



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 June 3
(School Mass)
7:00pm First Friday June 5
9:00am Saturdays & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's 6pm

Sunday May 31, 2026

The Solemnity of the Most Holy Trinity



Mass Times:

Sat.: 5:00pm*, Sun.: 9:00am*, 11:00am* & 7:00pm

*) With The Liturgy of the Word for Children

“For to have the fruition of God the Trinity, after whose image we are made, is indeed the fullness of our joy, than which there is no greater.” St. Augustine

May 31, 2026 - Trinity Sunday

A word from our late Holy Father Pope Francis: Today, the Solemnity of the Most Holy Trinity, the Gospel is taken from Jesus' dialogue with Nicodemus (cf. *Jn 3:16-18*). *Nicodemus [...] recognizes in Jesus a divine master and goes to speak to him in secret, at night. Jesus listens to him, understands he is a man on a quest, and then first, he surprises him, answering that in order to enter the Kingdom of God, one must be reborn; then, he reveals the heart of the mystery to him, saying that God loved humanity so much that he sent his Son into the world. Jesus, therefore, the Son, speaks to us about his Father and his immense love.*

*Father and Son. It is a familiar image which, if we think about it, disrupts our images of God. Indeed, the very word "God" suggests to us a singular, majestic and distant reality, whereas hearing about a Father and a Son brings us back home. Yes, we can think of God in this way, through the image of a family gathered around the table, where life is shared. [...] It is an image that speaks to us of a God of communion. Father, Son and Holy Spirit: communion. But it is not only an image; it is reality! It is reality because the Holy Spirit, the Spirit that the Father poured into our hearts through Jesus (cf. *Gal 4:6*), makes us taste, makes us savour God's presence: a presence that is always close, compassionate and tender. The Holy Spirit does with us what Jesus does with Nicodemus: he introduces us to the mystery of new birth, the birth of faith, of Christian life, he reveals the heart of the Father to us, and he makes us partake in God's very life.*

We could say that the invitation he extends to us is to sit at the table with God to share in his love. [...]

Today, then, we can ask ourselves: do we bear witness to God-as-love? Or has God-as-love become in turn a concept, something we have already heard, that no longer stirs nor provokes life? If God is love, do our communities bear witness to this? Do they know how to love? [...] And our family, do we know how to love in the family? Do we always leave the door open, do we know how to welcome everyone — and I emphasize, everyone — as brothers and sisters? Do we offer everyone the food of God's forgiveness and Gospel joy? Does one breathe the air of home, or do we resemble more closely an office or a reserved place where only the elect can enter? God is love, God is the Father, the Son and the Holy Spirit, and he gave his life for us. [...]

OUR BELOVED DEPARTED

† **Elsa Palmieri**

Passed away on Thursday May 21, 2026

Predeceased by her Husband,

Son, Daughter & Great grandchild

Loved & missed by six surviving Children

Grandmother to twelve Grandchildren,

fifteen Great grandchildren & eight Great great grandchildren

Funeral Mass at SFDS Parish

On Tuesday June 2 at 11am

Eternal Rest Grant Unto her O Lord



BINGO

1	12	21	31	42
5	14	22	32	44
7	17	25	33	45
6	18	27	34	46
10	19	28	35	47

MONDAY SOCIAL

EVERY MONDAY AFTER MASS, (9-11:00 am)
free admission/Coffee, snack
bring goodies if you wish



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

We Accept Payment by
Credit, Debit &
E-Transfer

A **TREMENDOUS** thank you to the **150** parishoners who made a commitment to fill a Baby Bottle!

Already 41 bottles have been returned filled with change, bills or cash! Last year alone, Advocate saw 32 lives saved from abortion. You can help save more by donating through the Baby Bottle Campaign.

Visit babybottles.ca or pick up the QR code to make a donation.



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

Help us fill 150 bottles
for a great cause!

"A great mystery, a mystery of love, an ineffable mystery, before which words must give way to the silence of wonder and worship. A divine mystery that challenges and involves us, because a share in the Trinitarian life was given to us through grace, through the redemptive Incarnation of the Word and the gift of the Holy Spirit."

St. Pope John Paul II

Light in the City - World Cup Outreach

As Vancouver hosts its first World Cup match day, Catholic Christian Outreach and Proclaim are co-hosting a peaceful evening of candlelight prayer, Eucharistic Adoration, worship music, and hospitality at Holy Rosary Cathedral in downtown Vancouver. The event takes place on Friday, June 13, from 7:00 to 9:00 pm, just before the Australia vs. Turkey match begins at 9:00 pm. If you are downtown for the match, or simply passing through the city that evening, stop by the Cathedral for a quiet moment of prayer, reflection, or welcome. Learn more at beholdvancouver.org/events.

