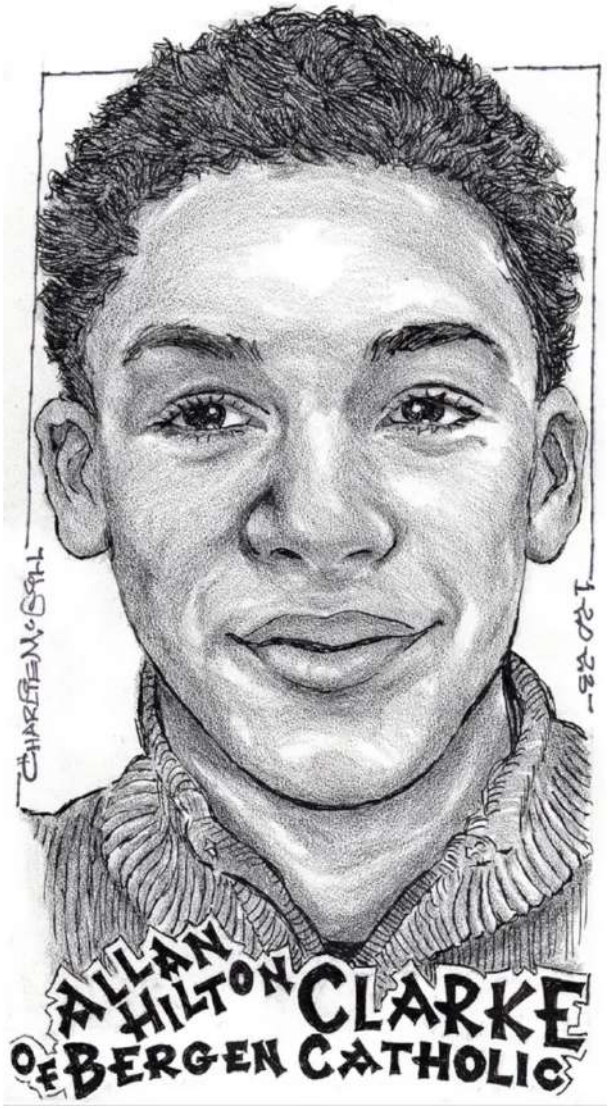
TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

ALLAN HILTON CLARKE IS NORTH JERSEY'S AOW!

January 19 – Oradell, NJ – Last week, BC won the Big North Conference United Division last week in large part of an extraordinary performance by senior Allan Hilton Clarke. Clarke took 1st in the 55 Meter Dash, the High Jump and the Triple Jump and 3rd in the 200 Meters.

Read the full article about Allan's story and accomplishments here: https://tinyurl.com/4h33sj8s



CRUSADERS DOMINATE ON MARTIN LUTHER KING, JR. DAY

January 17 – Oradell, NJ – The Crusaders swept three opponents to improve to 10-0 on the season. First Bergen defeated Northern Burlington 66-6. Pope John of Sparta's Lions were next on the menu as Bergen feasted 65-12. BC finished off St. Augustine Prep's Hermits 47-21 in the finale. The Crusader win streak now stands at 19.

WT	Wrestler	Result	BC	NB
106	FORFEIT		65	12
113	Chris Nucifora	L-D 6-5	0	3
120	Seach Hibbler	W-Pin	6	3
126	Noah Kochman	L-D 8-2	6	6
132	Riley Halal	W-Forfeit	12	6
138	Ehtan Washburn	W-Forfeit	18	6
144	Ryan Ford	W-Forfeit	24	6
150	Christopher Bacchioni	W-Forfeit	30	6
157	Aidan Wallace	W-TF (15-0)	35	6
165	Eric Broadie	W-Pin	41	6
175	Justin Onello	W-Pin	47	6
190	Pantaleo Varga	W-Pin	53	6
215	AJ Fricchione	W-TF (16-1) 3:35	59	6
285	Benjamin Shue	W-Forfeit	65	6

