



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

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

9:10am Feb 25 (School Mass)

7:00pm Friday Feb 27

9:00am 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

*As Lent is the time for greater love, listen
to Jesus' thirst...He knows your weakness.
He only wants the chance to love you."
St. Teresa of Calcutta*

February 22, 2026 - 1st Sunday of Lent

A word from our late Holy Father Pope Francis: The Gospel of this first Sunday of Lent presents to us Jesus in the desert, tempted by the devil (cf. Mt 4:1-11). "Devil" means "divider". The devil always wants to create division, and it is what he sets out to do by tempting Jesus. Let us see, then, from whom he wants to divide him, and how he tempts him.

From whom does the devil want to divide Jesus? After receiving Baptism from John in the Jordan, Jesus was called by the Father "my beloved Son" (Mt 3:17), and the Holy Spirit descended upon him in the form of a dove (cf. v. 16). The Gospel thus presents us the three divine Persons joined in love. Then Jesus himself will say that he came into the world to make us, too, partake in the unity between him and the Father (cf. Jn 17:11). The devil, instead, does the opposite: he enters the scene to divide Jesus from the Father and to distract him from his mission of unity for us. He always divides.

Let us now see how he tries to do this. The devil wants to take advantage of the human condition of Jesus, who is weak as he has fasted for forty days and is hungry (cf. Mt 4:2). The evil one then tries to instill in him three powerful "poisons", to paralyse his mission of unity. These poisons are attachment, mistrust, and power. [...] The three temptations of Jesus. And we too live among these temptations, always. It is terrible, but it is precisely like this, for us too: attachment to things, mistrust and the thirst for power are three widespread and dangerous temptations, which the devil uses to divide us from the Father and to make us no longer feel like brothers and sisters among ourselves, to lead us to loneliness and desperation. He wanted to do this to Jesus, he wants to do it to us. [...]

But Jesus defeats the temptations. And how does he defeat them? By avoiding discussion with the devil and answering with the Word of God. [...] One does not negotiate, one does not enter into dialogue, one does not defeat him by dealing with him. [...] We defeat the devil by countering him in faith with the divine Word. [...]

And we ask ourselves: what place does the Word of God have in my life? Do I turn to it in my spiritual struggles? If I have a vice or a recurrent temptation, why do I not obtain help by seeking out a verse of the Word of God that responds to that vice? Then, when temptation comes, I recite it, I pray it, trusting in the grace of Christ. [...]

THE POWER OF YES!

SFDS Parishioners did not hesitate to say yes when asked to bag candy on Friday morning for The Good Shepherd Ministry 12 bins of candy and prayers ready for the streets of the Down Town Eastside.



Second Collection: St. Joseph Society

This Sunday, support our retired priests by giving to the St. Joseph's Society. Your tax-deductible gift to this second collection helps:

- Provide comfortable living environment, quality medical care and other essential services to our retired priests
- Expresses gratitude to our retired priests who have dedicated their entire life to the Church
- Promote a culture of vocations by supporting senior priests who continue to serve even past their retirement

Give now at rcav.org/joseph

Stations of the Cross During Lent Join some of our parishioners for Stations of the Cross on Tuesday mornings after Mass.



A decorative graphic for a "Senior Lunch" event. The text is centered and surrounded by a green floral border. The text includes the date "March 2, 2026", the price "\$14.00 per guest", and the menu items "shepherd pie", "salad", and "dessert". It also mentions the location "Parish hall" and the time "Door opens at 11:30 lunch at 12:00". The contact information "RSVP & transfer: gracemushinski@gmail.com" is at the bottom.

How to Serve in Healthcare as a Catholic

Are you a student considering a career or vocation in healthcare? Join us for a morning of guidance, connection, and formation as practicing Catholic healthcare professionals share their experiences navigating school application, coursework, professional formation, and faithful practice in today's complex healthcare landscape. You will also meet and connect with other students and healthcare professionals as you explore the integration of faith and professional vocation in clinical settings. Join us on Saturday, March 7, with Mass at 9 a.m. at Holy Name of Jesus Parish in Vancouver, followed by a panel discussion until 12:00 p.m. All students in university, college, and high school, and anyone else are welcome. Register before March 6 at beholdvancouver.org/events.

