



## St. Francis de Sales

6610 Balmoral Street, Burnaby, V5E 1J1

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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 Instagram: sfdsburnaby



### Pastor:

Father Mark McGuckin

### Assistant Pastor:

Father Médard Kamanzi

### Deacon:

Patrick Dwan

### Religious Education Coordinator:

Marguerite Goldsmith

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

### 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

*3rd Sunday of Advent*

Gaudete "Joy" Sunday

*Mass Times:*

Saturday: 5:00pm\*, Sunday: 9:00am\* 11:00am & 7:00pm  
\*) with The Liturgy of the Word for Children

### 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

*"At this Christmas when Christ comes, will He find a warm heart? Mark the season of Advent by loving and serving others with God's own love and concern."  
Mother Teresa*

## Sunday, December 17 Thessalonians 5:16-24



### *Rejoice always (1 Thessalonians 5:16)*

When St. Paul tells us to “rejoice always” (Thessalonians 5:16), it might seem that he is asking the impossible. How can we always feel joyful? Isn't this too much to ask, even today, on Gaudete (or “rejoice”) Sunday?

Not according to St. Thomas Aquinas! He taught that “Joy is caused by love”. As we experience God’s love for us, we grow in love for him, and this exchange of love is what produces joy in us. St. Paul also knew that God’s love was the secret to joy, which is why he follows up his exhortation to “rejoice always” with specific steps that we can take to experience his love more deeply:

First, pray without ceasing (1Thessalonians 5:17). When we open our heart to God throughout the day, he fills it with his very self. The experience of his unconditional love and unending mercy ignites our love in return.

Second, in all circumstances give thanks (Thessalonians 5:18). Gratitude also deepens our love for God, especially when we reflect on who he is and what he has done for us. In this Advent season, whatever our circumstances, we can thank God for sending his Son to earth to become one of us.

Finally, do not quench the Spirit (1 Thessalonians 5:19). In his Letter to the Romans, St. Paul tells us that “the love of God has been poured out into our hearts through the Holy Spirit” (5:5). If we want more joy in our lives we can ask the Spirit to stir up the love of God in our hearts. And when he does, we can express it by praising him, which will, in turn increase our joy.

Joy is not just for Gaudete Sunday, its for every day. So each day, follow Paul’s advice, turn to the Lord in prayer, thank him for all he has done for you, and ask him to fill you with more of his Spirit. Then praise him, and let your spirit soar!

### **Baptisms in Our Parish**

**We Welcome and Congratulate**

*Gia Loretta Blake McCaughey*

Baptized in our parish this weekend

### **New Subscriptions or Renewals for 2024**

**Missalettes—\$30 per year**

**The Word Among Us—\$25 per year**

Please **SEND** payments to the Parish office or drop them off in the collection basket in an envelope with your name and marked “**Missalettes**” or “**The Word Among Us**” payment.

Please contact the Parish office to make any changes to your subscription.

Thank you!

### **Bioethics Symposium on Mental Health -**

#### **Applications Open**

Those interested in the topic of Mental Health are invited to apply to this special symposium hosted by Physicians for Life. This year's symposium will bring together 15 professionals from all across Canada to Vancouver during the weekend of February 1-3, 2024.

Competitively selected participants will explore assigned interdisciplinary readings in order to form participants in a broad intellectual tradition related to life-affirming mental healthcare. The aim of this humanistic study over an intentionally convivial weekend will be to enhance participants’ moral impact in both their personal and professional lives. Participants will benefit from the insights of others in the cohort as well as from discussions with invited faculty members. Applications will be accepted on a rolling basis, so please apply as soon as possible at:

[physiciansforlife.ca/bioethics-symposium](http://physiciansforlife.ca/bioethics-symposium).

Selected participants are only required to pay a \$100 fee. Other expenses, including travel to Vancouver, accommodations, and meals will be covered thanks to the generosity of donors who believe in investing in young professionals.

#### **Making Sense of Counterwill**

The instinct to resist being controlled or coerced is one of the most perplexing and troublesome dynamics in dealing with children and youth. This video course by Dr. Gordon Neufeld reveals the dynamics controlling this instinct and provides suggestions for how to deal with it. This material is applicable for all those dealing with toddlers through adolescents: teachers, parents and helping professionals.

Discussions will be facilitated by Kevin Bredeman, M.A.

On Tuesdays, from January 23 to February 20, 7:30 p.m. to 9:30 p.m., via Zoom. Cost is \$25. These workshops are not being recorded. Learn more and register at [beholdvancouver.org/events](http://beholdvancouver.org/events).

### ***In Loving Memory***

*If you would like to donate a poinsettia plant in loving memory of your family and friends to help decorate the Church for Christmas, please drop it off at the Parish Office between December 19 and 22*

*Thank you.*

**New Year  
New You  
with**

**Alpha**

*Begins* **Jan 11, 2024**

**Stay curious #tryalpha**

**FROM DEC. 23 TO JAN. 1  
4 HOLY DAYS OF OBLIGATION  
CHOOSE ONE FROM EACH BLOCK**

**4th Sunday of Advent Masses:**  
Dec. 23: 5:00pm  
Dec. 24: 9:00am  
Dec. 24: 11:00am

**Christmas Day Masses:**  
Dec. 24: 6:00pm  
(with children's pageant)  
Dec. 24: 9:00pm  
Dec. 25: 12 midnight  
(carolling, 30 minutes before)  
Dec. 25: 9:00am  
Dec. 25: 11:00am  
(no evening Masses on Dec. 25)

**Holy Family Sunday Masses:**  
Dec. 30: 5:00pm  
Dec. 31: 9:00am  
Dec. 31: 11:00am

**New Year's Day Masses  
(Solemnity of Mary, the Mother of God):**  
Dec. 31: 5:00pm (no 7:00pm Mass)  
PLUS... Eucharistic Adoration to ring in  
the New Year (11:00pm to midnight)  
Jan. 1: 9:00am  
Jan. 1: 11:00am  
(no evening Masses on Jan. 1)

**Only  
2 weeks  
left to help  
SFDS  
through**

**PROJECT  
ADVANCE  
2023** Empowering  
our Parish Vision

**SFDS  
PRAYER  
GROUP  
CHRISTMAS  
PARTY**

**Wed Dec 20 7:30 pm  
in the Church Hall**

**Please bring a  
Finger Food  
Everyone is**

2024 Calendars are available at the entrance of the Church. One per family please as quantities are limited. If you don't manage to pick one up after Mass, we also have a few available at the parish office.

# THIS WEEK ON FORMED

Week of December 17, 2023



## Agape/Love | Advent: Word Studies | The Bible Project

The word "love" is one of the sloppiest words in our language, as it primarily refers to a feeling that happens to a person. In the New Testament, "love" refers to a way of treating people that was defined by Jesus himself: seeking the well-being of others regardless of their response.



## Mary of Nazareth

What would it have been like to have known the Mother of God? Watch this beautiful film portraying the life of Mary in order to contemplate Mary's profound faith and the mysteries of her life.



## O Holy Night, The King is Born: What Christmas Is About | Brother Francis

Celebrate the wonder and joy of Christmas with Brother Francis in this heartwarming presentation of the birth of God's Son! Witness the moving submission of Mary, Joseph, and others as they make way for our Savior.

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



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## My Family Story

Capture family history and life stories  
 at [MyFamilyStory.ca](http://MyFamilyStory.ca)



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