TWIBC SPORTS
God, Family, Academics, Bergen Catholic Sports

TWO TITLE TEAM

CRUSADER RECORD BREAKERS WIN LEAGUE AND COUNTY TITLES IN TRACK & FIELD THIS WEEK

TWIBC SPORTS

God, Family, Academics, Bergen Catholic Sports

CRUSADERS TAME PANTHERS

April 17 – Hillsdale, NJ – It's definitely strange saying it, but the Crusaders had no difficulty beating the Panthers of Pascack Valley 5-0. Daniel Calianese was pushed in third singles. After falling 6-7 in the first set, he won his second set 6-0. He went on to win the tie-breaker 11-9.

Match	Player(s)	Set 1	Set 2	Set 3	W/L
1st SING	Andrew Song	6-4	6-1		W
2nd SING	Philip Saint Cyrus	6-1	6-0		W
3rd SING	Daniel Calianese	6-7	6-0	11-9	W
1st DOUB	Brian Song/Daniel Song	6-1	6-0		W
2nd DOUB	Ryan Kim/John Nalbadian	6-1	6-2		W

VOLLEYBALL FALLS TO RAIDERS

April 17 – Oradell, NJ – Brandon Benjamin recorded 3 kills and 4 blocks and Thomas Cusick recorded 10 digs to go with a kill an dan assist, but it was not enough for the Crusaders to turn back Ramapo. Captain Ian Walls recorded 6 digs and 5 assists on the day as well.

TEAM	1	2	3	FINAL
RAMAPO (1-3)	25	25	-	2
BC (0-5)	17	14	-	0

Player	Kills	Blocks	Digs	Assists	Serv Pts	Aces
Luca Duardo	2	3	1	0	0	1
Thomas Cusick	1	0	10	1	0	0
George Azrumelashvili	0	1	1	0	0	1
Brandon Benjamin	3	4	0	0	0	0
Ian Walls	1	0	6	5	0	0
John Paul Sinagra	1	0	1	0	0	2
Jackson Vonderhorst	0	1	0	0	0	0
Yuanzhe Li	1	1	0	0	0	0
TOTALS	**9**	**10**	**19**	**1**	**0**	**4**

JV Volleyball lost in straight sets to Ramapo: 25-11 and 25-14.

FROSH LACROSSE STAPLED AT HOME

April 14 – Oradell, NJ - The Freshman Lacrosse Team lost to Staples, CT by a score of 8-3 on Friday.

TRACK TAKES BNC UNITED DIVISION TITLE

April 17 – Paramus, NJ – The Varsity Track and Field Team finished the season 4-0 beating DePaul and Paramus Catholic on Monday. The Crusaders defeated DePaul 140-0 and defeated Paramus Catholic 92-48.

Here are the winning efforts vs. Paramus Catholic

- Kaj Sanders 10.8 100m
- Tommy Rogers Swept all distance events (800m, 1600m, and 3200m)
- Jason Lesseiu Triple Jump
- Gabe Beidleman Long Jump 21-0 ft
- Nick Barra Javelin
- Benji Shue Discus and Shot Put
- 4x400 Allan Hilton Clark, CJ Edwards, Zion Suitt, and Joe Griffith

VOLLEYERS WIN 1st GAME V DBP

April 18 – Oradell, NJ – Brandon Benjamin recorded 3 kills and 4 blocks and Thomas Cusick recorded 10 digs to go with a kill an dan assist, but it was not enough for the Crusaders to turn back Ramapo. Captain Ian Walls recorded 6 digs and 5 assists on the day as well.

TEAM	1	2	3	FINAL
DON BOCO PREP	20	25	25	2
BC (0-6)	25	17	22	1

JV Volleyball lost 2-1 to Don Bosco Prep: 23-25, 25-16 and 5-25.