A word, a kindly smile, will often suffice to gladden a wounded and sorrowful heart. St Thérèse of Lisieux



ST. FRANCIS DE SALES
Lent and Lounge
YOUTH
Night

FEB 23

7:30 TO 9:30 PM

- Lent Recollection
- Games and Activities

Lenten Penitential Services 2026

Each service will begin at 7:00pm except for OLM

Thursday, Mar. 19 - Our Lady of Mercy at 8:00 pm
7455 10th Ave., Burnaby

Tuesday, Mar. 24 - St. Francis de Sales
6610 Balmoral St., Burnaby

Wednesday, Mar. 25 - St. Michael's
9387 Holmes St., Burnaby

Thursday, Mar. 26 - Holy Spirit
244 Lawrence St., Queensborough

Friday, Mar. 27 - Sts. Cyril and Methodius
472 E 8th Ave., New Westminster

Monday, Mar. 30 - St. Peter's
330 Royal Ave., New Westminster

Be merciful, O Lord for we have sinned.

Psalm 51



ATTN: IF YOU HAVE A MAHJONG TABLE THAT YOU CAN DONATE PLEASE CONTACT THE PARISH OFFICE



BINGO

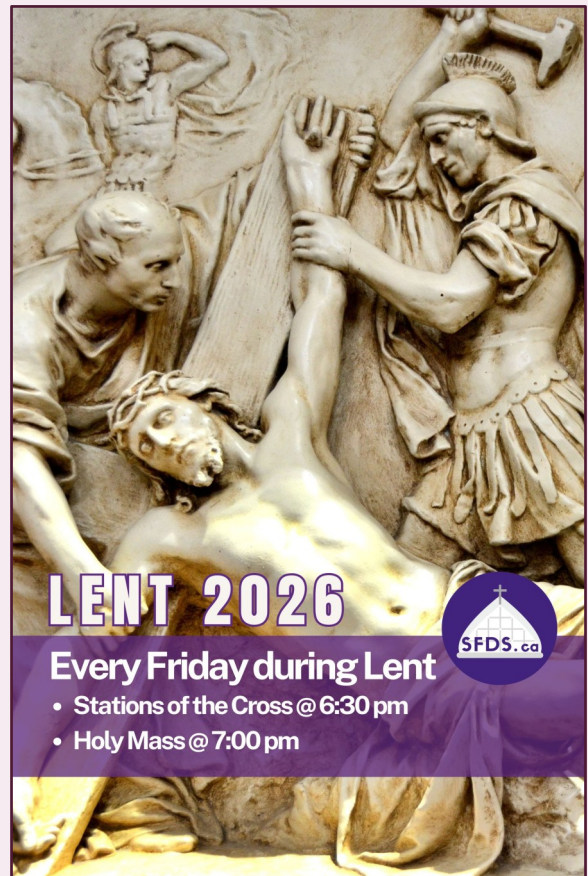
1	12	21	31	42
5	14	22	32	44
7	17	25	33	46
6	18	27	39	49
10	19	28	40	50

GAME SOCIAL

Monday, March 9 (2-5pm)
free admission/snack

2025 Tax Receipts

Are ready for pickup in the entrance of the church. They have been arranged in alphabetical order to make it easy for you to locate your receipt.

LENT 2026

Every Friday during Lent

- Stations of the Cross @ 6:30 pm
- Holy Mass @ 7:00 pm

SFDS.ca

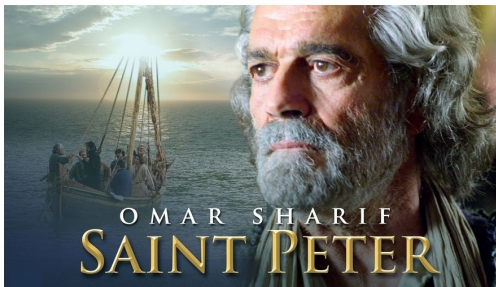
This Week on Formed

Week of February 22, 2026



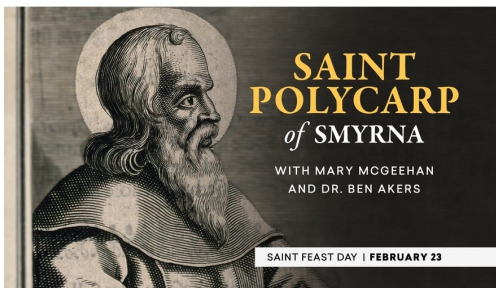
Foretold

From the beginning, God had a plan to save man from sin. With Jesus, that plan was fulfilled. But he also has a specific plan for you. Watch *Foretold* to rediscover God's providential love for you.



Saint Peter

Watch the epic story of the spread of Christianity during the early years of the Church. This film follows the journey of St. Peter through his martyrdom on a cross.



St. Polycarp | Catholic Saints

Join Dr. Ben Akers and Mary McGeehan as they dive into the life of St. Polycarp, a second century bishop and martyr. St. Polycarp was a student of St. John the Apostle, defended the faith against early heresies, and offered his life like Christ as a martyr.

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