



## 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](https://www.facebook.com/sfdsburnaby) Instagram: [sfdsburnaby](https://www.instagram.com/sfdsburnaby)



"I wanted to love not knowing  
what to love. I have found he  
who my soul searched for!"

St. Francis de Sales

### Pastor:

Father Mark McGuckin

### Assistant Pastor:

Father Médard Kamanzi

### Deacon:

Patrick Dwan

### Religious Education Coordinator:

Marguerite Goldsmith

[sfds.religiouised@rcav.org](mailto:sfds.religiouised@rcav.org)

### Parish Accountant:

Theresa Inocentes

### Parish Secretary:

Danka Mak

### 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. Edward Ibrahim  
778-251-8270

[stgeorgesmelkite@hotmail.com](mailto:stgeorgesmelkite@hotmail.com)

Website: <http://gm.rcav.org>

### St. Vincent de Paul Society

Help Line: 604-434-1328

### Domestic Abuse

Help Line: 604-640-7549

Thirtieth Sunday  
in Ordinary Time

October 29, 2023

Let the hearts that seek the  
Lord, rejoice!

# On this the whole law is based



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### 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:

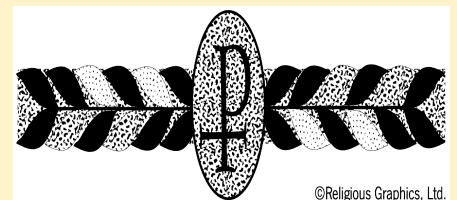
8:15 am Monday-Friday  
7 pm Wednesday November 1  
(All Saints Day)  
7 pm Thursday November 2 (All Souls' Day)  
9:15 am Friday November 3 (School Mass)  
7 pm First Friday November 3

### Weekend Mass Schedule:

Saturday: 5:00 pm Mass of Anticipation  
Sunday: 9:00 am, 11:00 am & 7:00 pm

### Holy Hour:

Thursday mornings after Mass.  
First Friday's at 6:00 pm



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**Sunday, October 29 Matthew 22:34-40**



*You shall love the Lord... You shall love your neighbor: (Matthew 22:37, 39)*

Why are these two commandments the greatest? Because they encapsulate everything that God had spoken to Moses and the Israelites. As Jesus told the Pharisees, "The whole law and the prophets depend" on them (Matthew 22:40).

As important as these two commandments are, however we might be tempted to think they're impossible to follow. That's because too often, we associate love only with warm and fuzzy feelings. But love goes beyond emotion and is sometimes even independent of it. In other words, its not so much what we feel as how we act.

Today's first reading shows us that to love our neighbor, especially the most vulnerable among us, we must act justly toward them (Exodus 22:20-26). These laws, given to Moses by God himself, may have been what Jesus had in mind when he was talking to the Pharisees that day. Jesus knew that in order to love someone, we don't have to necessarily feel an emotional connection. We don't even have to know them personally. But we do need to care for them and make sure they are being treated justly.

The same is true in our relationship with the Lord. We might be going through a dry spell in our prayer time. Maybe we don't even have the desire to pray. But when we make time to be with Jesus, Whatever our feelings at that moment, we are loving him.

Each day, whether you wake up feeling energetic and cheerful or tired and cross, you will be presented with opportunities to love God and your neighbor in concrete ways. Don't pass them up! By itself, each specific action you take might not seem particularly noteworthy. Maybe you don't feel any love as you do them. But in fact, when you extend yourself for another time and again, you are doing exactly what God has called you to do.

*"Jesus, help me to see how I can love you and my neighbor today."*

### **Living With Christ**

Please note that our November shipment of Living With Christ has been lost in transit.

Another shipment has been sent however it will take five to ten days to arrive.

For those parishioners who have a yearly subscription, please feel free to contact the parish office and we can provide you with a copy of the Word Among Us until the shipment arrives. We are very sorry for any inconvenience this has caused.



### **The Church is Selling**

A Kenmore stackable washer/dryer  
Model # 110.1820299 - \$100

If you are interested please call the  
parish office 604-434-1328



### **Blessing of the Mausoleum Crypts and Graves on**

#### **All Souls' Day**

Blessing of the graves 10:30 am at Ocean View & 1:30 pm at Forest Lawn.

**(We will meet at the entrance of both cemeteries).**

Please call the parish office if you wish to have a crypt or a grave blessed.

#### **All Souls' Day Envelopes**

Are available on the tables at the entrance of the church. Masses will be offered (either here in the Parish, or given to Mission Priests) for each envelope received.

