



## 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 Instagram: sfdsburnaby



### 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 Administrative Assistant :

Fiona Dwan

### 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

### 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

## Sunday, March 10, 2024

Fourth Sunday of Lent

*John 3:16*

"For God so loved the world,  
that he gave  
his only begotten Son,  
that whosoever believe in him  
should not perish,  
but have everlasting life."

*Mass Times:*  
Saturday: 5:00pm\*  
Sunday: 9:00am\*, 11:00am & 7:00pm

Every Friday during LENT

\*) with The Liturgy of the Word for Children      Stations of the Cross @ 6:30 pm and Holy Mass @ 7:00 pm

*"Lent is a journey that involves our whole life, our entire being. It is a time to reconsider the roads we are taking, to find the way back home, to rediscover the fundamental bond with God, on which everything depends."*  
-Pope Francis

## Sunday, March 10, John 3:14-21

*Everyone who believes in him...(John 3:16)*

Today's Gospel reading is full of promises to "everyone who believes" in Jesus. They will have eternal life (John 3:15). They will not perish (3:16). They will not be condemned (3:18). But what does it mean to believe in him?

We might think that believing in Jesus means being convinced that he is who he says he is. And it does. We agree with the truth and that he is the Messiah, the son of God. We acknowledge his miracles and the wisdom of his teachings. But intellectual assent will get us only so far. As James says, "Even the demons believe that and tremble" (2:19).

The belief that Jesus is talking about here is an act of the will, it's a decision to place our trust in Someone whom we know and love. That kind of personal connection with the Lord can spark a deep faith that changes the way we think and believe. St. John Henry Newman talked about the importance of our relationship with Jesus when he said, "No man will be a martyr for a conclusion" (An Essay in Aid of a Grammar of Assent).

But even deeper, and at the heart of everything else, faith is a gift of grace from God. Our belief is more than intellectual assent or an act of the will. It's a response to God's initiative. His grace opens our minds to the truth and moves us to place our lives in Jesus' hands. Belief isn't possible without God's initial intervention. The Catechism puts it succinctly, "In faith, the human intellect and will cooperate with divine grace" (155).

Today is a day overflowing with grace. So turn to the Lord and affirm your faith. Tell Jesus that you believe he is who he says he is. Entrust your life to him. As you do, your faith will continue to grow, and you will trust even more deeply in Jesus' promise of eternal life.

### 40 DAYS FOR LIFE CAMPAIGN LENTEN CAMPAIGN 2024

The campaign for Vancouver 40 Days for Life started on Ash Wednesday, February 14 and will end on Sunday, March 24 this year. We encourage all parishioners and their families to take part in this year's campaign.

Our parish date is on **Saturday March 23, from 8 am to 6 pm**. Please consider spending at least one hour or more on March 23rd to stand and pray outside St. Joseph's Residence on Willow Street at 32nd Ave, by the fire hydrant) as witness to the sanctity of life. Invite your families and friends to support this important endeavor to speak up for the unborn human babies, who have no voice of their own.

**Sign up sheets are available at the back of the Church after all weekend Masses.**



# 2024 LENT

## PENITENTIAL SERVICES

EACH SERVICE WILL BEGIN AT 7:00PM

|               |                                  |
|---------------|----------------------------------|
| Mon, Mar 18   | St. Peter's, New West            |
| Tues, Mar 19  | Holy Spirit, Queensborough       |
| Wed, Mar 20   | St. Francis de Sales, Burnaby    |
| Thurs, Mar 21 | Our Lady of Mercy, Burnaby       |
| Mon, Mar 25   | St. Michael's, Burnaby           |
| Tues, Mar 26  | St. Cyril & Methodius, New West. |



"Our Lord himself I saw in ... this venerable sacrament. I felt as if my chains fell, as those of St. Peter, at the touch of the divine messenger."

-St. Elizabeth Ann Seton



### Knights of Columbus Pancake Breakfast

Next Sunday March 17  
After 9 am & 11 am Masses.



*"In the face of so many wounds that hurt us and could lead to a hardness of heart, we are called to dive into the sea of prayer, which is the sea of the boundless love of God, in order to experience his tenderness.*

*-Pope Francis*



Pls come and join us to our first  
St. Francis de Sales

# Seniors' Luncheon

**Monday, March 11, 2024**  
**11:30 AM-1:30 PM**  
**at the Church hall**

**Fun games to follow after lunch!**  
**\$12.00 per guest**  
**(non refundable)**  
**transportation available upon request.**

Last day to register: Sunday March 9, 2024

Register at:  
joan:burnabyjoan@gmail.com  
bclouise@gmail.com (604 872 1574)  
jenn :778 652 1673

SAVE the DATE

St. Francis de Sales

# SPRING FAIR

**MAY 25, 2024**

**FROM 10:00 AM - 5:00 PM** 6656 Balmoral Street, Burnaby

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### SFDS SPRING FAIR 2024

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 in for a special treat from the Spring Fair organizing committee. Elevate your business' 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 [spring.fairsfds.burnaby@gmail.com](mailto:spring.fairsfds.burnaby@gmail.com).

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

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

### Take the Survey:

### Mental Health and Illness in Canadian Congregations

Catholics in the Archdiocese of Vancouver are encouraged to take this 10–15-minute anonymous survey on mental health in Canadian congregations. Click below for more details and to complete the survey:

[https://www2.rcav.org/e/897551/SE-90-SMHM/3nbfvg/2502127665/h/zStoy8dr7jA6TlwMSSROOa\\_dkcDIG7NyVE5my0dw](https://www2.rcav.org/e/897551/SE-90-SMHM/3nbfvg/2502127665/h/zStoy8dr7jA6TlwMSSROOa_dkcDIG7NyVE5my0dw)

### Cenaculo (The Passion of the Christ)

Join us this Lent as we gather to watch *The Passion of the Christ*, brought to you by the Philippines Historama Society of BC and the Filipino Catholic Ministry of the Archdiocese of Vancouver. Let's come together in reverence and reflection, exploring the profound journey of Jesus who sacrificed His life for us. Don't miss this opportunity for a shared spiritual encounter during this sacred season! On Sunday, March 17, 2:00 p.m. at the Michael J. Fox Theatre in Burnaby. Cost is \$20. For tickets and inquiries, please get in touch with Mike at 604-375-2138, or Marilou at 604-828-9856, or Carmelita at 604-551-4883.



# THIS WEEK ON **FORMED**

Week of March 10, 2024



## Fear and Spiritual Warfare w/ Fr. Chad Ripperger | Fearless | Episode 5

Exorcist Fr. Chad Ripperger joins Chris to discuss fear and spiritual warfare. God calls us to walk confidently in his victory over the Evil One, not be slaves to fear. Reject fear's lies and live in the full freedom that comes from claiming the truth of Jesus Christ. Learn from Chris and Fr. Chad how to let Christ's power unshackle your heart and overcome sin in your life.



## Week Four | Restore: Lent with Sr. Miriam James Heidland, SOLT

In week four of Restore, Sr. Miriam James Heidland, SOLT, reflects on almsgiving and how it heals your relationships with others. One of the most powerful ways to heal your brokenness is to give—not only money or clothing, but also your presence and love—to those whom God has placed in your life, even those who have wounded you.



## Where are You?

This captivating series explores Catholic themes of redemption, grace, and forgiveness through compelling storytelling and thought-provoking narratives. It offers a profound understanding of the transformative power of forgiveness and its significance in personal growth and spiritual renewal.

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