TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

BACCHIONI, SEMELSBERGER & TENCZA ANOUNCE INTENTIONS

February 1 – Oradell, NJ – What a great way to start off the new month in the middle of Catholic Schools Week! Three student athletes announced their college intentions at the Br. Edmund Rice Library on Wednesday.

Matt Semelsberger (left) has chosen to continue his education and swimming career at Trinity College for the Bantams. Matt is currently swimming for the state's #9 ranked Crusaders where he is realizing quite a bit of success in freestyle events.

Kyle Tencza (middle) selected Stonehill College, a Catholic college operated by the Priests in the Order of the Holy Cross. He will compete for a goalie position on the Skyhawks' Division I soccer program. Kyle was a stalwart and team captain for the Crusaders this fall, helping them to reach the Non-Public "A" North final.

Chris Bacchioni is a tough-as-nails 145 pounder for BC's #3 state-ranked wrestling team. Chris is also having a strong season with hopes of driving the Crusaders to a state championship this season. He will be attending the Virginia Tech in Blacksburg, VA to compete in NCAA Division I wrestling in the ACC.

Good luck to all three of our student-athletes. We look forward to learning about your successes in the months and years to come.

JV WRESTLERS PLACE SECOND AT NORTH BERGEN TOURNEY

January 29 – North Bergen, NJ – The Crusader JV Wrestling Team performed very well with five wrestlers winning their weight classes and two placing second as the team finished second overall.

Wrestlers finishing in first place were: Thomas Pfleging-Howes (106 lbs, 3-0), Nick Onello (126 lbs, 3-0), Joseph Tramontozzi (126 lbs, 3-0), Genti Idrizi (157 lbs, 3-0) and Rocco Costello (215 lbs, 3-0).

Joseph Kim (126 lbs, 2-1) and Owen Martin (157 lbs, 2-1) finished second in their respective weight classes. Also competing were Charlie Gusette (128 lbs), Joe Barbaro (132 lbs), Trevor Grageda (132 lbs, 1-1), Markus Samko and Will Saracino (138 lbs). Brandon Yu (144 lbs), Oliver Campbell (150 lbs, 1-1), Pangiotis Stathis (175 lbs, 1-1), Mac Fitzgerald (215 lbs) and Dongyoon Kang (285 lbs) all competed for BC as well.

HOCKEY TIES #8 ON THE ROAD

January 30 – Sewell, NJ – BC travelled to Gloucester County on Monday to take on the Rams of Gloucester Catholic in a Gordon Conference Game. Despite finding themselves in an early 2-0 hole, the Crusaders battled back to earn a tie 2-2 vs. the home team.

Gloucester scored at 6:23 and again at 3:51 in the first period and BC was desperate for an answer. Will Schlechtweg stepped up. Zade Crego and Declan Quin assisted as Will deposited the puck in the net with just 1: 31 remaining in the opening stanza.

Ryan Henry, in goal for BC, pitched a shutout for the remainder of the game, ultimately turning away 30 of 32 shots on the day.

Niko Smilovic scored just under nine minutes remaining in the third period, assisted by Quinn Scribner and Nicholas Frassetto to knot the score at two.

TEAM	1	2	3	FINAL
Bergen Catholic (6-10-1)	1	0	1	**2**
Gloucester Catholic (4-6-2)	2	0	0	**2**

VARSITY HOOPS TAKES BNC UNITED GAME IN PARAMUS

January 31 – Paramus, NJ – The Crusaders earned their lucky thirteenth win of the season, defeating Paramus Catholic 72-59 on the road.

Bergen built a 44-23 lead at halftime after putting together two dominant quarters.

Team	1	2	3	4	TOT
Bergen Catholic (13-6)	20	24	23	5	**72**
Paramus Catholic (8-12)	6	17	18	18	**59**

AVENT LEADS JV HOOPS OVER PARAMUS CATHOLIC PALADINS

January 31 – Paramus, NJ – Julius Avent recorded a game-high 15 points and AJ Neunzig added an even 13 to lead BC over Catholic School rival, Paramus Catholic to kick off Catholic Schools Week. Jayden Brown knocked down a pair of threes and two field goals to reach the 10-point mark.

Scoring: Nehemiah Snell (7 points), Jerry Armstrong, Angelo Bellizzi and Lockton Walker (6), Shayne Walters and Sebastian Margono (5), Sean Cahill (3), Brandon Michael and Guy Vickers (2).

