



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 Médard Kamanzi

Deacon:

Patrick Dwan

Religious Education Coordinator:

Marguerite Goldsmith

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

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

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

St. Vincent de Paul Society

Help Line: 604-434-1328

Domestic Abuse

Help Line: 604-640-7549



5TH SUNDAY IN ORDINARY TIME

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

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
9:00 am Saturday's & Holidays

Holy Hour

Thursday mornings after Mass
First Friday's at 6 pm

*Let us fervently call upon Mary
Most Holy, the Mother of Jesus and
our Mother, and St Joseph her
spouse. Let us ask them to enlighten,
comfort and guide every family in
the world, so that they may fulfil
with dignity and peace the mission
which God has entrusted to them.
Pope Francis*

Sunday, February 4 Job 7:1-4, 6-7



My days...come to an end without hope. (Job 7:6)

Poor Job! He had lost his possessions, his family, and his health. But perhaps worst of all, he had lost his hope. Now there was nothing for him to do but suffer and wait for death to take him out of his misery. He was convinced that he would “not see happiness again” (Job 7:7).

We all need hope, but its not something we can manufacture on our own. Instead, we need something to pin our hopes on, and that was what Job was lacking. Like Job, if we don't see something on the horizon that will improve our current situation, we will find it hard to keep going.

Perhaps that's how the people in Jesus's time felt as well. They had been living under harsh Roman occupation, and they didn't know when God would come to rescue them. But then Jesus came on the scene. In today's Gospel, he heals Peter's mother-in-law and then spends the evening healing people and casting out demons (Mark 1:32-34). What hope this must have sparked, not only in the people he had cured, but in everyone who had witnessed such divine power! Perhaps he really was the Messiah they had been waiting for!

The next morning, Jesus told the disciples that he was going to other villages in Galilee to preach and heal. “For this purpose I have come” (Mark 1:38).

Jesus came to give us hope, to heal us of our sins and free us from the power of death. He came to give us life in him, a life that begins now but will last into eternity.

Perhaps you are tempted to feel hopeless about a difficult situation in your life. Or maybe you are discouraged about what the future will hold. But remember what Jesus said, he came for a purpose, and that purpose is being fulfilled in your life and in the world even now. He is the horizon you can look to whenever you are tempted to give up hope. May we always keep our eyes on him! *“Jesus, you are my hope, now and forever.”*

SAVE THE DATE
MAY 25, 10AM TO **CLOSE**
@ Rene Memorial Park across St. Francis de Sales
6656 Balmoral St., Burnaby

SFDS
SPRING FAIR

Let us once again celebrate our community and have fun! Lots of games and prizes in store for everyone!

festivals burnaby
grant program

QR code

Get ready for the highly anticipated parish and (wider community) event of 2024, our **Spring Fair!** And here is a special pitch to businesses... As a business owner within our community, your are in for a special treat from the Spring Fair organizing committee. Elevate your businesses with social media presence with personalized shout-outs through a small donation. Your contribution not only supports the success of this fun-filled event but also ensures a memorable experience for all.

For details and to take advantage of this unique opportunity, send an email to springfair.sfdsburnaby@gmail.com.

And to keep up to date with Spring Fair happenings check out the links below.

FB: <http://www.facebook.com/sfdsspringfair>

IG : <http://www.instagram.com/sfdsspringfair>

Website : <http://www.sfdsspringfair.ca>

Attention Parishioners

Gentle Reminder: We no longer accept donations of clothing. Thank you.



“It is worthwhile to live as a family, a society grows strong, grows in goodness, grows in beauty and truly grows if it is built on the foundation of the family.”
Pope Francis

STATIONS OF THE CROSS

Every Friday during Lent 6:30 PM

Followed by Mass at 7pm

Starting Friday February 16

Come and join us as we meditate on the Lord's Passion.





