TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Crusader Lax Opens Their Season with an Impressive Road Win Over Ramapo

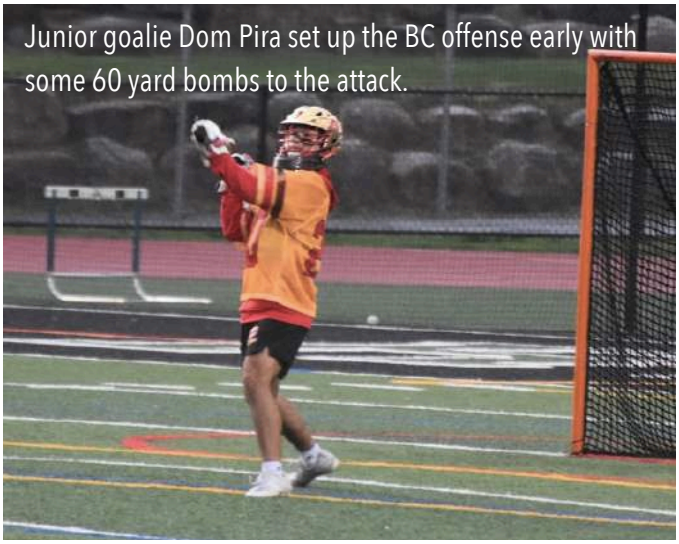
By, Joe Duffy

April 19 – Franklin Lakes, NJ – The Bergen Catholic Crusaders travelled to Franklin Lakes to open their season against the formidable Ramapo Raiders. It has been an extremely long layoff and both teams brought the energy and intensity you would expect from the very beginning of warmups. Despite the rain, the atmosphere was electric, and so was the Crusader offense early.

A 6-1 first quarter got the Crusaders rolling as the controlled possession and pace for most of the half. Brenden Kelly would get the Crusaders on the board less than two minutes in, and that would just be the start for the Bergen Catholic attacker.

Penn State-bound Brenden Kelly had a day. 6 goals and 2 assists is a nice season opener!

Luke Macejka would make it 2-0 Bergen Catholic off a feed in transition from Brenden Kelly. Ramapo would respond with a goal of their own shortly after, but the Crusaders showed no signs of slowing down offensively. Kelly and Macejka would each tally second goals in the quarter to extend the lead to 4-1 BC.

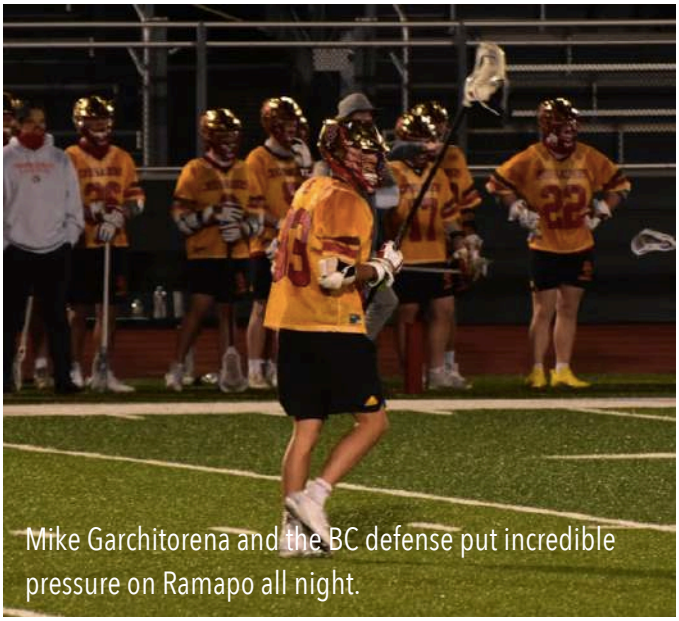

Junior goalie Dom Pira set up the BC offense early with some 60 yard bombs to the attack.

Ramapo would push after each Crusader goal, but the Bergen Catholic defenders did an excellent job of keeping Ramapo out of the middle and too the outside. Kyle Loughlin would get on the board, and Kelly would add another for a first quarter hat trick. It was a dominant start for the Crusaders and the second quarter would prove to be much of the same.

Ramapo needed to a quick push to get themselves back into the game and they did exactly that to start the second quarter. The Raiders scored early to cut the BC lead to 6-2.