Team	1	2	3	4	TOT
Bergen Catholic	17	28	15	24	**84**
Paramus Catholic	-	-	-	-	**61**

WILLIAMS AND A FURIOUS FOURTH NOT ENOUGH AS FROSH FALL TO PC

January 31 – Paramus, NJ – Bergen scored twenty-five points in the fourth quarters, but it was just one point short of forcing overtime against the Paladins who defeated BC 58-57 on Monday.

Caleb Williams recorded a team-high 15 points and Devin Hasan matched his jersey number with 13. Luis Franco scored 8 points, including 4-for-4 from the free-throw line and Brandon Wilson added seven points.

Forward De'Andre Orgill recorded three field-goals for 6 points while Anner Hernandez and Andrew Castillo each dropped in 3 points. Christian Brewton's second quarter bucket rounds out the Crusaders' 58 points.

Team	1	2	3	4	TOT
Bergen Catholic	6	19	7	25	**57**
Paramus Catholic	-	-	-	-	**58**

BORG SCORES FOR JV SKATERS

January 31 – Hackensack, NJ – Will Borg scored the lone goal for the Crusaders and they received terrific goal play, but unfortunately fell to Delbarton's Green Wave 3-1.

CALEB WILLIAMS STEALS THE SHOW

January 31 – Irvington, NJ – Guard Caleb Williams recorded twenty points and a number of steals as the Freshman Crusaders fell to Irvington's Knights 82-76 on Tuesday.

AVENT'S 24 LEADS CRUSADERS IN COUNTY TOURNEY

February 1 – Oradell, NJ – The Battle of Oradell played itself out on Wednesday afternoon with Freshman Julius Avent demonstrating his dominance on the court. Eight field goals, two three-pointers and two-for-two from the charity stripe gave him a game high 24 (his jersey number) to lead BC over River Dell in the Bergen County tournament.

Scoring: Guy Vickers scored 8 points, including going 6 of 7 from the line. Jayden Brown (8 points) Nehemiah Snell (6), Lockton Walker and Gabe DeLaRosa (4), Angelo Bellizzi (3) and Jerry Armstrong (2).

Team	1	2	3	4	TOT
River Dell	-	-	-	-	53
Bergen Catholic	15	16	18	15	73

CRUSADERS TAKE BIG STEP TOWARD WRAPPING UP BNC

February 1 – Hackensack, NJ – Liam Chin rolled a 263 with Justin Martin bowling a 245 in Game 1 to set the tone as the Crusaders took on rival Don Bosco Prep at Bowler City on Wednesday. His was the high game as Martin rolled the high series (656) just ahead of Chin's 653.

NAME	G1	G2	G3	SERIES
ANDY LEE	160	169	134	463
LIAM CHIN	263	182	208	653
JUSTIN MARTIN	245	178	233	656
SEAN MCKECHNIE	180	170	156	506
BC (12-1)	848	699	731	2278
DON BOSCO PREP	551	582	553	1686

JV BOWLERS PUT UP SOME SERIOUS NUMBERS IN 13TH VICTORY

January 23 – Hackensack, NJ – A 792 game is nothing to sneeze at. Stephen Paul's 267 beat all of BC and DBP's varsity and JV bowlers and the JV four would have defeated DBP's varsity 7-0 had they been bowling there. Instead, they enjoyed seeing their perfect record grow to 13-0, looking to finish the deal on Friday with a perfect regular season record.

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	201	173	X	374
NICK ROSSIG	183	98	X	281
STEPHEN PAUL	267	211	X	478
CALVIN VILLANUEVA	141	215	X	356
NICK BRIGNOLA	X	X	152	152
ANTONIO SCARPATI	X	X	108	108
STEVE KANE	X	X	106	106
MINSUNG KIM	X	X	138	138
BC (13-0)	792	697	564	
DON BOSCO PREP	519	475	427	

MAGLIO SCORES TWO VS. CBA

February 1 – Hackensack, NJ – Matt Maglio's power play goal in the second period and his short-handed score in the third, tied the score with the Colts on Wednesday.

Declan Quinn and Nick Frassetto assisted on the first score while Mags did the job on his own in the third period. Ryan Henry turned away forty-two of forty-seven shots for BC.

