TWIBC SPORTS

BOWLERS STRIKE

WIN 7th SECTIONAL BOWLING TITLE!

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

BERGEN HISTORY WITH THE CHIEFS AND EAGLES…

February 12 – Oradell, NJ – At least three Crusaders have relationships with the teams playing in today's Super Bowl. DID YOU KNOW while the Kelces are actually playing against one another, BC has a pair of brothers that were rostered on either team. Billy McGovern '81 coached for the Eagles in recent years and brother, Robbie McGovern '85 played linebacker for the Chiefs back in the late 80s. More recently, Richie Scanlon '99 also played linebacker for the Chiefs in the early 2000s.

CHIN AND MARTIN FINISH TOP 15 IN BCCA TOURNEY

February 7 – Hackensack, NJ – Senior bowlers Liam Chin and Justin Martin finished among the top of the county's best bowlers on Tuesday at the Bergen County Coaches Association Individual Tournament. Chin finished eighth, rolling a 648 series while Martin finished fifteenth, rolling a 620. Congratulations to these two outstanding seniors on a fine representation of BC student-athletes!

BERGEN UPENDS HIGHLANDS IN COUNTY HOCKEY SEMIFINALS

February 7 – Wayne, NJ – The Crusaders took on previously undefeated Northern Highlands in the BCCA Semifinals on Monday evening. The Crusaders opened a 3-0 lead before the #2 seed came roaring back.

The Highlanders scored two goals before BC added one to go up 4-2 into the third period. Highlands recorded a pair of third period goals to send the game to overtime before Tommy Keough hit a backhander over the goalie's stick side shoulder for the deciding goal.

The Crusader set the pace with Declan Quinn opening the scoring off assists by Cory Robinson and Jacob Carver. Robinson then made the score 2-0 with Matt Maglio and Quinn playing the roles of set-up men. Niko Smilovic scored goal #3 for Bergen as Max Wright got into the action, setting Smilovic up with help from Maglio.

Robinson scored his second goal of the evening with DQ setting him late in the second period. The BC offense was unable to generate any offense in their one power play and the Crusaders killed off two of three short-handed situations. Ryan Henry saved 23 shots to earn the victory.

Overtime is where this magic happened. Jacob Carver got his stick on the puck behind the goal line and passed it to Alex Frassetto who centered the puck. The puck travelled airborne and Keough batted it home.

SCORING	1	2	3	OT	FIN
#3 Bergen Catholic (7-11-1)	3	1	9	1	**5**
#2 Northern Highlands (16-1-1)	0	2	2	0	**4**

MOCK TRIAL REACHES BERGEN COUNTY FINAL

February 7 – Hackensack, NJ - The Mock Trial Team Advanced to the County Finals at the Bergen County Courthouse on Wednesday, February 15, 2023. Jeff Fox has done a great job with these guys, but yet, Mr. Tedeschi finds a way to get in all of the photos. (It's got to be the bowtie.) Good luck to the team this week!

GRAPPLERS ADVANCE TO SEMIS

February 7 – Oradell, NJ – The Colts are a team that is on the rise, but they still need a little more time in the oven when it comes to wrestling with the Crusaders. BC defeated their shore rivals by a score of 37-19 in a well-contested match.

Funny thing is that anyone who wanted extra time, got it. Four of the first seven bouts went into overtime until the dam broke and Bergen pulled away.

The Colts had defeated Don Bosco Prep handily in the opening round, which was held at 6 pm at the Hoehl Gymnasium, before wrestling BC.