Ramapo would steal the momentum briefly, but Brenden Kelly would halt their comeback hopes yet again, as he would score back-to-back goals for the Crusaders extending the lead to 8-2. Bergen Catholics defense would shut Ramapo down the rest of the half and goalie Dominic Pira was strong in net. The Crusader defense kept the Ramapo offense to the outside, giving Pira the

ability to see and track shots well. The Crusaders would take an 11-2 lead into the half as a result of excellent play on both sides of the field, and Bergen Catholic would never look back.


Mike Garchitorena and the BC defense put incredible pressure on Ramapo all night.

Ramapo would outscore Bergen Catholic 4-2 in the second half, but it would not be enough as the Crusader's handled their first outing from start to finish. 5 different players scored goals for the Crusader's (Brenden Kelly, Kyle Loughlin, Nicholas Mueller, Luke Macejka, Joseph Marinaccio), and 3 others would get on the score sheet with assists (Jake Nelson, Charles Opreza, Peter Pitrelli). It was about as good of a start as Bergen Catholic could have hoped for and will look to build off their first win of the season as the schedule gets busy from here on out.

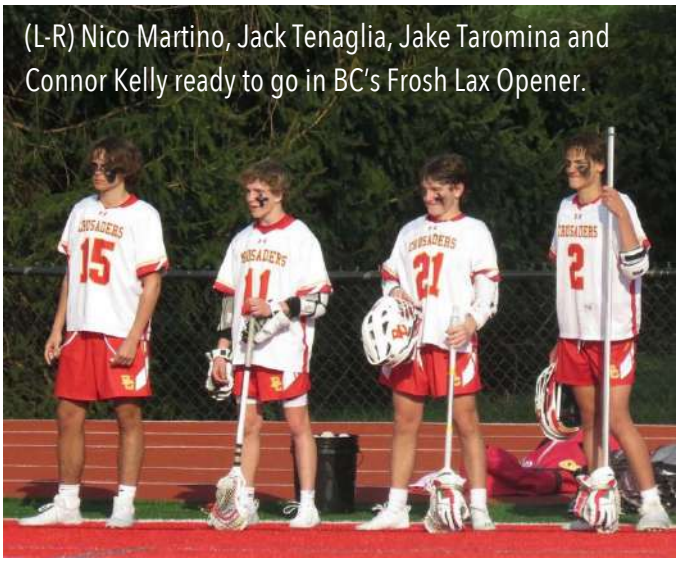
JV Lacrosse Defeats Green Raiders in Opener

April 19 – Franklin Lakes, NJ – The JV lacrosse team opened with a solid, hard-fought victory at Ramapo on Monday 8-6. With the score tied at 4-4, BC built a two-goal lead and every time Ramapo attempted to close the lead, BC responded.

Mark Ruggierio had a hat trick to lead BC in the victory. Vinny Cirello, Alex Klecha and Michael Giovacco played strong defense for the Crusaders.

Frosh Lacrosse Flexes Offensive Muscle in Opener

April 19 – Oradell, NJ – Noah Kochman won 11 of 15 faceoffs and picked up 7 ground balls to help ignite BC's offensive machine on Monday. Those possessions were valued and helped to generate 17 goals and a BC opening day victory over Ramapo High School.


(L-R) Nico Martino, Jack Tenaglia, Jake Taromina and Connor Kelly ready to go in BC's Frosh Lax Opener.

Jake Taromina notched four goals and two assists and John Mustard added a hat trick to lead the Crusaders. Jack Tenaglia scored two goals and two assists and Jimmy Carey pitched in a pair of goals and an assist in the victory.

Anderson Chang picked up three ground balls and went (1 Goal-0 Assist) Sean Iriving (1-0), Christian Gonzalez (1-1), Matt Reilly (1-0), Ethan O'Rourke (1-0) and Crispin Kaye (0-1) all scored for BC.

Tyler Lucchi and Aidan Hines each recorded 4 saves in the goal.

Varsity Golf Places 4th at Blue Devil Invitational

April 19 – Westfield, NJ – The Crusaders played a solid 18 holes at Echo Lake Country Club. Tom O'Neill shot 76 followed by Charlie Cummings (78). Liam White (80), Nick Schwake (83) and Colin Foley (86) each represented BC well.

