



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
7:00pm Friday March
9:00am Saturday's & Holidays

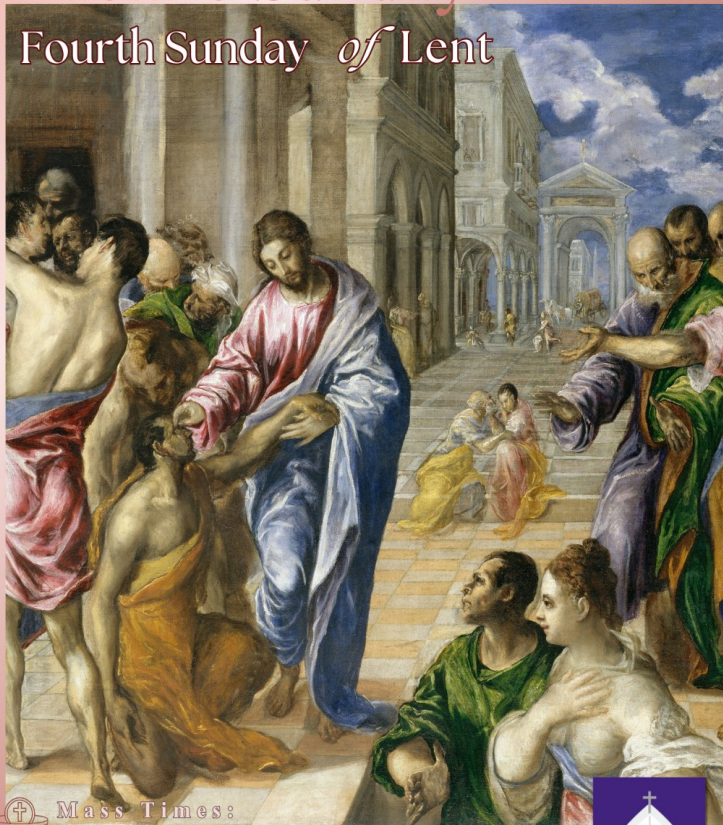
Stations if the Cross

6:30pm Every Friday during Lent

Holy Hour

Thursday mornings after Mass

Laetare Sunday Fourth Sunday of Lent



Mass Times:

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

*) With The Liturgy of the Word for Children



"Lent is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism." Pope Benedict XVI

March 15, 2026 - 4th Sunday of Lent

A word from our late Holy Father Pope Francis: Today, the Gospel depicts Jesus giving sight to a man blind from birth (cf. *Jn 9:1-41*). However, *this wonder is badly received by various people and groups. Let us look at the details.* [...]

First of all, there are Jesus' disciples who, faced with the man born blind, engage in small talk and ask themselves whether his parents or he was to blame (cf. v. 2). They look for a culprit. [...]

Then, once the healing takes place, the reactions intensify. The first are from his neighbours who are sceptical: "This man was always blind. It is not possible that he now sees [...]. In all these reactions, for various reasons, there emerge hearts closed before the sign of Jesus: because they seek a culprit, because they do not know how to be surprised, because they do not want to change, because they are blocked by fear. [...]"

The only person who reacts well is the blind man. Happy to see, he bears witness to what happened to him in the simplest way: "I was blind, now I see" (v. 25). He tells the truth. [...] He is not afraid of what the others will say. He had already known the bitter taste of marginalization his whole life. [...] Now healed, he no longer fears those contemptuous attitudes because Jesus has given him his full dignity. And this is clear, it always happens: when Jesus heals us, he gives us back our dignity. [...] And, on the sabbath in front of everyone, Jesus liberated him and gave him sight without asking him for anything, not even a thank you, and he bears witness to this. This is the dignity of a noble person, of a person who knows he is healed and begins again, is reborn. [...]

Like the blind man, do we know how to see the good and to be grateful for the gifts we receive? I ask myself: How is my dignity? How is your dignity? Do we bear witness to Jesus, or do we spread criticism and suspicion instead? [...] Are we happy to say that Jesus loves us, that he saves us, or, like the parents of the man born blind, do we allow ourselves to be caged in by the fear of what others will think? [...] And furthermore, [...] how do we welcome people who have many limitations in life, whether they be physical, like this blind man, or social, like the beggars we find on the street? Do we accept them as a curse or as an occasion to draw near to them with love?

