



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 May 13
(School Mass)
9:00am Saturdays & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's 6pm

Sunday May 10, 2026

**Blessings
to mom and
the whole
family on this
*Mothers' Day***

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



*"Thank you, women who are mothers!
You have sheltered human beings
within yourselves in a unique
experience of joy and travail".
Pope John Paul II*

May 10, 2026 - 6th Sunday of Easter

A word from our late Holy Father Pope Francis: The Gospel for today, [...] speaks to us about the Holy Spirit, whom Jesus calls the *Paraclete* (cf. Jn 14:15-17). *Paraclete* is a word that comes from Greek, which means both comforter and advocate at the same time. This means that the Holy Spirit never leaves us alone, he is near to us, [...]. And he suggests to us how to defend ourselves from those who accuse us. Let us recall that the great accuser is always the devil, who puts sin inside of you, the desire to sin, wickedness. Let us reflect on these two aspects: his closeness to us, and his assistance against those who accuse us.

His closeness: The Holy Spirit, Jesus says, “dwells with you and will be in you” (cf. v. 17). He never abandons us. The Holy Spirit wants to stay with us; he is not a passing guest who comes to pay us a courtesy visit. [...] He remains because he truly loves us; he does not pretend to love us, and then leaves us alone when things get difficult. [...]

Indeed, if we find ourselves in a moment of trial, the Holy Spirit comforts us, bringing us God’s pardon and strength. [...] Certainly, the Paraclete Spirit is demanding, because he is a true, faithful friend, who does not hide anything, who suggests what we should change and how to grow. But when he corrects us, he never humiliates us, and never instills distrust. [...]

The Paraclete Spirit is the second aspect. [...] He defends us from those who accuse us: from ourselves when we do not love and forgive ourselves [...]; from the world who discards those who do not fit into its patterns and models; from the devil who is the “accuser” *par excellence* and the divider (cf. Rev 12:10), and does everything to make us feel incapable and unhappy.

[...] The Paraclete, Jesus says, is the One who “reminds us of everything Jesus told us” (cf. Jn 14:26). He reminds us, therefore, of the words of the Gospel, and thus enables us to respond to the accusing devil, not with our own words, but with the Lord’s own words. [...] If we call on the Spirit, we will learn to embrace and recall the most important reality of life that protects us from the accusations of evil. [...] That we are beloved children of God. [...]

Brothers and sisters, let us ask ourselves today: Do we call on the Holy Spirit? Do we pray to him often? [...] Then: Do we listen to his voice, both when he encourages us and when he corrects us? [...] Do we remember that we are beloved children of God? May Mary make us docile to the voice of the Holy Spirit and sensitive to his presence.

We Welcome and Congratulate

Liahra Margaret Machitar
&

Zagros Leopold Kasaei Klein

Baptized in our parish this weekend



Knights of Columbus

Pancake Breakfast 2026

Sunday May 31

After 9 am & 11 am Masses



We Accept Payment by
Credit, Debit
& E-Transfer

Magnificat Vancouver - Spring Prayer Brunch

Please join us at a brunch for Catholic women of Vancouver where we will share together in that same spirit of gratitude and praise. After brunch, there will be a time of prayer for the needs of all present and an opportunity to hear one woman's experience of the transforming love of Christ in her own life. Come and bring a friend to rejoice in the presence of the Lord! Saturday, May 23, 11:00 am - 2:00 pm at the John Paul II Pastoral Centre in Vancouver.

Register at magnificatvancouverchapter.com

“Give yourselves up into the hands of your Heavenly Mother. She will take good care of your soul.”
St. Padre Pio



Stronger Together

PROJECT
ADVANCE
2026

Support our evangelization work



Give our church roof a facelift



HELP!

DONATE



SCAN HERE

Friends, because of your generosity, our parish continues to move forward with hope and purpose. In 2025, St. Francis de Sales raised over \$140,000 for Project Advance, supporting vital Archdiocesan ministries and allowing meaningful reinvestment here at home — including our new parish tractor/snowplow, our evangelization work... not to forget our recent hall renovations.

- This year, our parish focus is both practical and pastoral: Replacing our 68 year old church roof.
 - Continuing to invest in evangelization, the heart of our parish’s growth and renewal. These efforts help create the conditions for people to encounter Christ and grow together with Him.
- Thank you for your prayerful support and generosity.



It's going to be **SAFE**, it's going to be **FUN**, it's going to be **ROCKIN'**, and it's going to be **MOST RIGHTEOUS!** Save the date, brothers and sisters. Don't miss out on our 2026 Spring Fair from 10:00am to 5:00pm on May 23!

Operation Baby Bottle



Mothers' Day to Fathers' Day 2026
To support:
HOPE FOR WOMEN Pregnancy Services
in partnership with Advokate Life & Education Services



WHAT? Operation Baby Bottle is an annual fundraiser to provide support and supplies for women and families facing unplanned pregnancy in our community.

HOW? Step 1: Pick up a bottle after Mass on May 10th.
 Step 2: Fill the bottle with cash, cheque or give by credit card.
 Step 3: Return the bottle to CWL volunteers in the vestibule after Masses from May 17th through June 21st.

