



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



“Love is the perfection of the spirit and charity is the perfection of love.” “The perfection of life is the perfection of love. Love is the life of the soul.”

St. Francis de Sales

### Pastor:

Father Mark McGuckin

### Assistant Pastor:

Father Médard Kamanzi

### Deacon:

Patrick Dwan

### Religious Education Coordinator:

Marguerite Goldsmith

[sfds.religioused@rcav.org](mailto:sfds.religioused@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

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

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

### St. Vincent de Paul Society

Help Line: 604-434-1328

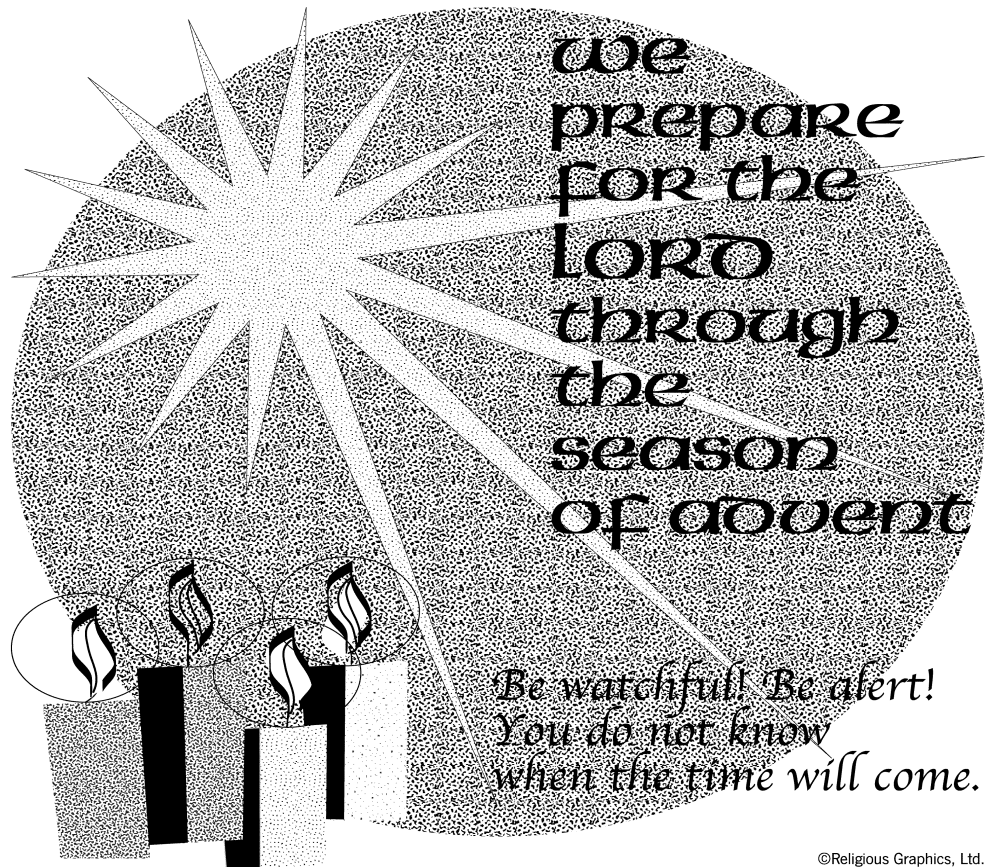
### Domestic Abuse

Help Line: 604-640-7549

## First Sunday of Advent

December 3, 2023

I lift up my soul, to you,  
O my God!



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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  
9:15 am December 8 School Mass  
9:00 am Saturdays & Holidays

### 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

### Men's Bible Study

Every Tuesday 9 am to 11 am  
In the Parish Hall

**Sunday, December 3 Mark 13:33-37**



*Be watchful! Be alert! (Mark 13:33)*

Today we begin our Advent journey and prepare for Jesus' coming at Christmas. So you would expect today's Gospel to refer to his birth. But Jesus isn't talking about Christmas when he says, "Be watchful! Be alert!" (Mark 13:33). He's urging his disciples to be vigilant as they wait for his return. We might wonder, why are we hearing about the second coming? isn't Advent about Jesus' first coming? Well, yes. But as St. Bernard of Clairvaux once said, we can ponder three "comings" of the Lord during advent.