Westfield took the title with a 300, followed by Hunterdon Central's 311, Blair Academy (313) and BC (317). Eighteen other teams shot 320 or higher.

JV Golf Puts Green Knights in their Place

By, Andrew Lama '23

April 19 – Clifton, NJ - The Crusaders made a fine showing against Montvale's Green Knights. The Knights proved no match for the Crusaders putting up 180. The match took place at Upper Montclair Country Club on Monday.

The Crusaders posted 5 scores under 50, an astounding feat for the team. Senior Ryan Slovak, led the Crusaders with a 41. Slovak continues to improve through the season as matches continue to become more competitive. Senior Joe Casali posted a 45 for his first match for the Crusaders this season. Freshmen Calvin Jung [48], Jeremy Cammayo [48], and John Keyes [46] continue to put up great scores for their first season.

Volleyball Opens at BT

April 19 - Hackensack, NJ – James Deegan had 7 kills and 7 digs, Brian Mendoza had 6 digs, 9 assists and 4 service points and Matteo Orochena earned 7 service points and 3 digs as BC lost to Bergen Tech 2-0 (19-25, 17-25).

Alex Angione played the most complete game for the Crusaders with 4 kills, 4 blocks, 3 digs, 4 service points and an ace.

Raymond Valdez had 2 kills and 2 digs and Tom Haemmerle had 2 digs in the effort.

O'Neill's 38 Leads BC Over Mahwah

April 20 – Emerson, NJ – The Crusaders teed it up at Hackensack Country Club on Tuesday and played well enough to earn a 5-0 start to their season.

Tom O'Neill shot a 38, followed by Charlie Cummings (40), Adam Sincavage (41) and Nick Schwake (42). Andrew Lama (44) and Joe Casali (51) also got some varsity experience in the win.

Mahwah proves no match for BC

By, Andrew Lama '23

April 20 – Haworth, NJ – The Crusaders JV Golf team improved their record to 5-1 with a win against Mahwah on Tuesday at Haworth Country Club. The Crusaders beat Mahwah with a combined 203 strokes. Mahwah didn't stand a chance with a deficit of 51 strokes.

Freshman Will Calocino had the lowest score of 49. Freshman John Keyes [50], Junior Pierce Collum [50], and Junior Kevin Sweeny [54] added good scores as well. Senior Johnny Tumino [65] and Freshman Mike DeCastro [67] continue to improve.

JV Lax Falls Rumson-Fair Haven

By, Tyler Larson '24

April 21- Oradell, NJ – The Crusaders battled a tough Rumson-Fair Haven team throughout the game, however, it was not enough as BC lost to RFH 9-4.

After a scoreless first half for the Crusaders, brothers Michael and Jason Gentilello each scored goals in the third quarter to start an attempted comeback.

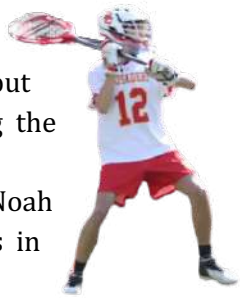
Sophomore Richie Reid added a nice left-handed goal towards the end of the third quarter, and Dylan Natalicchio added another goal in the fourth quarter.

The Crusaders defensive core consisting of Vinny Cirello, Alex Klecha, Michael Giovacco, Dan Cummings, Ethan Daly, and Christian Max Wiatrak played solid throughout the game, effectively clearing the ball and forcing RFH to commit turnovers.

Freshman Goalies Tyler Larson (10 saves) and Parker Day (5 saves) also played very strong in Goal, allowing only 9 goals throughout the game. The Crusaders look to bounce back this week against Don Bosco Prep on Tuesday at home.

Frosh Lax Upended by Rumson-Fair Haven

April 21, Fair Haven, NJ – After a long ride to the shore and a dreary day, BC generated some offense, but struggled to stop RFH from doing the same, falling 14-13 on Wednesday.



Connor Kelly (5GB) and Noah Kochman (4GB) led the Crusaders in picking the ball up off the turf.

Jake Taromina had a monster offensive day, recording 7 goals and an assist. Cripin Kay (2-3) and Anderson Chang (2-0) led BC in scoring. Tyler Lucchi (8 saves) and Aidan Hines (6 saves) split time in the goal.

