TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

14 ANOUNCE COMMITMENTS AT SIGNING DAY EVENT

November 9 – Oradell, NJ – Hoehl Gymnasium – Fourteen Crusaders announced their college intentions with a number signing National Letters of Intent to compete in NCAA Division I Athletics. Dr. Mahoney spoke and Mr. McElhinney, and Mr. McGovern were present at the celebration. Fr. Sam Monaco led the group in prayer to begin and Mr. Haemmerle served as master of ceremony. Behind the scenes, Mrs. Corrado, Mr. Kurpick, Mr. Morano, Mr. Spiegel, Dave Polli '23, Mrs. Sorrentino, Mrs. Walter and members of the Sports Media Interns Program, Carter Pontone, Ronan Flynn, Andrew Skoufis, Grady White, Ian Knab and Rocco Sebastiani contributed in very many ways to make the event a terrific success.

BASEBALL, by Rocco Sebastiani

Aidan Baglino will be furthering his education and baseball career at Fairfield University. Fairfield was founded in 1942 in Fairfield Ct and they are known as the stags. They are in the Metro Atlantic Athletc Conference that is affiliated with NCAA division 1, and are ranked #3 among north regional universities.

Michael Biskup will be attending Washington College to further his studies and compete in baseball. Washington College is located in Chestertown, MD and was first founded as a private liberal arts school in 1782. It is the 10th Oldest college in the U.S. and the first to be founded

after American Independence. They are known as the Shoremen, Their mascot is Gus the Goose and their colors are black and maroon.

Harrison Certo will continue to pursue his educdation and play baseball at Bates College. Located in Lewiston, ME Bates college was founded in 1855, with the motto "With Ardor and Devotion". In 2017 they were #1 on the Fulbright Rankings and also had a grade rating of an A on Forbes Financial rankings.

Christian Charalambous will be furthering his studies and baseball career at Presbyterian College. Founded in 1880 in Clinton, SC their motto is "While we live, we serve". Their colors are garnet and blue and they are known as the Blue Hose. The name is based upon a nineteenth century newspaper article that described the team wearing Blue Hose (socks), defeating their opponent. They play Division I baseball in the big south.

Braden Connors will be furthering his education and playing baseball at The College of the Holy Cross. Located in Worcester, MA Holy Cross was founded in 1843 by the society of Jesuits. The Crusaders have participated in the NCAA Tournament 11 times and have advanced to the College World Series on four occasions, capturing the title in 1952.

Luca Reyes will be attending the University of Miami to gain an outstanding education and further his abilities in baseball. The University opened in 1925 in Miami, FL and their Motto is "Great is the Truth". Their Mascot is Sebastian the Ibis and their Colors are Orange and green. Since 1973, the Hurricanes program has been one of college baseball's elite. Within 25 College World Series appearances they have one four national championships and advanced to the NCAA regionals for a record of 44 consecutive years.

LACROSSE by, Ian Knab and Zade Crego

Patrick Cece will be attending Merrimack College to further his academic and athletic career. Patrick will be playing Division 1 Lacrosse for the Warriors. Merrimack College was founded in 1947 by the order of St. Augustine. It was the second order of St. Augustine after Villanova. The Merrimack College mascot is Mack the Warrior. In 2020 Merrimack was moved up from Division 2 Lacrosse to Division 1 after winning back-to-back national titles in 2018 and 2019. From 2017-2019 they had a combined record of 50-8.

Anthony Liggio will be attending Johnson and Wales to further his academic and athletic career. Anthony will be playing lacrosse for the Wildcats. Johnson and Wales was founded by Gertrude Johnson and Mary Wales in 1914. They are known as the Johnson and Wales Wildcats. Johnson and Wales is a prestigious culinary school being one of the best in the country. It is highly regarded as one of the top notch culinary arts colleges. It is home to 16,000 students.

Ryan Loughlin will be attending Oberlin College to further his education and continue his lacrosse career. The school was founded in 1833 by a Presbyterian Missionary. They are known as the Yeomen and Yeowomen and their mascot is a Squirrel. They have notable alumni such as John Heisman and Ed Helms.

