



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

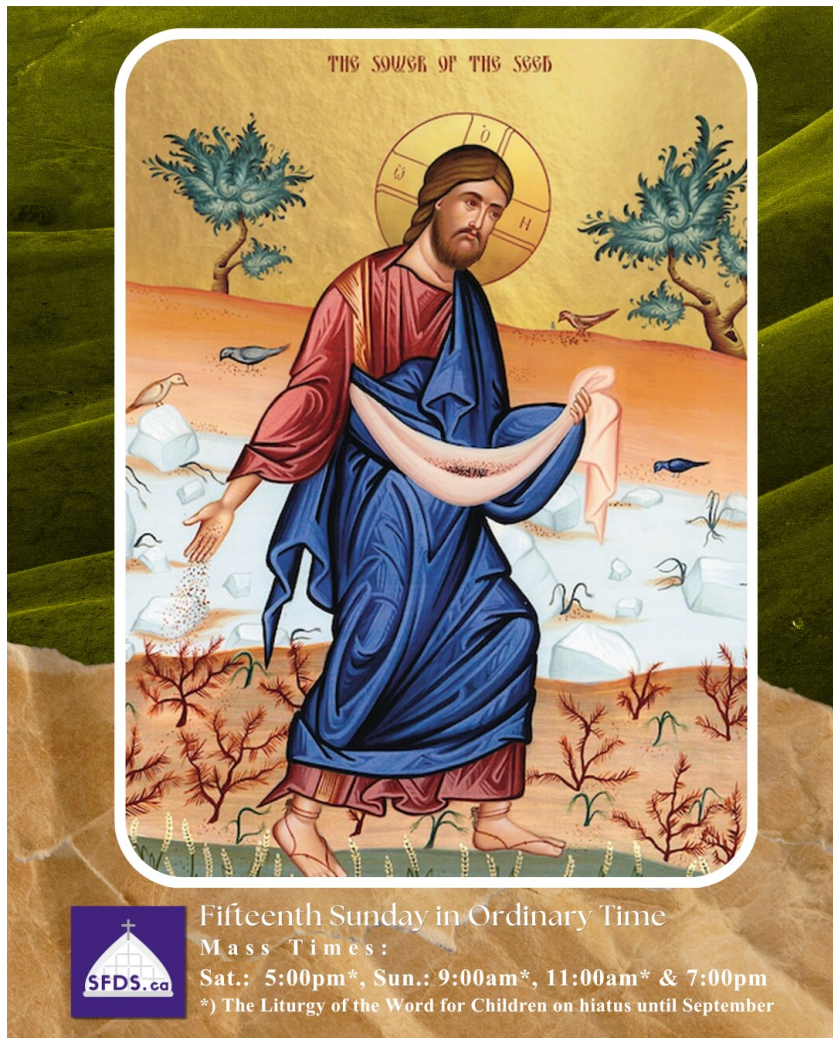
8:15am Monday-Friday

9:00am Saturdays & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's 6pm

Sunday July 12, 2026



"Let us be careful, because we often let the Word of God be choked by the cares of the world, by a mind clouded with media overload, or by the deceit of wealth and power." Pope Francis

A Message from Fr. Mark McGuckin, pastor:

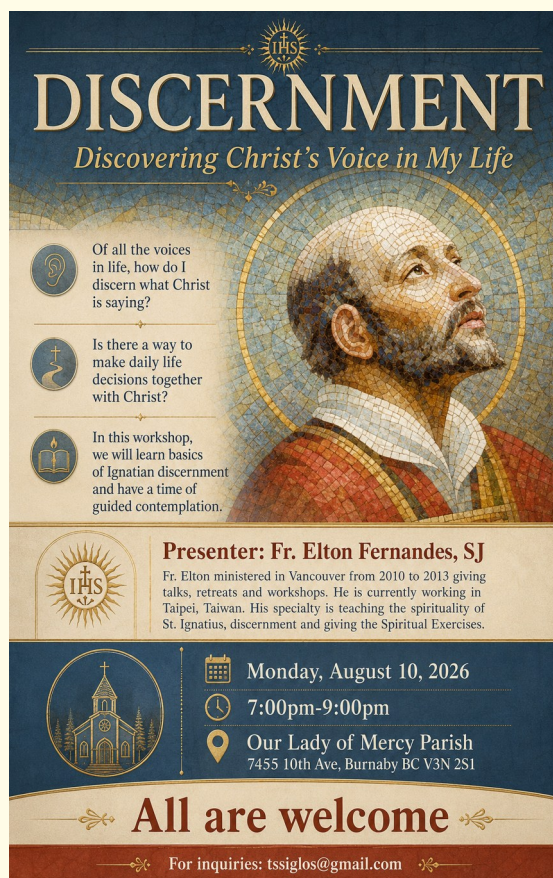
Dear parishioners and friends of St. Francis de Sales,

Summer! A season tethered to gardens, lawns, backyard projects (maybe running through sprinklers... is that still a thing?) ... But, yes, for those with green thumbs, these are the months of getting down in the soil, thinking about sunlight, water, and growth. And, this weekend, Jesus invites us to consider another kind of soil: the soil of the human heart.