Julio Cesar De Los Santos	February 1, 2015
Settimio Testa	February 1, 2019
John David Furch	February 1, 2021
Concepcion Reyes	February 2, 2012
Joey Ferro	February 2, 2005
Brandon Malensek	February 2, 2017
Magdaleno Lamson Empainado	February 2, 1991
Preciosa Echevaria	February 3, 2019
Consolacion Lapastora	February 4, 1977
James O'Connor	February 5, 1982
Demetka Giordano	February 5, 2004
Joachin de Figueiredo	February 5, 2012
Remedios M. Callanta	February 5, 2015
Sik-Je-Lam	February 6, 2010
Maria Marta Furtado	February 6, 2017
Romano Almeida	February 9, 2006
Shok Chong Cheung	February 7, 2017
Maria Freiens	February 8, 1992
Stephen Dorazio	February 8, 2006
Saveria Testa	February 9, 1998
Romao Almeida	February 9, 2006
Leonor Reyes	February 9, 2011
Gunner Andersen	February 11, 2011
Mary Ann Frame	February 12, 1992



Salvador Ragis Jr.	February 13, 2021
John O'Neill	February 14, 1999
Elisabeth Spreitzer	February 16, 2014
Pat O'Connor	February 16, 2015
Manuel Silva	February 16, 1994
Patricia Cook	February 16, 2017
Secondo Mario Volpatti	February 16, 2018
Eduardo Ilagan Sr.	February 17, 2013
Banag Isidro	February 17, 2018
Henk Van Koeveringe	February 19, 2004
Benifrida Bawagan	February 19, 2015
Longina Pimentel	February 19, 2018
Bruno Carlassara	February 19, 2023
Joseph Plock	February 20, 2019
Nelson Alexandrino Melo	February 20, 2010
Elmer De Lara	February 22, 2010
Rolando Cruz	February 22, 2021
Ivan Stokovac	February 23, 1990
Ryan Roces Bongato	February 24, 2011
Zenaida Cuison Landingin	February 25, 2013
Marguerite McEacher	February 26, 1993
Randolph Mario Regis	February 28, 2003
Henry Cahill	February 28, 1945
Peter Yaw Siang Thong	February 29, 2008

please join us

INTERNATIONAL POTLUCK PARTY

Feb 24, 2024
6:00 PM

BRING YOUR FAVORITE DISH!

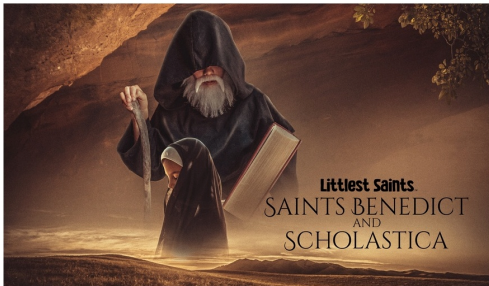
pls send email of what you are bringing: (good for 8-10 servings)

burnabyjoan@gmail.com
gracemushinski@gmail.com

BRING IN your dried palm branches before Ash Wednesday!

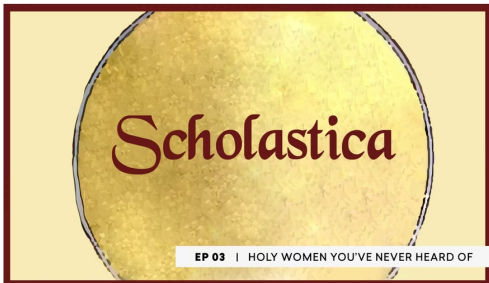
THIS WEEK ON **FORMED**

Week of February 04, 2024



Sts. Benedict and Scholastica | Littlest Saints

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica. Visit their website here: www.littlestsaints.com



St. Scholastica | Holy Women You Never Heard Of | Episode 3

Dive into the lives of Holy Women You've Never Heard Of with Dr. Elizabeth Klein and Dr. Jessica Murdoch. St. Scholastica is the sister of St. Benedict. Holy siblings and holy families change the world!



Bakhita: From Slave to Saint

Bakhita: From Slave to Saint tells the incredible story of St. Josephine Bakhita. Originally born in Sudan, Josephine was kidnapped by slavers and was eventually sold to a merchant in Italy. By the grace of God, she lived a heroic life of forgiveness and mercy which led her to become a saint.

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