



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

9:15 am Friday April 26

(school Mass)

9:00 am Saturday's & Holidays

### Holy Hour

Thursday mornings after Mass  
First Friday's at 6 pm

## Sunday April 21, 2024

*The* GOOD SHEPHERD

Fourth Sunday of Easter

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

SFDS.ca

*“God has, in fact, thought of us from eternity and has loved us as unique individuals. He has called every one of us by name, as the Good Shepherd calls His sheep by name.”*

*St. Pope John Paul II*

**Sunday, April 21, John 10:11-18**

*A good Shepherd lays down his life for his sheep. (John 10:11)*

This familiar passage about the good shepherd calls to mind soothing images from children's books that portray Jesus as a gentle shepherd carrying a lamb on his shoulders. But Jesus paints a much more powerful picture. His good shepherd is a protector, he watches over and guards his sheep. He doesn't sit by passively when predators approach, he acts swiftly to keep his flock safe. He doesn't flee or abandon them, he stands his ground and defends them (John 10:12). He even "lays down his life for the sheep" (10:11).

We know, of course, that Jesus is talking about himself. He is a shepherd unlike the "shepherds" of Israel. In the previous chapter of John's Gospel, the Jewish leaders responded to Jesus' Miraculous healing by casting out the formerly blind man from the synagogue (9:34). Jesus offered healing and revelation to God's people, yet these shepherds both rejected him themselves and prevented their "sheep" from receiving the abundant life that Jesus came to give them (10:10). In contrast, Jesus sought out the healed man, comforted him, and led him to faith (9:35-38). This is what a good shepherd does.

Jesus is not just "the" good shepherd, he is your good shepherd! Unlike a hired hand who works only for pay, Jesus is moved by a deep love for you. His love is so fierce that he freely, gladly offered his life on the cross for his sheep. For us, for you.

Today, rejoice that your good shepherd is guarding and protecting you. He is leading you securely along the precious paths of life. He is defending you against the wolves and thieves that seek to "steal and slaughter and destroy" you (John 10:10). He is giving you new life that he won by laying down his life and taking it up again in his resurrection (10:18).

He will never forsake you. *"Thank you, Jesus, for being my strong good shepherd!"*



*The*  
**MAY 6, MONDAY**  
**SENIOR LUNCH @12:00**  
**DOOR OPENS AT 11:30**  
**PORTUGUESE TOUCH!**  
**\$12.00**

Green Saladw/ Portuguese dressing  
Pork Sandwich  
Rice pudding  
Biscuits



**Last day to Register**  
**WED. May 1st**

Louise: 604 872 1574 (pls. leave a message)  
bclouise@gmail.com

During the weekend of **May 5**, we will publish our "In Loving Memory" column for our loved ones who passed away in the month of **May**. If you wish to have someone included in this column, please phone or email the parish office by **Wednesday May 1**.



**PLS. COME TO OUR**  
**MARDI GRAS**  
**DINNER DANCE**

**SATURDAY**  
**April 27, 2024**  
**6:00 pm**

**\$35./GUEST**  
**\$20.00 KIDS UNDER 10**  
**FREE PARKING**  
**SFDS SCHOOL GYM**  
**6656 BALMORAL ST.**

**inquiry & e transfer :**  
**joan: burnabyjoan@gmail.com**  
**gracemushinski@gmail.com**

**NO HOST BAR**



## First Holy Communion 2024

*Juliana Agduma, Jasmine Agduma, Kayden Antenor,  
Leone Bamba, Sarah Elizabeth Baraki, Antonio Cabalfin,  
Adrian Rye Cahilo, Elijah Canete, McKenzie Capinpin,  
Alexa Cervantes Chan, Ethan Chan, Samuel Chan,  
Allison Chung, Cassandra Cortado, Danika Dimaculangan,  
Cateleya Edmonds, Aeon Frauses Enriquez, Nolan Escalante,  
Emma Fung, Gabriel Gaza, Aaron Gipson, Matteo Golez,  
Juliana Alexa Gomez, Austin Hayek, Sonya Herd, Sky Hill,  
Kingston Hill, Bennett Huan, Vincent Jo Jacang, Ethan Khonsari,  
Kalia Jasmine Ko, Hayden Lau, Davis Li, Hayden Li,  
Isaac Li, Valerie Liang, Lorenzo Luongo, Nyla Macaraig,  
Yna Sophia Margarico, Lucas Marin, Liam Mathew, Felix Ng,  
Ernesto (Tito) Ordez Romero, Bongbong Sebastian Paragas,  
Noah Panganiban, Lucas Pascua, Adreina Marie Pascua,  
Dominik Petrusic, Jett Poirier, John Raquepo,  
Divine Catherine Rubianes, Camilo Sayo, Agnes Siu,  
Quinton Tam, Drake Zion Tan, Magdalena Teah, Vanessa Teah,  
Samuel Unger, Megan Valdepena, Luciana Van Dolder,  
Simon Villarin, Mila Zamarripa*



