TWIBC SPORTS

Happy Halloween!

THIS WEEK IN BERGEN CATHOLIC SPORTS

Senior Day 2022

CRUSADERS DEFEAT PALADINS 48-20 ON SENIOR DAY

October 29 – Oradell, NJ – The Crusader Football Team, ranked #2 in New Jersey, steamrolled Paramus Catholic 48-21 on Saturday afternoon at the Jack.

The Crusader defense forced the Paladins to punt on their first possession. From there, it was Coach Campanile's winning recipe of power running and timely passing to move 9 plays, 73 yards down the field to score. Jack Duffy, Kaj Sanders, Saeed St.Fleur and Chris Mimmo carried were entrusted with the ball and helped to move the ball to the 8-yard line. Dominic Campanile then connected with Quincy Porter for the game's first score on a tunnel screen.

After trading short possessions and punts, the Crusaders struck on the next Paladin possession.

Below, Coaches McGovern and Straub tell Gonzo to intercept and score a touchdown and not to forget to give the camera man a look on the way into the endzone.

Above, Malachi delivers proper tackling technique on the PC passer who instinctively finds a wide open Christian Gonzalez who does just as he is instructed…a well-coached player for certain.

St.Fleur scored the only touchdown of the second quarter and opened up third quarter scoring with his 13th touchdown of the year. Saeed broke the 1,000 yard rushing mark with 213 yards on the ground.

The Paladins attempted to get back into the game in the third quarter, putting a pair of touchdowns together to close the score to 28-14. Senior QB Jack Duffy responded with a 1

yard plunge to close the third quarter and put BC back up by three scores.

Above Daquan Stewart (8), Ryan Phelan (48), Christian Carti (2) and Kaden Irby-Mason (14) converge on the Paladin returner. Below, the Big Man, Sydir Mitchell (90), gets his hand on the Paladin passer. Anthony Morales (77) ensures he won't be getting away.

Aaron Sylvester (23) delivers a bone-crushing hit on a Paladin ball-carrier.

SCORING:

TEAM	1	2	3	4	FINAL
PARAMUS CATHOLIC (2-7)	0	0	14	6	**20**
#2 BERGEN CATHOLIC (8-1)	14	7	14	13	**48**

STATISTICAL LEADERS:

PASSING: J. Duffy 4 for 6 – 60 yds, D. Campanile 5 for 7 – 22 yds, 1 TD.
RUSHING: S. St.Fleur 16 carries for 213 yds and 2 TD, K. Sanders 5 for 29, 1TD, M. Russell 4 for 23, B. Young 4 for 8, 1 TD, J. Duffy 1 for 1 yd, 1 TD.
RECEIVING: Q. Porter 3 for 24 yds, 1 TD, S. St.Fleur 2 for 31.
SACKS: A. Morales 1.5, K. Irby-Mason, D. Matesic, S. Mitchell (.5 each).
TFLs: A. Morales (1.5), J. Marinaccio (1), K. Sanders (1), K. Irby Mason , S. Mitchell, D. Matesic (.5 each).
INTERCEPTIONS: D. Sanders 2, C. Mimmo 1, C. Gonzalez 1TD.
BLOCKED PAT: B. Carey 1.
TACKLES: M. Mercer 15, A. Morales 11, S. Mitchell 7, E. Cohall 6, C. Gonzalez 6, J. Barry 6, K. Sanders 5, K. Irby-Mason 5, N. Parrish 3, D. Matesic 3, D. Fludd 4, E. Kinsler 2, Mimmo 2, D. Sanders 2, A. Sylvester 2, J. Marinaccio 3, J. Pogue, C. Velardo, M. Giovacco, C. Murphy, R. Phelan, J. Gentilello, J. Pogue, C. Carti, (1 each).

CATEGORY	CRUSADERS	PALADINS
1st Downs: Rushing - Passing - Penalty	15-3-6	8-12-2
Rushing Yards	299	109
Passing: Completions / Attempts	9/13	13/25
Passing Yards	60	262
Passing: Touchdowns / Interceptions	1 / 0	2 / 4
Total Plays	51	64
Total Offense	359	371
Fumbles / Lost	0 / 0	1 / 0
Penalties / Yards	7 / 75	15 / 152
Defensive Sacks / Yards Lost	5 / 19	0 / 0
Time of Possession	21:34	26:26
3rd Down Efficiency	1 of 5	1 of 9
4th Down Efficiency	1 of 2	2 of 2
Punts / Average	2 / 30.5	3 / 32.0

CRUSADERS DEFEAT GREEN KNIGHTS TO SWEEP UP LEAGUE TITLE

October 25 – Hackensack, NJ – Sebastian Londono scored a pair of goals to lead BC over St. Joseph Regional on Friday, securing an undefeated 8-0 league championship in the Big North Conference United Division.

