



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 Wednesday March 11
(School Mass)
7:00pm Friday March 13
6:30pm Stations of the Cross
Friday's during Lent
9:00am Saturday's & Holidays

Holy Hour

Thursday mornings after Mass

Sunday March 8, 2026

Third Sunday of Lent



Mass Times:

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

*) With The Liturgy of the Word for Children

"During Lent, we prepare to relive the Paschal Mystery, which sheds the light of hope upon the whole of our existence, even it's most complex and painful aspects... let us set out with trust on our Lenten journey, sustained by fervent prayer, penance and concern for those in need." Pope John Paul II

March 8, 2026 - 3rd Sunday of Lent

A word from our late Holy Father Pope Francis: This Sunday, the Gospel presents to us one of the most beautiful and fascinating encounters Jesus has — the one with the Samaritan woman (cf. Jn 4:5-42). [...] I would like to pause specifically on this expression: Give me a drink. This scene depicts Jesus, thirsty and tired. A Samaritan woman finds him at the hottest hour, at midday, asking for refreshment like a beggar. [...] In Jesus, God made himself one of us, he lowered himself. Thirsty like us, he suffers our same thirst. [...] In fact, Jesus' thirst is not only physical. It expresses the deepest thirsts of our lives, and it is, above all, a thirst for our love. [...] And this will emerge at the culminating moment of his passion, on the cross, where, before dying, Jesus will say: "I thirst" (Jn 19:28). That thirst for love brought him to descend, to lower himself, to be one of us.

[...] Meeting the Samaritan woman, he speaks to her about the Holy Spirit's living water. And from the cross, blood and water flow from his pierced side (cf. Jn 19:34). [...] And he does with us what he did with the Samaritan woman — he comes to meet us in our daily life, he shares our thirst, he promises us living water that makes eternal life well up within us.

[...] There is a second aspect. [...] 'Give me a drink', say those who thirst for closeness, for attention, for a listening ear, in our family, at work, in other places we find ourselves. [...] Give me a drink is a cry heard in our society, where the frenetic pace, the rush to consume, and especially indifference, that culture of indifference, generate aridity and interior emptiness.[...]

Before these challenges, today's Gospel offers living water to each of us, which can make us become a source of relief for others. And so, like the Samaritan woman who left her jug at the well and went to call the people of her village (cf. v. 28), we too will no longer only think of slaking our own thirst, our material, intellectual or cultural thirst, but with the joy of having met the Lord, we will be able to quench others' thirst, giving meaning to someone else's life,[...]. We will understand their thirst and share the love he has given to us. A question for you and I comes to mind. Are we capable of understanding the thirst of others, the thirst people have, the thirst so many in my family, in my neighbourhood have? Today, we can ask ourselves: Do I thirst for God? Am I aware that I need his love like water to live? [...]

We Welcome and Congratulate Eli Joaquim Gerardo Navas Baptized in our parish this weekend

† I.T. (Terry) Parkin

Passed away on February 5, 2026

Loving Mother of Cindy & Ginny

Grandmother to Hillary, Sydney, Theo & Noelle

Great Grandmother to Lochlan, Angus, Maggie,

Josiah, Elisha & Hannah

Funeral Mass at SFDS Parish on Saturday, March 14 at 11am

Eternal Rest Grant unto her O Lord

† Paulo S. Siasoco

Passed away on March 1, 2026

Dear Brother of Naomi Mendoza

Beloved by Brother-in-law Vince & Neice Gaia


Funeral Mass in the Philippines on March 7, 2026

Eternal Rest Grant unto him O Lord

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



Seasons of Hope Bereavement Group

Grieving is a sacred process, and expressing loss is essential to healing. You are invited to participate in the upcoming Seasons of Hope Bereavement Group at Gardens of Gethsemani. This is a free, 6-week series that runs every Saturday from April 18 to May 30. Come and be comforted by one another by receiving Christ's love and consolation. Please register by Monday, April 13 at beholdvancouver.org/events.

Journey Through Lent Videos On this Third Sunday, Bishop Miehm of Petersborough, Ontario provides a reflection on the transformative encounter of the Woman and the Well with Jesus. Watch this week's video from the Canadian Conference of Catholic Bishops at ccb.ca/lent

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

Life in Spirit Seminar



SCAN TO REGISTER



REGISTER

Apr. 22	Week 1	GOD'S LOVE	Led by	Fr. Lukose Kochupurackal, CMF
Apr. 29	Week 2	SALVATION	Led by	Fr. Médard Kamanzi
May 6	Week 3	NEW LIFE	Led by	Fr. Ephrem Kardouh
May 13	Week 4	RECEIVING GOD'S GIFT	Led by	Fr. Mark McGuckin
May 20	Week 5	BAPTISM IN THE HOLY SPIRIT	Led by	special guest
May 27	Week 6	GROWTH	Led by	Fr. Tom Smith
Jun. 3	Week 7	TRANSFORMATION	Led by	Fr. Mark Schwab

Every Wednesday at 7 pm | Apr. 22 - Jun. 3 | St. Francis de Sales, Parish Hall




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!



At the Last Supper, Jesus made a promise to his disciples: *"I will pray to the Father and he will give you another Counselor, to be with you forever, even the Spirit of Trust, whom the world cannot receive because it neither sees him nor knows him; you know him, for he dwells with you and will be in you."* (Jn 14:16-17)

The Life in the Spirit Seminars are designed as an introduction to a life lived in the power of the Holy Spirit. They provide an opportunity for people to find out more about that life, and to be helped in taking the first steps of a new relationship with the Lord. If you want to make this grace-filled journey with us here at SFDS in the late winter/early spring, scan the QR code on the poster in the entrance of the Church.

It's that time of year again, brothers and sisters. The 40 Days for Life Campaign is rolling along during our Lenten Season. And Saturday, March 28 (from 7:00am to 7:00pm) is our day to be present, in-person, down near the Women's Hospital in Vancouver (outside the JPPII Centre). For more information and to register please scan the QR code on the poster in the entrance of the church. And, if you'd like to be involved but you're homebound or have mobility challenges, please still scan the QR code to comb through the 'at home' or 'at church' prayer options. Every one of you matters. Every child matters. Every mother matters. Every brother and sister in hospice care matters.





GAME SOCIAL




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



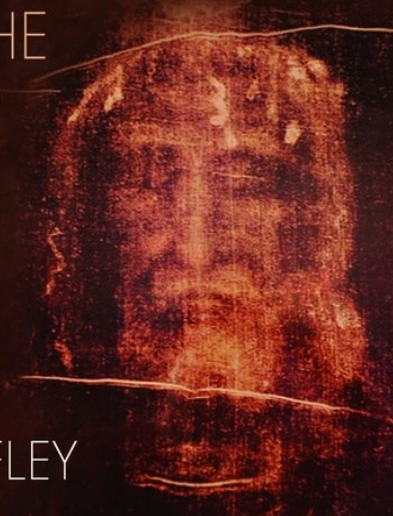
**Knights of Columbus
Pancake Breakfast 2025
Next Sunday March 15
After 9 am & 11 am Masses**



THE PASSION OF CHRIST

IN LIGHT OF THE
HOLY SHROUD
OF TURIN

FR. FRANCIS PEFFLEY



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