



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
9:00am Saturday's & Holidays
9:10am Wednesday April 1
(School Mass)

Holy Hour

Thursday mornings after Mass

Sunday March 29, 2026

Passion (Palm) Sunday
at SFDS

Mass Times:
Sat.: 5:00pm*, Sun.: 9:00am*, 11:00am* & 7:00pm
*) With The Liturgy of the Word for Children

"True reverence for the Lord's passion means fixing the eyes of our heart on Jesus crucified and recognizing in him our own humanity." Pope St. Leo the Great

March 29, 2026 - Palm Sunday

A word from our late Holy Father Pope Francis: "My God, my God, why have you forsaken me?" (Mt 27:46). This is the cry that today's liturgy has us repeat in the responsorial psalm (cf. Ps 22:2), the only cry that Jesus makes from the cross in the Gospel we have heard. [...]

The sufferings of Jesus were many, and whenever we listen to the account of the Passion, they pierce our hearts. *There were sufferings of the body: let us think of the slaps and beatings, the flogging and the crowning with thorns, and in the end, the cruelty of the crucifixion. There were also sufferings of the soul: the betrayal of Judas, the denials of Peter, the condemnation of the religious and civil authorities, the mockery of the guards, the jeering at the foot of the cross, the rejection of the crowd, utter failure and the flight of the disciples. Yet, amid all these sorrows, Jesus remained certain of one thing: the closeness of the Father. Now, however, the unthinkable has taken place. Before dying, he cries out: "My God, my God, why have you forsaken me?" [...]*

This is the most searing of all sufferings, *the suffering of the spirit. At his most tragic hour, Jesus experiences abandonment by God. [...]* He sees the gates of heaven close, he finds himself at the bitter edge, the shipwreck of life, the collapse of certainty. And he cries out: "Why?" A "why" that embraces every other "why" ever spoken. "Why, God?". [...]

Why did it have to come to this? He did it for us. There is no other answer. For us. Brothers and sisters, today this is not merely a show. Every one of us, hearing of Jesus' abandonment, can say: for me. This abandonment is the price he paid for me. He became one with each of us in order to be completely and definitively one with us to the very end. He experienced abandonment in order not to leave us prey to despair, in order to stay at our side forever. He did this for me, for you, because whenever you or I or anyone else seems pinned to the wall, lost in a blind alley, plunged into the abyss of abandonment, sucked into a whirlwind of so many "whys" without an answer, there can still be a hope: Jesus himself, for you, for me. [...] When I feel lost and confused, when I feel that I can't go on, he is beside me. Amid all my unanswered questions "why...?", he is there. [...]

Jesus, in his abandonment, asks us to open our eyes and hearts to all who find themselves abandoned. For us, as disciples of the "forsaken" Lord, no man, woman or child can be regarded as an outcast, no one left to himself or herself. Let us remember that the rejected and the excluded are living icons of Christ: they remind us of his reckless love, his forsakenness that delivers us from every form of loneliness and isolation. [...]

† Norma Navarro Timbang

Passed away on Saturday March 21, 2026

Norma is lovingly remembered by her children Irma, Peter Paul, Jose Jr. Timbang & Mylene Jennie Lee & Son-in-Law, Edward Charles Lee Grandmother to her beloved grandchildren, Jude Simon, Jose Dionisio (JD), Jose Arturo (Joe Art), Alexander Bian Timbang & Angelo Dominic Lee

Funeral Mass was at SFDS Parish
on Saturday March 28 at 12 pm

Forever Loved, Forever Remembered

Eternal Rest Grant unto her O Lord

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

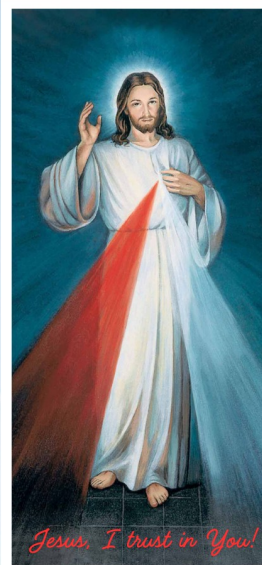
The Way of Light, or the Stations of the Resurrection, follow key events in the life of Jesus following His Resurrection. This prayer is an opportunity for us to reflect on the truth of the Christian mystery: That Christ has conquered death, and in conquering death, He gives us hope in the Resurrection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

If you would like to donate an Easter lily to help decorate the Church for Easter, please bring it to the office **between Monday, March 30 and Wednesday April 1**. We will have a special dedication placed on the bulletin board for those who would like to donate their lily in memory of a loved one.



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

Divine Mercy Novena



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|---------|---|
| 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 |



Divine Mercy Sunday focuses on the gift of mercy and love given through Christ's death, burial, and Resurrection. As Pope John Paul II stated, "Divine Mercy reaches human beings through the heart of Christ crucified." You are invited to attend our Divine Mercy celebration on Sunday April 12, at 3 pm.

You're invited to our one night, Alpha Celebration and Taster

Alpha



It's free. It's delicious. Come celebrate with us
and check out what Alpha's all about!



6:15pm to 8:30pm on Thurs., April 9



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	
	Holy Saturday Confessions at 4:00 pm	
Sat., April 4	Easter Vigil Mass at 9:00 pm (followed by reception/celebration in the hall)	
	Easter Sunday Easter Sunday Masses at • 9:00 am • 11:00 am • 7:00 pm	

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

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.



St. Francis de Sales SPRING Plant SALE

Fundraiser

Order by:
April 21
(by 7 pm)

Pickup on:
May 6 & 7
(Wed & Thur)

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<https://stfrancisdesaleschool.growingsmilesfundraising.com>



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