First, there's Jesus' coming as a baby in Bethlehem. So we can enter into the Jewish people's longing for the Messiah. Next, there's his Second Coming in glory at the end of time. We can be watchful as we ready our hearts for Jesus' return. Finally, we can experience a third coming of Jesus, his coming into our hearts right now. In fact, it is this coming of Christ that undergirds all that we do during this holy season.

Jesus comes to us every day. He isn't passive, he doesn't wait for us to climb some mountain to find him. He is the initiator. He actively pursues us and seeks us out. That's why he became a man, that's why he promised to be with us always (Matthew 28:20). And that's why he seeks to come into our lives this Advent.

Jesus comes to remind us to pause in our busy lives. He come to inspire us to pray or to read his word. He reminds us that he is with us, even when we feel alone. He stirs our conscience so that we want to turn away from sin and toward his mercy. He comes to us in a friend or stranger in need of kindness. Jesus is constantly seeking ways to come to us. And the more alert we are to his coming now, the more ready we will be when he comes again.

### OUR BELOVED DEPARTED

† **Evelyn Andru**

Passed away on Monday, November 27, 2023 (90 years old)

Loving mother of six sons


Viewing at Forest Lawn Cemetery

Monday, December 4, from 7:30 pm to 9:30 pm

Service at Forest Lawn Cemetery

Tuesday, December 5 at 1:00 pm

*Eternal Rest Grant unto her O Lord*



**CWL**

*Last chance to get luncheon tickets by Dec. 3 get tickets after weekend masses.*

# 2023 ADVENT PENITENTIAL SERVICES



EACH SERVICE WILL BEGIN AT 7:00PM

Thurs, Dec 14	St. Cyril and Methodius, New West
Thurs, Dec 14	Our Lady of Lourdes, Coquitlam
Fri, Dec 15	Holy Spirit, Queensborough
Mon, Dec 18	St. Michael's, Burnaby
Mon, Dec 18	Our Lady of Fatima, Coquitlam
Tues, Dec 19	St. Peter's, New West
Tues, Dec 19	St. Mary's Vancouver
Wed, Dec 20	St. Francis de Sales, Burnaby
Thurs, Dec 21	Our Lady of Mercy, Burnaby

The Lord our God is merciful and forgiving, even though we have rebelled against him.  
**Daniel 9:9**





*In Loving Memory*

<i>Nicola Iacovett</i>	<i>December 1, 2016</i>
<i>Wyatt Edangal</i>	<i>December 2, 2018</i>
<i>Chato Ballesteros</i>	<i>December 3, 2005</i>
<i>Donald Santaga</i>	<i>December 3, 2018</i>
<i>Bertha Elizabeth Dionne</i>	<i>December 3, 2019</i>
<i>John Andru Jr.</i>	<i>December 4, 1991</i>
<i>Milan Brenko</i>	<i>December 4, 2002</i>
<i>Irena Malinowski</i>	<i>December 4, 2018</i>
<i>Francisca M. Macanas</i>	<i>December 4, 2007</i>
<i>Januaría Paraiso</i>	<i>December 5, 2005</i>
<i>Teofila Justo Cuison</i>	<i>December 6, 1998</i>
<i>Agnes P. Y. C. Lee</i>	<i>December 6, 2016</i>
<i>Alice J. Measor</i>	<i>December 7, 2014</i>
<i>Milos Lidia Antonio</i>	<i>December 7, 2020</i>
<i>Meity Sutjiadi</i>	<i>December 7, 2021</i>
<i>Anna Maria Demchuk</i>	<i>December 9, 1978</i>
<i>Anita Anino Cuison</i>	<i>December 11, 2000</i>
<i>Nieves de Vera Bongato</i>	<i>December 12, 1999</i>
<i>Lita San Luis</i>	<i>December 12, 2012</i>
<i>Barbara Mrzljak</i>	<i>December 13, 2012</i>
<i>Young Hee Cho</i>	<i>December 13, 2013</i>