WT	Wrestler	Result	BC	CBA
126	Noah Kochman	L-Dec SV 4-2	0	3
132	Riley Halal	W-Dec 6-1	3	3
138	Ethan Washburn	L-Dec SV 5-3	3	6
144	Ryan Ford	L-Dec 3-0	3	9
150	Christopher Bacchioni	W-Dec 3-1	6	9
157	Aidan Wallace	W-Dec SV 2-0	9	9
165	Eric Broadie	W-Dec SV 3-1	12	9
175	Justin Onello	W-Dec 6-2	15	9
190	Leo Varga	W-Pin 0:43	21	9
215	Rocco Costello	L-Pin 0:19	21	15
285	Benjamin Shue	W-Forfeit	27	15
106	Nathan Braun	W-Maj Dec 9-1	31	15
113	Chad Sadaka	L-Maj Dec 9-0	31	19
120	Brian Melamud	W-Pin 4:27	37	18

CRUSADER CAGERS CLOSING GAP WITH IRONMEN

February 7 – Ramsey, NJ – The Varsity Basketball Team fell 67-55 to the Ironmen on Tuesday night. BC is now 18-7 on the season and closing in on the county's top-ranked team. The JV fell to the Ironmen 56-58 on Monday evening and the Freshmen beat their hosts 62-53.

BC BOWLS OVER KNIGHTS

February 8 – Hackensack, NJ – The Bowling Teams defeated Bergen Tech 7-0 (Varsity) and 3-2 (JV) on Wednesday at Bowler City. Justin Martin bowled the team's high game of 224 and high series of 594 on the varsity level.

VARSITY

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	X	180	204	**384**
SEAN MCKECHNIE	218	134	X	**352**
ANDY LEE	134	X	186	**320**
LIAM CHIN	220	215	155	**590**
JUSTIN MARTIN	224	208	162	**594**
NICK ROSSIG	X	179	150	**329**
BC (15-1)	**796**	**737**	**707**	**2240**
BT	**767**	**666**	**686**	**2119**

JUNIOR VARSITY

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	182	X	X	**182**
SEAN MCKECHNIE	X	X	124	**124**
ANDY LEE	X	178	X	**178**
CALVIN VILLANUEVA	162	171	169	**502**
STEPHEN PAUL	220	163	191	**574**
NICK ROSSIG	200	204	195	**599**
BC (16-0)	**764**	**716**	**679**	**2159**
BT	**780**	**517**	**584**	**1881**

CRUSADERS GIVE INSPIRING EFFORT IN COUNTY FINAL

February 8 – Wayne, NJ – Cory Robinson tied it and JT Verdino gave Bergen a lead with just 43 seconds remaining in the third period, but BC could not hold on.

The Ironmen tied the score with 9:25 remaining in the third period and won the county title with 1:05 remaining in overtime.

Matt Maglio assisted on Verdino's goal and Ryan Henry played an outstanding game, turning away 33 of 36 shots. Bergen was outshot 36-19.

SCORING	1	2	3	OT	FIN
#3 Bergen Catholic (7-11-1)	0	2	0	0	**2**
#1 Don Bosco Prep (14-1-2)	0	1	1	1	**3**

BETTER, JUST NOT ENOUGH

February 9 – Montvale, NJ – Point counting had begun as Seach Hibbler pinned his opponent at 113 pounds marking a 12-point swing from the first time Bergen and Joes matched up this year. Prognosticators could see that if Bergen could make up just ONE MORE POINT, there would be a path to victory. Unfortunately, this Non-Public "A" Semifinal Match would offer more ups and downs, ultimately resulting in a 28-21 defeat at the hands of the Green Knights who would go on to face #1 Delbarton in the State Final.

Noah Kochman is locked in and ready to score a 2-1 victory at 126 pounds.

Ryan Ford went about business tenaciously, defeating his opponent with a sound 6-3 decision.

Aidan Wallace recorded a first-period pin at 157 pounds to really get the Crazies hyped.

AJ Fricchione defeated his opponent at 215, 2-1 in a tie-breaker, earning a 6-point swing.

Benji Shue wrestled inspired, taking down the #2-ranked wrestler in the country at 285 pounds.