Volleyball Faces Toughest Opponent in Young Season

April 21 - Bergenfield, NJ – James Deegan had 2 kills 1 block and 2 digs. Brian Mendoza led BC in assists and Alex Angione had 3 service points.

The Bears, however, defeated BC in straight games (25-10, 25-13).

Crusader Tennis Defeats Union Catholic in Opener

April 22 – Scotch Plains, NJ – BC had a very strong start on Thursday after waiting for the rain to open the season. They did so in very strong fashion 5-0 as sophomore Phillip St. Cyrus led BC, winning in straight sets 6-0, 6-1 in 1st singles.

It truly was a strong start as BC won all 10 sets played and lost on 3 games in 63. In 2nd singles, Andrew Song (9th) won 6-0, 6-0. Multi-sport, multi-talented, student-athlete John DelJuidice (11th) won in 3rd singles 6-1, 6-1.

Andrew Song '24

In the doubles, 1st doubles Marcus Kim (10th) & Ryan Kim (9th) won 6-0, 6-0 and 2nd doubles Chris Kang (11th) & John Nalbadian (10th) won 6-0, 6-1.

BC Rocks Panthers

April 22 – Paramus, NJ – Ridgewood Country Club hosted the varsity lacrosse teams from Bergen Catholic and Glen Rock on Thursday. The Crusaders moved to 6-0 with a twenty-two stroke victory over the Panthers 164-182.

Tom O'Neill (40) once again led BC followed by Liam White and Charlie Cummings (41 each) and Adam Sincavage (42). Jeremy Cammayo (46) and Colin Foley (49) helped in the victory.

Big First Inning Helps Crusaders Push Past WV

By, Joe Duffy

April 22, Ridgefield Park, NJ –Bergen Catholic played host to Wayne Valley in what was their first home game of the season. The Crusaders opened their season earlier in the week with an 11-1 victory over Bergen Tech, while Wayne Valley also earned a victory to start their season with a 4-2 win over Clifton.

Sophomore Pitcher Jack Duffy got the start on the mound for the Crusaders and put together a strong outing. Duffy would strike out 3 and allow only two hits over four innings of work. The only damage against Duffy came early, as Wayne Valley would score the only run, they would record off him in the top of the first inning. The sophomore bounced back from the shaky start and would hold Wayne Valley at bay while his offense got going.

The Crusaders offense got out to a tremendous start on opening day, posting 11 runs, and they would pick up right where they left off in this one. The Crusaders responded to Wayne Valley with 7 runs of their own in the bottom of the first inning, taking complete control of the game from the start. Juan Delacruz and Luca Reyes would get on base to start the inning, and then the bats exploded. Luis Delacruz hit a two RBI double to give Bergen Catholic a 2-1 lead. Lukas Tsai, Gavin Baratta, and Carsten Sabathia would all follow with RBI hits themselves. The lineup would wrap around in the bottom of the first, and Juan Delacruz would add another two RBI double in his second at bat of the inning, to give the Crusader's a 7-1 lead, one they would never look back on.

Senior Third Baseman Gavin Baratta had a standout game, going 3-for-3 at the plate, while driving in a couple runs. The Bergen Catholic offense has posted 21 runs through two games and could not have asked for a better start in terms of production. The Crusader's offense would slow down a bit after the first, but they put together another double-digit scoring performance.

The Trio of Jack Duffy, Alex Cavegn, and Matt L'Hommedieu would keep the Wayne Valley offense in check and Bergen Catholic would ultimately move to 2-0, as they defeated Wayne Valley by a score of 10-5.

Two DeLaCruz Grand Slams Highlight BC Fireworks

By, Joe Duffy

April 23, Hillsdale, NJ – The Bergen Catholic Crusaders travelled to take on Pascack Valley coming off a win against Wayne Valley the day prior. The Crusader offense has been very impressive to start the season, posting double-

digit run totals both games out, and proving to be dangerous 1 through 9. Pascack Valley has the fire power to score some runs as well, which made for a very entertaining matchup.

The first inning could not have gone better for Pascack Valley as they blanked the Crusader's and took an early lead in the bottom of the first. Pascack Valley showed immediately that their offense would be able to score runs, but they were not going to slow the down the Crusader offense on this day.