## Sacrament of Confirmation 2024

*Christine Agduma, Ava Marie Almeida, Cora Armstrong,  
Mikaela Bauer, Sofia Bersabal, Jadelyn Bibera, Anthony Cabiling,  
Santiago Miguel Cabutin, McKenzie Capinpin, Stella Catania,  
Gabriel Chaho, Raphael Chaho, Sarah De Dios,  
Miguel Cayden Dimayuga, Joseph Donovan, Mateu Dos Santos,  
Noah Dsouza, Chantal Rae Edquiban, Jovi Ann Flores,  
Carlos Gao, Darias Gao, Mia Golez, Carla Haswani, Adora Jornacion,  
Anne Lam, Jeremy Lu, Zianna Luna, Alex Luongo, Maelle Marigsa,  
Trinity Maskall, Alessandra Mayang, Reagan Morrissey,  
Rylan Morrissey, Israela Newton, Bong Paragas, Theresa Penaso,  
Gian Piano, Gabriel Rasola, Franco Rodriguez, Joaquin Samson,  
Paul Conrad Santico, Riley Sherle, Beryl Skene,  
Dominick Szypra, Oliver Tan, Ewan Tones, Matthew Tran,  
Zio Uy, Ellie Wang, Connor Watkinson, Justine Xing,  
Chelsea Yao, Marcas Yu*



## Knights of Columbus Pancake Breakfast

**This Sunday April 21**  
**After 9 am & 11 am Masses.**



## Second Collection: Work of Vocations

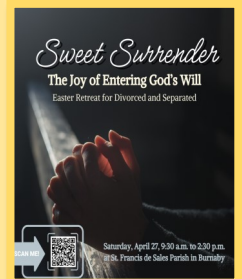
The second collection on Good Shepherd Sunday, April 21, will support the next generation of priests in our Archdiocese. It funds the discernment, formation and education of our seminarians, ensuring that they receive the preparation necessary for them to be good shepherds who are effective in their priestly ministry. You can make a tax-deductible donation in-person or online at [rcav.org/vocations](http://rcav.org/vocations).

## Sweet Surrender: The Joy of Entering God's Will Easter Retreat for Divorced and Separated

The word surrender doesn't usually evoke excited anticipation or desire in us. And yet, our faith tells us that surrendering our will to the Lord is the central path to life and fulfillment

in Him. In this retreat, we'll explore what surrender really means and explore concrete, real-world ways to come into direct contact with our Lord and His will, while discovering the joy and peace that true surrender brings.

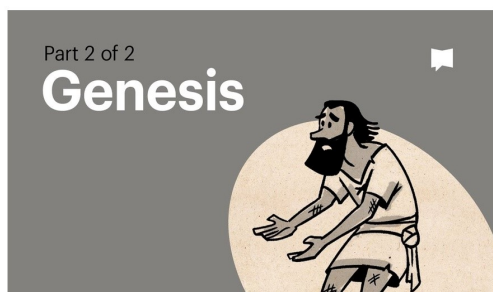
On Saturday, April 27, 9:30 a.m. to 2:30 p.m. at St. Francis de Sales Parish, Cost is \$20. Learn more and register at [beholdvancouver.org/events](http://beholdvancouver.org/events).



*"The soul of the one who serves God always swims in joy, always keeps holiday, and is always in the mood for singing."  
St. John of the Cross*

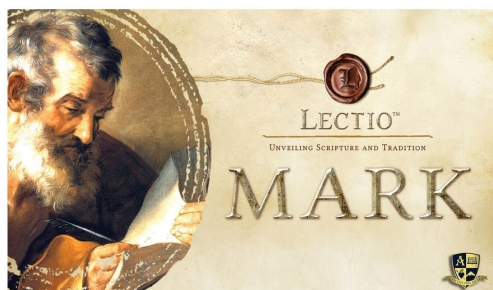
# THIS WEEK ON **FORMED**

Week of April 21, 2024



## Genesis Part 2 | Old Testament: Book Overviews | The Bible Project

Watch our overview video on Genesis 12-50, which breaks down the literary design of the book and its flow of thought. In Genesis, God promises to bless rebellious humanity through the family of Abraham, despite their constant failure and folly.



## Lectio: Mark

Join Dr. Tim Gray in this powerful 14-part series to discover the Gospel of Mark like never before. Immerse yourself in this action-packed Gospel that offers Saint Peter's account of Christ's life and teaching. Combining the insights of Dr. Tim Gray with the masterful artistry of the Augustine Institute, this Lectio series uses the Church's rich tradition of Lectio Divina to help you better understand and better pray with the Gospel of Mark.



## Beloved - Session 1: Does Marriage Matter?

Is your marriage all it can be? Beloved unlocks the sacrament of marriage in 12 sessions, showing how God designed it to fulfill you. Open to all couples, young or old.