WT	Wrestler	Result	BC	SJR
113	Seach Hibbler	W-Pin 3:57	6	0
120	Brian Melamud	W-Pin	6	3
126	Noah Kochman	W-Dec 2-1	9	3
132	Riley Halal	L-Maj Dec 14-4	9	7
138	August Hibbler	L-Dec 4-3	9	10
144	Ryan Ford	W-Dec 6-3	12	10
150	Christopher Bacchioni	L-Dec SV 3-1	12	13
157	Aidan Wallace	W-Pin 1:54	18	13
165	Eric Broadie	L-Dec 13-7	18	16
175	Justin Onello	L-Dec TB 3-2	18	19
190	Leo Varga	L-Dec 7-2	18	22
215	AJ Fricchione	W-Dec TB 2-1	21	22
285	Benjamin Shue	L-Dec 12-6	21	25
106	Nathan Braun	L-Dec UTB 3-2	21	28

CRUSADERS FACE DEPAUL

February 9 – Wayne, NJ – The Bergen basketball program earned a 2-1 decision, defeating DePaul Catholic 56-30 on the varsity level. The JV won big as well, 67-41 while the Frosh suffered a tough loss 35-44.

HENRY AND MAGS ICE BOSCO IN GORDON CUP QUARTERS

February 10 – Wayne, NJ – Matt Maglio scored just over 2 minutes into the second period to break the ice and give BC a lead they would never relinquish. Cory Robinson and Declan Quinn set him up on his all-even goal.

Then, with just 4:52 remaining and Bergen serving a penalty, Maglio scored an unassisted, short-handed goal to ice the game. The Ironmen scored one late goal against Ryan Henry, who was spectacular in the goal, turning away 30 of 31 shots on goal.

SCORING	1	2	3	FIN
#8 Bergen Catholic (6-10-1)	0	1	1	**2**
#4 Don Bosco Prep (14-1-2)	1	1	3	**5**

LUCKY #7

CRUSADER BOWLERS WIN 7th SECTIONAL TITLE IN BC HISTORY

February 11 – Hackensack, NJ – The Crusader Bowling Team won its first Sectional title in thirteen years led by 600+ pin series by seniors Liam Chin and Justin Martin.

It was an outstanding effort as the two leaders both qualified for the individual state championship tournament. John Brignola and Andy Lee were just two and one pins off the mark to qualify respectively.

Lee and Martin each rolled 211s in the opening game to help BC to a first game total of 970 pins. Liam Chin then rolled the team's high game of 237 in Game 2 and Bergen finished with a 993. Lee was high scorer in game three, rolling a 216. Martin rolled his third 200+ game and Chin finished off with a 213, giving him a high series of 638.

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	192	212	194	**598**
SEAN MCKECHNIE	168	X	X	**168**
ANDY LEE	211	162	216	**599**
LIAM CHIN	188	237	213	**638**
JUSTIN MARTIN	211	203	206	**620**
NICK ROSSIG	X	179	150	**329**
BC (12-1)	**970**	**993**	**979**	**2,942**

McQUAID, BENJAMIN HELP AVENGE EARLY SEASON DEFEAT BC CRUISES TO JAMBO FINAL

February 11 – Hackensack, NJ – Shortly after the Bowling team won the NJSIAA Group IV North Sectional Title, the basketball team did its job in the county seat, defeating Ramapo 71-57 in the Jamboree Semifinal Round.

It was one of those days where you needed to beat the eight guys on the court as BC racked up the first six fouls of the game against none by the immaculate Green Raiders. No problem. BC was smart and under control for the entire 32 minutes of play, consistently out-positioning and out-working their opponents.

The Crusaders went with Tyler McQuaid, Naiim Parrish and Mikai Klintman along with big men Brandon Benjamin and Terry Copeland to start. The quintet worked well together, especially on defense, where they were able to switch effectively on picks up top and get hands in front of outside shooters, where the Raiders were especially dangerous.

McQuaid led the Crusaders in scoring early through the game, finishing with 15 points. He had a difficult task of defending Ramapo's 6'4 top scorer which he did a fine job.

Brandon Benjamin was the Crusaders top scorer with a team-high, seventeen points. Brandon's athleticism and hustle was on full-display as he worked for great position under the boards, but also created fast break opportunities on offense. It did not end there, however. Benjamin really opened some eyes with some demonstrative blocks and a sprint down court to contest a break-away lay-up where most players would have given up on the play well-before.