After a quiet first inning, the Crusader offense exploded for a seven run second inning. The Crusaders pushed one run across when shortstop

Junior SS, Juan Delacruz (1) celebrates with brother, Luis (5), after his second grand slam home run on Friday.

Juan De La Cruz came to the plate with the bases loaded. De La Cruz cleared the bases as he shot a rocket to the right center gap that just snuck over the fence and put the Crusaders up 5-1. De La Cruz's grand slam sparked the Crusaders, and the next two batters would keep the momentum going. Luca Reyes and Luis De La Cruz proceeded to both crush a pair of solo homeruns after the grand slam. The Bergen Catholic 1-2-3 hitters went back-to-back-to-back to give Bergen Catholic an early 7-1 lead for the second day in a row.

Bergen Catholic's offensive explosion would have put a lot of teams away, but Pascack Valley showed no signs of discouragement in the bottom of the second. The PV offense responded with a 5-run bottom of the second to cut the score to 7-6. Pascack Valley would continue to scratch and claw their way back into the game the rest of the way, but ultimately the BC offense would be too much to keep up with.

Juan De La Cruz would extend Bergen Catholic's lead back out to 5, after the shortstop hit his second grand slam in two at bats, and from there the Crusaders were in control. It was an incredible game for De La Cruz who showed off his defensive prowess as well in the first with a great sliding backhand play to hold Pascack Valley to just 1 run. The BC offense was fantastic up and down, Gavin Baratta continued his hot start with another 3-hit performance, Harrison Certo drove in 2 runs with an RBI double, and the Crusader's recorded 12 hits as a unit. De La Cruz's 3 hit, 2 grand slam, 8 RBI, 2 stolen base game is one to be remembered, and it will be remembered as a winning effort as well.

Shea Conlan was excellent over 4 innings of work, shutting the Pascack Valley offense down and helping the Crusader's close things out. PV would make a late push scoring 3 in the 6th and 2 in the 7th, but the Bergen Catholic offense was able to add a couple of insurance runs to hold off a strong Pascack Valley team in the end.

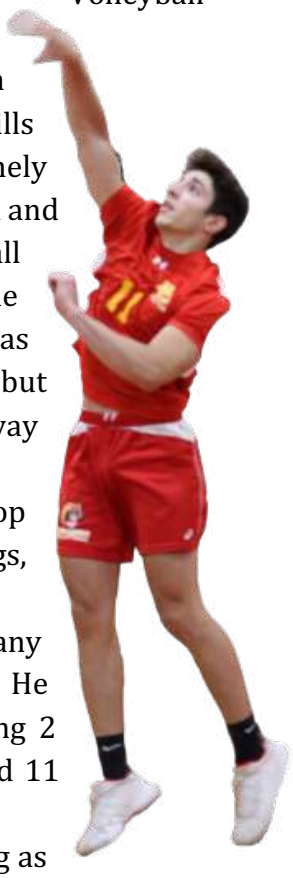
BC Takes High Road

April 23 – Haworth, NJ – The Crusader Varsity Golf Team defeated Northern Highlands 152-174 on Friday to reach 7-0 on the season.

Charlie Cummings shot a 34 to earn low-man status. Tom O'Neil (36), Adam Sincavage (39) and Liam White (43) were part of BC's four best for the day. Nick Schwake (47) and Andrew Lama (49) shot well also.

Volleyball Wins First Set of Season vs. Indian Hills

April 23 – Oradell, NJ – While they may not have won the game, the Crusader Volleyball team picked up some confidence earning their first win and then losing in extra points to Indian Hills 2-1. The first game was extremely close, with BC coming from behind and then losing a little momentum to fall 25-22. Game 2 was BC's as the Crusaders won 25-20. The final was a heart breaker, BC falling 27-25, but unquestionably it was a strong way to finish the week for BC.

