



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

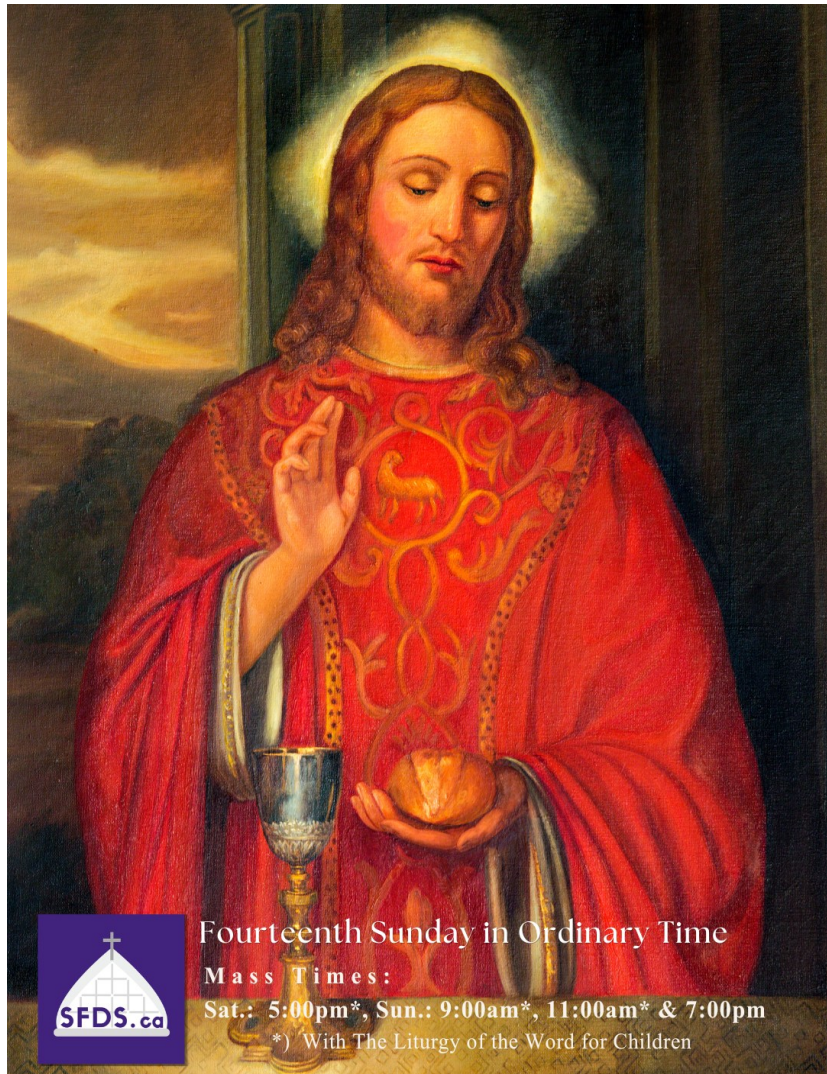
Weekday Mass Schedule

8:15am Monday-Friday

9:00am Saturdays & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's 6pm



Fourteenth Sunday in Ordinary Time

Mass Times:

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

*) With The Liturgy of the Word for Children

"Do not lose your inner peace for anything whatsoever, not even if your whole world seems upset. If you find that you have wandered away from the shelter of God, lead your heart back to Him quietly and simply." St. Francis de Sales

Dear parishioners and friends of St. Francis de Sales,

Summer has a way of tempting us to do one of two things: race ahead trying to fit everything in, or to drag our feet so lethargically that September eventually hits us like a ton of bricks when it arrives. When we buy into either of these ways, life can begin to feel really heavy.

Friends, this weekend's Gospel offers us a third way, a middle way... which also happens to be one of the most comforting invitations in all of Scripture: *"Take my yoke upon you... for I am gentle and humble in heart, and you will find rest for your souls."* At first glance, a yoke may not sound particularly appealing, but Jesus is reminding us that we were never meant to carry life's burdens alone. Christian discipleship is not about dragging ourselves forward by sheer effort; it is about steadily walking alongside Christ and allowing Him to set the pace.