Ryan Chong and Luca Nazor played the role of set-up men, with each earning an assist.

All three of BC's goalkeepers contributed to the shutout with senior captain, Kyle Tencza earning the victory. Andrew Blodgett turned away two shots on goal. Gabe Tinoco saved one shot on goal and Tencza turned away three in the win.

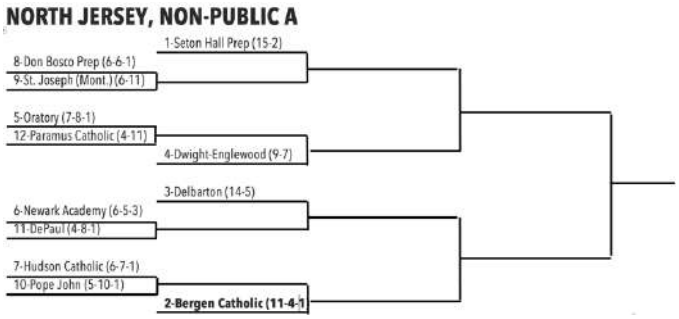
BERGEN CATHOLIC HS (13-4-1)	0	2	**2**
ST. JOSEPH REGIONAL (8-12)	0	0	**0**

READY TO OPEN 2022 NON-PUBLIC "A" NORTH SECTIONAL TOURNAMENT

October 25 – Oradell, NJ –The Crusaders will face the winner of #10 Pope John XXIII vs. #7 Hudson Catholic, home at the Jack on Wednesday, November 2nd as they pursue the school's sixth sectional championship and first since 1999.

The Semifinal round matches will be played on Saturday, November 5th and the Sectional Final will be on Wednesday, November 9th, with both games at the higher seed.

The State Finals will be played the weekend of November 12-13 at a site to be determined.



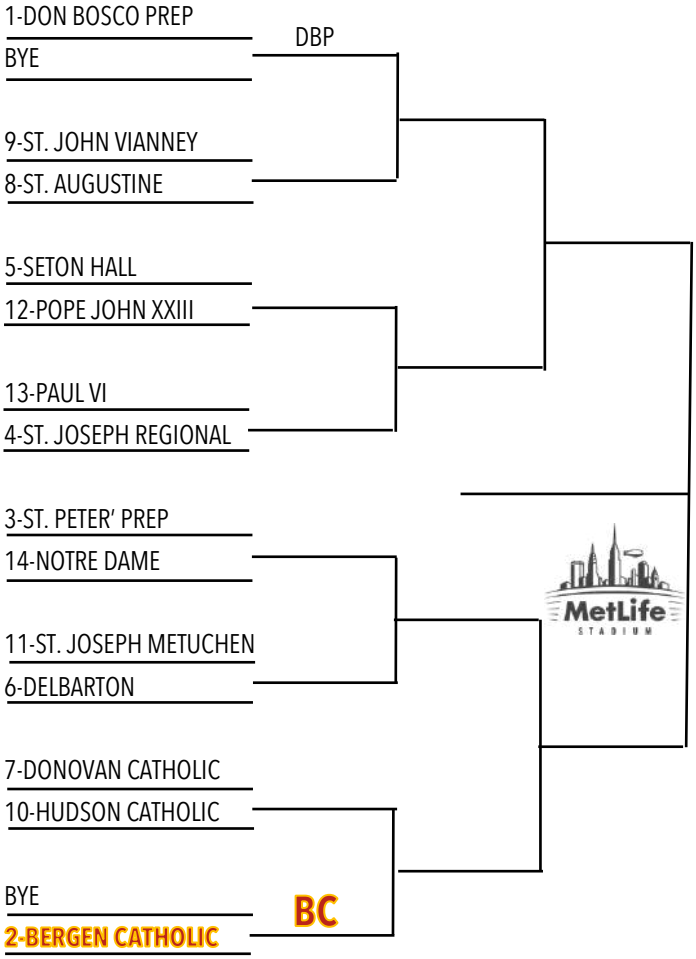
CRUSADERS FOOTBALL BEGINS QUEST FOR REPEAT!