Richie Reid will be playing continuing his education and playing Division 1 Lacrosse at St. John's University. They are a Christian College that was founded in 1870. The team name is the Red Storm. They have notable alumni such as Mario Cuomo, Chirs Mullin, and Lou Carnesecca.

Luke Macejka will be attending Wesleyan University to further pursue his academic and athletic career. Luke will be playing lacrosse for the Wesleyan Cardinals. Wesleyan University was founded in 1831 by Wilbur Fisk and is located in Middletown Connecticut. Wesleyan University ranked 18th in national liberal arts colleges and is home to 3,224 students.

Mark Ruggerio will be attending Cabrini University to further pursue his academic and athletic career. Mark will be playing lacrosse for the Cabrini Cavaliers. Cabrini University is located in Radnor Pennsylvania and was founded in 1957 by Saint Frances Xavier Cabrini. Cabrini University is a catholic school and notable alumni include Sammie Cimarelli, Fredia Gibbs, and Tyheim Monroe.

Dan Sheppard will be attending Johns Hopkins University to further pursue his academic and athletic career. Dan will be playing lacrosse for the Johns Hopkins Blue Jays. Johns Hopkins University is located in Baltimore Maryland and was founded in 1876 by Daniel Coit Gilman. Johns Hopkins is notably known for their pre-med and engineering programs, and is home to 5,752 students. Notable alumni include Mike Bloomberg, Woodrow Wilson, and Lousie Erdrich.

SWIMMING by, Rocco Sebastiani

Gavin Perez will be furthering his education and swimming career at Colgate University. Colgate was founded in 1846 in Hamilton, NY. They are known as the raiders and their motto is "For God and Truth". They have have a Division I swim program and compete in the Patriot League Conference.

WRESTLING by, Rocco Sebastiani

Justin Onello will be attending Lehigh University to further his career in wrestling. Lehigh was founded in 1865 in Bethlehem, PA. Their colors are White and Brown and their mascot is Clutch the Mountain Hawk. They have one of the most storied wrestling programs in the country with 28 National Champions, 159 All-Americans, 225 Individual EIWA Champions & 38 EIWA Team Championships.

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

CRUSADER HOUSE STANDINGS

as of NOVEMBER 10, 2022

THOUGHTS ON TRY-OUTS

November 8 – Oradell, NJ – We are on the eve of tryout season at BC. Here are some thoughts on making it a successful one. The best players generally are best controlling things they can control. The better you demonstrate you can do that, the better your chances of successfully navigating tryouts.

1. **Be in school.** Keeping your academic life in good working order should be your top priority. You have only one chance to develop this facet of your adolescent life, make the most of it.
2. **Be on time.** Whether it is to school, to class, to tryouts, to practice, to games OR to shoot, to catch, to slide timing is important.
3. **Be prepared.** Get your tryout equipment together the night before you go to sleep. You don't want to wake up scrambling to find sneakers or skates. And think about not having them when you open your bag for tryouts? NOO!!! Be good to yourself and get organized.
4. **Show confidence.** Don't slump. Don't put your palms up. If you make a bad play, recover immediately and find the opportunity in the next play it created. Watch your language. Play with a swagger. It is your job to get yourself noticed. No coach has to take you. You have to prove you deserve to be on the team. Step up when a coach asks for a player. Step to the front of a line. Go for it!
5. **Take care of yourself.** You need to be well-rested and well-fed during tryouts and throughout the season. Manage your time well to get schoolwork done so you can get to sleep at a reasonable time. Eliminate your phone/iPad/MacBook in bed. Get a good night sleep. Get into good, healthy eating habits so you are well-nourished and have enough energy to get you through. Be well-hydrated. Eliminate sodas, energy drinks etc. and focus more on water, Gatorade, etc.

Good luck to all who are giving their best!

BASKETBALL

If you have any questions regarding tryouts or which one to attend please contact Coach Billy Armstrong at barmstrong@bergencatholic.org.