WRESTLING VS. POPE JOHN

WT	Wrestler	Result	BC	PJ
113	Chris Nucifora	L-Dec 6-5	0	3
120	Seach Hibbler	W-Pin	6	3
126	Noah Kochman	L-Dec 8-2	6	6
132	Riley Halal	W-Forfeit	12	6
138	Ehtan Washburn	W-Forfeit	18	6
144	Ryan Ford	W-Forfeit	24	6
150	Christopher Bacchioni	W-Forfeit	30	6
157	Aidan Wallace	W-TF (15-0)	35	6
165	Eric Broadie	W-Pin	41	6
175	Justin Onello	W-Pin	47	6
190	Pantaleo Varga	W-Pin	53	6
215	AJ Fricchione	W-TF (16-1) 3:35	59	6
285	Benjamin Shue	W-Forfeit	65	6
106	FORFEIT		65	12

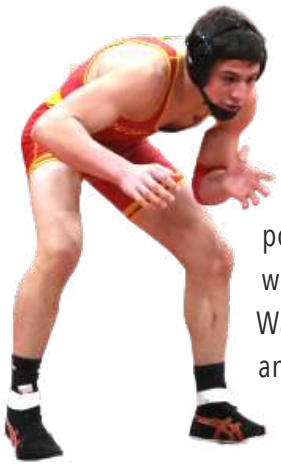
WRESTLING V. ST. AUGUSTINE

WT	Wrestler	Result	BC	ST A
120	Nicholas Pallitto	L-Dec 8-4	0	3
126	Noah Kochman	L-Dec 4-2	0	6
132	Riley Halal	W-Forfeit	6	6
138	Ehtan Washburn	L-Pin 1:30	6	12
144	Ryan Ford	W-Dec 5-4	9	12
150	Christopher Bacchioni	L-UTB 2-0	9	15
157	Aidan Wallace	W-Dec 1-0	12	15
165	Eric Broadie	W-TF (17-2) 4:50	17	15
175	Justin Onello	W-Forfeit	23	15
190	Pantaleo Varga	W-Pin 1:15	29	15
215	AJ Fricchione	W-Pin 0:23	35	15
285	Benjamin Shue	W-Pin 0:44	41	15
106	FORFEIT		41	21
113	Chris Nucifora	W-Dec 2-0	44	21

WALLACE RECOGNIZED AS BNC WRESTLER OF THE WEEK FOR WEEK 5

Big North Conference

Aidan Wallace, Bergen Catholic, Sr., 157



Down five starters, exhausted from a flight back from the Doc Buchanan Invitational in California and with the match in balance in the final bout, Wallace delivered for the Crusaders at 157 pounds with a 3-1 ultimate tiebreaker win over sophomore Zach Ballante. Wallace had choice in the final period and chose bottom, escaping with plenty of time on the clock to pull a reversal. Bergen Catholic emerged from a situation that seemed improbable coming into the match with a 28-26 victory over the Paladins.

https://www.nj.com/highschoolsports/2023/01/wrestlers-of-the-week-for-week-5-stars-through-the-first-wave-of-county-tournaments.html

CRUSADERS 939 IS TOP GAME IN BERGEN COUNTY THIS YEAR

January 17 – Hackensack, NJ – Bergen's Bowlers defeated Cliffside Park 7-0 on Tuesday at Bowler City, but the big news came in their first game. Justin Martin bowled a high game of 256, Sean McChesney rolled a 243, Liam Chin bowled a 240 and Nick Rossig rolled an even 200 totalling 939 pins, the highest team game in Bergen County this season. Chin bowled a 620 series high in the Crusader victory.

NAME	G1	G2	G3	SERIES
SEAN MCKECHNIE	243	182	168	593
LIAM CHIN	240	213	167	620
JUSTIN MARTIN	256	165	178	599
NICK ROSSIG	200	183	171	554
STEPHEN PAUL	163	127	166	456
ANDY LEE	168	156	192	516
BC (8-1)	939	743	684	2,366
CLIFFSIDE PARK	374	358	233	965

JV STRIKERS REMAIN UNBEATEN

January 17 – Hackensack, NJ – The JV defeated Cliffside Park 5-0 on Tuesday at Bowler City. Anthony Liggio bowled a high game of 165 and a high series of 295 in the victory.

