TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Crusader SWIMMING

SWIMMERS EARN SOLID OPENING DAY WIN

December 20 – Ridgewood, NJ – The Crusaders cruised to a 112-57 victory over River Dell and Westwood Combined High School Swim Team in their opening meet on Tuesday at the Ridgewood Y.

Event: 200 Medley Relay		
Pl	**Time**	**Time**
1	Doyee Kim, Gavin Perez, Jeremiah Tomioka, Raymond Stelmark	1:46.18
3	Ricky Wright, Benjamin Vester, Eric Kwon, Harris Kinnear	1:50.83
4	Harrison Kazimir, Enzo Yuen, Jonas Haro, Parker Day	2:15.97
Event: 200 Free		
1	Raymond Stelmark	1:50.03
2	Ricky Wright	2:12.21
5	Jack Cummings	2:25.25
Event: 200 Individul Medley (IM)		
1	Eric Kwon	2:10.12
3	Harris Kinnear	2:28.64
Event: 50 Free		
1	Gavin Perez	24.16
3	Joseph Tirone	29.62
4	Christopher Kaufman	29.62
Event: 100 Fly		
1	Doyee Kim	0:58.03
2	Ricky Wright	1:02.39
5	Harris Kinnear	1:06.95
Event: 100 Free		
1	Gavin Perez	0:52.69
4	Enzo Yuen	1:03.15
5	Parker Day	1:08.30
Event: 500 Free		
1	Raymond Stelmark	5:07.58
2	Benjamin Vester	6:01.06
Event: 200 Free Relay		
1	Jeremiah Tomioka, Harris Kinnear, Ricky Wright, Doyee Kim	1:45.66
3	Joseph Trione, Parker Day, Alexander Herrera, Christopher Kaufman	1:57.75
Event: 100 Back		
1	Doyee Kim	0:56.28
2	Eric Kwon	0:59.66
6	Jonas Haro	1:26.02
Event: 100 Breast		
1	Benjamin Vester	1:09.44
2	Jeremiah Tomioka	1:10.75
5	Enzo Yuen	1:17.53
Event: 400 Free Relay		
1	Raymond Stelmark, Jeremiah Tomioka, Eric Kwon, Gavin Perez	3:45.91
3	Enzo Yuen, Jack Cummings, Jonas Haro, Benjamin Vester	4:35.87
5	Parker Day, Alexander Herrera, Christopher Kaufman, Joseph Trione	4:44.62

BC SWEEPS COMPETITION IN FLORIDA

December 20 – Coral Gables, FL – The Crusaders finished their Florida road trip defeating the Potomac School from McLean, Virginia by a score of 80-47.

Terry Copeland dominated the game, scoring a game-high 21. BC jumped out to a 19-9 first quarter lead. They extended the lead to 17 points at the half. Jaylen Robinson and David Munro each scored 9 for BC. Brandon Benjamin added 8 points and Mikai Klintman and Tyler McQuaid each dropped in seven.

Chidi Nwigwe scored six points and AJ Williams and Julius Avent each scored five points. Dylan Wucherpfennig added three for the Crusaders.

Team	1	2	3	4	TOT
Bergen Catholic	19	22	23	16	**80**
Potomac School	9	15	8	15	**47**

Scoring:

Name	2pt	3pt	FT	Points
AJ Williams	1	1	0	**5**
Dylan Wucherpfennig	1	0	1	**3**
David Munro	3	0	3	**9**
Mikai Klintman	1	1	2	**7**
Terry Copeland	9	0	3	**21**
Tyler McQuaid	2	0	3	**7**
Chidi Nwigwe	1	1	1	**6**
Julius Avent	1	1	0	**5**
Jaylen Robinson	3	0	3	**9**
Brandon Benjamin	4	0	0	**8**
TEAM	-	-	-	**3**
TOTALS	**26**	**4**	**13**	**80**

COPELAND EARNS KRUEL MVP
BENJAMIN NAMED TO ALL-TOURNAMENT TEAM

December 20 – Coral Gables, FL – After going 3-0 in the 2022 Kreul Classic, junior big men, Terry Copeland and Brandon Benjamin earned personal recognition. Copeland was named MVP after a 21 point final and averaging 15.3 points per game. Benjamin scored 10 points per game, earning his spot on the All-Tournament Team.