PREP

2026-2027



REGISTRATIONS OPEN!

Classes resume on Tuesday, Sept. 8, 2026 at 7:00 pm
New Catechists and Helpers are welcome!

SCAN TO
DOWNLOAD
REGISTRATION
PACKAGE



Our Parish Religious Education Program Registrations (PREP) for 2026-2027 is now open.

Propelled by the Holy Spirit, please help us direct more public elementary school students and families to PREP.

For Grades 1 to 7 & High School. Scan the QR code to download the registration package.

We are also looking for new Catechists & Helpers.
If you are interested please contact Marguerite at the parish office.
604-434-1328.

SFDS PRAYER GROUP

Join us for a Picnic in the Park!

Potluck Event

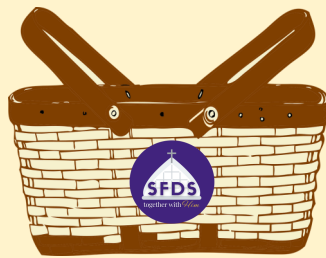
Wednesday June 24 at
6:30pm

Picnic Area Beside the
Pre School

Please Bring your own
Chair & Mat

RSVP: Hendrika

omaskids@telus.net



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



SFDS YOUNG ADULTS

BOARD GAME NIGHT!



JUNE 12TH
@7:00 PM

ACTIVITIES

BOARD GAMES
CARD GAMES
GROUP PLAY

SCHEDULE

7:00 PM — START
7:15 PM — GAME SESSION
8:30 PM — CSM PRESENTATION
9:00 PM — END

WHERE?

ST FRANCIS DE SALES
MEETING ROOM (JUST OFF
THE HALL!)



CATHOLIC
STREET
MISSIONARIES

A special guest from CSM will be joining us to share about opportunities to do outreach downtown!

Their Mission:
To bring the Gospel message of God's love and hope to those on the fringes of society.

BRING A SNACK
OR GAME TO
SHARE!

SEE YOU THERE :)

CWL OF ST. FRANCIS DE SALES

LADIES, DON YOUR FAVOURITE
BONNET OR FASCINATOR AND
JOIN US FOR....

*Summer
High Tea*

JUNE 13, 2026 SATURDAY
1:30-4:00 PM
\$25.00 PER PERSON

SFDS CHURCH HALL.,
RSVP: June 8
burnabyjoan@gmail.com
sfds.payment@gmail.com

Canva



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?"

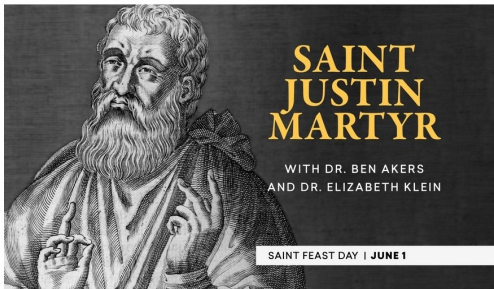
This Week on Formed

Week of May 31, 2026



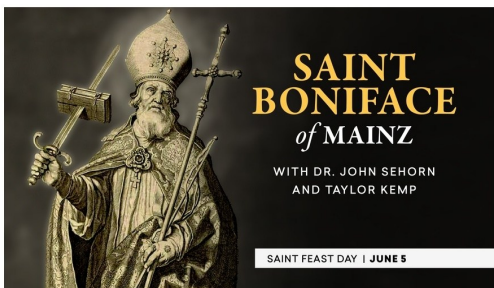
Lectio: God

Who is God and what does he mean when he says "I Am Who I Am"? Join Dr. Elizabeth Klein in her latest Lectio series as she begins to unpack the mystery of who God is.



Saint Justin Martyr | Catholic Saints

Dr. Ben Akers sits down with Dr. Elizabeth Klein to discuss St. Justin Martyr, an early Church martyr who wrote several significant Christian apologetic works. He sought the truth in other philosophies, drawing out what was true and good and relating it to Jesus Christ.



St. Boniface | Catholic Saints

Known as the "Apostle to Germany," the bishop and martyr St. Boniface worked tirelessly to renew the Church in Germany. Although his efforts ultimately bore great fruit and helped to recenter the faith of the Germans, St. Boniface often felt like a failure in his missionary work.

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