NAME	G1	G2	G3	SERIES
DAN MAKINO	90	X	X	90
SHANT CARIREAS	132	X	116	248
NOAH ESPOSITO	100	X	X	100
ANTHONY LIGGIO	165	X	130	295
STEVEN KANE	X	131	86	217
COLIN DALY	X	114	X	114
VINCENT NOBILE	X	142	143	285
NICK BRIGNOLA	X	116	X	116
BC (9-0)	487	503	475	
CLIFFSIDE PARK	339	368	392	965

CAGERS ROLL IN VICTORY OVER DEPAUL CATHOLIC

January 17 – Oradell, NJ - The Crusaders got back on track against the Spartans on Tuesday night, winning 79-58. BC improved its record to 9-4.

Terry Copeland recorded a game-high 21 points with Chidi Nwigwe pitching in 14 from the bench. Sophomore guard Austin Spencer showed some nice shooting skills from downtown, recording 10 points.

Team	1	2	3	4	TOT
DePaul Catholic (9-8)	-	-	-	-	58
Bergen Catholic (9-4)	-	-	-	-	79

WRESTLING CONTINUES DOMINANCE OVER IRONMEN

January 18 – Oradell, NJ – The Crusaders defeated Don Bosco Prep for the twenty-second consecutive time and for the 37th time in 43 attempts as Bergen romped 60-6. The Crusaders are now 11-0 and have a 21-match winning streak dating back to 2022.

WT	Wrestler	Result	BC	DBP
285	Benjamin Shue	W-Pin 0:42	6	0
106	Nathan Braun	W-Maj Dec 14-1	10	0
113	Chris Nucifora	W-Maj Dec 9-0	14	0
120	Nicholas Pallitto	L-Pin 0:53	14	6
126	Noah Kochman	W-SV-1 10-8	17	6
132	Riley Halal	W-Forfeit	23	6
138	Ethan Washburn	L-Pin 3:33	29	6
144	Ryan Ford	W-Forfeit	35	6
150	Christopher Bacchioni	W-Pin 1:39	41	6
157	Aidan Wallace	W-Maj Dec 10-2	45	6
165	Eric Broadie	W-Dec 7-3	48	6
175	Justin Onello	W-Dec 2-1	51	6
190	Pantaleo Varga	W-Dec 9-5	54	6
215	AJ Fricchione	W-Forfeit	60	6

VARSITY HOCKEY OUTSHOOTS LIONS

January 18 – Sparta, NJ – Bergen earned a much needed win as six different Crusaders found the back of the net. Matt Maglio scored just 15 seconds into the game as BC took an early lead. As has been the case throughout the season, however, the remainder of the period was barren for both teams.

Pope John scored halfway through the second period, which unleashed a scoring barrage. Jacob Carver scored at 6:24, followed by Will Schelchtweg at 5:39, Carver again 19 seconds later and then Cory Robinson, shorthanded at 2:11.

Nick Frassetto and Harrison Udis each scored in the third period to finish off the hosts. Ryan Henry turned away 24 of 25 shots for the victory.

SCORING	1	2	3	FIN
#8 Bergen Catholic (4-8)	1	4	2	7
Pope John (8-7-1)	0	1	0	1

NAME	G	A	P
Will Schlechtweg	1	1	2
Zade Crego	0	1	1
Thomas Keough	0	1	1
Nicholas Frassetto	1	0	1
Jacob Carver	2	0	2
Matt Maglio	1	1	2
Harrison Udis	1	0	1
Declan Quinn	0	3	3
JT Verdino	0	2	2
Cory Robinson	1	2	3

GOALIE	SAV	GA	PCT	WIN
Ryan Henry	24	1	.960	1

BOWLERS ROLL THREE 800+ GAMES IN VICTORY OVER RP

January 19 – Hackensack, NJ – Bergen's Bowlers defeated Ridgefield Park 7-0 on Tuesday at Bowler City. As a team, Bergen bowled over 800 pins in each of the three games finishing with 2,428 total pins. Liam Chin bowled the game high 246 and high series 638 for the victors.

