TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

In memory of Mrs. Angela "Angie" DeToro

Mrs. DeToro served Bergen Catholic High School for decades in a variety of roles. As Attendance Officer, she took great pride in ensuring all of the students were accounted for every day. She was a unique and special woman with a great heart and passion to serve the Bergen Catholic community. She had an extraordinary work ethic who was present at every BC event she could attend. A mother, grandmother, but to most of us, a friend, she will be deeply missed.

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

SOCCER CELEBRATES SENIORS ON THURSDAY!

October 20 – Oradell, NJ – The Crusader Soccer Team honored seniors and their parents on Thursday at the Jack.

Many thanks to eighteen wonderful young men who have represented BC and built strong friendships through their four years! The Senior Class is: Kyle Tenczaa, Liam Chin, Alex Deina, Luca Duardo, Aiden Hickey, Jack Lindberg, Sebastian Londono, Ryan Loughlin, Daniel Makino, Steele Matthews, Conor Morrin, Spencer Neal, Carter Pontone, Donovan Reid, Gabriel Tinoco, Javier Torres, Nikholas Torres and Luke Vidaic.

ICING ON THE CAKE

In celebrating the day, the Crusaders also earned a statement win, defeating County finalist Ridgwood HS 2-1. The Maroons jumped out to a 1-0 lead and held it through the half, but senior leadership, helped by a sensational junior, ensured the day would finish on a positive note.

Conor Morrin set up Javier Torres who scored his sixth goal in the past two games to knot the score at one. Then it was the Sebastian show as Sebastian Ortega assisted Sebastian Lodono for the game winner.

Kyle Tencza recorded 4 saves in the victory. BC is now 10-4-1 on the season with a Saturday Night Game vs. Don Bosco awaiting them this weekend.

TEAM	1	2	FINAL
RIDGEWOOD (8-5-2)	1	0	**1**
BERGEN CATHOLIC HS (10-4-1)	0	2	**2**

FACES IN THE CROWD

October 22 – Oradell, NJ – It was another glorious weather day for Bergen Catholic and the stars were out to see the #2 and #3 teams in NJ duke it out for home-field advantage in the playoffs.

BC Hall of Famer and Legendary Running Back, Mike Morgan '84.

Offensive Weapons: All-time Lacrosse Goal Scorer Matt Haemmerle '15, NFL QB and BC Great, Jarrett Guarantano '16, and NFLer and All-Around Sensational Football Player at BC, Tanner McEvoy '09.

Brothers! Welcome Larue Linder back from Johns Hopkins to cheer on brother, starting center, Marcus (50)!

Christian Roche: What's better than when our student-athletes are developing other skill sets?

Here come the Crazies!

MITCHELL UA ALL-AMERICAN ANNOUNCEMENT

October 22 – Oradell, NJ – Prior to the game on Saturday, BC shared a couple of moments recognizing its players. Senior defensive tackle, Sydir Mitchell receives a commemorative jersey. Sydir was named an UnderArmour All-American and will represent BC in the 2023 All-American Game in San Antonio.

The flag shall wave! Crusader faithful are ready in their annual October Pink out.

MERCER: STEVE DEGREGORIO YOUNG MAN OF THE YEAR

October 22 – Oradell, NJ – October 20 – Oradell, NJ - This year the Super Football Conference, in partnership with the New York Jets, is proud to announce the Steve DiGregorio Young Man of the Year Award. This award is presented to one individual from each member school who demonstrates a selfless commitment to his community, his school, his teammates and peers. This year Bergen Catholic's Malachi Mercer and St. Peter's Prep's Jack Adams are the recipients of the award. They have set the bar high, and the Super Football Conference is proud to present them with the 2022 Steve DiGregorio Young Man of the Year Plaque.

Malachi and Jack will be honored at a New York Jets game, they will have the opportunity to be selected as the 2022 Steve DiGregorio Man of the Year for the entire conference, and they will all be recognized at the Steve DiGregorio Young Man of the Year Press Conference at Met Life Stadium.

