



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 May 17, 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

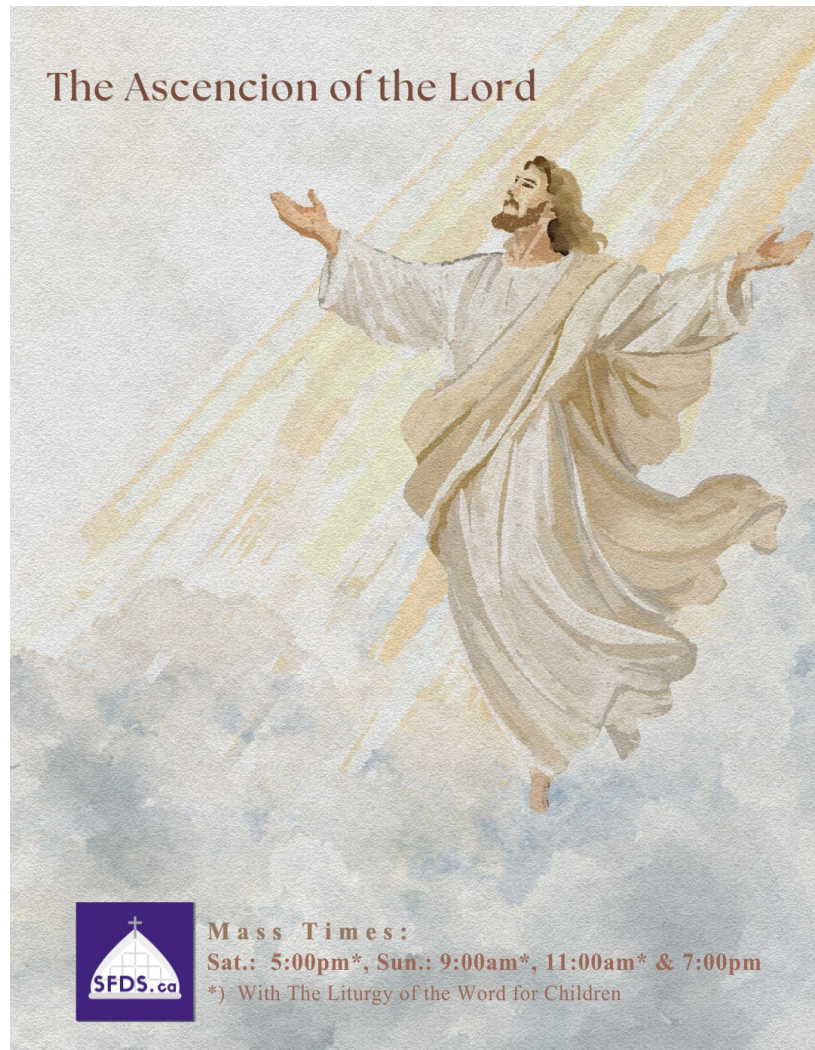
office@stgeorgemelkitechurch.com

St. Vincent de Paul Society

Help Line: 604-434-1328

Domestic Abuse

Help Line: 604-640-7549



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
9:00am Monday May 18
9:10am Wednesday May 20
(School Mass)
9:00am Saturdays & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's 6pm

*"Today our Lord Jesus Christ
ascended into Heaven, let our hearts
ascend with him." St. Augustine*

May 17, 2026 - Ascension Sunday

A word from our late Holy Father Pope Francis: The Ascension of the Lord is being celebrated today. It is a feast we know well, but which can raise several questions — at least two. The first question: Why celebrate Jesus' departure from earth? It would seem that his departure would be a sad moment, not exactly something to rejoice over! [...] Second question: What does Jesus do now in heaven? [...] *Why we celebrate. Because with the Ascension, something new and beautiful happened: Jesus brought our humanity, our flesh, into heaven — this is the first time — that is, he brought it in God. That humanity that he had assumed on earth did not remain here. The risen Jesus was not a spirit, no. He had his human body, flesh and bones, everything. He will be there in God forever. We could say that from the day of the Ascension on, God himself "changed" — from then on, he is not only spirit, but such is his love for us that he bears our own flesh in himself, our humanity! The place awaiting us is thus indicated; that is our destiny. Thus wrote an ancient Father in the faith: "What splendid news! He who became man for us [...] to make us his brothers, presents himself as man before the Father to bear with himself all those who are joined with him" (cf. St. Gregory of Nyssa, Discourse on the Resurrection of Christ, 1). Today, we celebrate "heaven's conquest" — Jesus, who returns to the Father, but with our humanity. And so, heaven is already a little bit ours. Jesus opened the door and his body is there.*

The second question: So, what does Jesus do in heaven? He is there for us before the Father, continually showing our humanity to him — showing him his wounds. I like to think that Jesus, prays like this in front of the Father — showing him his wounds. "This is what I suffered for humanity: Do something!" He shows him the price of redemption and the Father is moved. This is something I like to think about. This is how Jesus prays. He did not leave us alone. In fact, before ascending, he told us, as the Gospel says today, "I am with you always, to the close of the age" (Mt 28:20). He is always with us, he looks at us, and "he always lives to make intercession" (Heb 7:25) for us. To show the Father his wounds, for us. In a word, Jesus intercedes. He is in the best "place", before his Father and ours, to intercede on our behalf. Intercession is fundamental. This faith helps us too: it helps us not to lose hope, not to be discouraged. Before the Father, there is someone who shows him the wounds and intercedes. [...]