NAME	G1	G2	G3	SERIES
STEPHEN PAUL	188	X	X	**188**
ANDY LEE	227	166	208	**601**
LIAM CHIN	179	213	246	**638**
JUSTIN MARTIN	221	217	179	**617**
NICK ROSSIG	X	150	X	**150**
SEAN MCKECHNIE	123	233	167	**593**
BC (9-1)	**815**	**813**	**800**	**2,428**
CLIFFSIDE PARK	**666**	**692**	**744**	**2,102**

JV STRIKERS KEEP ON ROLLING

January 19 – Hackensack, NJ – The JV defeated Ridgefield Park 5-0 on Thursday at Bowler City. Anthony Liggio bowled a high game of 149 and a high series of 268 in the victory. Matt Kovacs was not far behind rolling 129, 127 and a 256 series.

NAME	G1	G2	G3	SERIES
WILLIAM SMITH	103	X	105	**208**
MATT MORIN	91	X	X	**91**
MATT KOVACS	127	X	129	**256**
KEEGAN GALLIGHER	99	X	X	**99**
STEVEN KANE	X	95	X	**95**
ANTONIO SCARPATI	X	70	X	**70**
MINSUNG KIM	X	104	123	**227**
ANTHONY LIGGIO	X	149	119	**268**
BC (10-0)	**420**	**418**	**476**	
CLIFFSIDE PARK	**396**	**410**		

CRUSADERS TAKE THE ICE AT SHU'S NEW ICE ARENA

January 19 – Fairfield, CT – Bergen's varsity hockey team took on Notre Dame of West Haven, CT on Thursday Night at the Matire Family Arena.

During a recent College Visit directed by Mrs. Walters College Counselling Center had the pleasure of meeting the president of Sacred Heart University, Dr. John Petillo. He is a proud New Jerseyan, who insisted there be a NJ-style diner on campus. He was also taught by the Edmund Rice Christian Brothers at Essex Catholic HS in Newark.

Dr. Petillo proudly shared the promotional video for their new arena. You can watch the promo video here https://www.youtube.com/watch?v=demGYf_Bei4.

The Crusaders played Notre Dame of West Haven, CT, one of two Notre Dame's in the Nutmeg State. Final score was 6-3 in favor of the hosts.

SWIMMERS MAKE STATEMENT IN VICTORY OVER B-R

January 19 – Bridgewater, NJ – For the first time in seven years, the Crusaders defeated #8-ranked and undefeated Bridgewater-Raritan in Somerset County. The final score of the meet was 94-76 for the visitors.

Doyee Kim and Raymond Stelmark each took first place in four races including a pair of relays to lead BC. Gavin Perez earned three first places and a second.

The Crusaders are taking their undefeated and #8 ranking into this weekend's County Championships.

#11 Bergen Catholic (7-0)	**94**
#8 Bridgewater-Raritan (6-1)	**76**

200 MR (yards)		
Pl	**Swimmers**	**Time**
1	Doyee Kim, Dimtri Melnikov, Gavin Perez, Rhyse Ruffy	01:49.60
4	Eric Kwon, Benjamin Vester, Jeremiah Tomioka, Ricky Wright	01:59.85
6	Parker Day, Enzo Yuen, Joseph Trione, Jack Cummings	02:25.61
	200 Free (yards)	
1	Raymond Stelmark	1:57.37
2	Eric Yoo	1:57.77
5	Matthew Semelsberger	2:05.94
	200 IM (yards)	
1	Doyee Kim	2:09.17
2	Dimitri Meinikov	2:14.71
6	Ricky Wright	2:34.76
	50 Free (yards)	
2	Gavin Perez	24.83
5	Rhyse Ruffy	26.16
6	Ryan Kwon	27.30

100 Fly (yards)		
2	Jeremiah Tomioka	1:01.83
4	Eric Kwon	1:03.94
5	Benjamin Vester	1:05.03
	100 Free (yards)	
1	Gavin Perez	0:54.16
2	Eric Yoo	0:54.27
6	Ricky Wright	1:02.98
	500 Free (yards)	
1	Raymond Stelmark	4:05.34
3	Jeremiah Tomioka	4:15.00
5	Matthew Semelsberger	4:39.63