*In Loving Memory*

<i>Giuseppe Ferraro</i>	<i>December 13, 1983</i>
<i>Giovanni Marin</i>	<i>December 15, 1998</i>
<i>Shalon Heinrich</i>	<i>December 15, 2000</i>
<i>Gerdina Wojtyniak</i>	<i>December 15, 2007</i>
<i>Tommy Buchanan</i>	<i>December 16, 1997</i>
<i>Hepadie Leoncio</i>	<i>December 16, 1998</i>
<i>Elizabeth Neal</i>	<i>December 16, 2018</i>
<i>Philomene Henderson</i>	<i>December 17, 2012</i>
<i>Ettore Picco</i>	<i>December 18, 1979</i>
<i>Walfredo Arboleda</i>	<i>December 19, 2007</i>
<i>Charles Faessler</i>	<i>December 19, 1972</i>
<i>Eduardo G. Jimenez</i>	<i>December 20, 2005</i>
<i>Manzanitas Catajan</i>	<i>December 22, 1999</i>
<i>Melissa Co</i>	<i>December 23, 2006</i>
<i>Ligaya Barrientos</i>	<i>December 23, 2014</i>
<i>Margerit Faessler</i>	<i>December 23, 1996</i>
<i>Emilio Pagnotta</i>	<i>December 24, 2007</i>
<i>Artenio Yam</i>	<i>December 25, 2019</i>
<i>Miu Ling Connie Fung</i>	<i>December 26, 2010</i>
<i>Wing Yat Ho</i>	<i>December 29, 1988</i>
<i>Fortunato Lagmay</i>	<i>December 29, 2017</i>

**PRAYER GROUP**  
**CHRISTMAS PARTY**

**Wed Dec 20 at 7:30 pm**  
**in the Church Hall**  
**Please bring a**  
**Finger Food**  
**Everyone is Welcome!**



**SFDS Religious Articles Booth**

If you are looking for Christmas cards, Christmas gifts, or any kind of religious articles.

Please visit our booth which is open after all weekend Masses.

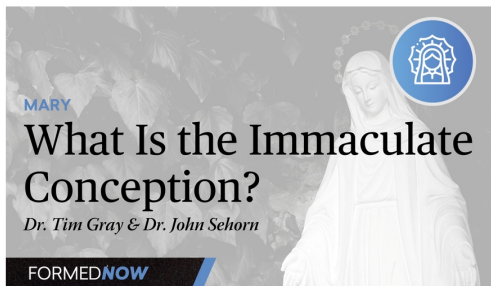
Located in the entrance of the Church.



*“Advent is the time we are given to welcome the Lord who comes to encounter us, and also to verify our longing for God, to look forward and prepare ourselves for Christ’s return.” Pope Francis*

# THIS WEEK ON **FORMED**

Week of December 03, 2023



## What Is the Immaculate Conception?

Join Drs Tim Gray and John Sehorn as they examine Mary under her title of the Immaculate Conception. This dogma of the Catholic faith, promulgated in 1854 by Pope Pius IX, speaks of Mary's conception and what it means to the Church.



## St. Nicholas Day | Catholic All Year at Home w/ Kendra Tierney

Kendra shares her favorite recipes and traditions for celebrating the feast of St. Nicholas (a.k.a. Santa!). Learn how to make mulled wine and cider, speculaas cookies, and deep-fried Dutch meatballs



## Shalom/Peace | Advent: Word Studies | The Bible Project

"Peace" is a very common word in English, that means different things to different people. It's also a very important word in the Bible that refers not only to the absence of conflict but also to the presence of something else.

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