October 30 – Oradell, NJ – The Bergen Catholic Football Team will hope to bring a BC tradition of back-to-back championships back in vogue in Oradell. The Crusaders have done that five times in school history, including a three-peat from 1991-1993.

The Crusaders are the #2 seed in the tournament which means they receive a bye the weekend of November 5th. BC will host the winner of Donovan Catholic vs. Hudson Catholic on Saturday, November 12th @ 1:00 PM at the Jack. With the 8-1 record comes a homefield throughout the playoffs, including the semi-final round on November 19. The State Final will be played at MetLife Stadium on Friday, November 25 at 6:00 PM.

BC's first state championship was earned in 1963, but many of the early Crusader alumni feel "football school" moniker was borne of the 1965-1966 back-to-back undefeated champion teams of Stack and Rabadan.

NEW JERSEY NON-PUBLIC A



https://highschoolsports.nj.com/football/brackets/season/2022-2023/4143

The championships actually were won under two different head coaches, Keith Krayer and Bob Norton. Tony Karcich would be the next to lead BC to glory. He put back-to-back championship teams in 1979 and 1980 with his 1982 undefeated 11-0 team being the first in school history to win a ***Newark Star Ledger*** Trophy and earn a national ranking in the ***USAToday*** (#10).

Head Coach Bill Roca's short stint as coach earned BC a state championship in his first season, 1986. He was followed by the winningest coach in Bergen Catholic History, Fred Stengel. Coach Stengel's Crusaders won 9 state championships. His 1991-1992 teams were both undefeated and nationally ranked (#11 and #13 respectively) and his 1998, 12-0 team was named the Team of the Century by ***The Record***. That Crusader team scored 599 points and was led by stars all over the field. The underclass was so strong, it too followed up with a championship in 1999.

That was the last of the repeats. Twenty-three years and counting since the last one. This could very well be the year the Crusaders start a new championship streak. As happens this time of the year, everyone is talented. The championship generally goes to the senior class that is more determined and wants it the most. I know the Crazies are betting on our guys!

COYNE'S HAT TRICK FLIPS COMETS

October 24 – Oradell, NJ – Tom Harmke saved four shots on way to his fourth consecutive shutout victory against Hackensack on Monday. The Crusader Freshman Soccer Team defeated the Comets 7-0 at the Jack.

Drew Coyne recorded a hat trick, Dangelo Tavarez scored a pair of goals and James Melia and Ben Calderon each scored a goal on the afternoon.

Damon Arpacilar, Jonah Kim, Melia, Coyne and Tavarez each added an assist on the day.

The Crusaders got tough play from Ethan Herrera and Benjamin Infantino as well as Aiden Waterman, each of whom had solid minutes on the field.

TEAM	1	2	FINAL
HACKENSACK	0	0	**0**
BERGEN CATHOLIC (5-3-2)	3	4	**7**

CONTE, SHORTRIDGE, DENOBILE & O'DOWD STARS SHINING BRIGHTER

October 24 – Jersey City, NJ – Riley O'Dowd caught his second touchdown pass in two weeks. This time, it was a dazzling left-handed, one-hand catch on a fade route down the left sideline to cradle a Chris Conte pass for six points from 32 yards out. The Crusaders early scoring led them to a 18-0 victory over St. Peter's Prep.

Conte opened the scoring for the Crusaders in the first quarter with a one-yard plunge. His score was set up by a quick scramble and pass to a wide-open Mike Campanile who found a hole in the Prep zone and ran for 40 yards. Mu Russell scored the two point conversion and BC was off to the races.

After O'Dowd caught the score to start the second quarter, Matt Daly. On the next drive, the Marauders moved the ball down to the 15 yard-line, but Jesse DeNobile, on a blitz, blocked and caught the quarterback's pass on a dead run. He sprinted 85 yards from there to the endzone and BC was up 22-0.

Nick Shortridge scored BC's final touchdown. He started off-tackle to the left and then jump-cut wide to his left before putting the hammer down and running through three would-be tacklers from 20 yards out. The PAT failed, but BC was up 28-0 in the third quarter.