Monday, Nov 21st & Tuesday, Nov 22nd

- Freshmen 2:15pm-3:45pm
- JV 3:45pm-5:15pm
- Varsity 5:30pm-8:00pm

Wednesday, November 23rd

- Freshmen 8-9:30am
- JV 9:30-11am
- Varsity 11-1:30pm

BOWLING

If you have any questions regarding practice, please contact Coach Larry Fierro at lfierro@bergencatholic.org.

Monday, Nov 21st & Tuesday, Nov 22nd

- Bus departs for Bowler City at 2:30 pm. Parents arrange for students' transportation home.

ICE HOCKEY

If you have any questions regarding tryouts, please contact Coach Tom Keough at tkeough@bergencatholic.org.

Monday, Nov 21st & Tuesday, Nov 22nd

- 3:00pm-4:15pm @ Ice House

Wednesday, November 23rd

- 3:15pm-4:45pm @ Ice House

INDOOR TRACK

Monday, November 28th If you have any questions regarding tryouts, please contact Coach Mike Begen at mbegen@bergencatholic.org.

SKIING – January (we need snow first)

If you have any questions regarding practice, please contact Coach Joe DiFilippo at jdifilippo@bergencatholic.org.

SWIMMING

If you have any questions regarding practice, please contact Coach Lia Kunnapas at lkunnapas@bergencatholic.org.

Monday, Nov 21st & Tuesday, Nov 22nd

- 2:30pm-3:30pm at Ridgewood YMCA. A bus will depart BC at 2:10pm sharp and return by 4:00pm.

WRESTLING

If you have any questions regarding practice, please contact Coach Dave Bell at dbell@bergencatholic.org.

Monday, Nov 21st & Tuesday, Nov 22nd

- 3:00pm-4:30pm

Wednesday, November 23rd

- 10:00am-11:30am

PARRISH & SANDERS PICK OFF GRIFFINS

November 12 – Oradell, NJ –The Crusaders Varsity Football team faced off against Donovan Catholic for the second time in two years and once again eliminated the Griffins from the playoffs while advancing to the Non-Public "A" Semi-finals. Sophomore, Naiim Parrish and junior Kaj Sanders each picked off two passes and each returned one for a fourth quarter score, sending DC home for the second-straight year in the quarterfinals. BC advanced to the semis 41-7.

Above: Jack Comeau turning a shovel pass into a big-gainer on the opening play of the game.

The Crusaders fought off the bye-week blues, and the Donovan Catholic blue helmets to a business-like victory in the quarterfinals. BC is now 19-4 over all in the state quarterfinals, dating back to 1988 and 9-1 on the season.

Above: Mu Russell receives a handoff from Dominic Campanile as Nayier Daniels blocks #6 from Donovan Catholic. Below: Kaj Sanders running with the ball as center, Marcus Linder works upfield to block.

Below: Elijah Kinsler applies pressure on the Griffin passer.

Above: Quincy Porter celebrating his first touchdown. Below: Jack Comeau goes airborne to score for BC in the second quarter. Then Naiim Parrish reaches the endzone after his second interception of the day.

To download John Hund's photos goto https://bcsports.smugmug.com/BC-Sports-Fall-2022

It was impossible not to recognize the efforts by senior TE Jack Comeau (8 catches for 131 yards and 1 TD) and sophomore phenom Quincy Porter (5 catches for 72 yards and 2 TDs). Those two teamed-up with the dynamic QB duo of Duffy and Campanile who were highly effective as well.

Senior Jack Duffy completed 80% of his passes for 115 yards and two touchdowns while sophomore Dominic

Campanile completed 7 passes for 99 yards, 1 TD and he rushed for one as well.