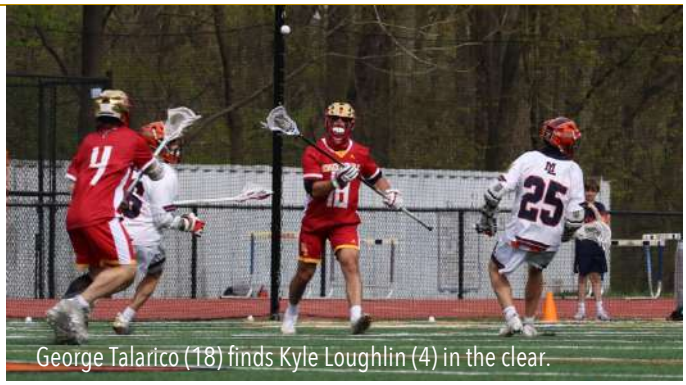


Giovanni Perrone was BC's top hitman with 18 kills, 2 blocks, 3 digs, 5 service points including 1 ace.

James Deegan was one of many Crusaders who performed well. He earned 10 service points including 2 aces. Deegan recorded 3 kills and 11 digs.

Brian Mendoza was outstanding as well, assisting on 23 points and earning 6 service points and 2 aces.

Matteo Orochena earned a kill, a half block, one dig and six service points. Raymond Valdez had 2 kills, one half block and a dig. Alex Angione recorded 4 kills, 2 blocks and 6 service points. Tom Haemmerle recorded 2 digs.



George Talarico (18) finds Kyle Loughlin (4) in the clear.

Brenden Kelly recorded a hat trick and Charlie Oropeza each recorded three points (2 goals, 1 assist) for the Crusaders who built a 5-3 lead at the half. For the second time in two games however, the opponent responded with a seven-goal third quarter, ultimately leading to the game's demise.

Joe Marinaccio started off BC's scoring, recording a goal. Jack Patti scored two goals on the day and Nick Muller and Michael Garchitorena each recorded assists.

Dan Sheppard was strong at the face-off X and recorded a team-high 6 ground balls on the afternoon and Dom Pira was once again strong again in the goal, recording 10 saves.

BC Varsity Lax Falls

April 24 – Mountain Lakes, NJ – For the second time this week, the third quarter became and Achilles heel for BC as Mountain Lakes came back from a halftime deficit to defeat BC 13-8.

JV Lakers Defeat BC in Lacrosse

April 24 – Mountain Lakes, NJ – The JV Crusaders played a strong defensive game, but was not able to generate enough offense, falling to the Lakers 6-2.

Sophomore Mike Gentilello scored on fo BC's goals and classmate Mark Ruggerio added the other. DJ Watros played the role of set-up man, adding an assist.

Two freshmen combined for 14 saves. Tyler Larson recorded 5 and Parker Day added 9. Jason Gentilello went 5 for 7 on faceoffs and picked up 6 ground balls.

Tyler Larson coming up big for the Crusaders.

Team played with heart and enthusiasm, giving their best effort so far this season. Clears and rides were effective. Team defense was aggressive, forcing turnovers and bad shots! The team played very disciplined as well, receiving only one penalty.

T and T!

Frosh Crusader Duo Puts Up 19 Pts

April 24 – Oradell, NJ – Saturday morning athletics is generally reserved for the frosh. Two frosh that made a memory for themselves were Jack Tenaglia and Jake Taromina. Tenaglia recorded 2 goals and 8 assists (7 to Taromina) and Taronmina found the back of the net NINE TIMES in leading BC over Mountain Lakes 17-13.

John Mustard (2-1), Crispin Kaye (1-2), Anderson Chang (1-1), Jimmy Carey (1-0), Christian Gonzalez (1-0), Sean Irving (0-1) and Matt Reilly (0-1) all pitched in on offense.

Sean Irving led BC with 6 ground balls and Matt Reilly picked up 4. Aidan Hines (9 saves) and Tyler Lucchi (2 saves) played well in the goal.

Track Works as a Team at Season Opener

April 24 – Oakland, NJ – The Track program opened at the annual Season Opener, this year held at Indian Hills Regional High School. The Crusaders placed fifth overall among large schools, earning 30 points and finishing behind Passaic Valley, Ridgewood, Fair Lawn and Paramus Catholic.