	200 FR (yards)	
1	Dimtri Melnikov, Raymond Stelmark, Eric Yoo, Rhyse Ruffy	1:41.70
3	Benjamin Vester, Ryan Kwon, Harris Kinnear, Matthew Semelsberger	1:49.61
6	Macklin Hernandez, Jonas Haro, Harrison Kazimir, Alexander Herrera	2:32.59
	100 Back (yards)	
1	Doyee Kim	0:59.60
3	Eric Kwon	1:03.90
6	Ryan Kwon	1:25.17
	100 Breast (yards)	
2	Dimtri Melnikov	1:06.07
4	Rhyse Ruffy	1:11.31
6	Benjamin Vester	1:19.28
	400 FR (yards)	
1	Eric Yoo, Raymond Stelmark, Doyee Kim, Gavin Perez	3:40.16
4	Ricky Wright, Jeremiah Tomioka, Matthew Semelsberger, Eric Kwon	4:04.52
5	Ryan Kwon, Christopher Kaufman, Jack Cummings, Harris Kinnear	4:33.10

WILLIAMS AND BEHRENS LEAD FROSH OVER JFK OF PATERSON

January 19 – Oradell, NJ – The freshman basketball team improved to 10-3 on the season, with a 66-24 victory over John F. Kennedy Memorial High School from Paterson on Thursday. Caleb Williams scored a game-high 14 points and Jake Behrens dropped in an even dozen for the victors.

AVANT DUNKS KNIGHTS

January 19 – Oradell, NJ – Julius Avant had a couple of colossal dunks as he and the JV basketball team defeated Paterson Kennedy 63-30. The JV is now 9-3 on the season.

CRUSADERS CORRAL #7 COLTS

January 20 – Lincroft, NJ – In a battle between two Top 10 teams in the state, the wrestling team travelled to Exit 109 to take on South Jersey's top Non-Public "A" team, Christian Brothers Academy.

Bergen dominated their hosts by not allowing any bonus points and wrestling tough to earn nine victories and a forfeit. The Crusaders won their twenty-second victory in a row and lifting them to a perfect 12-0 record this season.

WT	Wrestler	Result	BC	CBA
132	Riley Halal	W-Decision 13-9	3	0
138	August Hibbler	L-Decision 1-0	3	3
144	Ryan Ford	L-Decision 5-3	3	6

150	Christopher Bacchioni	W-Tie Breaker 3-1	6	6
157	Aidan Wallace	W-Decision 3-1	9	6
165	Eric Broadie	W-Sudden Vic. 3-1	12	6
175	Justin Onello	W-Decision 10-8	15	6
190	Pantaleo Varga	W-Decision 7-4	18	6
215	AJ Fricchione	L-Decision 9-6	18	9
285	Benjamin Shue	W-Forfeit	24	9
106	Nathan Braun	W-Decision 7-0	27	9
113	Chris Nucifora	L-Decision 7-4	27	12
120	Nick Pallitto	W-Decision 4-0	30	12
126	Noah Kochman	W-Decision 4-2	33	12

22 IN A ROW

January 20 – Lincroft, NJ – The Varsity Wrestling Team won its twenty-second consecutive match on Friday night vs. CBA. That ties the Crusaders' all-time longest winning streak which ran from December 19, 2012 to January 3, 2014.

Interestingly enough, despite beating CBA for the state championship, the 2013 Crusaders did not go undefeated. South Plainfield defeated BC on opening night. Coach Bell's Crusaders continued into the 2013-2014 season before losing to Apple Valley, Minnesota on January 4, 2014.

Prior to that, Coach John Direnzo, the founding coach of Bergen Catholic Wrestling led BC to an undefeated 1991 season and winning streak that lasted 17 matches. That streak ran from December 15, 1990 through January 6, 1992 and included a state championship victory over Paul VI of Haddonfield.

COPELAND AND BC DUNK NEBRASKA HS CAGERS

January 20 – Quincy, IL – Terry Copeland scored a team-high 18 points, leading Bergen to a win over Nebraska's Millard North High School 87-83 on Friday afternoon.

The Crusaders led 51-41 at the half behind strong guard play from Austin Spencer (11 first half points, 13 overall), Tyler McQuaid (8 points) and Austin Sargenti (6 points).