SCORING	1	2	3	FIN
#9 Bergen Catholic (6-10-1)	0	1	1	2
#2 CBA (14-1-2)	1	1	3	5

BENJAMIN AND PARRISH LEAD CLASSIC CRUSADER COMEBACK

February 2 – Oradell, NJ – Whatever could go wrong, did go wrong in the first quarter of Thursday night's BC – SJR basketball game. In the schools' 101st meeting on the hardcourt, the Green Knights seemed unable to miss a shot and the Crusaders struggled to make any.

Reeling off an 18 point first quarter deficit, BC chipped away at the lead quarter by quarter. The first step was in the second quarter as Brandon Benjamin (21 points) and Chidi Nwigwe (14 points) helped the Crusaders build some momentum.

Bergen cut the lead to 13 (39-26) at the half, but it was still a 13 point lead and the Green Knights regained some momentum going into the locker room with a long-range near impossible 3-pointer that toilet-bowled and dropped in at the buzzer.

The third quarter was solid as well as the Crusaders were playing solid defense and shaved another three points off the deficit. These were positive signs, but could BC get the ten points back by the end of the fourth?

Answer: Yes, they could. Sophomore guard, Naiim Parrish, translated his anticipation and play-making abilities from the football season into devastating defense and clutch shooting. Naiim finished with 17 points including three three-pointers and 11 points in the fourth quarter. He created his own offense off the press, scoring a layup immediately following one of those interceptions.

BC blew by the visitors, establishing a four-point lead with under a minute remaining in the game. St. Joseph's would not go away and tied the score with a three-pointer with three seconds on the clock. BC got a shot off that did not drop and the teams went onto overtime.

Bergen opened a lead up in over time, punctuated by a Terry Copeland dunk to make the score 72-65 with under 5 seconds to play. Copeland finished with 13 points.

SJR played had one more buzzer-beating three in their bag and closed it for a final score of BC 72-68. The Crusaders improve to 5-1 in the BNC United Division. It was the fourth time in the history of this rivalry that the game went into overtime.

Team	1	2	3	4	OT	TOT
St. Joseph Reg. (14-7)	28	11	11	13	5	**68**
Bergen Catholic (14-6)	10	16	14	23	9	**72**

Individual scoring is found on next page.

Scoring	FG	3pt	FT	FTA	TOT
Brandon Benjamin	9	0	3	4	**21**
Naiim Parrish	2	4	1	2	**17**
Chidi Nwigwe	3	2	2	2	**14**
Terry Copeland	5	1	0	0	**13**
David Munro	1	0	1	2	**3**
Mikai Klintman	1	0	0	0	**2**
Sean Spencer	0	0	2	2	**2**
Austin Sargenti	0	0	0	0	**0**
Austin Spencer	0	0	0	0	**0**

BC-SJR HISTORY: Both teams have now won 2 OT games against one another. Bergen has a five game winning streak over the Green Knights and lead the overall series 69-32 (.683). BC is now 35-8 (.814) at home against SJR.

28 FREEBIES LIFT JV HOOPS OVER SJR

February 2 – Oradell, NJ – Julius Avent and Guy Vickers scored a game high 17 points as BC defeated SJR 70-65. Avent recorded 6 points on free throws (in 8 attempts) and Vickers had 7 made free throw on 9 attempts). Nehemiah Snell turned out to be the free-throw champ of the evening however, scoring twelve points with eight coming on 10 free-throws attempted. Lockton Walker added 1 point.

In a see-saw battle, Bergen all hands on deck to pitch in. Jayden Brown scored 9 of his 11 in the second quarter. AJ Neunzig had a pair of fourth quarter free-throws and Angelo Bellizzi recorded 10 points including a pair of charity shots.

Team	1	2	3	4	TOT
St. Joseph Regional	16	13	18	18	**65**
Bergen Catholic	22	20	13	15	**70**

BEHRENS AND STARZA SCORE

February 2 – Oradell, NJ – Jake Behrens led Bergen with 10 points and Logan Starza added nine, but despite a decent defensive effort, the Crusaders could not drop enough in the bucket and fell to SJR 45-33 on Thursday.

DeAndre Orgill scored four in the fourth quarter for the young Crusaders. Andrew Castillo recorded a bucket and Christian Brewton scored six points, all coming in the first and fourth quarters, but it was not enough to overcome SJR.

BC trailed at half 20-16 and SJR extended their lead in each of the final two quarters.