CRUSADERS SECURE PLAYOFF HOMEFIELD ADVANTAGE

October 22 – Oradell, NJ – The Crusader Football Team played some motivated football on Saturday with a goal of securing a homefield advantage through the state playoffs. BC put themselves in the driver's seat with just one game to play with its 42-27 victory over St. Peter's Prep on Saturday. The battle between NJ's #2 and #3 ranked teams was likely going to determine home field through the championship game (which will be played at Metlife Stadium on Friday, November 25th at 6:00pm) and one thing the Crusaders are keenly aware of, they do not want to play at Caven Point which has been generally unfriendly to the Crusaders.

QB Dominic Campanile(17) finished with 2 TD Passes and 1 Rushing. He is looking for senior WR Christian Carti (2).

It was an inauspicious start for sure, with the BC offense yielding the ball just three plays in. Punter Brandon Arpacilar delivered his finest punt as a Crusader with a 58-yard bomb, to give BC a hand in the field position game. Unfortunately, the field position didn't help against a Prep offense that was still humming, following its 70-41 victory over Paramus Catholic last week.

Brandon Arpacilar (25) getting off a punt on Saturday.

The Prep delivered its first touchdown, a 37-yard strike and the offensive fireworks were underway.

BC responded with a six-play, sixty-six yard drive, capped off by a 20-yard touchdown run by Saeed St.Fleur. Guytano Bartolomeo made his first of six extra-points on the day and the score was knotted at 7.

That lead lasted just over two minutes until the Marauders struck again with another 40+ yard touchdown strike. DJ Samuels came up big, blocking his first of two PATS (he also blocked a punt) and Prep led 13-7.

STOP. Samuels blocked three KICKS IN ONE GAME. We probably need to unpack his game. In addition to his **THREE BLOCKED KICKS**, DJ recorded **FOUR SOLO TFLs**, **1 assisted TFL**, **TWO SACKS** and **ONE RUSHING TOUCHDOWN.** What did he do the rest of the time? OK. OK.

While we're at it on the defensive side of the ball, Malachi Mercer (who may very well have set a record with his 21-tackle game vs. Don Bosco) recorded 17 tackles against the Prep. Sydir Mitchell had a big game, recording 12 tackles and Christian Gonzalez added 14 tackles, a career-high for him.

Back to the game…

So if Prep thought they were the only ones who could score quickly, they were mistaken. Less than 1:30 later, BC took the lead as Campanile and Quincy Porter connected for their first TD pass combo of the day: a 51-yard strike.

Above Quincy Porter finishing his 51- yard sprint into the endzone for his first TD. Below, Carmelo Velardo drives a ball deep for the Crusaders.

At this point, the Marauders had to prove they could play from behind and their first attempt, failed at the midfield in the opening minutes of the second quarter. This is when Samuels blocked future teammate (at Maryland) Champ Long's punt, giving the Crusaders terrific field position.

Senior QB Jack Duffy started the Bergen Machine, completing a pass to Anthony Perrotti for 9 yards. After two St.Fleur carries, it was time for the Campanile-to-Porter express to return, this time for a 24-yard strike down the near Crusaders' sideline.

The Crusaders, up 21-13, were in a position to put the game out of reach with a stop on defense. The Marauders showed why they are the #3 team in the state, putting together a 10-play, 85-yard drive to make the score 21-19. Prep converted the two-point attempt and we had a new ball game in Oradell.

Jack Duffy was entrusted with the ball in the next drive and did he deliver! After St.Fleur ripped off a 16 yards on two carries, Duffy dropped back to pass on second and nine. He found a wide-open Quincy Porter who scored his third touchdown of the game, this time a 62 yarder, putting BC back in front, now 28-21.

Peters needed to get something going as it was now apparent they were not going to stop BC's offense, so on fourth and two at their own 46 yardline, they went for it. Malachi Mercer and Elijah Kinsler stuffed the Marauder runner short of the yard-to-gain line and BC was back in business with 3:36 left in the half.

