



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 March 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



Mass Times:

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

*) With The Liturgy of the Word for Children

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 Wednesday March 4
(School Mass)
7:00pm Friday March 6
9:00am Saturday's & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's at 6 pm

Stations of the Cross

Every Friday during Lent at 6:30pm

"The ultimate goal of fasting is to help each one of us to make a complete gift of self to God." Pope Benedict XVI

March 1, 2026 - 2nd Sunday of Lent

A word from our late Holy Father Pope Francis: On this Second Sunday of Lent, the Gospel of the *Transfiguration* is proclaimed. Jesus takes Peter, James and John with him up the mountain and is revealed to them in all his beauty as Son of God (cf. Mt 17:1-9).

Let us pause a moment over this scene and ask ourselves: [...] What do the disciples see? A spectacular effect? No, that is not it. They see the light of God's holiness shining on Jesus' face and clothes, the perfect image of the Father. God's majesty, God's beauty is revealed. But God is Love. Therefore, the disciples saw with their eyes *the beauty and splendour of divine Love incarnate in Christ*. [...] *What a surprise for the disciples! They had had the face of Love before their very eyes for a long time without ever being aware of how beautiful it was!* [...]

In reality, through this experience, Jesus is forming them, preparing them for an even more important step. Soon after that, in fact, they will have to recognize the same beauty in him when he is placed on the cross and his face is *disfigured*. [...]

Brothers and sisters, this Gospel [...] teaches us how important it is to *remain with Jesus even when it is not easy to understand everything he says and does for us*. In fact, it is by staying with him that we learn to recognize on his face the luminous beauty of love he gives us, even when it bears the marks of the cross. And it is in his school that we learn to glimpse the same beauty on the faces of the people who walk beside us every day — family, friends, colleagues who take care of us in the most varied ways. How many bright faces, how many smiles, how many wrinkles, how many tears and scars reveal love around us! Let us learn to recognize them and to fill our hearts with them. And then let us set out in order to bring the light we have received to others as well, through concrete acts of love (cf. 1 Jn 3:18), diving into our daily affairs more generously, loving, serving, and forgiving with greater earnestness and willingness. [...]

We can ask ourselves: Do we know how to recognize the light of God's love in our lives? Do we recognize it with joy and gratitude on the faces of the people who love us? Do we look around us for the signs of this light that fills our heart and opens it to love and service? [...]

In Loving Memory

Maurice Desa	March 1, 1999
Harold (Ted) Kidd	March 1, 2007
Rodolfo Beleno Sr.	March 2, 2003
Gil Nicolás Sr.	March 4, 2015
Miriam De Vera	March 5, 2013
Ljuba Brenko	March 5, 2000
Florencio Almazin Mina	March 5, 1995
Leo Van Koeveringe	March 6, 2018
Sy Ka Kang (Hao Tai)	March 6, 1980
Catarina De Wit	March 6, 1954
Anne Marie De Wit	March 6, 1964
Louis Pinto	March 7, 2018
Gilberto Armando Castellanos	March 7, 2021
Chiarina Marrone	March 8, 2021
Alexis Bawagan	March 8, 2014
Oscar Maceda	March 8, 2008
Sharon Agon North	March 10, 2012
Lucy Mary Betts	March 10, 2015
Benito Apolonio Gamino	March 11, 2011
Angeles Orbita Gomez	March 14, 1995

In Loving Memory

Margaret (Cahill) Petrie	March 12, 2015
Luciano De Simone	March 14, 2017
Ludmilla Kukulies	March 14, 2025
Robin Onas	March 15, 1995
Jacky Kusmanto	March 16, 2004
Mr. Tse Yim	March 16, 2018
Verna de Vito	March 16, 1928
Margo Goldsmith	March 19, 1976
Maria Ching Ng-Having	March 19, 2011
Ernesto Gerada	March 19, 1982
Zenaida S. Galvez	March 21, 2023
Yvette Ahkong	March 22, 1970
Jesusa Velasco Mina	March 23, 2019
Vincente A. De Vera	March 25, 2006
Frank (Franz) Braeuer	March 26, 2019
Harold Lozada Onas	March 26, 2023
Edward Masse	March 28, 1998
Ester Sta. Ana	March 29, 2009
Marguerite da Costa	March 30, 2016
Lucia Salvador	March 30, 2005

Stations of the Cross

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



Daylight Savings Time begins **next** Sunday, **March 8**. Remember to set your clocks forward one hour.



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.**

**The Countdown to
Share Lent Sunday is on
(March 22)**

On track for
JUSTICE



Share
Lent 2026



Development
and Peace
CARITAS CANADA

This Year's Development & Peace-Share Lent Campaign invites us to journey on Track for Justice. Across the Global South, communities are working courageously to defend human dignity, protect creation, and secure safer futures in the face of environmental harm and social injustice. Development & Peace-Caritas Canada accompanies these communities through over 59 life-changing projects in 34 countries, empowering local leaders to pursue justice, peace, and sustainable development. For more information follow the link below.

<https://devp.org/en/campaign/on-track-for-justice/>

Lenten **2026**
Penitential Services

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



BINGO

1	12	21	31	42
5	14	22	32	44
7	17	25	33	46
8	18	27	39	49
10	19	28	40	50

GAME SOCIAL

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

SIGN UP

TO JOIN OUR
PARISH FOR
ONE HOUR
ON SATURDAY
MARCH 28

TO REGISTER
SCAN ME

40 DAYS FOR LIFE
THE BEGINNING OF THE END OF ABORTION

The Culture of Life is Built by YOU!

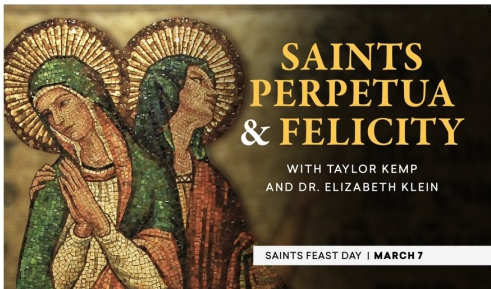
This Week on Formed

Week of March 01, 2026



Lent and New Life in Christ

What is the importance of almsgiving? Dr. Michael Barber discusses the transformative power of almsgiving for your life.



Sts. Perpetua

Dr. Elizabeth Klein and Taylor Kemp discuss the life and impact of two female martyrs from the third century, Sts. Perpetua and Felicity. Both were beheaded for refusing to renounce their Christian faith.



The Total Gift: A Katharine Drexel Story

Saint Katharine Drexel chose a life dedicated entirely to serving marginalized communities. Born into a wealthy Philadelphia family, Katharine Drexel used her fortune to challenge societal norms and dedicate her life to education and racial healing.

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