Brothers and sisters, today, let us ask for the grace to be surprised every day by God's gifts and to see the various circumstances of life, even the most difficult ones to accept, as occasions to do good, as Jesus did with the blind man. [...]

RELIGIOUS ARTICLES SALE EVENT

March 21-22, 2026



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RCIA, First Communion
Confirmation
sale proceeding after all masses

**Life in Spirit
Seminar**

SCAN TO


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

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.

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!

SFDS.ca

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



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.

Health Ethics Seminar & Conference Providence Health Care is hosting its Annual Health Ethics Seminar from April 20–23, followed by its Annual Conference on April 24, 2026. The four-day seminar will take place at Hotel Willo in downtown Vancouver and offers an intensive, case-based learning experience for those interested in navigating ethical dilemmas in health care. Topics include informed consent, substitute decision-making, involuntary treatment, health ethics and the law, and ethical issues at the beginning and end of life. The event concludes with a one-day conference on Friday, April 24, bringing together health-care professionals, academic partners, and community members for plenary speakers and discussion. Learn more and register at beholdvancouver.org/events

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



Make a difference where it counts. HELP PASS BILL C-218

The law allowing medical assistance in dying, (MAiD), based on mental illness alone was passed in 2021, with a built in delay. **The provision allowing MAiD for mental illness alone will take effect on March 17, 2027 unless Bill C-218 is passed to stop it.**

Contact our MP Wade Chang
4940 Kingsway
Burnaby, British Columbia
V5H 2E2
Or sign our postcard
Postcards supporting Bill C-218 are available in the vestibule after every Mass on 3/14 & 3/15.



It is unconscionable that in Canada it may be easier to access euthanasia than to access therapy or treatment to live!

JOIN IN CWL'S POSTCARD CAMPAIGN

SIGN/PICK UP A POSTCARD AFTER MASS TO TELL YOUR MP TO VOTE **YES** ON BILL C-218

For more information go to: campaignlifecoalition.com



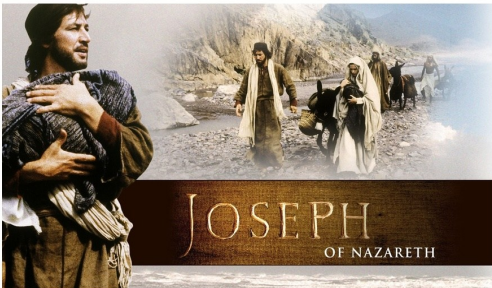
Knights of Columbus Pancake Breakfast 2025
This Sunday March 15
After 9 am & 11 am Masses



FYI
WE NOW ACCEPT PAYMENT BY E-TRANSFER

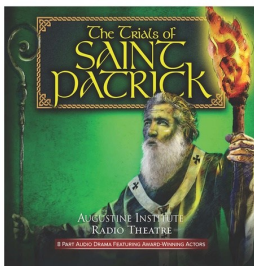
This Week on Formed

Week of March 15, 2026



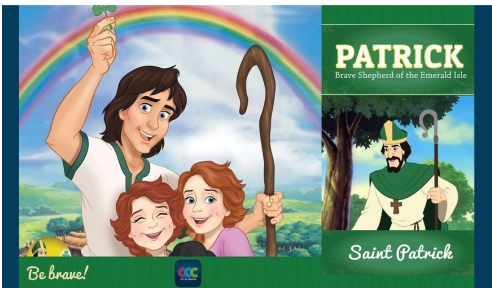
Joseph of Nazareth

Celebrate the feast of Christ's foster father with even more joy and respect this year by watching a movie about him! Enter into the life of this great saint through the movie Joseph of Nazareth!



The Trials of Saint Patrick

The Trials of Saint Patrick, a powerful journey through hardship, loss, mercy, and forgiveness. With skilled actors and cinematic elements, this captivating story comes to life, stirring the imagination and sparking inspiration.



Patrick: Brave Shepherd of the Emerald Isle

Fun-loving Patrick had it easy at his parents' seaside villa. At 16, he thought he had it made for life—that is, until the day riders kidnapped him to nearby Ireland. Now a slave and shepherd, Patrick faced a bleak and uncertain future. To survive, he'd have to conquer cold, hunger, wild beasts, and even worse enemies.

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