Champions make the big plays at big times and senior leaders generally make the best champions. Start it off with Jack Comeau who snatched a Campanile pass, good for a 28 yard reception. Follow that up with a St.Fleur carry for 22 yards and finish it off with Samuels off the left side for 6 yards and a touchdown and you've got a 35-21 lead at the half, exclamation point!

After a scoreless third quarter, it was time for senior linebacker, Joe Barry, to make his name heard. Barry intercepted his first of two Champ Long passes, returning it 16 yards to the Marauder 35.

Campanile showed off his wheels and did his best Charles Blondin impersonation, tight-roping it down the sideline and into the endzone for a 35-yard score.

For some reason, the Marauders tried to attack Barry's side for a second time. This time, Kaden Irby-Mason tipped the pass and Barry made the Prep pay for it with his second interception.

As time began winding down, the Marauders started to get some incredible bounces, albeit too little, too late. After a touchdown pass that seemed to be deflected by about four different people, the Marauders hoped to cut BC's lead to 14. DJ Samuels thought differently. He blocked his second PAT of the afternoon and BC led 42-27.

Prep recovered an onsides kick, but the Crusader Defense shut things down in the waning moments and BC had a well-earned 42-27 victory. Time to sing the alma mater…

Christian Comeau (13) and Owen Fernandez (64) celebrate early with the Crazies!

SCORING:

TEAM	1	2	3	4	FINAL
#3 ST. ST. PETER'S PREP (5-3)	13	8	0	6	**27**
#2 BERGEN CATHOLIC (7-1)	14	21	0	7	**42**

STATISTICAL LEADERS:

PASSING: D. Campanile 5 for 6 – 103 yds, 2 TDs , J. Duffy 3 for 3 – 79 yds, 1 TD.
RUSHING: S. St.Fleur 23 carries for 152 yds and 1 TD, D. Campanile 4 for 32 yds and 1 TD, DJ Samuels 3 for 20 and 1 TD, J. Duffy 1 for 2 yds.
RECEIVING: Q. Porter 3 for 137 yds, 3 TDs, A. Perrotti, 3 for 17 yds, J. Comeau 1 for 28 yds, C. Carti 1 for 1 yd.
SACKS: DJ Samuels 2.
TFLs: DJ Samuels 3.5, C. Gonzalez 1.5, N. Parrish, A. Morales and S. Mitchell (1 each).
INTERCEPTIONS: J. Barry 2.
BLOCKED PAT: DJ Samuels 2.
BLOCKED PUNT: DJ Samuels 1.

(continued)

TACKLES: M. Mercer 17, C. Gonzalez 14, S. Mitchell 12, J. Barry 7, K. Irby-Mason 6, DJ Samuels 6, K. Sanders 6, E. Kinsler 6, D. Fludd 4, Mimmo 4, E. Cohall 4, A. Morales 3, A. Sylvester, A. Perrotti, B. Carrey, Q. Porter, C. Carti, D. Sanders (1 each).

CATEGORY	CRUSADERS	MARAUDERS
1st Downs: Rushing - Passing - Penalty	11-4	7-13-1
Rushing Yards	204	158
Passing: Completions / Attempts	8/9	20/36
Passing Yards	180	332
Passing: Touchdowns / Interceptions	3 / 0	4 / 2
Total Plays	41	81
Total Offense	384	491
Fumbles / Lost	1 / 1	0 / 0
Penalties / Yards	7 / 52	8 / 79
Defensive Sacks / Yards Lost	2 / 7	1 / 5
Time of Possession	20:17	27:43
3rd Down Efficiency	2 of 7	5 of 14
4th Down Efficiency	1 of 1	1 of 6
Punts / Average	4 / 34.8	3 / 26.0

CHONG'S MAGIC FOOT LEADS BC TO LEAGUE SOCCER TITLE

October 22 – Ramsey, NJ – Junior Ryan Chong scored the first half goal and had an assist on BC's first goal of the second stanza to lead BC over Don Bosco Prep in a Big North Conference United Division Soccer Game that clinched a title for the Crusaders. The 3-0 victory notches it for a team hoping to wrap up an undefeated season in the BNC United with a victory over St. Joseph's this coming week. More importantly, it gave BC home-field advantage through the semi-final round of the Non-Public "A" North State Championship (more on that in the next article).