WHY? Helps us continue providing free services, including pregnancy tests, options and peer counselling, education, support, and mom and baby supplies.

For more information visit babybottles.ca

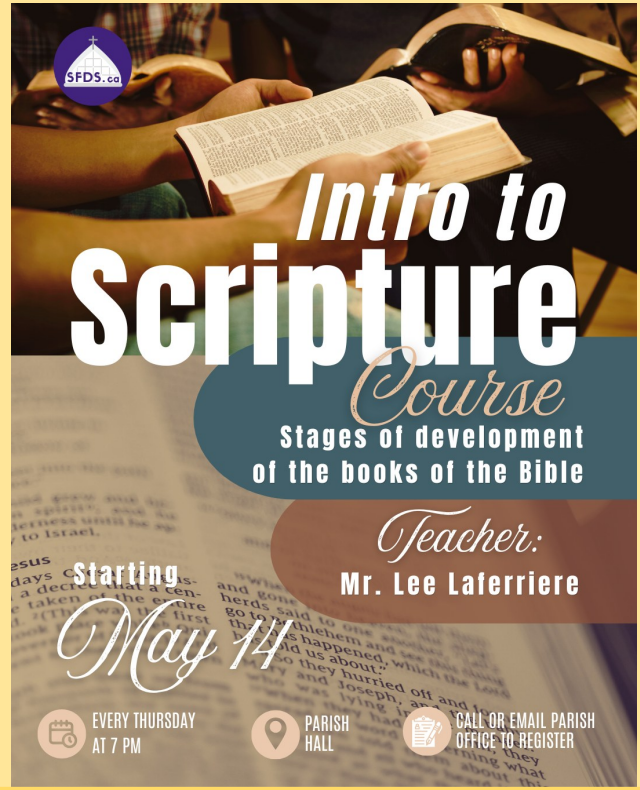
Help us fill 150 bottles!

Thank you for making a difference!



Saint Francis de Sales Baby Bottle Campaign Begins!

Pick up a bottle today after Mass and fill it with coins, cash, or cheque. Return it by Father's Day to support women and families facing unplanned pregnancy through Advokate. Visit babybottles.ca to learn more.



This Scripture 101 course will provide basic vocabulary for discussion of biblical studies and its structure. It will break down the stages of development of the books of the Bible.

A simplified overview of methods of biblical criticism will be provided. (Hermeneutics / Exegesis)

- First course begins on May 14 in our parish hall meeting room (7:00pm)
- Please call the parish office (or e-mail) to register

Teacher is Mr. Lee Laferriere, to know more about Mr. Laferriere please visit our website www.sfds.ca

COUPLES FOR CHRIST YOUTH CAMP

Camp Fiducia (Overnight Camp)

When: May 15 at 6:30 pm until May 17, 2026 at 11am

Where: St. Francis de Sales School Gym

Camp Fee: \$50 for registration Food included

Contact: Jojo & Chay Facun at 778-995-4968





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


Come
cheer on our
SFDS
FLAMES



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

Date	Time	Team	Field
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!**



SFDS Young Adults

2026

Upcoming Events

Wed, May 13th

Happy Hour + Holy Hour

6:00pm @ St Francis de Sales

Fri, June 12th

Boardgame Night!

7:00pm in the side room

Wed, July 8th

Happy Hour + Holy Hour

7:00pm @ St Francis de Sales

Sat, August 29th

Mass and Hike

Details TBD!

Wed, Sept. 9th

Happy Hour + Holy Hour

7:00pm @ St Francis de Sales

Fri, Oct 9th

Guest Speaker

7:00pm in the side room

Wed, Nov 11th

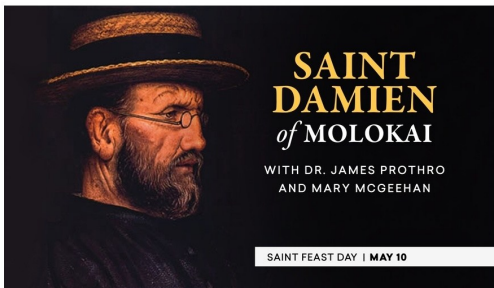
Happy Hour + Holy Hour

7:00pm @ St Francis de Sales



This Week on Formed

Week of May 10, 2026



St. Damien of Molokai | Catholic Saints

St. Damien was born in Belgium but spent most of his life ministering to lepers in Molokai, Hawaii. An incredible example of holiness, he dedicated his whole life to spreading the Gospel. Sit down with Dr. James Prothro and Mary McGeehan as they discuss the life and witness of this great saint.



The Sanctuary Youth Series

The Sanctuary Youth Series is centered on the pressing questions that young people are asking about faith and mental health. It provides space to engage these questions and start important conversations in youth ministries and church communities. Drawing on insights from mental health professionals, theologians, and evidence-based research, this educational and interactive course is designed to reduce stigma, increase awareness, and prepare students for a faith journey that includes seasons of flourishing and languishing.



The Sanctuary Course for Catholics | Trailer

This eight-session course—designed for use in small groups—explores the realities of mental health and illness, as well as the vital need for faith-based community conversations about these topics. The sessions are accompanied by compelling films that feature the stories of Catholics living with mental health challenges, along with the insights of archbishops, theologians, and psychologists.

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