Team	1	2	3	4	TOT
St. Joseph Regional	16	4	14	11	**45**
Bergen Catholic	9	7	8	9	**33**

Crusader INDOOR TRACK & FIELD

CRUSASDER INDOOR TRACK NATIONAL QUALIFIERS

February 3 – Oradell, NJ – The Indoor track team is proud to announce the Crusader student-athletes who have been accepted to the ***New Balance Nationals Meet*** in Boston, MA the weekend of March 9th and 10th.

The following athletes reached the Rising Stars Standards for the events below:

Allan Hilton-Clarke and Tristan Oliver -- High Jump

Allan Hilton-Clarke -- Triple Jump

Justin King and Ben Shue -- Shot Put (Shue is an automatic qualifier based upon Spring 2022 results)

Logan Casey and Allan Hilton-Clarke -- 60 Meter Dash

4 x 200 Meter Relay Team (Logan Casey, Andrew Jeremiah Boakye, Allan Hilton-Clarke and Ethan Cohall, Jr.)

Markus White -- Freshman 800 Meters

Pending Runners with upcoming races to qualify Rising Star Standard Time

Brendan O'Rourke -- Varsity 800 Meters Purple Invitational 2/4/23 @ Nike Armory

Distance Medley (1200-400-800-1600) Varsity Classic 2/6/23 @ Nike Armory

2023 BNC UNITED DIV. BOWLING CHAMPIONS

CHIN AND MARTIN LEAD CRUSADERS TO TITLE

February 3 – Oradell, NJ – While they have demonstrated depth throughout the roster this season, the Crusaders' Justin Martin and Liam Chin have led the way with high scores and series throughout the season.

On Friday, It was Liam's turn to lead which he did with a high game of 257 and high series of 641 against Paramus Catholic. The Victory completed an undefeated season for the varsity in the Big North Conference United Division. Bergen clinched the division title for the first time since 2021 and for the third time in four years.

Bowler	1	2	3	TOTAL
Liam Chin	195	189	257	641
Calvin Villanueva	129	X	X	129
Andy Lee	196	169	X	365
Justin Martin	194	174	169	537
John Brignola	X	171	191	362
Stephen Paul	X	X	218	218
BC (13-1)	**714**	**703**	**835**	**2252**
PC	**484**	**524**	**492**	**1500**

BRIGNOLA HIGH GAME, ROSSIG HIGH SERIES LEADS JV TO UNDEFEATED YEAR

February 3 - Hackensack, NJ – John Brignola's 198 in Game 1 got him called up to varsity as Bergen defeated Paramus Catholic 5-0. Nick Rossig rolled the high series for the Crusaders with a 488, leading them to an undefeated season (14-0). Congratulations to the entire JV team on a fantastic year!

Bowler	1	2	3	TOTAL
John Brignola	198	X	X	198
Nick Rossig	156	161	171	488
Anthony Liggio	118	122	227	467
Stephen Paul	159	191	X	350
Dan Makino	115	88	80	283
Keegan Galligher	91	114	162	367
Calvin Villanueva	X	164	151	315
Andy Lee	X	X	165	165
BERGEN	**631**	**638**	**714**	**1983**
PC	**365**	**291**	**363**	**1119**

MAGLIO, QUINN, ROBINSON ALL SCORE 2 PTS VS. #1 DELBY

February 3 – Randolph, NJ – In their second straight game, this time against #1 Delbarton, the Crusaders hung through two periods, but were unable to finish in the final stanza, falling 4-2 to the Green Wave.

After falling behind with 5:02 remaining in the first, Cory Robinson scored just 38 seconds into the second period to tie the score. Declan Quinn and Matt Maglio assisted on the score. The Green Wave upped the score three and a half minutes later to take a 2-1. That lasted just about four and a half minutes until Maglio scored assisted by Quinn and Robinson with 6:30 remaining.

The Green Wave scored with 13:28 and 6:46 to go in the fourth to put the game on ice. The Crusaders were able to generate 31 shots on the afternoon and received strong goalie play once again from Ryan Henry who turned away 31 of the 35 shots he faced.

SCORING	1	2	3	FIN
#9 Bergen Catholic (6-11-1)	0	2	0	2
#1 Delbarton (14-1-1)	1	1	2	4

TOURNAMENT CHART: https://tinyurl.com/jamboree2023

BC ADVANCES WITH WIN OVER COLONIAL REBELS

February 4 – Hackensack, NJ – The Crusaders ousted Saddle River Day from the Jamboree at Hackensack High School on Saturday morning 71-43.