The most exciting offensive plays definitely took place in the third quarter as Terry Copeland registered three slam dunks and senior guard Mikai Klintman hit a ¾ court shot at the buzzer and give BC a 71-62 advantage entering the fourth.

The Mustangs showed they were an outstanding 3-point shooting team, however and tied the score three times in the fourth quarter at 73, 75 and 81 before the rebounding by Copeland and Brandon Benjamin (13 points) took over. Naiim Parrish registered ten of his thirteen points in the fourth quarter including a clutch lay-up and-one putting Bergen up for good 84-81. BC is now 10-4 on the season.

Team	1	2	3	4	TOT
Millard North (NE) (12-3)	18	23	21	21	**83**
Bergen Catholic (10-4)	23	28	20	16	**87**

Scoring	FG	3pt	FT	FTA	TOT
Terry Copeland	8	0	2	4	**18**
Austin Spencer	5	0	3	4	**13**
Tyler McQuaid	1	2	0	0	**8**
Brandon Benjamin	5	0	3	6	**13**
Austin Sargenti	0	2	0	0	**6**
Naiim Parrish	3	2	1	1	**13**
David Munro	1	0	0	0	**2**
Mikai Klintman	0	2	1	2	**7**
Declan Wucherpfennig	2	1	0	0	**7**

TIGERS TOO MUCH TO TAME FOR CRUSADERS

January 21 – Quincy, IL – Saturday's Quincy Shootout Game vs. Wasatch Academy from Utah challenged the Crusaders to perform at their best. Nationally ranked WA led for about 31 of the 32 minutes of the game and won 65-48 despite BC giving their best.

Terry Copeland knocked three shots from downtown and finished to lead BC with 17 points. Tyler McQuaid hit three treys as well, finishing with nine.

Bergen found themselves in a 25-11 hole after a quarter and needed a spark. Tyler McQuaid provided a pair of three-pointers and Mikai Klintman dropped in a pair of free throws, but it was not enough to keep up with Wasatch who extended their lead to 42-19.

Copeland threw in a couple of treys as the teams came out of the halftime intermission. Brandon Benjamin started to become more of an offensive force, scoring four of his six points on the day and David Munro added two from the bench in the third quarter. BC played its most competitive quarter so far, but still lost the quarter 15-12.

Munro was the leading scorer in the fourth quarter, recording five of his seven points. Austin Sargenti and McQuaid dropped in a three-pointer each as BC saw five players score in the final stanza.

Team	1	2	3	4	TOT
Wasatch Academy (UT) (9-8)	25	17	15	8	**65**
Bergen Catholic (10-5)	11	8	12	17	**48**

Scoring	FG	3pt	FT	FTA	TOT
Terry Copeland	4	3	0	0	**17**
Tyler McQuaid	0	3	0	0	**9**
Brandon Benjamin	2	0	2	2	**6**
Austin Sargenti	0	1	0	0	**3**
Naiim Parrish	1	0	0	0	**2**
David Munro	3	0	1	2	**7**
Mikai Klintman	0	0	2	2	**2**
Declan Wucherpfennig	0	0	2	2	**2**

January 20 - Hackensack, NJ – With their victory on Friday night, BC clinched an automatic qualifier spot into the Bergen County Jamboree as they have a winning percentage higher than .650. BC is currently 10-5 (.667).

FROSH SCORE SEASON-HIGH 91 IN HOME WIN OVER LIONS

January 21 – Oradell, NJ – The freshman basketball team lit it up on Saturday morning defeating the Lions of Roselle Catholic by a score of 91-41. BC is now 11-3 on the season.

JV REGISTERS 10th WIN OF THE SEASON

January 21 – Oradell, NJ – The Junior Varsity basketball team defeated Roselle Catholic 67-60 at Hoehl Gymnasium. The team is now 10-3 on the season and looking forward to this Tuesday's match-up with Bergen County Private School, Dwight Englewood.

BIRD OF THE WEEK
LITTLE BLUE HERON

January 22 – Ocean City, NJ – In going through my photos the other day, I noticed this one of a Little Blue Heron. It is a bird that makes me challenge whether I am a bird lover or a color lover.