Individual and Relay Results:

- 4x100 Relay – 3rd (44.9)
- 4x200 Relay – 5th (1:35.9)
- Distance Medley Relay – 2nd (11:17.0) – Alex Shaia, Mile Suitt, Owen McCarthy and Tommy Rogers.
- Shuttle Hurdles – 3rd (1:17.0)
- 3x400 Hurdles – 6th (3:26.7)
- Javelin Relay – 3rd (358' 1") – Alex Ust (152' 4")

Crew Performs Well at Manny Flick in Philly

April 25 – Philadelphia, PA – On Sunday, two of the boats for BC's crew team performed especially well. Novice Double (Giacamo Dente and Owen Ryan) took 2nd Place out of 15 teams and JV Double (Matthew Kim and George Small) placed 2nd out of 9 teams.

According to George Small, he and Matt Kim have been working together for two years and built up some trust. It's called sculling, rowing with two oars that is, and we do it well.

That was our best time ever, but not our best overall finish, but the best finish ever at a Manny

Flick where competition is fierce. The Haverford School's boat finished just ahead of BC.

NJSIAA Wrestling Championships

April 24-25 – Philipsburg, NJ – The State Wrestling Championships had a new home in 2021 and Crusader grapplers made the most of the opportunities they were handed.

I had a few minutes to talk to Joe Cangro, silver medalist, and he shared some insights on a few weight classes.

Q: What did you think of my man, Ryan Ford?

Joe Cangro - "Ryan Ford had a really solid performance." Ford placed third after falling in the semifinals and wrestling back. It can be very difficult psychologically to wrestle back because you are facing someone in the wrestle backs who may have built some momentum in a previous match, while you are coming off a tough loss, just one win from the state final.

Q: Joe, How did you like wrestling in P'burg rather than in Atlantic City?

Joe Cangro – "In some ways it was better. While you're used to the Boardwalk Hall, it is super loud, but at Philipsburg it was much easier to focus."

Q: What was your toughest match of the tournament?

Joe Cangro - The toughest match in getting to the final was the quarterfinal because I had experience with the kid in the semi-final. I hadn't wrestled the kid in the quarters since last year, but I wrestled the other semifinalist, Ethan Fernandez from Westwood.

I felt confident going into the finals. I warmed up well and things didn't go my way. I last wrestled him in the Dragon Showcase in the fall.

Q: What other wrestlers of ours were you impressed with?

Joe Cangro - Remy Brancato took second as well and he wrestled very well. Nate Camiscioli lost in the semis to the eventual state champion by one point.

In fairness to Joe's other teammates, we ran out of time to discuss further the excellent tournaments of others, though I know he had more he wanted to discuss.

SUMMARY

WEIGHT CLASS – NAME (SEED)	ROUND	RESULT	
113 POUNDS – RYAN **FORD (5)**			
Cameron Morgan	FIRST	W – DEC 3-1	3rd
Jared Brunner	QUARTERS	W – DEC 8-3	
Evan Tallmadge	SEMIS	L – DEC 9-2	
Sebastian Ortega	CONSO WB	W – TIE BREAKER	
Luke Stanich	3rd PLACE CONSO	W – DEC 6-4	
120 POUNDS - AIDEN **WALLACE 8)**			
Mayson Harms	FIRST	W – DECISION	8th
Evan Mougalian	QUARTERS	L – DEC 9-4	
James Day	SEMIS	W – DEC 5-2	
Tyler Vazquez	CONSO WB	L – DEC 5-2	
Garrett Totten	CONSO WB	L – DEC 3-2	
126 POUNDS – JOE **CANGRO (2)**			
Matt Henrich	FIRST	W – DEC 5-0	2nd
Cross Wasilewski	QUARTERS	W – DEC 6-4	
Ethan Fernandez	SEMIS	W – DECISION	
Vincent Santaniello	FINAL	L– DEC 6-1	
138 POUNDS – CHRISTOPHER **BACCHIONI (13)**			
Ken Sherman	FIRST	L – DEC 5-4	5th
Tyler Sagi	CONSO WB	W – DEC 7-2	
Chase Casey	CONSO WB	W – DEC 8-2	
Luke DiGiovanni	CONSO WB	W – DEC 3-2	
Joe Davi	CONSO WB	L – DEC	
Laith Hamdeh	5th PLACE CONSO	W – ULTIMATE TIE BREAKER 3-2	
145 POUNDS – ERIC **BROADIE (13)**			
Hunter Gandy	FIRST	L – PIN 3:36	
Riley Simon	CONSO WB	W – MAJOR DECISION	
Jason Smith	CONSO WB	L – DEC 5-2	
152 POUNDS – NATE **CAMISCIOLI (3)**			
Greg Croce	FIRST	W – DEC	3rd
Tanner Peake	QUARTERS	W – DEC	
Andrew Troczynski	SEMIS	L – DEC 3-2	
Cooper Pontelandolfo	CONSO WB	W – DEC 3-2	
Max Brignola	3rd PLACE CONSO	W - DECISION	
170 POUNDS – JUSTIN **ONELLO (10)**			
Colin Calvetti	FIRST	W – PIN 3:32	4th
Michael Dellagatta	QUARTERS	W – DEC 7-6	
Sabino Portella	SEMIS	L – TIE BREAKER 5-1	
Colin Calvetti	CONSO WB	W – DEC 6-3	
Michael Dellagatta	3rd PLACE CONSO	L – PIN 2:18	
220 POUNDS – REMY **BRANCATO (3)**			
Raymond Santiago	FIRST	W – MAJ DEC 14-2	2nd
Shane Whitney	QUARTERS	W – DEC 2-1	
Michael Toranzo	SEMIS	W – DEC 8-2	
Mike Misita	FINALS	L – DEC	
285 POUNDS – DOMINICK **BROGNA (9)**			
Jeffery Jordan	FIRST	L – DEC 3-1	
Tino Savaiinaea	CONSO	L – DEC 5-2	