Senior captain, Kyle Tencza came up clutch with a couple of diving saves (4 on the evening) as he posted his 16th shutout of the career (4th of the season).

Though the score remained knotted at 0 through much of the first half, the Crusaders dominated play with strong performance by Sebastian Londono who was around the ball all night.

Senior Conor Morrin gave BC its first, best scoring opportunity with a long-range, direct kick. The shot was saved and the game remained scoreless.

That is when Mr. Magic kicked in. (side note: I really didn't think he was going for the goal. I expected Ryan to be sending to a cross and so I focused on the players lined up on the far side of the net.) I'm so sorry I didn't capture the shot which blooped right in over the goalie outstretched hands and into the DBP goal to give BC a lead it would never relinquish in the 25th minute. We did get the celebration of

Ryan Chong (10) and his teammates, Ryan Loughlin and Luca Nazor after the big kick.

Anonio Mamsaang gave BC some solid minutes in the midfield as a number of BC's finest alum came back to tailgate and enjoy Bergen's victory.

Kyle Loughlin was up and down the sidelines, playing with his usual style of speed, heart and hustle. Sebastian Ortega played a solid game, though he was heavily marked throughout the game.

As the game entered the 70th minute, emotions and tension were beginning to run high. Bergen was truly dominating play of the game at this point, with the ball staying in the Ironman end for long periods of time. BC had four corner kick opportunities due to a lot of work players like Tyler Ferris were doing, pressing up the sideline.

ALUMNI FACES IN THE CROWD

As a couple of yellow-cards were awarded, it was time for Ryan Chong to go to work again. This time, instead of shooting, he lofted a beautiful pass that Javier Torres drove into the goal in the 72nd minute of the game.

Torres then found Tyler Ferris in the 75th minute. Ferris had been hearing it from the Ironmen faithful all night, and answered by burying the shot to leave no doubt about the evening's result.

BC had terrific efforts all night from Spencer Neal (8), Luca Duardo (2), and Guglielmo Picarielo (34) to name a few.

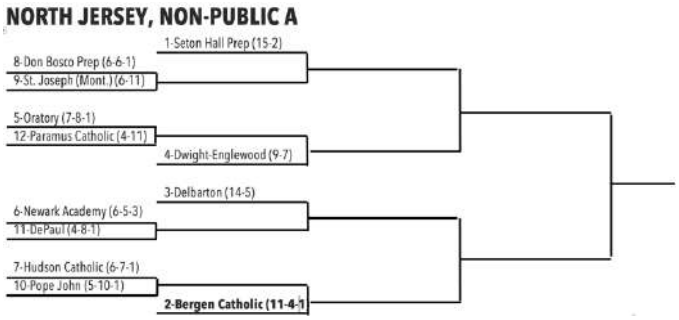
(continued)

TEAM	1	2	FINAL
DON BOSCO PREP (6-6-1)	0	0	0
BERGEN CATHOLIC HS (11-4-1)	1	2	3

CRUSADER SOCCER EARNS #2 SEED IN N-P "A" NORTH TOURNAMENT

October 23 – Oradell, NJ – The Bosco win, not only helped BC to a title, but it also gave Bergen home-field advantage at-least through the semi-final round of the 2022 NJSIAA Non-Public "A" North Tournament. Seton Hall Prep is the top seed and Delbarton takes #3 on BC's side of the bracket. In their first game, the Crusaders will face the winner of #10 Pope John XXIII vs. #7 Hudson Catholic, home at the Jack on Wednesday, November 2, 2022.

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.



TAVAREZ HAT-TRICK HELPS FROSH SOCCER TO OUT SHOOT PIONEERS

October 17 – Somerville, NJ – D'Angelo Tavarez recorded a hat trick on Monday afternoon to lead BC over Somerville 9-2 in a freshman soccer game.