SCORING:

TEAM	1	2	3	4	FINAL
#7 *DONOVAN* CATHOLIC (6-4)	0	0	7	0	**7**
#2 BERGEN CATHOLIC (9-1)	7	14	0	20	**41**

STATISTICAL LEADERS:

PASSING: J. Duffy 8 for 10 – 115 yds, 2TD, D. Campanile 7 for 12 – 99 yds, 1 TD, 1 INT.
RUSHING: K. Sanders 8 for 62, S. St.Fleur 15 carries for 56 yds, M. Russell 5 for 42, D. Campanile 6 for 24 yd, 1 TD.
RECEIVING: J. Comeau 8 for 131, 1 TD, Q. Porter 5 for 71 yds, 2 TD, S. St.Fleur 1 for 9, C. Carti 1 for 3.
SACKS: J. Barry 1.
TFLs: J. Barry (2.5), K. Irby Mason 1 , M. Morales, D. Matesic, M. Mercer (.5 each).
INTERCEPTIONS: N. Parrish (2, 1TD), K. Sanders (2, 1TD).
TACKLES: E. Cohall 8, M. Mercer 8, J. Barry 7, C. Gonzalez 5, S. Giovacco 4, AJ Seker 3, C. Mimmo 2, M. Giovacco 2, J. Gentilello 2, J. Marinaccio 2, E. Kinsler 2, J. Thomas, D. Fludd, K. Sanders, J. Comeau, N. Parrish, A. Sylvester, M. Russell, J. DeNobile, M. Pitrelli, D. Matesic, B. Carey, B. Shue, A. Morales, (1 each).

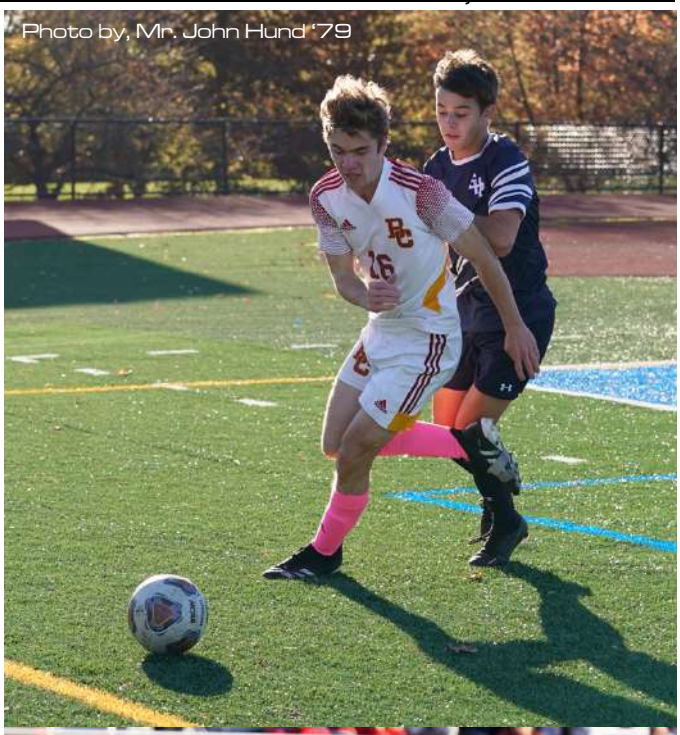
CATEGORY	CRUSADERS	GRIFFINS
1st Downs	20	14
Rushing Yards	192	208
Passing: Completions / Attempts	15/22	11/19
Passing Yards	214	74
Passing: Touchdowns / Interceptions	3 / 1	0 / 4
Total Plays	55	46
Total Offense	406	282
Fumbles / Lost	0 / 0	0 / 0
Penalties / Yards	6 / 60	5 / 45
Defensive Sacks / Yards Lost	1 / 2	0 / 0
Time of Possession	24:39	23:21
3rd Down Efficiency	8 of 13	2 of 9
4th Down Efficiency	2 of 3	2 of 2
Punts / Average	1 / 30.0	3 /26.0

CRUSADERS GIVE SHP THEIR BEST

November 9 – West Orange, NJ –The Crusaders Varsity Soccer Team travelled to the Monsignor Kelly Athletic Complex on Wednesday afternoon and scored more goals against the state's #1 ranked Pirates than any team in NJ this year. Seton Hall, whose record now stands at 19-2 has lost two games outside the state, yielding three in that game. BC was the only NJ team to score 3 goals against the Pirates this season, falling in defeat 5-3.