David Munro used his 6-7 frame similarly to Benjamin coming off the bench. Another guy who can really cover ground, David contributed eight points to the effort as well.

Jaylen Robinson and Austin Spencer gave some excellent minutes off the bench as BC took its 11-point lead into the third quarter.

While Ramapo cut into it by a basket, they were never able to make much of a run until the very end of the game when they prevented the score from being an 18-point Crusader victory.

Team	1	2	3	4	TOT
#3 Bergen Catholic (19-7)	15	16	14	26	**71**
#2 Ramapo (23-4)	11	9	16	21	**57**

WHAT'S NEXT? The Crusaders are seeking their twelfth (12th) Jamboree title and the fourth in the Armstrong Era. BC is the defending champion, winning titles in (2022, 19, 15, 03, 01, 1994, 92, 91, 89, 86 and 1977). BTW…Coach Armstrong's senior year was the 1994 County Champion team.

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

CRUSADERS IN THE JAMBO

Jamboree Appearances: 53

	WON	LOST	PCT.
ROUND OF 16*	37	8	.822
QUARTERFINAL	31	14	.689
SEMIFINAL	24	7	.774
FINALS	11	12	.478
@ FDU-ROTHMAN	22	11	.667
OVERALL	**103**	**41**	**.710**

* The Jamboree was expanded to a Round of 16 in 1975.

BERGEN VS. BOSCO IN THE JAMBOREE

- BC's 145th GAME in JAMBO
- BC's 24th Final
- BC vs DBP 7-7 in Jambo All-Time
- BC (2-5 in Final) was 0-5 in final vs DBP, but has won the last 2 (2019 and 2022)
- Avg scores in final 49-54 vs DBP
- In 23 finals avg score is 56.3-54.4
- Coach Armstrong is facing DBP for the 5th time in the Jamboree. Coach Dionisio and Coach Donfield each faced DBP 5x in the Jamboree as well.

Date	Venue	Res	BC	DBP	Round	
2/20/77	Hackensack	W	89	64	Quarters	Coach Donfield
2/11/79	Hackensack	L	54	60	Quarters	
2/12/95	Fair Lawn	W	67	56	Quarters	
2/3/96	Bergen Cath.	W	66	60	Rnd of 16	
3/1/97	FDU	L (OT)	42	43	Final	
2/22/02	FDU	L (OT)	47	56	Final	Coach Dionisio
2/21/03	FDU	W	64	50	Semifinal	
2/15/06	Paramus	L	47	51	Quarters	
2/21/07	FDU	L	40	64	Final	
2/20/10	FDU	W	53	50	Semifinal	
2/24/17	FDU	L	52	53	Final	Coach Armstrong
2/23/18	FDU	L	38	54	Final	
2/22/19	FDU	W	54	41	Final	
2/25/22	FDU	W	71	64	Final	
2/17/23	FDU				Final	

WRESTLERS PLACE AT JV TOURNEY

February 11 – Raritan, NJ – The Crusader JV Wrestlers competed at the Raritan JV Tournament on Saturday. Three of our young men placed 1-2-3!

Dong Yoon Kang placed 1st in his weight class. Genti Idrizi took 2nd and Mac Fitzgerald placed 3rd. Congratulations on a terrific effort!

NATE THE GREAT HELPS BC SKIERS TO SOLID FINISH

February 5 – Vernon, NJ – Nathan Park finished third overall, leading BC to a third-place team finish in the Slalom on Sunday.

1. Sparta – 5:10.46
2. Ridge – 5:15.08
3. Bergen Catholic – 5:27.23
4. Blair Academy – 6:09.88
5. Morristown Beard – 6:20.88
6. Newton – 6:25.14

Skier	Run 1	Run 2	Total
Nathan Park	32.52 (4)	33.83 (3)	1:06.35 (3)
Nick Wheaton	40.41 (14)	42.43 (16)	1:22.84 (14)
Carter Pontone	43.68 (19)	44.79 (18)	1:28.47 (17)
Aiden Hickey	44.07 (20)	45.50 (21)	1:29.57 (18)
Nick Napolitano	50.71 (26)	DNF	
William Dodds	DNF	46.27 (23)	

WHAT IS THIS HOUSE CUP ANYWAY?