The challenge for many of us is that we like to get ahead of Jesus. We take on too much, try to control too much, and eventually discover that even strong shoulders can grow weary. Yet whenever we slow down (without coming to a halt), draw close to Our Lord, keep pace with Him – in prayer, at Sunday Mass, in family activities, in that balance of work and rest — we find ourselves back on course.

As we continue through these summer months, brothers and sisters, let us take the opportunity to keep that steady pace with Our Lord. When we walk in step with Jesus, even the heaviest burdens become lighter, and the journey itself becomes a joy.

We Welcome and Congratulate

Joshua (Shing-Hei) Tong

Baptized in our parish this weekend

Pilgrimage to the Our Lady of Lourdes Grotto

St. Joseph's Parish, Mission, invites you to the historic Fraser River Heritage Park (7494 Mary Street Mission) on August 15 to celebrate



the Holy Eucharist in honour of Our Lady at 1pm. The principal celebrant will be Archbishop Richard Smith. After the Mass, there will be a procession to the grotto where the rosary will be prayed, followed by the Benediction of the Most Blessed Sacrament. All are welcome! Please bring your own picnic lunch and chairs. Confessions will be heard on site at 10 am. Learn more at beholdvancouver.org. For bus information please email info@aquinasinstitute.ca. See the official poster in the entrance of the church. Visit www.MissionGrotto.com

In Loving Memory

Mauricio Pascua	July 1, 2013
Bill Kwan	July 1, 2013
Rene Ahkong	July 2, 2003
Beda Alvarez	July 3, 2003
Jose C. Galvez	July 5, 2012
Peter De Wit	July 6, 1983
Armando Pestano	July 6, 2007
Haruko Iwata	July 7, 2001
Miguel Perez	July 7, 2007
Rev. Eugene Birreux	July 9, 2019
Ann Gerspan	July 10, 2013
Lolita Hapa	July 11, 2010
Pancraccio Bawagan	July 11, 2005
Mrs Julia Cahill	July 13, 1952
John koustas	July 23, 2022
Joyce Lucille Glinsbockel	July 23, 2008
Ivan D'Souza	July 28, 2017
Catharina De Wit	July 28, 2018
Giovanni Ciofitto	July 31, 2007
Romano Castellani	July 31, 2014



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.

Venezuela Earthquakes

Donations matched until July 14

Following the devastating earthquakes in Venezuela, please consider donating to Development and Peace — Caritas Canada, the official international solidarity organization of the Catholic Church in Canada. Donations will support its local partner, Caritas Venezuela, in providing urgent help to affected communities, including food, water, shelter, clothing, hygiene supplies, medication, and other emergency assistance.

Every dollar donated for Venezuela until July 14 will be matched by the Government of Canada, doubling the impact of your gift. Please give generously online at devp.org/en/make-a-donation/?tfa_1953 or scan the QR code on the poster in the entrance of the church.



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.

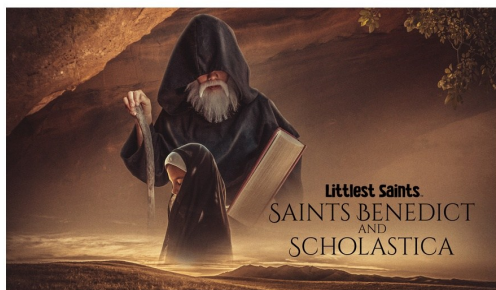


The B.C. Catholic - New Publishing Schedule

The B.C. Catholic will continue serving readers through a renewed print and digital model. The final weekly newspaper has been published, and beginning in July, readers can follow The B.C. Catholic each week through a new email digest. A redesigned monthly print edition will launch in September and will continue to be mailed to homes through Canada Post. Sign up for the new weekly email at bccatholic.ca/digest

This Week on Formed

Week of July 05, 2026



Sts. Benedict and Scholastica

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica.



Maria Goretti: The Story of the Patroness of Modern Youth

Learn more about the holy life and martyrdom of St. Maria Goretti in this moving documentary. In particular, the film highlights her ultimate act of love: forgiving her murderer on her deathbed.



Saint Maria Goretti: Fourteen Flowers of Pardon

Learn more about the holy life and martyrdom of St. Maria Goretti in this moving documentary. In particular, the film highlights her ultimate act of love: forgiving her murderer on her deathbed.

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