



# 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

**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

## Sunday May 24, 2026



**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 May 27  
(School Mass)  
9:00am Saturdays & Holidays

**Holy Hour**

Thursday mornings after Mass  
First Friday's 6pm

*"The Church of Christ is always, so to speak, in a situation of Pentecost. She is always gathered in the Upper Room in prayer and at the same time, driven by the powerful wind of the Spirit, she is always on the streets preaching."*  
Pope John Paul II

## May 24, 2026 - Pentecost Sunday

**A word from our late Holy Father Pope Francis:** Today, the Solemnity of Pentecost, the Gospel takes us to[...] the evening of Passover, where the Risen One presents himself precisely into that situation of fear and anguish and, breathing on them, says: "Receive the Holy Spirit" (v. 22). In this way, with the gift of the Spirit, Jesus wishes to free the disciples from fear, from this fear that keeps them holed up at home, and he frees them so that they may be able to go out and become witnesses and proclaimers of the Gospel. Let us dwell a little on what the Spirit does: he *frees from fear*.

The disciples had closed the doors, the Gospel says, "for fear" (v. 19). The death of Jesus had shocked them, their dreams had been shattered, their hopes had vanished. And they had closed themselves inside. Not only in that room, but within, in the heart. [...] How often do we too shut ourselves in? How often, because of some difficult situation, because of some personal or family problem, because of the suffering that marks us or the evil we breathe around us, do we risk slipping slowly into loss of hope and lack the courage to go on? This happens many times. And then, like the apostles, we shut ourselves in, barricading ourselves in the labyrinth of worries.

Brothers and sisters, this "shutting ourselves in" happens when, in the most difficult situations, we allow fear to take the upper hand and let its stern voice prevail within us. When fear enters, we close ourselves off. [...] Fear of not being able to cope, of having to face everyday battles alone, of risking and then being disappointed, of making the wrong choices. Brothers, sisters, fear blocks, fear paralyses. And it also isolates: let us think of the fear of others, of foreigners, of those who are different, who think in another way. And there can even be the fear of God: that he will punish me, that he will be angry with me... If we give space to these false fears, the doors close: the doors of the heart, the doors of society, and even the doors of the Church! Where there is fear, there is closure. And this is no good.

However, the Gospel offers us the remedy of the Risen One: the Holy Spirit. He frees us from the prisons of fear. When they receive the Spirit, the apostles [...] come out of the Upper Room and go out into the world to forgive sins and to proclaim the good news. Thanks to him, fears are overcome and doors open. Because this is what the Spirit does: he makes us feel God's closeness, and thus, his love casts out fear, illuminates the way, consoles, sustains in adversity. [...]

## Swahili Mass Schedule all start times at 4:00pm

Wed., Jun. 3, 2026 at 6:00 pm  
(Feast Day of St. Charles Lwanga)

Sun., Jun. 21, 2026

Sun., Jul. 19, 2026

Sun., Aug. 19, 2026

Sun., Sept. 20, 2026

Sun., Oct. 18, 2026

Sun., Nov. 15, 2026

Sun., Dec. 27, 2026

(Holy Family Sunday)



*All are welcome!*



**Knights of Columbus  
Pancake Breakfast 2026  
Next Sunday May 31  
After 9 am & 11 am Masses**

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### Mass Wedding for Civilly Married Couples

Your marriage is a beautiful gift from God, and the Church warmly invites you to deepen your journey in Christ by celebrating the Sacrament of Marriage. Archbishop Smith will preside over a special Marriage Mass for civilly married couples. This is a wonderful opportunity to open your heart to God's grace and receive the full blessing of the Church. Saturday, September 19 at St. Paul's Parish, Richmond. **Register by June 30** at [beholdvancouver.org/events](http://beholdvancouver.org/events).

### Rosary for Peace

As Christians, one of the most powerful ways we can call for peace is through prayer. Attend in person at the Holy Rosary Cathedral or by joining the livestream on YouTube as we pray to the Immaculate Heart of Mary for peace in our world. **Saturday, June 6** at 11:00 a.m. learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events)

### Pro-Life Mass and Prayer Vigil

Join your voice with ours as we pray on the first Saturday of each month for respect for all human life, from conception to its natural end. Begins with Mass, followed by prayers either at a church with Adoration or at a local hospital. Saturday, **June 6, 9:00 am** at St. Monica's Parish, Richmond. Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).

*From Mary we learn to surrender to God's Will in all things. From Mary we learn to trust even when all hope seems gone. From Mary we learn to love Christ her Son and the Son of God!"  
St. John Paul II*



**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.

# Confirmation

*Adriana Athene Alonso*

*Natalia Bedoya Garcia*

*Princess Cordeta*

*Nolan dela Peña*

*David Glavin*

*Cameron Kosy*

*Abraham McNicoll*

*Katirna Mesina*

*José Augusto Resende de Oliveira*

*Received the Sacrament of Confirmation  
on Pentecost Sunday*

*Congratulations on becoming fully  
Initiated members of the  
Catholic Church*

*As you continue to grow spiritually,  
may you always find strength in your  
beliefs and joy in your journey.*

126 Baby Bottles have been picked up to support our Baby Bottle Campaign and already 28 bottles have been returned to make a life saving difference. This means only 24 bottles are left to meet our goal filling 150 bottles for this vital fundraiser. Filling a bottle can help save lives from abortion and help real women and children in our community through counselling, ultrasounds, mentorship, parenting and adoption support, and more. Pick up a bottle today or visit [babybottles.ca](http://babybottles.ca)



## Baby Bottle Campaign

Hope for Women Pregnancy Services  
In partnership with Advocate Life & Education Services




**Help us fill 150 bottles  
for a great cause!**

**REMINDER**  
FOR THE EVENING OF SATURDAY, MAY 23

**CONFESSIONS** begin at 6:00pm  
(not 4:00pm)

**HOLY MASS** begins at 7:00pm  
(not 5:00pm)

**SFDS Spring FAIR**  
MAY 23



SFDS Young Adults

2026

# Upcoming Events

Wed, May 13<sup>th</sup>

Happy Hour + Holy Hour

6:00pm @ St Francis de Sales

Fri, June 12<sup>th</sup>

Boardgame Night!

7:00pm in the side room

Wed, July 8<sup>th</sup>

Happy Hour + Holy Hour

7:00pm @ St Francis de Sales

Sat, August 29<sup>th</sup>

Mass and Hike

Details TBD!

Wed, Sept. 9<sup>th</sup>

Happy Hour + Holy Hour

7:00pm @ St Francis de Sales

Fri, Oct 9<sup>th</sup>

Guest Speaker

7:00pm in the side room

Wed, Nov 11<sup>th</sup>

Happy Hour + Holy Hour

7:00pm @ St Francis de Sales





# 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?"

# This Week on Formed

Week of May 24, 2026



## **Saint Philip Neri: I Prefer Heaven**

This captivating film highlights St. Philip Neri's great love for youth, his warm sense of humor, contagious joy, deep mystical spirituality, and his amazing gift for miracles. Watch this film to learn more about the famous Apostle of Rome.



## **The Wild Goose**

The Wild Goose. "Wild Goose" was a term that the ancient Celts had for the Holy Spirit. It is a 14 part series featuring Fr. Dave Pivonka and various interviews. Shot in various locations from Niagara Falls to the California desert, The Wild Goose invites viewers to an encounter, or a renewed encounter, with the Holy Spirit.



## **The Victory of Joan of Arc**

Meet Joan of Arc. In this powerful movie-of-the-mind audio drama, you'll hear the true story of how she rose from an obscure peasant village to serve God and her country in the most surprising and miraculous ways.

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