



# St. Francis de Sales

6610 Balmoral Street, Burnaby, V5E 1J1  
Phone 604-434-1328



Email: [parish.sfds@rcav.org](mailto:parish.sfds@rcav.org) Website: [www.sfds.ca](http://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 April 26, 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](mailto: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](mailto: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](mailto:office@stgeorgemelkitechurch.com)

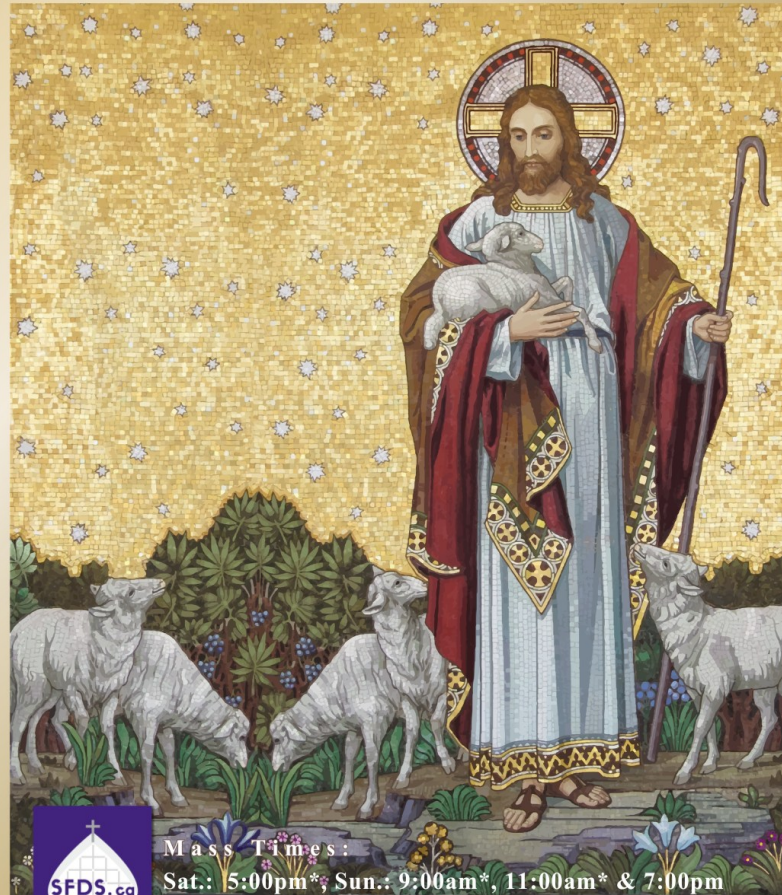
**St. Vincent de Paul Society**

Help Line: 604-434-1328

**Domestic Abuse**

Help Line: 604-640-7549

## Fourth Sunday of Easter



**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 April 29  
(School Mass)  
7:00pm First Friday May 1  
9:00am Saturdays & Holidays

**Holy Hour**

Thursday mornings after Mass  
First Friday's 6pm

*"God's voice never promises joy at a low price: it invites us to go beyond our ego in order to find the true, good peace". Pope Francis*

## April 26, 2026 - 4th Sunday of Easter

**A word from our Late Holy Father Pope Francis:** The fourth Sunday of Easter, which we celebrate today, is dedicated to Jesus the Good Shepherd. The Gospel says that: "The sheep hear his voice, and he calls his own sheep by name and leads them out" (Jn 10:3) [...] However, the Gospel says, there are other voices, that are not to be followed: those of strangers, thieves and brigands who mean harm to the sheep. These different voices resonate within us. There is the voice of God, who speaks kindly to the conscience, and there is the tempting voice that leads to evil. How can we recognize the voice of the Good Shepherd from that of the thief, how can we distinguish the inspiration of God from the suggestion of the evil one? [...]

The voice of God never forces us: God proposes himself, He does not impose himself. Instead, the evil voice seduces, assaults, forces: it arouses dazzling illusions, emotions that are tempting but transient. At first it flatters, it makes us believe that we are all-powerful, but then it leaves us empty inside and accuses us: "You are worth nothing". The voice of God, instead, corrects us, with great patience, but always encourages us, consoles us: it always nourishes hope. God's voice is a voice that has a horizon, whereas the voice of the evil one leads you to a wall, it backs you into a corner. [...]

