



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

Sunday June 28, 2026

Thirteenth Sunday in Ordinary Time



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
9:00 am Wednesday July 1
7:00pm First Friday July 3

Holy Hour

Thursday mornings after Mass
First Friday's 6pm

If we wish to make any progress in the service of God we must begin every day of our life with new eagerness. We must keep ourselves in the presence of God as much as possible and have no other view or end in all our actions but the divine honor. Saint Charles Borromeo

A Message from Fr. Mark McGuckin, Pastor:

Dear parishioners and friends of St. Francis de Sales,

Here it is — the official start of summer! With it comes that mix of relief and slight panic many parents know, alongside the joy of many of our students waking without an alarm. The days are long, the pace more relaxed, and life feels a little more spacious.

So how do we fill that space? This weekend's readings offer a practical answer. In the Second Book of Kings, a woman in Shunem builds the prophet Elisha a small room — bed, table, chair, and lamp — so he always has a place to stay. She doesn't just tolerate his presence; she makes room for him, deliberately. And in return, she receives the deepest longing of her heart. This summer, what if we did the same for Our Lord? Not a quiet corner where Jesus stays out of the way, but a real place in our daily rhythm: a few minutes of morning prayer, a weekday Mass when possible, and Sunday Mass kept sacred no matter where we are.

The great St. Augustine reminds us that rest is good in itself but... not everything that feels relaxing actually restores. An outdoor adventure with friends gives life; hours of mindless scrolling does not. An important question to ask... does a certain restful / recreational activity restore or does it drain and distract? Furthermore, St. Paul reminds us that our baptismal identity doesn't go on vacation — we are called to *"walk in newness of life"* striving for restoration in every season.

So here's my summer invitation: keep one non-negotiable moment of daily prayer. Keep Sunday Mass as the anchor of your week. Choose rest that truly restores. Do this, and — like the woman of Shunem — you will find that God gives far more than you offered Him.

We Welcome and Congratulate

Zedrick Antonio

Baptized in our parish this weekend

St. Peter's Catholic Cemetery Open House

You're invited to St. Peter's Catholic Cemetery for our annual Open House.

- Learn about funeral home pre-planning and cremation services
- Meet a funeral home to learn about pre-planning and cremation services
- Meet with an advisor to arrange your burial options at St. Peter's Catholic Cemetery
- Join a historic tour at 11:00 a.m.
- Enjoy light refreshments throughout the day

As part of this Open House, take advantage of 10% down payment and 0% interest for up to 24 months on plots and services. This special financing offer is available for a limited time.* Although all traditional plots are sold out, cremation in-ground plots and spaces in St. Peter's columbarium are available. Come and learn how you can set aside your sacred space in this beautiful and historic cemetery. Saturday, July 11, 9:00 a.m. to 3:00 p.m. at St. Peter's Cemetery, New Westminster. Learn more at stpeterscemetery.ca/events.





Interested in becoming Catholic?

Need to complete your Sacraments of Initiation?

Please let us know!



We'd love to have you journey with us, starting this September

RCIA @ SFDS

Whether you are exploring the Catholic faith for the first time, or were baptized earlier in life and are now seeking to complete your Sacraments of Initiation, you are warmly invited to consider the RCIA journey at St. Francis de Sales parish.

This process is not a programme to rush through, but a welcoming path of prayer, learning, and accompaniment, beginning this September.

Thank you for the 127 returned Baby Bottles!

We are donating 27 more bottles than last year! However, we are 23 bottles short of our goal of 150 filled bottles. It's not too late to help us reach our goal. You can still bring your bottle to the Parish Office until Tuesday, June 30th. Your efforts will help change hearts and save lives through the work at Advocate. Results of your generous donations will be posted in mid-July.

Thank you again for your compassion and care for women and children



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.

SURVEY TIME
AUDIO
Accessibility at Church

LET'S TALK!

SFDS.ca

Dear brothers and sisters, we're hoping to improve how everyone is able to hear and follow the Mass, especially those who experience some level of hearing loss. To help us with this, we're inviting you to complete a brief survey. Please scan the QR code in the poster above to access the survey. We really want to hear from you. Thank you for your help as we look at introducing an assistive listening system to better serve our community.



KNIGHTS OF COLUMBUS

Knights of Columbus Dinner & Dance

"Our Knights of Columbus are planning a Dinner & Dance for Saturday, September 26th in the School Gym starting at 6PM. Our motto for this year is "Goals for Good: Kicking off a life of Faith, Unity and Giving" as we celebrate this World Cup year and focus our efforts on fundraising for our community. All proceeds from the Dinner & Dance will go towards the SFdS school and their projects and initiatives. *This event will be a great opportunity to gather together, share some great food and dance the night away. Tickets will be on sale later this summer, but we'd like you to RSVP using our Eventbrite page through the QR code attached*"



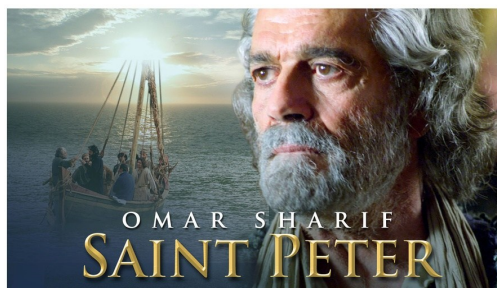
This Week on Formed

Week of June 28, 2026



Pier Giorgio Frassati: If I Didn't Have Love

This is a classic Italian film that celebrates the life of Blessed Pier Giorgio Frassati (1901–1925), re-released in honor of his 2025 canonization. Frassati was a joyful, athletic young man from a wealthy Italian family who gave his life in service to the poor, the sick, and the marginalized as a powerful witness of Christian charity. An avid mountain climber and leader in Catholic youth and social action, he died of polio at 24, leaving a lasting legacy of faith and joy.



Saint Peter

Watch the epic story of the spread of Christianity during the early years of the Church. This film follows the journey of St. Peter through his martyrdom on a cross.



Paul the Apostle | The Bible Collection

The church's greatest enemy became Christ's most prolific messenger. Beautifully shot in the Moroccan desert, Paul the Apostle is a sweeping saga of the man who brought the Gospel to the Western world.

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