Saif Khan scored a pair of goals and Joseph Cabanita added a goal and an assist for the offense which was clicking on all cylinders.

Benjamin Calderon and John Flynn scored a goal apiece and Jace Morales assisted on two. Damon Arpacilar assisted on a goal, but Tavarez was certainly the star of the game with 7 points, including three goals and an assist.

Thomas Harmke turned away the only shot he faced in the first half and Jonah Kim made three saves for BC in the second half.

TEAM	1	2	FINAL
BERGEN CATHOLIC (5-3-2)	5	4	9
SOMERVILLE	0	2	2

RUSSELL'S 98-YARD TD HIGHLIGHTS JV FOOTBALL GAME

October 17 – Oradell, NJ – Mu Russell took the opening play from scrimmage 98 yards for a touchdown to give BC a 6-0 lead vs. St. Joseph Regional just seconds into Monday's game. The play may have given the Crusaders a false sense of security as they would go on to miss the two point conversion and then yield a pair of touchdowns to the Green Knights in this first quarter, putting themselves in a 14-6 hole.

Sophomore defensive back, Mike Rinaldi defended a pass in the endzone on fourth down, giving the Crusaders life. BC drove the ball in the second quarter with a key play coming from QB Christopher Conte who connected with John Morris to set up a first and goal at the four yard line. Russell scored his second TD of the game and Conte connected with Mike Campanile for the two-point conversion, tying the game at 14 before the half.

The third quarter belonged to the Green Knights who scored twice including a pick-six on the Last play of the third quarter, making the score 27-14.

The Crusaders were not out of ammo yet, however. Conte once again delivered a strike. This time it was on a fade route down the left sideline on 4th and 22. Riley O'Dowd made a beautiful catch and evaded would-be tacklers to sprint 48 yards for a touchdown. The Crusaders missed the PAT, but there was still minutes remaining on the clock.

The Crusaders attempted an onside kick. Sophomore linebacker Stevie Copeland showed a nose fo the ball and recovered the kick by Mitchell Boateng to give them one more chance. While they were unable to score, BC showed they could play until the end and believed in one antoher enough to create a score and turnover against all odds. Congratulations on a great effort. BC will play St. Peter's Prep next Monday in Jersey City.

TEAM	1	2	3	4	FINAL
ST. JOSEPH REGIONAL	14	0	13	0	27
BERGEN CATHOLIC (3-2)	6	8	0	6	20

JAVY–JAVY–JAVY–JAVY–JAVY!

October 18 – Wayne, NJ – Senior Javier Torres netted five goals against DePaul Catholic on Tuesday night in Wayne in a Big North Conference United Division contest.

Nico Angione, Tyler Ferris and Daniel DeBono all scored goals for the Crusaders. Sebastian Ortega recorded four assists and Ferris assisted on three goals in the victory. Memmo Picarielo and Graham Ewers assisted as well.

A trio of goalies pitched in with Kyle Tencza recording the victory. He, Andrew Blodgett and Gabriel Tinoco each turned away a Spartan shot on goal.

TEAM	1	2	FINAL
BERGEN CATHOLIC (9-4-1)	7	1	8
DEPAUL CATHOLIC (4-8-1)	0	1	1

JV SOCCER EDGED BY RED DEVILS

October 18 – Flemington, NJ – The JV Soccer Team travelled out to Hunterdon County and despite an excellent defensive effort, were unable to generate enough offense to get a shot by the Red Devil keeper. Bergen fell 1-0 to their hosts. JP Sinagra turned away some 19 shots, yielding only one goal. Sophomore Nate Johnston turned away five shots.

TEAM	1	2	FINAL
HUNTERDON CENTRAL	1	0	1
BERGEN CATHOLIC (6-6-2)	0	0	0

KHAN AND MELIA LEAD FROSH SOCCER

October 18 – Flemington, NJ – The Freshman Soccer team scored a goal in each stanza, earning a hard-fought 2-0 victory over Hunterdon Central's Red Devils. Saif Kahn set up James Melia for both goals and Thomas Harmke came up big in net, recording 9 saves for the shutout.