LBHEs generally reflect beautiful cobalt blues and various shades of blue and violet depending upon the sunlight. It's probably the reason they are so attractive for birders. Other species can be colorful, but for whatever reason I really like this species.

A good place to see little blue herons as well as other species of herons including Great Blue Heron, Black Crowned Night-heron, Yellow-Crowned Night-heron, Tri-colored Heron, Great Egret, Snowy Egret, Glossy Ibis and White Ibis is at the Visitor Center on the causeway into Ocean City. If you are travelling down to Cape May County in the late spring or early summer, stop in to see this rookery where dozens if not hundreds of birds roost, lay eggs and feed their young before they fledge the nest.

MURPHY HOUSE REMAINS ON TOP AS WINTER MARCHES ON

January 22 – Oradell, NJ – Very little change this week with Br. Jenson House picking up the most points (10) for the week. Br. Murphy House remains atop the leaderboard with 806 points.

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 FOR RUSSIA AND UKRAINE)

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.

Footprints in the Sand

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene,
I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you,
You'd walk with me all the way.
But I noticed that during the saddest and most troublesome times of my life,
there was only one set of footprints.
I don't understand why, when I needed You the most,
You would leave me."

He whispered, "My precious child, I love you and will never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you."

LITURGICAL CALENDAR 2023

- **ORDINARY TIME (Jan 6-Feb 21)**
- **ASH WEDNESDAY (Feb 22)**
- **EASTER (Apr 9)**
- **PENTECOST (May 28)**
- **ORDINARY TIME (Jun 4- Dec 2)**
- **ADVENT (Dec 3 – Dec 24)**
- **CHRISTMAS (Dec 25 – Jan 7, 2024)**

THIS UPCOMING WEEK IN BC SPORTS

Monday, January 23, 2023				
VHOCK	7:40 PM	BCCA Tourney-Ridgewood	N	Secaucus Ice Rink
JVHOCK	4:00 PM	Delbarton	A	Aspen Ice
INDOORTRK	TBA	Bergen County Relays	N	168th Street Armory, NYC
BOWL	4:00 PM	St. Joseph Regional	H	Bowler City
Tuesday, January 24, 2023				
VBKB	7:00 PM	Dwight Englewood	H	Hoehl Gymnasium
JVBKB	5:30 PM	Dwight Englewood	H	Hoehl Gymnasium
FRBKB	4:00 PM	Dwight Englewood	H	Hoehl Gymnasium
SWIM	4:00 PM	Lakeland	A	PCTI
JVHOCK	4:00 PM	Brunswick	H	Ice House
Wednesday, January 25, 2023				
BOWL	4:00 PM	Eastern Christian	A	T-Bowl
VHOCK	4:00 PM	Gloucester Catholic	H	Ice House-Rink 2
INDOORTRK	5:15 PM	Metropolitan Invitational	N	168th Street Armory, NYC
WRESTLING	7:00 PM	St. Joseph Regional	H	Hoehl Gymnasium
Thursday, January 26, 2023				
JVHOCK	4:00 PM	St. Joseph Metuchen	H	Ice House
BOWL	4:00 PM	DePaul Catholic	A	T-Bowl
Friday, January 27, 2023				
JVHOCK	4:00 PM	Delbarton	A	Aspen Ice
JVBKB	4:45 PM	Summit HS	A	Warinanco Ice Rink
SWIM	2:30 PM	Westfield	A	Westfield YMCA
WRESTLING	7:00 PM	Wyoming Seminary (PA)	H	Hoehl Gymnasium
Saturday, January 28, 2023				
SWIM	12:30 PM	Northern Highlands	A	Hackensack HS
JVBKB	TBA	BCCA Tournament	TBA	TBA
FRBKB	9:00 AM	Roselle Catholic	A	Roselle Catholic
WRESTLING	2:00 PM	Blair Academy	H	Hoehl Gymnasium
Sunday, January 29, 2023				
FRBKB	TBA	BCCA Tournament	TBA	TBA
INDOORTRK	10:00 AM	NJCTC Championships	N	Ocean Breeze (Staten Island, NY)

Be sure to check www.bergencatholic.org for any possible changes in scheduling throughout the week.