With the victory over Delbarton and the solid effort vs. Seton Hall Prep, the Crusaders moved up three spots in the NJ.com Boys Soccer Top 20 from #17 to #14 in New Jersey.

Above: Where did it go? Kyle's jumping. Spencer's searching. There is a shadow on the goal… Below: Sebastian Londono showing his great speed, athleticism and ball skills on the wing.



Above: Ryan Chong weaving through the midfield. Below Spencer Neal moving the ball upfield.

Below: Memo Picariello.

Senior Goalie Kyle Tencza recorded 11 saves helping him to finish with 101 on the season. Javier Torres scored a pair of goals and assisted Sebastian Ortega who scored first for BC. Conor Morrin and Ryan Chong also pitched in assists.

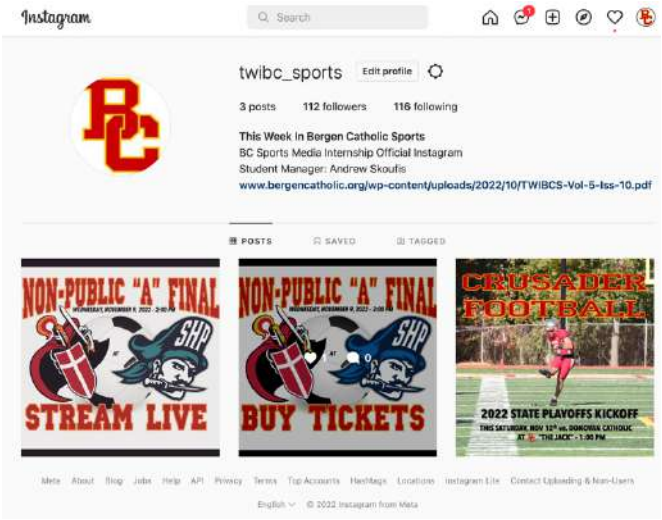
TEAM	1	2	FINAL
#2 BERGEN CATHOLIC HS (15-5-1)	1	2	3
#1 SETON HALL PREP (19-2)	3	2	5

https://bcsports.smugmug.com/BC-Sports-Fall-2022

SKOUFIS LEADS twibc_sports CHARGE ON INSTAGRAM

November 8 – Oradell, NJ – It did not take long for TWIBCS to take-off on Instagram. In a relatively short time, the BC sports news arm is up to 116 followers in large part due to

the efforts of Andrew Skoufis '23, who set-up and manages the platform in cooperation with Mr. Haemmerle and the Sports Media Interns program.



We encourage you to like and share with others. We look forward to seeing our platform grow and are developing strategies to have its followership number to 500 shortly.

Follow us at **twibc_sports** on Instagram for the latest on BC sports news.

MORRIN, TENCZA AND TORRES TABBED FOR ALL-STAR GAME

November 7 – Fort Lee, NJ – Three of Bergen's finest have been selected to play in the Bergen County Boys Soccer Coaches Association Senior All-Star Game which will be held on Wednesday November 23rd at 6:30 pm @ Fort Lee Middle School Athletic Field. The three have been paramount in BC's success on the pitch this season both on the offensive and defensive sides of the field.

Captain and Goalie, Kyle Tencza, is having a very strong senior campaign, shutting out 6 opponents and helping BC to 15 wins this season. He saved 101 shots over the course of his senior season in 20 games. His large frame and lightning-quick reflexes will be fun to watch in a game with some of the areas' finest.

Talking of large frames, centerback/sweeper Conor Morrin is one of the key components to the Crusader defense. He relishes competition, so I would expect him enjoying being in a competitive environment like that. Morin is a highly talented player who can be effective all over the field, so don't expect he necessarily only the defensive end. He can score and set-up with the best of them.

Javy Torres has had a terrific season for the Crusaders. His 18 goals led the team, playing against some of the finest competition in the state of New Jersey. He had two goals vs. Seton Hall Prep in the Non-Public "A" North Final on Wednesday. To put it in perspective, the state's top team yielded only two goals in 3 of its 21 games. Javy did that by himself on Thursday.