Again: the two voices raise different questions in us. The one that comes from God will be: "What is good for me?". Instead the tempter will insist on another question: "What do I feel like doing?". What do I feel: the evil voice always revolves around the ego, its impulses, its needs, everything straight away. It is like a child's tantrums: everything, and now. The voice of God, however, never promises joy at a low price: it invites us to go beyond our ego in order to find the true, good peace. Let us remember: evil never brings peace. [...]

Lastly, God's voice and that of the tempter, speak in different "environments": the enemy prefers darkness, falsehood, and gossip; the Lord loves sunlight, truth, and sincere transparency. The enemy will say to us: "Close yourself up in yourself, besides no one understands and listens to you, do not be trusting!" Goodness, on the contrary, invites us to open up, to be clear and trusting in God and in others. Dear brothers and sisters, during this time many thoughts and worries lead us to turn inwards into ourselves. Let us pay attention to the voices that reach our hearts. Let us ask ourselves where they come from. Let us ask for the grace to recognize and follow the voice of the Good Shepherd. [...]

**We Welcome and Congratulate**

**Eason Joel Tanaka**

**Baptized in our parish this weekend**

**SENIOR LUNCH**

**MONDAY MAY 4, 2026**

**door opens 11:30**

**Lunch at 12:00**

**Lasagna  
garlic bread  
salad  
dessert**

**DEADLINE: APRIL 30TH**

**RSVP [gracemushinski@gmail.com](mailto:gracemushinski@gmail.com)**

**PORTUGUESE DONUTS**



**\$2.00/donut**  
**Sunday, May 3, 2026**  
after 0900 and 1100 Mass

to reserve over 6 donuts  
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state mass time  
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### Archdiocesan Pro-Life Mass

Join Parishioners from around the archdiocese to celebrate our monthly Pro-Life Mass and to pray for Respect For Life, from conception to natural death. The next Mass will be on **Saturday, May 2 at 9am** at Our Lady of the Assumption Parish 3141 Shaughnessy Street, Port Coquitlam Refreshments served following the Mass and Vigil Prayer.

### CWL Religious Articles Booth

Will be open after all Masses this weekend. We have a variety of religious items that would make great gifts for Holy Communion and Confirmation.





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ADVANCE  
2026

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SCAN HERE

Victoria, BC  
**MARCH for LIFE**



Join us for

**MARCH FOR LIFE VICTORIA**

Thursday

**14 MAY 2026**



Departing from SFDS at 7:45 am.  
Free bus rides for all.

**FERRY FARE**

Adults and Teens - \$35

Free ferry rides for anyone over 65.



For more info: Rod Munch 778 320-0262 or [rmunch@shaw.ca](mailto:rmunch@shaw.ca)

As we are getting closer to the date of March for Life 2026, we are beginning to take names, email addresses and phone numbers of parishioners that wish to participate.

**To register please contact the parish office.** It is advised if you want to attend this year to register as soon as possible as the bus will fill up very quickly.

**The cost for the day is as follows:**

**65 years & older on or before May 14, 2026 NO CHARGE.**

**Under 65 years cost is \$35 for the Ferry Fee.**

Burnaby Pro Life Society will be covering the cost of the bus and the driver that day. The bus will leave at 8am from SFDS and proceed to Sacred Heart Parish for the 9:15am Mass with Fr. Larry, departing for Victoria on the 11am Ferry and returning on the 5pm ferry. Questions can be directed to Rod Munch at [rmunch@shaw.ca](mailto:rmunch@shaw.ca)



**SFDS Kindergarten**

Do you have a young one going into Kindergarten? For more information and to register for the upcoming school year please email SFDS School [office@sfds.school](mailto:office@sfds.school)



# SFDS Spring Plant Sale

# Thank you!

To everyone who contributed to our fundraiser with

Growing Smiles  
FUNDRAISING

We hit our 100 plant goal... and went beyond!