Crusader SWIMMING

SWIMMERS BEAT BOSCO

December 21 –Mahwah, NJ – The Crusaders defeated the Ironmen 115-51 at Ramapo College on Wednesday afternoon to improve to 2-0 on the season and 1-0 in the BNC United.

Event: 200 Medley Relay		
Pl	**Time**	**Time**
1	Doyee Kim, Rhyse Ruffy, Gavin Perez, Raymond Stelmark	1:43.53
3	Matthew Semelsberger, Benjamin Vester, Jeremiah Tomioka, Ricky Wright	1:51.80
4	Jonas Haro, Parker Day, Harris Kinnear, Joseph Trione	2:17.00
Event: 200 Free		
1	Raymond Stelmark	1:55.16
2	Eric Kwon	1:56.18
3	Matthew Semelsberger	2:02.98
Event: 200 Individul Medley (IM)		
1	Gavin Perez	2:06.90
2	Jeremiah Tomioka	2:11.79
6	Ricky Wright	2:17.61
Event: 50 Free		
2	Rhyse Ruffy	23.42
3	Enzo Yuen	26.92
4	Jack Cummings	27.49
Event: 100 Fly		
1	Doyee Kim	0:55.47
4	Benjamin Vester	1:00.00
5	Eric Kwon	1:00.05
Event: 100 Free		
1	Gavin Perez	0:52.11
2	Ricky Wright	0:57.45
5	Jack Cummings	1:01.95
Event: 500 Free		
1	Raymond Stelmark	5:48.75
2	Matthew Semelsberger	6:11.86
3	Harris Kinnear	6:25.83
Event: 200 Free Relay		
1	Rhyse Ruffy, Ricky Wright, Eric Kwon, Gavin Perez	1:41.21
Event: 100 Back		
1	Doyee Kim	0:57.10
3	Jeremiah Tomioka	1:03.87
4	Harris Kinnear	1:13.39
Event: 100 Breast		
1	Rhyse Ruffy	1:05.89
2	Benjamin Vester	1:07.77
5	Enzo Yuen	1:20.91
Event: 400 Free Relay		
1	Raymond Stelmark, Eric Kwon, Jeremiah Tomioka, Doyee Kim	3:54.62
3	Jack Cummings, Harris Kinnear, Benjamin Vester, Matthew Semelsberger	3:57.24
4	Alexander Herrera, Parker Day, Joseph Trione, Christopher Kaufman	4:45.56

BC BOWLS OVER BOSCO

December 21 – Montvale, NJ – The Varsity Bowling Team earned its third consecutive victory, defeating the Ironmen by 120 pins. BC won Game 1 by nearly 100 pins and then won Game two by 29 pins. The Ironmen were able to sneak out game 3 by just 5 pins but BC took Total Pins giving them 5 of the 7 possible points on the afternoon.

NAME	G1	G2	G3	SERIES
Stephen Paul	165	116	X	**281**
Andy Lee	195	150	190	**535**
Liam Chin	247	200	143	**590**
Justin Martin	157	218	169	**544**
Nick Rossig	X	X	159	**159**
BC (3-0)	**764**	**684**	**661**	**2,109**
DBP	**668**	**655**	**666**	**1,989**

JV SWEEPS IRONMEN

December 21 – Montvale, NJ – The JV Bowling team shutout our friends from the north 5-0 on Wednesday at Montvale Lanes.

Nick Rossig had a high game of 171 and Sean McKechnie led BC with a 418 high series.

NAME	G1	G2	G3	SERIES
Nick Rossig	171	159	X	**330**
Matt Morin	113	97	89	**299**
Keeghan Galligher	94	X	147	**241**
SEAN Mckechnie	169	131	118	**418**
William Smith	X	106	108	**214**
BC (3-0)	**547**	**493**	**462**	**1,502**
DBP	**356**	**484**	**478**	**1,318**

CRUSADERS SWEEP PALADINS

December 22 – Hackensack, NJ – Stephen Paul had a hot hand, rolling three games over 200 and finishing with a series high 656. Justin Martin had the high game of 234 as the Crusaders remain unbeaten in League matches.