TEAM	1	2	FINAL
HUNTERDON CENTRAL	0	0	0
BERGEN CATHOLIC (8-3-3)	1	1	2

GOMES TO SIMPSON: A WINNING COMBINATION

October 20 – North Arlington, NJ – The Maroons avoided a Crusader sweep by defeating the JV 4-1 at Riverside Park.

Antonio Gomes crossed a pass to J'Niles Simpson who one-timed the ball into the goal for a highlight reel score during the first 10 minutes of the match. Tommy Santos was threatening the Maroon defense with great play up and down the sidelines in the first half.

Center defense midfielder, Christian Marchisio, was outstanding throughout the entire game and Nate Johnston recorded 15 saves.

TEAM	1	2	FINAL
RIDGEWOOD	0	4	4
BERGEN CATHOLIC (6-7-2)	1	0	1

HARMKE RECORDS SECOND STRAIGHT SHUTOUT VICTORY THIS WEEK

October 20 – Ridgewood, NJ – The Freshmen soccer team defeated Ridgewood's Maroons on Thursday on the road. Tom Harmke recorded his second consecutive shutout with seven saves on the afternoon.

Drew Coyne and Saif Khan each scored goals for the Crusaders and James Melia and Jonah Kim each set them up with an assist.

TEAM	1	2	FINAL
RIDGEWOOD	0	0	**0**
BERGEN CATHOLIC (*9-3-3*)	1	1	**2**

PREP FEELS THE WRATH OF KAIN AS FROSH FOOTBALL SCORES BIG WIN

October 21 – Jersey City, NJ – In the shadow of the Statue of Liberty, the Crusader Freshmen showed moments of brilliance and moments of being, well, freshmen. In the end, they defeated the Marauders decisively, 34–14.

Dante Kain and Jordan Thomas – two of Bergen's Best.

Dante Kain started things off for the visiting Crusaders with a 32 gallop for a touchdown. After a missed PAT, Bergen led St. Peter's Prep 6-0. The Crusader defense was flying to the ball and Petris Rouggerios intercepted a Marauder pass and returned it 48 yards for a touchdown. QB Devan Zitt showed off his running skills, running off the right side for the two-point conversion and BC was up 14-0 at the end of one.

St. Peter's was able to generate offense with a couple of long passes to get on the board to start the second quarter. Then with BC driving, the Prep defense forced BC to punt. Not good. A silver streak sprinted down the far sideline ninety-five yards and all of a sudden, the score was tied at 14.

Devan Zitt found Jordan Thomas on the next possession for a 20-yard corner route, working the ball down to the 10 yard line. Kain took over from there, bulling his way into the endzone for his second touchdown and BC was up 20-14.

Kain was now dominating on both sides of the ball sacking the Prep QB and forcing a fumble which CJ Edwards scooped and returned to the 5 yard line. Kain earned his third touchdown of the day with yet another 5 yard plunge. Edwards' efforts were rewarded with an attempt at two-points which he took full advantage of, sprinting around left end on a patented jet sweep.

Dante added a fourth touchdown and after, Rouggeris intercepted his second Prep pass, this time at the 2 yard line to prevent a score as BC went on to win 34-14.

TEAM	1	2	3	4	FINAL
BERGEN CATHOLIC (7-1)	14	14	0	6	**34**
ST. PETER'S PREP	14	0	0	0	**14**

FOUR CRUSADERS RUN PR's AT BERGEN MEET OF CHAMPS

October 22 – Mahwah, NJ – The Crusaders gave their best, as four runners ran personal records on Saturday at Darlington. Tom Rogers finished best for BC with a 16:42 (PR) and 14th place overall. James Hughes ran his best (17:03) as did Brendan O'Rourke (17:34) and freshman, Markus White (18:02). Eighty-eight runners competed in the meet which is named in honor of Lou Molino.