In the Parable of the Sower, the Lord scatters seed everywhere — on the path, on rocky ground, among thorns, and on rich soil. What stands out is the sheer generosity of the Sower. Our Heavenly Father does not hold back; He lavishly offers His grace, His presence, and His Word to everyone, regardless of the terrain.

The question, then, is not whether God is speaking and acting, but whether we are open to receiving what He longs to give ... Many of us desire to be the good soil Jesus describes, yet we know the rocks, thorns, and distractions competing for our attention. Sometimes the very crosses we'd rather avoid become the means by which God tills the soil of our hearts. A sacrifice embraced, a relationship reconciled, a kindness offered, a burden carried in faith... these become 'places' where outstanding blessings can sprout out from.

This July, through the intercession of our mighty patron, St. Francis de Sales, let us lean into those difficult but blessed moments to help God till the soil of our hearts. And let us ask Jesus to clear away whatever keeps us our hearts at a distance from His. Because together WITH Him, the harvest is never left to chance and the yield is never small.



DISCERNMENT
Discovering Christ's Voice in My Life

Of all the voices in life, how do I discern what Christ is saying?

Is there a way to make daily life decisions together with Christ?

In this workshop, we will learn basics of Ignatian discernment and have a time of guided contemplation.

Presenter: Fr. Elton Fernandes, SJ
Fr. Elton ministered in Vancouver from 2010 to 2013 giving talks, retreats and workshops. He is currently working in Taipei, Taiwan. His specialty is teaching the spirituality of St. Ignatius, discernment and giving the Spiritual Exercises.

Monday, August 10, 2026
7:00pm-9:00pm
Our Lady of Mercy Parish
7455 10th Ave, Burnaby BC V3N 2S1

All are welcome

For inquiries: tssiglos@gmail.com



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.

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

Can you Help

One of our long time parishioners is looking for a house to rent in the Burnaby area, with rent ranging from \$2,800 to \$3,000/month. If you can help, please contact Dennis 604-524-5857



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 (PREP) for our public school kids has reached a conclusion for this year... BUT we're already gearing up for next year!! Early registrations are now open, please help us to spread the word. Propelled by the Holy Spirit, please help us direct more public elementary school students and families to PREP (Grades 1 to 7 + high school).

Catholic Family Summit

Every family is called to be a Domestic Church where faith is lived and passed on; where children first experience a faith community of love, prayer, and virtue. We believe that Scripture is not just "helpful reading" but the inspired and living Word of God that is essential to the Christian life. How can we, as families, be better rooted in God's Word? You and your family are invited to the **Catholic Family Summit!** Join with other families from around the Archdiocese to discover on the beauty and power of God's Word through activities for all ages. **Saturday, August 8, 1pm to 7:30pm at Christ the Redeemer Parish, West Vancouver. Learn more and register by July 24 at beholdvancouver.org/events**




Catholic Family Summit:
Rooted in the Word

Saturday, August 8 | 1:00 – 7:30 PM
Christ the Redeemer Parish, West Vancouver

RELIEF FOR THE VICTIMS OF THE VENEZUELAN EARTHQUAKES



SCAN TO DONATE



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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

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



This Week on Formed

Week of July 12, 2026



St. Kateri Tekakwitha | God's Princesses

Follow along with Sister Imelda as she tells of the inspiring journey of Saint Kateri Tekakwitha, a young Mohawk girl who comes to know the Gospel with the help of pioneering priests. Choosing to follow Jesus, Kateri is faced with great challenges as she does her best to bring God's love to her own people! A fun and inspiring example of not giving up!



St. Bonaventure | Catholic Saints

A Franciscan cardinal-bishop and contemporary of St. Thomas Aquinas, St. Bonaventure is an excellent example of saintly humility. Known as the "Seraphic Doctor," St. Bonaventure loved God above all else. Join Dr. Chris Mooney and Mary McGeehan as they explore the life of this great saint.



What Catholics Believe About Mary: Immaculate Conception, Virginity

Join Dr. Edward Sri as he answers some of the internet's most asked questions about Mary. Who is Mary? Why do Catholics pray to Mary? How could she be a virgin if Jesus had brothers and sisters according to the Bible? Find out answers to these and more questions in this episode of What Catholics Believe.

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