# THE SEARCH



*EXPLORE SOME OF LIFE'S BIGGEST QUESTIONS*

All Highschool Students and  
Young Adults welcome!  
Open to ages 13-26

Monday Nights  
from 7:00PM-9:30PM

**Fun activities** following the  
small group discussions!

*REGISTER  
NOW!*



|                        |                                |
|------------------------|--------------------------------|
| APRIL 13 <sup>TH</sup> | EPISODE 1: "WHAT DO YOU SEEK?" |
| APRIL 27 <sup>TH</sup> | EPISODE 2: "WHO ARE YOU?"      |
| MAY 11 <sup>TH</sup>   | EPISODE 3: "WHY A GOD?"        |
| MAY 25 <sup>TH</sup>   | EPISODE 4: "WHATS OUR STORY?"  |
| JUNE 8 <sup>TH</sup>   | EPISODE 5: "WHO IS JESUS?"     |
| JUNE 22 <sup>ND</sup>  | EPISODE 6: "AM I SAVED?"       |
| JULY 6 <sup>TH</sup>   | EPISODE 7: "WHY A CHURCH?"     |

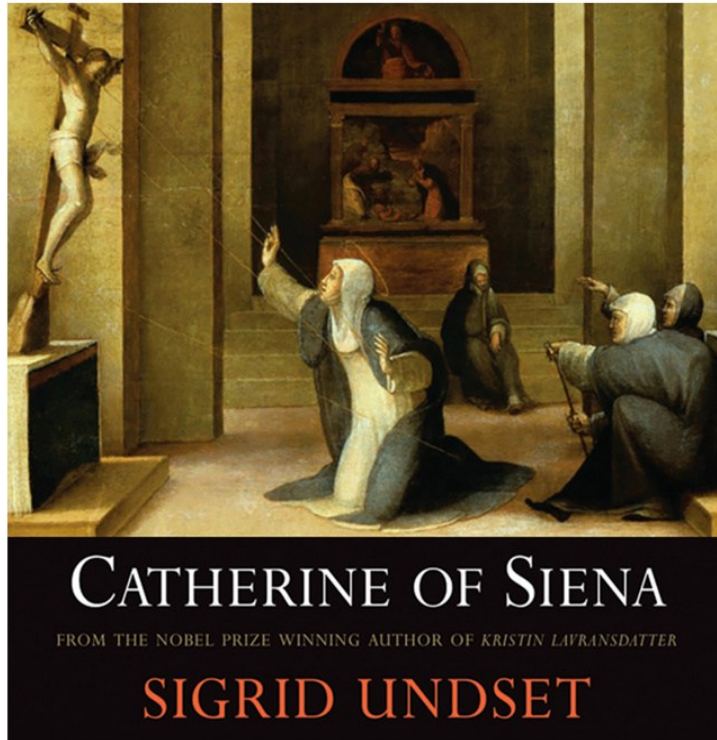
**Come  
cheer on our  
SFDS  
FLAMES**



**battling it out in  
the British Columbia  
Christian Soccer League.**

| <b>Date</b> | <b>Time</b> | <b>Team</b>                 | <b>Field</b>                   |
|-------------|-------------|-----------------------------|--------------------------------|
| April 13    | 9:15 PM     | vs. Coquitlam Alliance      | Burnaby Lake #1                |
| April 17    | 8:45 PM     | vs. Johnston Heights Church | Cloverdale Athletic Park #3    |
| April 24    | 8:15 PM     | vs. Coquitlam Alliance      | Gates Park - Turf #2           |
| May 1       | 9:15 PM     | vs. St. Clare / OLA         | Windsor Secondary              |
| May 4       | 9:15 PM     | vs. Calvary Baptist         | Newton Athletic Park #6        |
| May 8       | 9:15 PM     | vs. St Clare / OLA          | Gates Park - Turf #1           |
| May 11      | 9:15 PM     | vs. Riverside Calvary FC    | Yorkson - NorthEast            |
| May 22      | 9:15 PM     | vs. Riverside Calvary FC    | Burnaby Lakes #3               |
| May 29      | 9:15 PM     | vs. Johnston Heights Church | Burnaby Lakes #3               |
| June 1      | 8:15 PM     | vs. Calvary Baptist         | Heritage Woods                 |
| June 5      | 8:45 PM     | vs. Seaview FC              | South Surrey Athletic Park #10 |
| June 12     | 9:15 PM     | vs. Seaview FC              | Windsor Secondary              |

**We'd love to have you at our cheering  
section at all our games!**



## Catherine of Siena

Sigrid Undset's Catherine of Siena is critically acclaimed as one of the best biographies of this well-known and amazing fourteenth-century saint.

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