NAME	G1	G2	G3	SERIES
Stephen Paul	223	232	201	**656**
Andy Lee	161	181	132	**474**
Liam Chin	216	209	149	**574**
Justin Martin	234	159	226	**619**
BC (4-0)	**834**	**781**	**708**	**2,323**
PC	**555**	**552**	**591**	**1,699**

JV BOWLING REMAINS UNBEATEN

December 13 – Hackensack, NJ – John Brignola rolled a 522 high series for the Crusaders including high game of 188. The Crusaders defeated Paramus Catholic to stay undefeated in the Big North Conference United Division.

Calvin Villanueva was on his heels with his own 181 high game and a 501 series and Nick Rossig rolled highs of 180 and 493.

NAME	G1	G2	G3	SERIES
John Brignola	188	158	176	**522**
Daniel Makino	125	54	82	**261**
Sean Mckechnie	149	124	127	**400**
Calvin Villanueva	173	181	147	**501**
Vincent Nobile	126	123	130	**379**
Matt Kovacs	100	877	118	**305**
Steven Kane	96	91	141	**328**
Minsung Kim	83	67	95	**245**
Nick Rossig	147	180	166	**493**
BC (4-0)	**657**	**643**	**630**	**1,930**
PC	**464**	**539**	**513**	**1,516**

ICEMEN DEFEAT GREEN KNIGHTS TO EARN FIRST WIN

December 21– Hackensack, NJ – Goals seemed like an impossibility following a first period as BC found themselves

in a 1-0 hole vs. St. Joseph Regional. Despite outshooting their guests through the period, BC was in need of a goal.

Introduce Declan Quinn to the equation. The speedy junior got BC on the board halfway through the second period and a weight was lifted. He was assisted by Alex Frassetto and Cory Robinson.

The Crusaders immediately picked up their first of three tripping penalties as not to make things appear to simple, but the flood gates opened.

Enter Matt Maglio. Mags deposited a pair of short-handed goals as the three-goals scoring spree occurred in under two minutes to give BC a lead. The first goal was assisted by Frassetto and the second by Thomas Keough and George Weiner.

Cory Robinson helped BC gain some momentum and provide insurance scoring at the 9:02 mark in the third

period. Frassetto recorded his third assist on the day and Ethan Leja pitched in as well.

Dean Gasser found Jacob Carver who scored at the 6:24 mark to make the score 5-1 and Niko Smilovic scored off a Will Schlechtweg pass to make it 6-1 with 5:47 to go.

The Green Knight finally got back on the board on a 5-on-3 power play with 1:23 remaining in the game, but Gavin Shoernstein closed out the remaining minute, posting the victory. Gavin stopped 17 of the 19 shots he faced.

Team	1	2	3	FIN
St. Joseph Regional (1-5)	1	0	1	2
#9 Bergen Catholic (1-3)	0	3	3	6

FOOTBALL WINS 2022 SFC SPORTSMANSHIP AWARD

December 21 – Oradell, NJ – More recognition for Coach Vito Campanile's Crusaders as BC won the 2022 NJ Super Football Conference Sportsmanship Award.

Not only does Coach and his staff demand excellence in performance, but clearly coaches around the league recognize their commitment to building competitors who compete with class and sportsmanship!

CRUSADER BASEBALL HITS CHRISTMASTIME HOME RUN

December 22 – Teaneck, NJ - The Bergen Catholic baseball team hit a homerun with our pediatric patients with a generous donation of Christmas gifts.

The Medical Center is an exceptional partner with BC providing quality health care services to the school and its athletic programs. Great thanks to CEO Mike Maron '77, liason with BC, Reg Grant and BC Head Baseball Coach Bob Muggeo for creating the opportunity to make this experience a reality.

BIRD OF THE WEEK CAROLINA WREN

December 23 – Hillsdale, NJ – It was the first bird of the morning for me today as I looked out the window at my feeder.

Wrens have a distinct shape with their small, brown bodies and upward arching bill and tail (generally). They have a distinctive and unexpectedly loud call. It's a cheerful, "teakettle, teakettle, teakettle…" as well as a number of threatening chicks and tssks as they are territorial in nature.

You can distinguish the Carolina wren easily from the House Wren or Winter Wren (both smaller, but similar in shape) by noting the white eyebrow on this bird.

They generally hold their tail up, displaying black banding on the tail.

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)