Good luck to all three Crusaders on the Pitch Wednesday night, Thanksgiving Eve!

SOCCER (21 GAMES) FINAL 15-5-1

GOALS	JAVIER TORRES '23	18
ASSISTS	SEBESTIAN ORTEGA '24	12
POINTS	SEBASTIAN ORTEGA '24	32
SAVES	KYLE TENCZA '23	101
SAVE % (MIN 30 SOG)	KYLE TENCZA '23	.865

CREW COMPETES IN HIDDEN RIVER CHASE

BIRD OF THE WEEK
BROWN BOOBIE

November 13 – Elizabeth, NJ – Well, they're back. On the left an adult Brown Booby. Juvenile is on the right. For size comparison purposes, the world's largest gull specie, Great Black-backed Gull is above. I had to work this weekend and decided to stop by Veterans Memorial Waterfront Park in Elizabeth, where the boobies had been spotted in the previous few days. Abcbirds.org did a really nice job describing the BB, so I am just sharing their text in the following paragraphs.

- *Scientific Name: Sula leucogaster*
- *Population 200,000 (decreasing)*
- *Habitat: Nests on rocky islands or coral atolls, otherwise at sea*

The Brown Booby is the most common and wide-ranging member of its oceangoing family. It's also one of the more eye-catching, with chocolate-brown upperparts that contrast with a white belly, and bright yellow legs and feet. The Brown Booby's species name leucogaster *is from Ancient Greek* leuko *for "white" and* gaster *for "belly."*

This distinctive seabird shares its tropical range with the Red-footed Booby and other pelagic birds, such as the Laysan Albatross and White-tailed Tropicbird.

Origin of a Silly Name

The name "booby" comes from the Spanish word bobo, *meaning stupid or daft. Like all species in its family, the Brown Booby is a strong and graceful flier. However, it's clumsy when on land, especially during takeoffs and landings. This apparent clumsiness, combined with a fearlessness that comes from little human contact, gave early explorers the impression that these big seabirds had small brains.*

Wandering Widely

Brown Boobies are found across tropical regions of the Atlantic, Pacific, and Indian Oceans. In the Americas, they breed on islands off the Pacific Coast, in the Gulf of Mexico, and in the Caribbean. Outside of their breeding season, they wander widely, turning up along the Pacific or Atlantic coasts and sometimes straying as far inland as California's Salton Sea.

Off-season locations are not well studied for this species: The Brown Booby does not need to roost on land. When it needs to rest, it can simply set down on the surface of the ocean.

Diving for Dinner

Brown Boobies tend to feed on inshore waters, where they prey on small fish and squid. Powered by long, pointed wings, these agile seabirds hunt by plunging into the sea from heights of 30 to 50 feet. Torpedo-shaped bodies and air sacs under their skin cushion their impact with the water. They plunge into the water like darts, then can swim underwater to feed. Or they snatch prey directly from the water's surface.

(source: https://abcbirds.org/bird/brown-booby/)

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.

VARSITY FOOTBALL

SAT, NOV 19	1:00 PM	H	NJSIAA NON-PUBLIC "A" SEMIFINALS vs. DELBARTON

FOOTBALL (10 GAMES)
RECORD 9-1

POINTS	SAEED ST.FLEUR '23	78
TOUCHDOWNS	SAEED ST.FLEUR '23	13
TD PASSES	DOMINIC CAMPANILE '25	12
RUSHING YARDS	SAEED ST.FLEUR '23	1,121
PASSING YARDS	DOMINIC CAMPANILE '25	898
COMPLETION %	JACK DUFFY '23	71.2%
RECEIVING YARDS	QUINCY PORTER '25	510
RECEPTIONS	QUINCY PORTER '25	27
TACKLES	MALACHI MERCER '23	96
SACKS	DJ SAMUELS '23	5
TFLS	DJ SAMUELS '23	15
INTERCEPTIONS	NAIIM PARRISH '25	5
FUMBLE RECOVERIES	SYDIR MITCHELL '23	2
BLOCKED KICKS	DJ. SAMUELS '23	3

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. 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)