TEAM	1	2	3	4	FINAL
BERGEN CATHOLIC (4-2)	8	14	6	0	**28**
ST. PETER'S PREP	0	0	0	0	**0**

FALL COMMITMENT CEREMONY 2022

NOVEMBER 9TH

8:00 PM

ANNOUNCING THE 2022 FALL COMMITMENT CEREMONY

October 26 – Oradell, NJ – For seniors committing early to compete in NCAA intercollegiate Division I, II and III athletics, we will be holding our first, of four, Commitment Ceremonies on Wednesday, November 9, 2022 at 8:00 am. For those interested in watching from home or the office, the event will be live streamed on Local Live.

If your son plans to participate, or you have any questions about the event, you may contact your son's coach at BC or Mr. Haemmerle at **jhaemmerle@bergencatholic.org.**

JV SOCCER ENCOUNTERS A WILD WALDWICK IN COUNTY TOURNAMENT

October 26,28 – Oradell, NJ - It was an inauspicious start and Day 1 of the BC-Waldwick JV Soccer Game ended strangely and without completion.

The first goal went into the BC net within the first five minutes of play. It wasn't a Waldwick player who scored it however as a ball was misplayed on the defensive end and translated into a goal that would remain the leading margin for most of the first half.

#4 scored for the Crusaders to knot the score at one, on a beautiful right-footed shot to the far left post on the goal.

As a brief, ten-minute rain shower soaked the teams at halftime, the rain subsided and stanza two was underway. Unfortunately it began much the way the first half began,

with Waldwick scoring a goal in the 53rd minute off a penalty kick

BC responded just 49 seconds later in the 54th minute to once again knot the score, this time at two.

In the 73rd minute, the Crusaders had their best opportunity to take a lead. On the first corner kick for BC of the game, a Warrior committed a hand-ball foul inside the box, resulting in a penalty kick. The Crusaders took a good shot to the bottom left corner, but the goalie fully extended his body, making a diving save. BC had a chance for a quick shot off the rebound, but the Waldwick goalie was up for the challenge and the score remained knotted.

The game moved into the waning moments and Waldwick mounted a rush at the Crusader goal, but keeper, JP Sinagra made a leaping save, batting the ball away with his hand to set up a corner kick. The flurry of activity with just seconds remaining resulted in the ball going off the endline and we were headed to overtime.

As it is no longer August or September, the sun is no longer cooperating with afternoon fun activities. Overtime began, hoping to decide a winner. Just 2 minutes into it, it became clear we were going to have to decide this match another time.

After 7:14 (remaining in the first OT period) and 10 minutes in the second overtime, the Crusaders finally defeated Waldwick in the first round of the BCCA Tournament.

TEAM	1	2	OT	2OT	FINAL
WALDWICK	1	1	0	0	2
BERGEN CATHOLIC (7-7-3)	1	1	0	0	2PK

JV SOCCER OUTSHOT IN SECOND-STRAIGHT SHOOTOUT

October 29 – Demarest, NJ BC fell 5-4 in penalty kicks in the second round of the BCCA Tournament.
Congratulations on a fine season!

TEAM	1	2	OT	2OT	FINAL
BERGEN CATHOLIC (7-8-3)	-	-	-	-	4
NO. VALLEY DEMAREST	-	-	-	-	5PK

COYNE'S HAT TRICK LIFTS FRESHMEN IN BCCA TOURNAMENT

October 29 – North Arlington, NJ – The Freshman Soccer team scored a pair of goals in each stanza, earning a hard-fought 4-0 victory over Hunterdon Central's Red Devils. Drew Coyne recorded a hat trick and Jace Morales made the most of his one shot on target, recording a goal for BC.

James Melia, Saif Kahn and Jonah Kim all set up Coyne for his scoring barrage and Coyne played set up man for Morales.

Thomas Harmke recorded four saves on the day and Jonah Kim pitched in to complete the shutout.

TEAM	1	2	FINAL
CLIFFSIDE PARK	0	0	**0**
BERGEN CATHOLIC (11-3-2)	2	2	**4**

CAMPBELL IS CLUTCH FOR FROSH

October 29 – Paramus, NJ – The Crusaders earned a 3-way-tie for 1st place in the SFC United Division following an 8-0 victory over Paramus Catholic on Saturday morning in large part due to the heroics of defensive end, Oliver Campbell.