#### **Book of Life**

November is the month that we remember Holy Souls in a special way. We will remember our beloved departed by way of the general intercessions at Mass and also with the Book of Life that will be displayed in the Sanctuary during the month. Each family is invited to prepare a page for the Book of Life. New families may add their pages and all other parishioners may keep their pages up to date. We will provide sheets cut to size, so you can prepare your page with the names of your departed relatives and friends and then add your page to the book.. Pages are available at the parish office.





## Society of St. Vincent de Paul Christmas Hampers 2023

Thank you for your generous donations in the past. Donations can be placed in the box at the entrance of the church or dropped off to the parish office. The gift cards can be put in the offertory collection baskets at weekend Masses.

### We are requesting for the following items:

Coffee, tea, canned meat (*ham and chicken only*), canned fish (*tuna and salmon only*), pasta sauce, breakfast cereal (e.g., *Cheerios, instant oatmeal packets like Quaker oats or healthy cereal for kids*), Kraft dinner, peanut butter, canned fruit, packet juices, jam, mayonnaise, canned corn, baked beans, canned spaghetti, ravioli, chili, stew, snack bars, instant noodles, canned & packaged soups, crackers, hot chocolate.

**Hampers will be distributed on December 2<sup>nd</sup>.**

**Individuals/families in need residing in South Burnaby can contact the parish office at 604-434-1328 until November 26<sup>th</sup>.**



**90 YEARS YOUNG**

**St. Francis de Sales Parish  
Gala Dinner**

**November 25, 2023**

Saturday, Nov. 25, 2023  
6:30PM Doors Open  
7:00PM Dinner is Served

St. Francis de Sales School Gym  
6656 Balmoral St, Burnaby, BC V5E 1J1

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**"There is nothing small in the service of God."** - ST. FRANCIS DE SALES

### A Heartfelt Thank You

to everyone who contributed in any way to the success of the CWL Fall Bazaar: the many volunteers, vendors, all those who donated baked goods, saleable items and money, those who bought raffle tickets and all who attended the actual Bazaar. We could not have done it without you.



### Raffle Winners

- Joanne Figueiredo - Ticket 1993 - \$500
- Grace Mushinski - Ticket - 0507 - \$300
- Lina - Ticket 1475 - \$200
- Fran Blake - Ticket 1880 - Gift Basket #1
- Samantha Strudwick - Ticket 1451 - Gift Basket #2
- Joanna N - Ticket 0161 - Gift Basket #3

All Hallows Eve is right around the corner and with it comes lots of candy. The Good Shepherd Ministry gives out almost 15,000 bags of candy each year on their walks throughout the Down Town East Side.

Each bag contains a prayer or note of inspiration. Our mission, to introduce everyone we meet to the beauty and power of prayer and to know a loving God, which begins with a small bag of candy! Last year, the stores sold out early. Please be generous! Cash donations are always gratefully accepted. You may drop off your donations at: PREP, school and at the Church on Sunday in a special marked box or at the parish office.



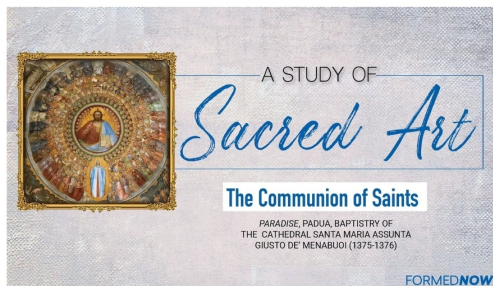
# THIS WEEK ON **FORMED**

## Week of October 29, 2023



### Saint Charles Borromeo: The Good Shepherd

As the Cardinal-nephew of Pope Pius IV, Saint Charles Borromeo was one of the wealthiest and most powerful men in all of Rome. Yet he chose the extraordinary challenge of reforming the enormous Archdiocese of Milan to the pampered life of a Renaissance prince, and willingly spent himself in the service of his flock.



### The Communion of Saints | Sacred Art

In celebration of All Saints' Day, Dr. Ben Akers and Taylor Kemp sit down to discuss Giusto de' Menabuoi's "Paradise" and how the saints give us hope by showing us that holiness is possible.



### Brother Francis - All Souls Day

In this episode of Brother Francis, kids can learn about All Souls Day and how we take time to remember those who have passed away.

Our parish has a FORMED subscription.  
Visit [signup.formed.org](http://signup.formed.org) and select our parish name.





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