February 12 – Oradell, NJ – About the House Competition… The students at BC are grouped into houses which are made up of all grade levels. Each house is named in honor of a Christian Brother whose distinguished service to BC was recognized and selected by the students. It is an "intramural" program, if you'd like, in which faculty members award points to students who demonstrate good attitudes, study habits, win competitions, perform acts of service or other actions that faculty members deem point-worthy.

For the second week in a row, a significant number of points were earned. Br. Murphy remains in the lead, stretching it over Br. Keane House to 129 points. Murphy House was up 38 to 910 this week. Beyer House picked up 61 points to move within striking range of Keane. Walsh House was the big winner on the week, gaining well over 100 points to break the 600 plateau to 674. Jensen House added 28 points and Roepke picked up 24, but still have a long way to go.

RENDINE'S SCARLET MEN MAKE A BOY'S DAY!

February 9 – Oradell, NJ – If this isn't a feel good story, I don't know what is…

I am really proud of this group of students! They raised money, purchased a bike from Sussex Bike Shop, built the bike and delivered it as a birthday present to a child battling cancer. They also were so thoughtful that they also purchased a gift for his sister and a gift card for his parents! Thank you Tom Coughlin Jay Fund Foundation for this awesome opportunity. – Mr. Rendine

BIRD OF THE WEEK THE WOOD STORK

February 5 – Oradell, NJ – I'm not going to lie. This typically wouldn't your BOTW, but my cousin (I'm older, he's larger) sent me a picture of a Wood Stork that was just kind of chilling about 4-feet away from him in Florida.

FUN FACT

The fastest known reflex action in the animal world!

In order to catch their prey, wood storks submerge their beaks into the water, setting up a trap in a sense. With their beaks open and submerged, storks either stand still while they startle prey with their feet or walk while moving their beaks from side to side.

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.

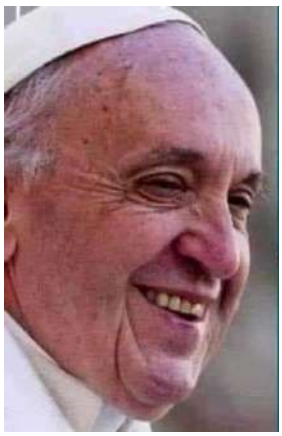
After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

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 13, 2023				
VBKB	7:00 PM	Newark Arts	A	Newark Arts
JVBKB	5:30 PM	Newark Arts	A	Newark Arts
VHOCK	4:20 PM	CBA	A	Jersey Shore
Tuesday, February 14, 2023				
JVBKB	5:30 PM	Clifton	A	Clifton
FRBKB	4:00 PM	Clifton	A	Clifton
SWIMMING	7:00 PM	NJSIAA - Seton Hall Prep	N	PCTI
Wednesday, February 15, 2023				
MOCKTRIAL	TBA	Bergen County Final	N	Bergen County Courthouse
TRACK	5:00 PM	Bergen Meet of Champions	N	168th Street Armory (NYC)
JVHOCKEY	5:30 PM	Hill School (PA)	A	Hill School
Thursday, February 16, 2023				
VHOCK	TBA	Gordon Cup Final	N	TBA
JVBKB	5:30 PM	Blair Academy	A	Blair Academy
Friday, February 17, 2023				
VBKB	7:00 PM	Jamboree Final – Don Bosco Prep	N	FDU – Rothman Center
TRACK	5:00 PM	Group State Championships	N	Bennet Center (Toms River)
JVHOCKEY	7:45 PM	Don Bosco Prep	A	Ice Vault
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 18, 2023				
WRESTLING	10:00 AM	NJSIAA District V Championships	H	Hoehl Gymansium
JVBKB	TBA	BCCA Final	N	St. Joseph Regional
Sunday, February 19, 2023				
WRESTLING	TBD	NJSIAA Finals	TBD	Rutgers

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