Tom Rogers '23

Individual Results were:

PLACE	RUNNER	TIME	PTS
14	Thomas Rogers	16:42.00	11
28	James Hughes	17:03.00	18
49	Brendan O'Rourke	17:49.00	37
61	Markus White	18:07.00	48
65	Elias Garcia	17:54.00	52
70	Jacob Rodman	18:56.00	57
83	Andrew Byrnes	20:06.00	70

KANE REACHES GLOBALLY TO HELP OTHERS BE PREPARED

October 18 - Hawthorne, NJ – Freshman Stevie Kane may currently be small in physical stature, but his leadership is extending to make a global impact, specifically in war-torn Ukraine. As a member of the Boy Scouts of America, Stevie's service Eagle Project is helping the Ukrainian soldiers. It is a project he has been dedicated to working on since the beginning of May.

Stevie raised over $5,000 and was able to research and purchase necessary life-saving medical supplies from all over the world.

Eighty-two medical trauma kits for the Ukrainian soldiers were assembled. These kits are designed for the soldiers to wear in order to help save their lives until they reach medical help. The Kane family drove to the Ukrainian Center in Whippany on Sunday, October 9th, to deliver the assembled kits where they will then be sent overseas.

The Kanes have since learned that the military in Ukraine has received Stevie's life-saving medical trauma kits for the soldiers. Photos included in the collage include Stevie, members of his team of kit packers and Michael Halibej from the Ukrainian Center in Whippany.

Congratulations on your outstanding work and commitment to the scouts. Your project will surely be impactful and give Ukrainian soldiers the opportunity to live out the Boy Scouts' motto, ***Be Prepared!***

BIRD OF THE WEEK HIGH PRESSURE BIRDING AND THE WILSON'S PHALAROPE

October 22 – Lyndhurst, NJ – Is it or isn't it? What time is it? I have to get to BC for the Bergen-Prep football game! Is it?

You think football coaches have it tough! You have no idea the pressure on you when trying to decide to make a call on a far-away Wilson's Phalarope in bad lighting. Is it a rare bird? OF COURSE IT IS! We wouldn't even be having this conversation if it wasn't.

The question is, "Do I post it in the Bergen Birds Group" aka Rare-bird alert? A posting like this may very well pull birders out of bed or other hot spots to travel to DeKorte Park to seek out this bird.

RAPTOR! Oh no! A falcon just flew overhead and chased all the ducks and shore birds.

Well, you see the picture…what do you think it is? I saw it circling in the water as phalaropes do, so based upon size, shape and behavior, I'm going to make the call and send it out.

Let that be a reminder to all who think an app or a computer program can solve all of your problems. There is no substitute for expertise, practice, diligence, attention to detail and yes, courage. Even in birding, you have to have the guts to make the call. "It's a Wilson's Phalarope."

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

SAT, OCT 29	TBD	PA	HEAD OF THE SCHUYLKILL

CROSS COUNTRY

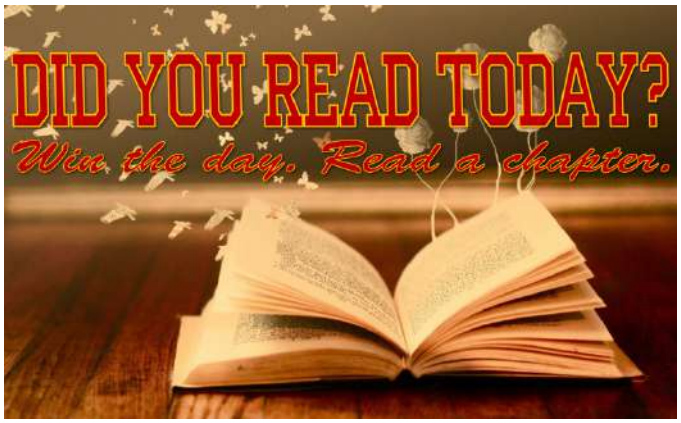
SAT, NOV 5	TBD	N	NJSIAA GROUP MEET

FOOTBALL

MON. OCT 24	4:00 PM	A	JV – ST. PETER'S PREP
SAT. OCT 29	9:30 AM	A	FR – PARAMUS CATHOLIC
SAT, OCT 29	1:00 PM	H	VAR – PARAMUS CATHOLIC

