



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 22, 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

Fifth Sunday of Lent



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
7:00pm Friday March 27
9:00am Saturday's & Holidays

Stations if the Cross

6:30pm Every Friday during Lent

Holy Hour

Thursday mornings after Mass

"As Lent is the time for greater love, listen to Jesus' thirst... 'Repent and believe' Jesus tells us. What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor He knows your weakness. He wants only your love, wants only the chance to love you." Mother Teresa

March 22, 2026 - 5th Sunday of Lent

A word from our late Holy Father Pope Francis: Today, the fifth Sunday of Lent, the Gospel presents to us the resurrection of Lazarus (cf. *Jn 11:1-45*). *It is the last of Jesus' miracles narrated before Easter: the resurrection of his friend Lazarus. Jesus knows that his dear friend Lazarus is about to die. He sets out on his journey, but arrives at his house four days after the burial, when by then all hope had been lost. His presence, however, rekindles a little confidence in the hearts of the sisters Martha and Mary (cf. vv. 22, 27). They cling to this light, to this small hope, despite their suffering. [...]*

The message is clear: *Jesus gives life even when it seems that all hope has gone. It happens, at times, to feel hopeless [...]. Because of a painful loss, an illness, a bitter disappointment, a wrong or a betrayal suffered, a grave error committed... they have given up hope.[...] They are moments when life seems to be a sealed tomb: everything is dark, and we can see only sorrow and despair around us. Today's miracle tells us that it is not like that, this is not the end, that in these moments we are not alone. On the contrary, it is precisely in these moments that He comes closer than ever to restore life to us. [...] He approaches our tombs and says to us, as then: "Take away the stone" [...] the pain, the mistakes, even the failures. Do not hide them inside you, in a dark, lonely, closed room. Take away the stone : draw out everything that is inside. "Ah, but I am ashamed". Throw it to me with confidence, says the Lord; I will not be scandalized. Throw it to me without fear because I am with you, I care about you and I want you to start living again. [...] Perhaps we too in this moment carry in our heart some burden or some suffering that seems to crush us; something bad, some old sin we cannot bring out, some youthful mistake, you never know. These bad things need to come out. And Jesus says, "Come out!". So, it is the moment to take away the stone and to go out towards Jesus, who is close. Can we open our hearts to him and entrust our worries to him? Do we do it? Are we able to open the tomb of problems — are we capable — and look over the threshold, towards his light, or are we afraid of this? And in turn, as small mirrors of God's love, do we manage to illuminate the surroundings in which we live with words and gestures of life? Do we bear witness to the hope and joy of Jesus — we, sinners, all of us? [...]*

SFDS HOSPITALITY MINISTRY – NOW RECRUITING!

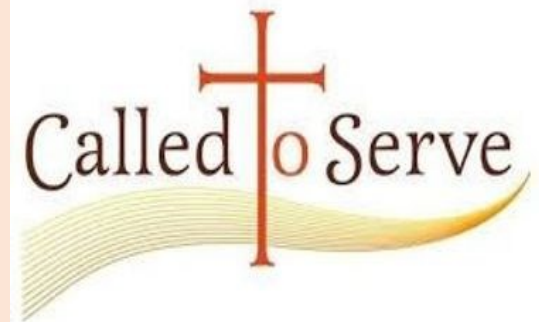
Be the Smile That Welcomes Others to Our Church

The **Hospitality Ministry** is inviting **new members** to join our team! If you enjoy greeting others, helping people feel welcome, or offering a warm presence at Mass, we would love to have you.

Our ministry plays a vital role in making sure every parishioner and visitor feels **seen, supported, and truly welcomed** when they enter our church. If you have a friendly smile, a helpful spirit, and a heart for service, we would love to have you with us.

What Hospitality Members Do

- Greet parishioners and visitors as they arrive
 - Assist with ushering and seating
 - Help ensure a welcoming and prayerful environment
- Support Hospitality Sunday by serving food & engaging in good conversation & friendship.