Terry Copeland, Brandon Benjamin and Naiim Parrish continued to impact the game offensively as depth clearly won out in the end. The Crusaders stretched their depth, watching virtually every member on the roster contribute significant minutes in the victory.

The Crusaders will play Ramapo in the semi-final round, Saturday, February 11th at 1:00 pm at Hackensack HS.

Team	1	2	3	4	TOT
Saddle River Day (10-7)	11	9	9	13	41
Bergen Catholic (15-6)	19	15	13	26	73

Above: Terry Copeland scans the court. Below, Chidi Nwigwe denies a Rebel shooter.

David Munro laying one in against Saddle River Day in the Bergen County Jamboree on Saturday. Jamboree photos by John Hund '79.

Scoring	FG	3pt	FT	FTA	TOT
Terry Copeland	1	4	1	1	**15**
Brandon Benjamin	6	0	1	2	**13**
Naiim Parrish	1	3	0	2	**11**
David Munro	5	0	1	1	**11**
Julius Avent	0	3	0	0	**9**
Austin Sargenti	0	2	0	0	**6**
Chidi Nwigwe	0	0	4	4	**4**
Tyler McQuaid	0	1	1	2	**4**

AVENT MOVES JV ON IN COUNTY TOURNAMENT

February 4 – Oradell, NJ – The Crusader JV Basketball team faced a feisty highlander five from Allendale on Saturday afternoon. Freshman Julius Avent scored 13 of his 21 points in the third quarter to help open a 15 point lead against the visitors.

Nehemiah Snell scored 8 points and Angelo Bellizzi and Guy Vickers scored 7 apiece to pace Bergen. Gabe DeLaCruz had a nice opening quarter steal and converted it into a layup for two in the opening quarter. Lockton Walker scored a bucket for BC and AJ Neunzig finished with a bucket as well. Jayden Brown was responsible for the remaining three points with a first quarter three-pointer.

Team	1	2	3	4	TOT
Northern Highlands	8	8	12	5	**33**
Bergen Catholic	14	10	21	13	**58**

2023 FROSH COUNTY WRESTLING CHAMPS

KIM AND COSTELLO ARE CHAMPIONS

February 4 – Bergenfield, NJ – The Freshman County Tournament proved encouraging for the future of Bergen Wrestling. As a group, they won the team title behind outstanding efforts of a number of young BC student-athletes.

Individual results on next page.

113 lbs - Nick Onello 3rd (3-1)
120 lbs - Daniel Washburn 3rd (4-1)
126 lbs - Joseph Kim 1st (3-0)
132 lbs - Trevor Grageda 2nd (3-1)
150 lbs - Owen Martin 3rd (3-1)
175 lbs - Pete Stathis 4th (1-2)
215 lbs - Rocco Costello – 1st (2-0)
285 lbs - Mac Fitzgerald 2nd (2-1)
285 lbs - Dongyoon Kang 3rd (2-1)

MOCK TRIAL TEAM READY TO MAKE THEIR ARGUMENT

January 30 – Hackensack, NJ – The Mock Trial Team, under the direction of Mr. Fox, began their road to the county final winning their first two preliminary rounds and moving on the quarterfinals and semifinals next week.

This part of the tournament is a single-elimination tournament so litigators and witnesses will have to be sharp to move forward. The Mock Trial Team is the only program at school to have won an actual national championship, which they did in 1991 in New Orleans, Louisiana. That team will be the first team inducted into the school's Hall of Fame this March.

2023 Bergen Catholic Mock Trial Team

CREW TEAM COMPETES IN AC ERG CHALLENGE

February 4 – Atlantic City, NJ – The Crusader Crew Team competed in the 2023 USRowing Atlantic City Indoor National Championships. The event included male and female rowers of all ages, 700 in all. High School, Collegiate and Masters events took place Saturday and Sunday.