SOCCER

MON, OCT 25	4:15 PM	H	FR – HACKENSACK
TUE, OCT 25	4:15 PM	A	VAR – HACKENSACK
WED OCT 26	4:00 PM	H	JV – BCCA - WALDWICK
FRI, OCT 28	4:15 PM	H	VAR – ST. JOSEPH REGIONAL
SAT, OCT 29	TBA	TBA	FR – BCCA TOURNEY TBA



TWIBCS LEADERS

CROSS COUNTRY

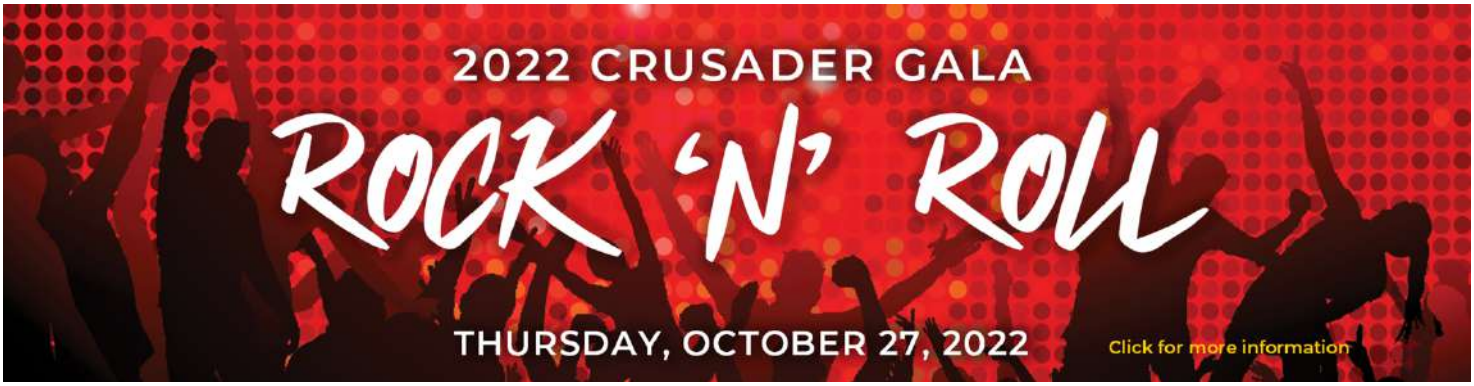
5000M	TOM ROGERS '23	16:40.0	9/24/2022
2.5 MI	TOM ROGERS '23	14:03.5	10/8/2022
3200M	MARKUS WHITE '26	11:29	9/17/2022
2900M	MARKUS WHITE '26	8:49	9/29/2022

FOOTBALL (7 GAMES)

POINTS	SAEED ST.FLEUR '23	66
TOUCHDOWNS	SAEED ST.FLEUR '23	11
TD PASSES	DOMINIC CAMPANILE '25	10
RUSHING YARDS	SAEED ST.FLEUR '23	859
PASSING YARDS	DOMINIC CAMPANILE '25	764
COMPLETION %	JACK DUFFY '23	70.0
RECEIVING YARDS	QUINCY PORTER '25	415
RECEPTIONS	QUINCY PORTER '25	19
TACKLES	MALACHI MERCER '23	73
SACKS	DJ SAMUELS '23	5
TFLS	DJ SAMUELS '23	15
INTERCEPTIONS	MALACHI MERCER '23	4
FUMBLE RECOVERIES	SYDIR MITCHELL '23	2

SOCCER (13 GAMES)

GOALS	SEBASTIAN ORTEGA '24	12
ASSISTS	JAVIER TORRES '23	13
POINTS	SEBASTIAN ORTEGA '24	28
SAVES	KYLE TENCZA '23	73
SAVE % (MIN 30 SOG)	KYLE TENCZA '23	.849



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 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)