Masses Where Help Is Needed

- **Sunday – 9:00 AM Mass**
- **Sunday – 11:00 AM Mass**
- **Sunday – 7:00 PM Mass**

Why Join?

You'll be contributing to the warm, family-like atmosphere that makes St. Francis de Sales a true spiritual home. It's a wonderful way to serve the parish and meet fellow parishioners. ***It's a once-a-month commitment.***

If you'd like to help but prefer not to be on the roster, you still can...

- After every Mass or during Hospitality Sunday, make it a personal mission to greet at least one person and share a conversation.
- And if you love to bake, your homemade treats are always welcome—especially on Hospitality Sunday

If you feel called to serve, want to donate, or have any questions, please reach out to any of our Hospitality Ministry members, contact Rena at sfdshospitality@gmail.com, or call the parish office at 604-434-1328. **Thank you, and God bless!**

Way of Light: Sign-up for Daily Prayers During Easter

The Way of Light, or the Stations of the Resurrection, follow key events in the life of Jesus following His Resurrection. This prayer is an opportunity for us to reflect on the truth of the Christian mystery: That Christ has conquered death, and in conquering death, He gives us hope in the Resurrection and the life to come. Starting on Easter Sunday, you can receive short, daily prayers right to your inbox beginning on Easter Sunday. Sign up at cccav.org/light

Join us daily, starting on Good Friday, as we pray the
Divine Mercy Novena



- Day #1 Good Friday, April 3 @ 8:00am
- Day #2 Holy Saturday, April 4 @ 8:00am
- Day #3 Easter Sunday, April 5 @ 8:00am
- Day #4 Monday, April 6 @ 8:00am
- Day #5 Tuesday, April 7 @ 7:30am
- Day #6 Wednesday, April 8 @ 7:30am
- Day #7 Thursday, April 9 @ 7:30am
- Day #8 Friday, April 10 @ 7:30am
- Day #9 Saturday, April 11 @ 8:30am
- Day #10 Divine Mercy Sunday, April 12 devotions @ 3:00pm



SFDS Holy Week Schedule

**Thurs.,
April 2**

Holy Thursday
**Mass of the Lord's Supper
 at 7:00 pm**



**Adoration following Mass
 until 10:00 pm**



Confessions at 9:00 pm



**Fri.,
April 3**

Good Friday
**Good Friday Liturgy
 at 12:00 pm and 3:00 pm**



**Sat.,
April 4**

Holy Saturday
Confessions at 4:00 pm



Easter Vigil Mass at 9:00 pm
 (followed by reception/celebration in the hall)



**Sun.,
April 5**

Easter Sunday
Easter Sunday Masses at
 • 9:00 am
 • 11:00 am
 • 7:00 pm



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 JPII 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.

SFDS 2026



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Lenten Penitential Services

20 26

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

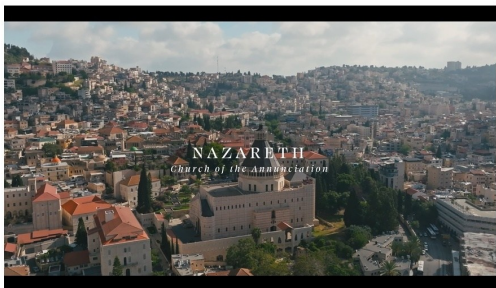
Be merciful, O Lord for we have sinned.

Psalm 51



This Week on Formed

Week of March 22, 2026



The Annunciation

The Angel Gabriel appeared and all of Heaven trembled in anticipation. Mary gives her fiat and our long wait is over! Generation after generation of longing and aching for a Messiah comes to fulfillment.



The Annunciation | Sacred Art

Join Dr. Ben Akers and Taylor Kemp as they discuss the spiritual and theological significance of the Annunciation over a piece of Sacred Art by Elizabeth Zelasko that depicts this incredible scene.



The Annunciation: Hail Mary

Join Ms. Kim as she discusses devotion to Mary and the significance of Mary's "yes." All the while, you will learn new drawing techniques as you draw the Annunciation.

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