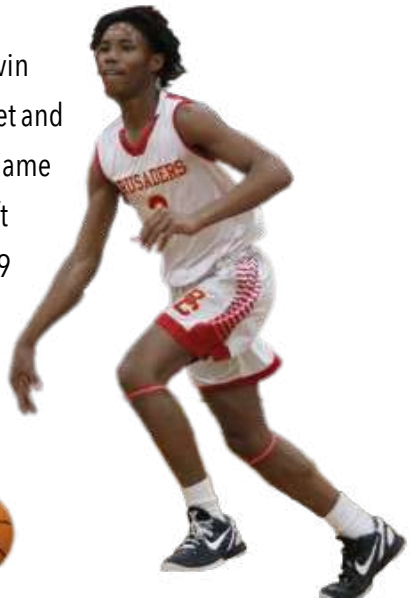
Photo from: https://tinyurl.com/2023indoorcrewnationals

CREW	EVENT	TIME	POS.
Avery Dropkin	Mens U19 1x	07:23.9	109th
John Michael Cantarella	Mens U19 1x	07:29.1	114th
Ano Nyambauro	Mens U19 1x	08:41.8	137th
Luke Apergis	Mens U17 1x	07:09.1	21st
Ronan Howell	Mens U17 1x	07:18.1	33rd
Alexander Georgiou	Mens U17 1x	07:20.5	37th
Edward Stoker	Mens U17 1x	07:29.1	50th
Luis Santos	Mens U17 1x	08:03.7	83rd
Matthew Pulis	Mens U17 1x	09:14.1	97th
Carmelo Calabro	Mens U16 1x	07:29.0	12th
Colin Labozzetta	Mens U16 1x	07:38.7	18th
Roman Sango	Mens U16 1x	07:45.1	20th
Max Harmeyer	Mens U16 1x	08:12.1	32nd

STRONG FOURTH QUARTER HELPS FROSH TAKE HIGH ROAD VS TEANECK

February 5 – Oradell, NJ – In the freshman game of the day, BC overtook a 7 point lead to defeat Teaneck in the quarterfinals of the BCCA Freshman Tournament. As a result of their thrilling 58-57 victory, BC will play Don Bosco Prep next Saturday at St. Joseph's Regional in the next round.

Caleb Williams knocked down six three-pointers on his way to a game-high 24-points, including the game winning basket with just seconds remaining. His partner, Devin Hasan assisted on that basket and had a pretty phenomenal game of his own, stealing balls left and right and pitching in 19 points, including 8 from the line.



DeAndre Orgill found himself in foul trouble and ultimately fouled out, but not before recording four first half points. Andrew Castillo fouled out as well after scoring a free throw. That provided the opportunity for Grayson Pitcock to step up and play the big man role which he did quite nicely, thank you very much. His presence grabbing rebounds and loose balls and smart play with the ball, helped BC to break the press.

Christian Brewton scored five for the scarlet and gold five, Jake Behrens scored two and Jack McCann added a fourth quarter free-throw.

Each of those single shots were completely necessary for a very exciting and memorable victory.

Team	1	2	3	4	TOT
Teaneck	14	12	19	12	**57**
Bergen Catholic	11	15	14	20	**58**

GRATALE, SARGENTI AND KLINTMAN START IT UP

February 5 – Oradell, NJ – The three seniors, Austin Sargenti, Rocco Gratale and Mikai Klintman helped the Crusaders earn a 15-8 first quarter lead en-route to a 52-43 victory over Red Bank Catholic on Sunday afternoon.

Brandon Benjamin led all scorers with 15 points and he added 9 rebounds. Terry Copeland score an even dozen and grabbed 4 boards.

David Munro earned a start and had another strong day, scoring six points and grabbing 7 rebounds and two steals.

Team	1	2	3	4	TOT
Red Bank Catholic	8	15	14	6	**43**
Bergen Catholic (15-6)	15	12	11	14	**52**

Scoring	FG	3pt	FT	FTA	TOT
Brandon Benjamin	7	0	1	3	**15**
Terry Copeland	6	0	0	0	**12**
David Munro	3	0	0	0	**6**
Declan Wucherpfennig	1	1	0	0	**5**
Tyler McQuaid	2	0	0	0	**4**
Austin Sargenti	1	0	1	1	**3**
Chidi Nwigwe	0	0	2	2	**2**

BIRD OF THE WEEK
THE BLUE GOOSE

February 5 – Oradell, NJ – While at the freshman basketball game on Sunday, we were discussing what the bird of the week should be. It was recommended that the groundhog bird be declared the BOTW, but that's not real so we couldn't do that.

Next, an eagle was suggested. Now I'm no Empire State Building. I just feel I need to go on the record about that and if something like that were to happen next week, heaven forbid, it would be in honor of my colleagues and not some green and white fish eating bird.