With the game tied, 0-0, Oliver stuffed the Paladin ball-carrier on fourth and one for a two-yard loss. That put BC in position to score and Petros Rouggeris took full advantage of the opportunity, sprinting around left-end from five-yards out. Devin Hassan swept around end for the two point conversion and BC had an 8-0 lead.

As the second quarter started, Jordan Thomas made a terrific tackle as he defeated a stalk block. The Crusader defense held and gave Dante Kain, who replaced Devan Zitt at QB due to ana injury, a chance to drive.

On the first play from scrimmage, the ball was snapped over his head and Dante sprinted to scoop it up. He rolled to his right, and with the entire defense stepping up to pursue the loose ball, Dante found a wide open Thomas who caught the ball and sprinted 70 yards for a touchdown. It was a remarkable play. Unfortunately, the Crusaders suffered an illegal block on the play and the ball was moved to 1st and 10 outside the 30 yard line. Time ran out in the half and BC maintained their 8-0 lead.

After a scoreless third quarter, the time on the season was quickly escaping. That did not mean BC did not have to perform under pressure. Travis Nodleman made a perfect snap to Stephen Critelli who was about to deliver his first punt of the season from the shadow of his own goal posts. Critelli delivered on his part as well, booting the ball just past midfield.

The Paladins had one last chance to even the score. The fourth down situation arrived and who was there to make the play? Olly! Campbell came up with the second big TFL on fourth down to put the threat to bed.

Congratulations to the Freshman Football Team with all of the great efforts by Tim Hogan, Mason Gonzalez, Dante Kain, Jordan Thomas, Mac Fitzgerald, Tyler Rouggeris (also had a critical interception on the day). They fought through quite a bit of adversity during the game and season, especially through injury, but they stayed together and finished strong.

TEAM	1	2	3	4	FINAL
BERGEN CATHOLIC (8-1)	8	0	0	0	**8**
PARAMUS CATHOLIC	0	0	0	0	**0**

MARKUS WHITE WINS DOC BRAVER INVITATIONAL

October 25 – Mahwah, NJ - by, Andrew Lama '23 – Freshman Markus White put on a show this past Tuesday as he won The Doc Braver North Jersey Freshman Invitational. White has had an exceptional season so far and adds onto the success that the Crusaders have had this year. White ran a time of 8:50 clinching the victory by a mere 5 seconds.

Two other freshman Crusaders placed in the top 10. Luke Schoeler placed in 7th place with a time of 9:30 and Max Yoo followed in 8th place with 9:46. All three freshmen played an important role in allowing the Crusaders (76 points) to place in second place as a team behind Northern Highlands by only 10 points.

Other notable freshmen were Liam McDevitt (35th) and Sean Keating (41st). Such a talented team has seen a lot of success throughout the season and will continue to be an important part of Bergen Catholic's cross country program as their season slowly comes to a close.

Individual Results were:

PLACE	RUNNER	TIME	PTS
1	Markus White	8:50.00	1

7	Luke Schoeler	9:30.00	5 pts

8	Max Yoo	9:46.00	6 pts

35	Liam McDevitt	10:44.00	29 pts

41	Sean Keating	10:59.00	35 pts

48	Michael Cooper	11:18	40 pts
62	Lucas Machado	12:20.00	48 pts
63	Joe Canavan	12:21.00	

JV PLACES FIFTH AT DOC BRAVER INVITATIONAL MEET

October 25 – Mahwah, NJ - by, Andrew Lama '23 –A team of only 6 JV runners competed in a field of just over 100 runners in an extremely competitive Doc Braver JV Invitational at Darlington County Park on Tuesday.

With the top 5 riddled with all upperclassmen, sophomore Daniel Calianese ran a time of 19:09 placing him in 8th.

As a team the Crusaders placed in 5th with 155 points. Notable runners were Andrew Byrnes (21st) and Christian Choi (44th) both placing in the top 50. Jackson Vonderhorst, Ronan Flynn, and Matt Geraghty also contributed in the 5000 meter race.

