednesday **February 18**. We will resume the following Wednesday February 25.

This Week on Formed

Week of February 15, 2026



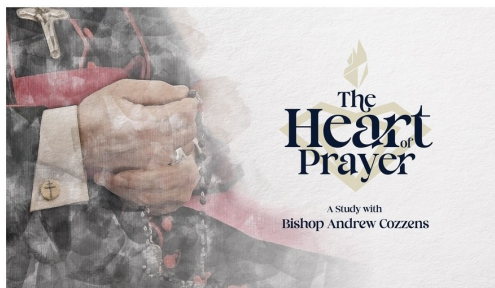
Lent | What Catholics Believe

Join Fr. Scott Bailey, a priest in the Archdiocese of Denver, as he answers some of the Internet's most asked questions about Lent. What is Lent? Why is it 40 days long? Or even, what should I give up for Lent? Find out in this episode of What Catholics Believe.



Whole 40

Sit down with Dr. Ben Akers and Dr. Elizabeth Klein to discuss the purpose of the season of Lent, how to prepare for it, and why it is such a fruitful season in our life of faith.



Heart of Prayer

Heart of Prayer invites participants into an intimate and peaceful retreat with Bishop Andrew Cozzens. Set in the beautiful Chateau on the Augustine Institute Campus, Heart of Prayer reveals the beauty and transcendence of a prayer life, as Bishop Cozzens draws from Scripture and the saints to offer guidance that is practical and down-to-earth.

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