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



**MARY'S CAKES**  
**Custom Cakes**  
**For All Occasions**  
**Unique & Beautiful**

**All Designs Are Possible!**  
[hspreddymommamary@gmail.com](mailto:hspreddymommamary@gmail.com)

**30% of all Profits Donated to**  
**Vocations to the Priesthood**

**WILDWOOD**  
**LANDSCAPE & MAINTENANCE**

COMMERCIAL RESIDENTIAL STRATA  
 FULL SPECTRUM LAWN SERVICES  
 EXPERT HEDGE TRIMMING TREE PRUNING  
 SOIL, ROCK, SAND, MULCH, PLANT INSTALLATION  
 TURF, GATES AND FENCING  
 WOOD AND ALLAN BLOCK RETAINING WALLS  
 FREE ESTIMATES

CALL JOHN OR MIKE TODAY AT 604 893 5745



**GREATER VANCOUVER ROOFING**

**604 783 8553**

**SARITA PINTO**  
 LICENSED REALTOR®

778.883.1063  
[saritacpinto@gmail.com](mailto:saritacpinto@gmail.com)

2309 W 41st Ave #302  
 Vancouver, BC V6M 2A3  
 ORCA REALTY

[www.saritapintorealestate.com](http://www.saritapintorealestate.com)



**HAIR ZONE** HAIR DESIGN & ESTHETICS  
 604.526.7700

We have been your neighbours since 1990  
 Come check us out  
 You will feel and look your best

(604)-526-7700  
 6919 Kingsway  
 Burnaby BC  
[www.hairzoneandesthetics.com](http://www.hairzoneandesthetics.com)



**DR. JUDY S.Y. WONG** B.Sc., DMD  
 DENTIST

**NEW PATIENTS WELCOME OPEN SATURDAYS,**  
 牙科醫生黃倩儀



**METRO-EAST DENTAL CLINIC**  
 #110 - 5021 KINGSWAY,  
 BURNABY, B.C. V5H 4A5  
 TEL: 604-432-9291  
 E-Mail: [drjsywong@gmail.com](mailto:drjsywong@gmail.com)



**My Family Story**

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



*Serving Our Catholic Community Since 1908*




**Mike Crean**

**New Westminster**  
 604 521 4881  
 219 Sixth Street

- Family Owned Since 1908
- Compassionate and Caring Service
- 4 Locations to Serve You:  
 Vancouver, Burnaby,  
 New Westminster & Cloverdale

[www.KearneyFS.com](http://www.KearneyFS.com)  
 DBA Crean Family Holdings Ltd.

**Sutton** sutton - centre realty  
 AN INDEPENDENT MEMBER BROKER  
 3010 Boundary Road, Burnaby, BC V5M 4A1

**Luis Silva**  
 604.649.2654

Bus: (604) 435-9477  
 Fax: (604) 435-9412  
 E-mail: [lsilva@sutton.com](mailto:lsilva@sutton.com)  
[www.sutton.com](http://www.sutton.com)



A Better Way To Buy Real Estate

**SA STEVEN ALMEIDA**  
 604-358-5758

[StevenAlmeida.com](http://StevenAlmeida.com) 21 CENTURY 21  
 In Town Realty



**ROBERT ALMEIDA**  
 PERSONAL REAL ESTATE CORPORATION

**604.862.8000** TOP 10% PLATINUM

**HomesForBC.ca** RE/MAX CREST



**NEXGEN HEARING**  
 The Next Generation of Hearing Care



**Raymond Belmonte** RHIP  
 Registered Hearing Instrument Practitioner  
**BURNABY METROTOWN**  
 T 604.434.6446 F 604.434.6443  
 1698 - 4500 Kingsway, V5H 2A9  
[rbelmonte@nexgenhearing.com](mailto:rbelmonte@nexgenhearing.com)  
[nexgenhearing.com](http://nexgenhearing.com)

**MABUHAY!**  
**REUNITE WITH YOUR FAMILIES**  
**FROM THE PHILIPPINES!**

**ZOREN SINGSON**  
 QUALIFIED EDUCATION AGENT  
 ENZ EDUCATION CONSULTANCY SERVICES

Get In Touch:  
 ☎ 604-805-8096  
 www.enz.com.ph  
 ✉ [z.singson@enzconsultancy.com](mailto:z.singson@enzconsultancy.com)

Philippine Branches:  
 • Laoag City, Ilocos Norte  
 • Vigan City, Ilocos Sur  
 • Santiago City, Isabela  
 • Pasig City, Metro Manila  
 • Dumaguete City, Negros Oriental  
 • Cagayan De Oro City

**TOURIST VISA | STUDENT VISA**



**BASKETBALL CAMPS AND ONLINE TUTORING SERVICES FOR K-12 B.C. STUDENTS**

**jr. nba**



**jumpplaylearn.ca**  
[info@jumpplaylearn.ca](mailto:info@jumpplaylearn.ca) | (604) 258-8390




**OLIVEIRA** Funeral Home  
 2657 Shaughnessy Street  
 Port Coquitlam, BC V3C 3G7



**Antonio Oliveira**  
 Owner/Funeral Director

- Funeral arrangements in the comfort of your home or at our office
- Professional and compassionate services tailored to your needs
- Catholic family owned and operated

**604-942-7920 (24 HRS)**  
**604-942-7924 (Fax)**  
[www.oliveirafuneralhome.com](http://www.oliveirafuneralhome.com)  
[oliveirafunerals@gmail.com](mailto:oliveirafunerals@gmail.com)

*A family you can trust*