Individual Results were:

PLACE	RUNNER	TIME	PTS
8	Daniel Calianese	19:09.00	7
21	Andrew Byrnes	19:57.00	19
44	Christian Choi	21:07.00	34
86	Jackson Vonderhorst	24:29.00	46
99	Ronan Flynn	25:33.00	49
109	Matthew Geraghty	27:40.00	51

8 Daniel Calianese 19:09.00 7 pts

21 Andrew Byrnes 19:57.00 19

44 Christian Choi 21:07.00 34

86 Jackson Vonderhorst 24:29.00 46

99 Ronan Flynn 25:33.00 49

109 Matthew Geraghty 27:40.00 51

CRUSADERS COME OUT FAST AT 5000 METER NJCTC MEET

October 29 – Clark, NJ – The Crusaders came out smoking on a flat, fast surface for the New Jersey Catholic Track Conference Cross Country Meet on Saturday. The Crusaders finished 9th overall. St. Peter's Prep, Union Catholic and CBA took the top three team spots.

Varsity Individual 5000M Results were:

PLACE	RUNNER	TIME	PTS
17	Thomas Rogers	16:46.15	17
27	James Hughes	17:17.34	27
58	Jacob Rodman	18:22.77	58
60	Brendan O'Rourke	18:29.35	60
66	Daniel Calianese	18:58.53	66
73	Aidan Pacheco	19:09.87	73

JV Individual 5000M Results were:

PLACE	RUNNER	TIME	PTS
36	Andrew Byrnes	19:22.97	32
54	Elias Garcia	20:15.97	39
92	Christian Choi	22:09.09	44
117	Ronan Flynn	25:40.31	47
124	Matthew Geraghty	27:46.03	48

Freshmen Individual 2.1 Mile Results were:

PLACE	RUNNER	TIME	PTS
6	Markus White	11:43.94	5
15	Luke Schoeler	12:24:22	10
37	Max Yoo	13:51.89	25
43	Michael Cooper	14:03.24	31
44	Liam McDevitt	14:03.49	32
54	Sean Keating	14:40.01	36
68	Lucas Machado	16:01.20	42
63	Joe Canavan	12:21.00	

BIRD OF THE WEEK
YELLOW-BELLIED SAPSUCKER

October, 2022 – Allendale, NJ - I know how everyone loves the yellow-bellied sapsucker and seeing as my time is running out to publish this week's edition of the TWIBCS, I will let you simply enjoy a photo of this peculiar bird.

THIS WEEK'S SCHEDULE

Please be sure to check the team page at bergencatholic.org on the day of each scheduled event as weather and other factors may impact scheduling.

CREW

SUN, NOV 6	TBD	NY	SNOWFLAKE REGATTA

CROSS COUNTRY

SAT, NOV 5	TBD	N	NJSIAA GROUP MEET

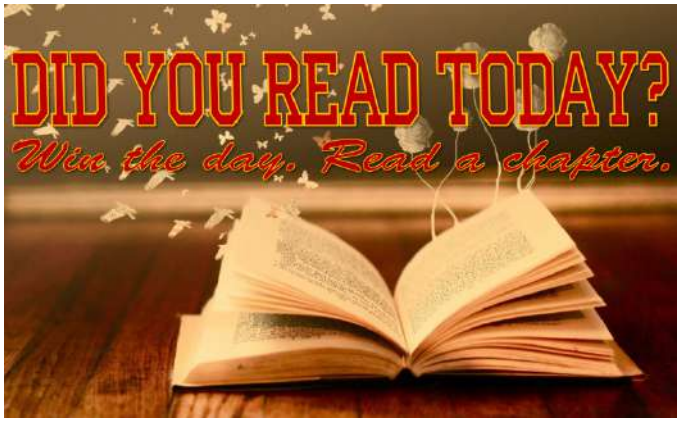
FOOTBALL

MON. OCT 31	4:00 PM	A	JV – PARAMUS CATHOLIC
SAT, NOV 5			VAR – BYE WEEK
SAT, NOV 12	1:00 PM	H	VAR – NJSIAA w/o
			DONOVAN CATH. vs HUDSON CATH.

SOCCER

TUE, NOV 1	3:30 PM	H	FR – BCCA - HACKENSACK
WED, NOV 2	2:00 PM	H	VAR – NJSIAA w/o
			HUDSON CATH vs. POPE JOHN XXIII

Visit bergencatholic.org for upcoming Soccer Games this Week.