So I started thinking back to the idea of something not real and I thought of the blue goose. Not that they're not real. They are. But not really. Blue geese are morphs of Snow Geese and they are not so much as rare as they are in the minority. Some flocks may have 50% being made up of snow and blue geese. Others may have just about 10-15% of the snow geese appearing blue. As Brother Fagan and I would look at these geese, generally in Brigantine and ponds near the Jersey shore in Ocean and Monmouth counties, we estimated 1 in 6 were often snow geese.

CATHOLIC SCHOOLS WEEK
BRINGS BIG POINTS TO HOUSES

February 5 – Oradell, NJ – A lot of points were scored this week and every house improved significantly with Roepke (REP-key) passing the three-hundred plateau, up to 354. Jensen passed 400 and Walsh improved to 557. Beyer (Buyer) passed 700 to 730 and Keane (now over 800) is keeping a close eye on Murphy who exploded to 871.

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

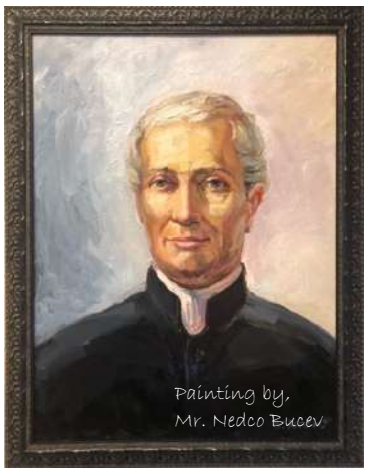
The Ten Commandments

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.

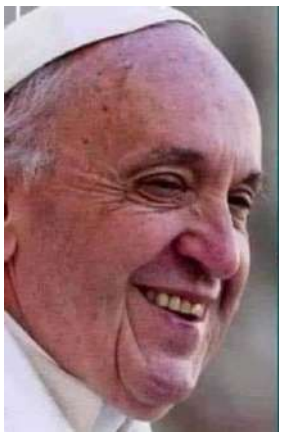
After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

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)**



"Rivers do not drink their own water, trees do not eat their own fruit, the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is, life is a good when you are happy, but much better when others are happy because of you."

Pope Francis

THIS UPCOMING WEEK IN BC SPORTS

Monday, February 6, 2023				
BOWL	4:00 PM	Eastern Christian	A	T-Bowl
JVBKB	5:30 PM	Don Bosco Prep	A	Don Bosco Prep
FRBKB	4:00 PM	Don Bosco Prep	A	Don Bosco Prep
JVHOCK	4:30 PM	CBA	A	Jersey Shore
TRACK	5:00 PM	Varsity Classic	N	168th Street Armory, NYC
Tuesday, February 7, 2023				
VBKB	7:00 PM	Don Bosco Prep	A	Don Bosco Prep
VHOCKEY	6:00 PM	County Tourney vs No. Highlands	A	Ice Vault
MOCKTRIAL	4:00 PM	County Tournament	N	Bergen County Courthouse
WRESTLING	5:00 PM	NJSIAA Tournament	N	CBA vs DBP @ Hoehl Gymnasium
WRESTLING	7:00 PM	NJSIAA w/o CBA vs DBP	H	Hoehl Gymnasium
Wednesday, February 8, 2023				
BOWL	4:00 PM	Bergen Tech	A	Bowler City
Thursday, February 9, 2023				
WRESTLING	7:00 PM	NJSIAA Semifinals	TBD	TBD
VBKB	7:00 PM	DePaul Catholic	A	DePaul Catholic
JVBKB	5:30 PM	DePaul Catholic	A	DePaul Catholic
FRBKB	4:00 PM	DePaul Catholic	A	DePaul Catholic
Friday, February 10, 2023				
SKIING	5:00 PM	Invitational Giant Slalom	N	Mount Peter
SWIMMING	TBA	NJSIAA Team Tournament	TBA	TBA
VHOCKEY	TBA	Gordon Cup – TBA	TBA	TBA
Saturday, February 11, 2023				
VBKB	1:00 PM	Jamboree – Ramapo	N	Hackensack HS
JVBKB	TBA	BCCA Tournament	TBA	TBA
Sunday, February 12, 2023				
WRESTLING	TBD	NJSIAA Finals	TBD	Rutgers

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