Congratulations

Erle Kenneth Rey Deligero

&

Ivana Dominique E. Bustillos

Who were married in our Parish this past week

Rachel's Vineyard Retreat

Rachel's Vineyard retreats offer an opportunity for healing for any woman or man who has struggled with the emotional or spiritual pain of an abortion.

Do not fear; I am with you; do not be anxious: I am your God. I will strengthen you; I will help you, I will uphold you with my victorious right hand." Isaiah 41:10

Did it feel like she was the only one who could have thoughts and feelings of guilt and shame after the loss due to an abortion decision? What you think and feel is very real, and you don't have to carry that alone anymore. Next retreat is **May 22-24, 2026**. For confidential information call 604.525.0999. Email: info@pacscanada.org



Knights of Columbus

Pancake Breakfast 2026

Sunday May 31

After 9 am & 11 am Masses

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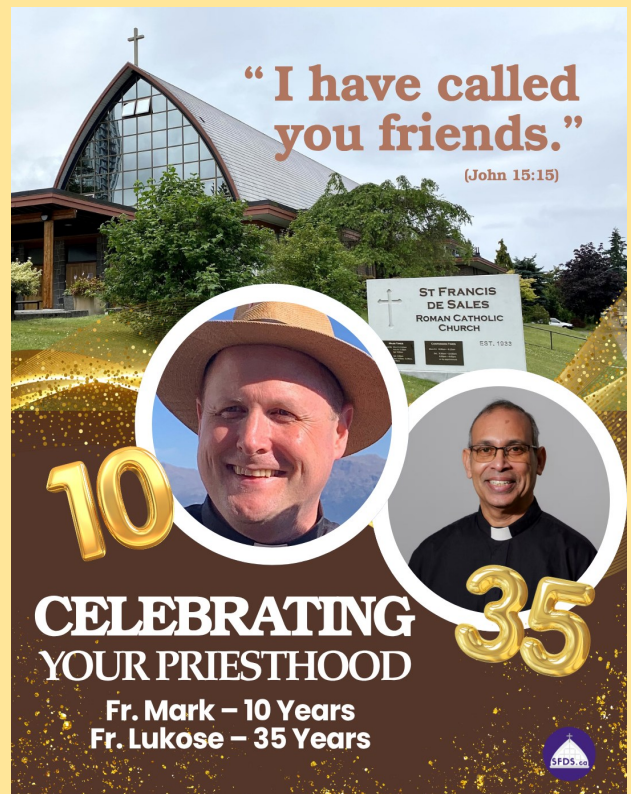
SCAN HERE

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.



Mark your calendars Saturday, May 23, our incredible Spring Fair is back! Get ready for some more thrilling rides, delicious food and amazing live performances.



Message from the Hospitality Ministry

We are excited to celebrate several special events together this month!

May 16 & May 17 (after Mass)

Join us in joyfully celebrating Father Mark's 10th anniversary and Father Lukose's 30th anniversary! If you would like to share personal prayers or greetings, a table will be set up where you can leave your cards, with writing materials available to write a note on the spot.

May 23

Visit the SFDS Parish booth at the School Spring Fair! Try your luck with our raffle—exciting prizes await, inspired by our parish vision, three pillars: *Family, Worship, and Mission*.

May 24

Celebrate Pentecost Day with us and help us warmly congratulate our confirmands after the 9:00 am Mass. Congratulations to Adriana, Natalia, Princess, Nolan, David, Cameron, Abraham, Katrina, and Jose! Let's take this opportunity to come together, connect with fellow parishioners, and make new acquaintances.



A HUGE thank you goes to the 67 parishioners who picked up a baby bottle to support our Baby Bottle Campaign last week. Your small change will make a real difference in the lives of babies and their mothers. However 67 bottles is a very small start to filling 150 bottles for this vital fundraiser. Baby bottles for Advocate's Annual Baby Bottle Campaign are available after every Mass. Take a bottle, fill it with spare change and you will be providing real care for real families in our community with baby supplies, parenting support, counselling and more. Learn more from babybottles.ca





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



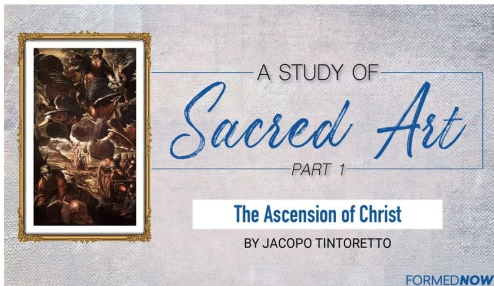
This Week on Formed

Week of May 17, 2026



Saint Rita

St. Rita of Cascia is immortalized in this wonderful, deeply moving film. This story is about the brave woman who married her knight, helped him overcome his dark past and convert to faith, happily bore him two children, and later endures immense pain as she loses everything in her life. Her story and love for Christ will inspire you to great holiness!



The Ascension | Sacred Art

Join Dr. Ben Akers and Taylor Kemp to expand your knowledge of sacred art. In this episode on Formed, they discuss The Ascension of Christ by Jacopo Tintoretto.



Saint Rita of Cascia: The True Story

A compelling docu-drama that tells the whole story of the amazing life of St. Rita of Cascia, the very popular saint who lived in Italy in the 14th century. Famous as the patronness of hopeless situations, St. Rita dealt with many very difficult and tragic events in her life. Through it all she developed a profound faith in God that was the source of her great strength, and why she is such a popular saint for all those dealing with difficult events in their own lives.

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