The TOOLBOX

Our Father

Our Father, Who art in Heaven
Hallowed be Thy Name
Thy Kingdom Come.
Thy will be done
On Earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses
As we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
Amen.

Hail Mary

Hail Mary, full of grace
The Lord is with You
Blessed are you among women
And blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God
Pray for us sinners
Now and at the hour of our death.
Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen

Act of Contrition

My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good, I have sinned against you whom
I should love above all things.
I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Serenity Prayer

God grant me the serenity
to accept the things I cannot change,
Courage to change the things I can, and
Wisdom to know the difference. Amen

And this is the will of Him who sent me, that I shall lose none of all those He has given me, but raise them up at the last day.
Deus Vult
Jn 6:39

The Jesus Prayer

Lord Jesus Christ, Son of God,
have mercy on me, a sinner.

Blessed Edmund Rice Prayer

O God we thank you for the life of
Blessed Edmund Rice.
He opened his heart to Christ present in those
oppressed by poverty and injustice.
May we follow his example of
faith and generosity.
Grant us the courage and compassion of
Blessed Edmund as we seek to live lives
of love and service. Amen.

Grace Before Meals

Bless us, O Lord, And these, thy gifts
Which we are about to receive from
thy bounty, through Christ, Our Lord. Amen

The Golden Rule

Love one another as I have loved you.

St. Patrick's Breastplate (shortened)

Christ with me. Christ before me. Christ behind me.
Christ in me. Christ beneath me. Christ above me.
Christ on my right. Christ on my left. Christ when I lie down. Christ when I sit down. Christ when I arise.
Christ in the heart of every man who thinks of me.
Christ in the mouth of everyone who speaks of me.
Christ in every eye that sees me.
Christ in every ear that hears me.

Prayer of St Francis

Lord make me an instrument of Your peace
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness joy.
O Divine master grant that I may
Not so much seek to be consoled as to console
To be understood, as to understand.
To be loved. as to love
For it's in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born...
To eternal life.

Bird of the Week

April 25 – Mahwah, NJ - Wood warblers are the bird of the week. Currently, a few are abundant in the area, but in the next few weeks, there will be a large variety of these "jewels" of the birding world. Keep an eye out. Take a picture. Send it in. We'll do our best to help identify it for you. It could be a…. Palm Warbler, Yellow Rumped (Myrtle) Warbler (pictured) or…American Redstart, Yellow Warbler, Common Yellowthroat, Black-throated Blue, Black-throated Green, Magnolia, Chestnut-sided, Cerulean, Blackburnian, Cape May, Connecticut, Canada, Mourning, Black and White, Blackpoll, Pine, Ovenbird, Louisiana Waterthrush, Northern Waterthrush, Bay-breasted, Blue-winged, Golden-winged, Hooded, Wilson's, Northern Parula, Orange-crowned, Tennessee, Nashville or Prairie.

Yellow-rumped (Myrtle) Warbler