TWIBCS LEADERS

CROSS COUNTRY

5000M	TOM ROGERS '23	16:40.0	9/24/2022
2.5 MI	TOM ROGERS '23	14:03.5	10/8/2022
3200M	MARKUS WHITE '26	11:29	9/17/2022
2900M	MARKUS WHITE '26	8:49	9/29/2022
2.1 MI	MARKUS WHITE '26	11:43.94	10/29/2022

FOOTBALL (9 GAMES)

POINTS	SAEED ST.FLEUR '23	78
TOUCHDOWNS	SAEED ST.FLEUR '23	13
TD PASSES	DOMINIC CAMPANILE '25	11
RUSHING YARDS	SAEED ST.FLEUR '23	1,071
PASSING YARDS	DOMINIC CAMPANILE '25	784
COMPLETION %	JACK DUFFY '23	69.6%
RECEIVING YARDS	QUINCY PORTER '25	439
RECEPTIONS	QUINCY PORTER '25	22
	CHRISTIAN CARTI '23	22
TACKLES	MALACHI MERCER '23	88
SACKS	DJ SAMUELS '23	5
TFLS	DJ SAMUELS '23	15
INTERCEPTIONS	MALACHI MERCER '23	4
FUMBLE RECOVERIES	SYDIR MITCHELL '23	2
BLOCKED KICKS	DJ. SAMUELS '23	3

SOCCER (17 GAMES)

GOALS	SEBASTIAN ORTEGA '24	12
ASSISTS	JAVIER TORRES '23	14
POINTS	SEBASTIAN ORTEGA '24	30
SAVES	KYLE TENCZA '23	78
SAVE % (MIN 30 SOG)	KYLE TENCZA '23	.848

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

The Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Jesus Prayer

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

Blessed Edmund Rice prayer

Creator God, we thank you for the life and work of this gifted man, Blessed Edmund Rice. He opened his heart generously to Christ present and appealing to him in the poor who were oppressed by poverty and injustice. May we follow his example of faith and generosity. O God, give us the courage and compassion of Blessed Edmund as we seek to support one another, protect the vulnerable and care for the earth, our common home. We make this prayer through Jesus Christ Our Lord. Amen.

Apostles' Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son,
our Lord, who was conceived by
the Holy Spirit, born of the
Virgin Mary, suffered under
Pontius Pilate, was crucified,
died and was buried; he
descended into hell; on the third
day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of
God the Father almighty;
from there he will come to judge
the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

The Golden Rule

Love one another as I have loved you.

Traditional 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

DEUS VULT – JOHN 6:39

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.

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.

PRAYER FOR PEACE

(ESPECIALLY IN UKRAINE AND RUSSIA)

Lord Jesus Christ, who are called the Prince of Peace, who are yourself our peace and reconciliation, who so often said, "Peace to you," grant us peace. Make all men and women witnesses of truth, justice, and brotherly love. Banish from their hearts whatever might endanger peace. Enlighten our rulers that they may guarantee and defend the great gift of peace. May all peoples on the earth become as brothers and sisters. May longed for peace blossom forth and reign always over us all.
Amen

- Pope Saint John Paul II

an Irish Blessing

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields,
And, until we meet again,
May God hold you in the palm of His hand.

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created and You shall renew the face of the earth.
O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations,
through Christ Our Lord, Amen.

Superman Grace Before Meals

We thank you Lord, for giving us food.
We thank you Lord, for giving us food.

And for our daily bread
When we need to be fed
We thank you Lord, for giving us food
Bum, bum, bum, bum, bum.

Addams Family Grace Before Meals

We thank you for this food, Lord.
For Mom and Dad and you, Lord.
We thank you for this food, Lord.
And for our family.
Duh, duh, duh duh. SNAP SNAP.
Duh, duh, duh duh. SNAP SNAP.
Duh, duh, duh duh.
Duh, duh, duh duh.
Duh, duh, duh duh. SNAP SNAP.

How to Pray the Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a *Glory Be*. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)*
8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:
   V. Pray for us, O holy Mother of God.
   R. That we may be made worthy of the promises of Christ.
   Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

https://www.usccb.org/how-to-pray-the-rosary

The Joyful, Sorrowful and Glorious Mysteries can be found on this page.

THE PRAYERS OF THE ROSARY

LITURGICAL CALENDAR 2022

ORDINARY TIME
ADVENT (11/27 – 12/24)
CHRISTMAS (12/25-1/5/23)

LITURGICAL CALENDAR 2023

ORDINARY TIME (1/6-2/21)
ASH WEDNESDAY (2/22/23)
EASTER (4/9/23)
PENTECOST (5/28/23)
ORDINARY TIME (6/4-12/2)