VARSITY LAX STARTS FAST AGAINST US #12 RANKED TEAM

April 18 – Oradell, NJ – Staples HS (CT) visited the Jack on Tuesday and saw an excellent lacrosse game. It was just the kind of game the Crusaders wanted for three quarters until five unanswered fourth-quarter goals led to their demise.

Richie Reid continued on his torrid scoring pace, beating the goalie four times.

TEAM	1	2	3	4	T
Staples (CT) (7-1)	3	0	2	5	**10**
BC (3-2)	3	3	2	0	**8**

Bergen Catholic Scoring Stats

Player	G	A	P	GB	FOS-Taken	FOS-Won	FOS-Win%
Noah Spencer	0	0	0	2	0	0	0
Jack Tenaglia	0	2	2	2	0	0	0
Nicholas Angeli	0	0	0	1	0	0	0
Anderson Chang	0	0	0	2	0	0	0
Jake Taromina	1	0	1	1	0	0	0
Richie Reid	4	0	4	2	0	0	0
Luke Macejka	0	2	2	0	0	0	0
Sean Irving	0	0	0	3	0	0	0
Ryan Ford	0	0	0	1	0	0	0
Dan Sheppard	0	0	0	0	11	5	0.454545454545454
Patrick Cece	0	0	0	1	11	6	0.545454545454545
Joseph Marinaccio	3	1	4	1	0	0	0
Totals:	**8**	**5**	**13**	**16**	**22**	**11**	**0.9999999999999989**

Bergen Catholic Goalie Stats

Player	Saves	GA
Parker Day	11	10
Totals:	**11**	**10**

JV LAX DEFEATS BIG RED 9-2

April 18 – Lawrenceville, NJ – The Crusader JV Lacrosse Team defeated the Big Red from Lawrenceville School 9-2.

LACROSSE STATE RANKINGS

17-Bergen Catholic (3-4)

Last week: No. 13

The Crusaders dropped three tough battles last week against Staples (Conn.), 10-8, no. 5 Don Bosco Prep, 12-7, and No. 12 St. Joseph (Mont.), 11-10, in overtime despite some strong offensive play from seniors Richie Reid and Joseph Marinaccio. Reid produced nine goals and Marinaccio had six goals and three assists. BC hopes to rebound Wednesday against No. 6 Ridgewood.

(highschoolsports.nj.com)

TRACK AND FIELD STATE HONOR ROLL FOR WEEK 2

4x100 Relay

Bergen Catholic (, Mountie Madness, 42.21

(highschoolsports.nj.com)

CRUSADERS AND IRONMAN BATTLE AT THE JACK

April 20 – Oradell, NJ – The Crusaders matched up with Bergen County's #1 Don Bosco Prep Ironmen on Wednesday at the Jack. After a tight first quarter, the Ironmen exploded for 5 second quarter goal and cruised to a 12-7 victory.

Luke Macejka scored two goals and added a pair of assists while Jake Taromina scored two with one assist. Parker Day turned away 13 Ironman shots.

TEAM	1	2	3	4	T
Don Bosco Prep (5-2)	3	5	2	2	**12**
BC (3-3)	2	1	1	3	**7**

Bergen Catholic Scoring

	G	A	P	GB	FOS:Taken	FOS:Won	FOS:Win%
Luke Macejka	2	2	4	3	0	0	0
Richie Reid	1	0	1	1	0	0	0
Jake Taromina	2	1	3	1	0	0	0
Jimmy Carey	1	0	1	1	0	0	0
Eddie Brown	1	0	1	0	0	0	0
Jack Tenaglia	0	0	0	1	0	0	0
Joseph Marinaccio	0	1	1	2	0	0	0
Ryan Ford	0	0	0	1	0	0	0
Dan Sheppard	0	0	0	1	10	2	0.2
Nicholas Angeli	0	0	0	2	0	0	0
Patrick Cecio	0	0	0	0	11	6	0.55
Totals:	7	4	11	13	21	8	0.38

Bergen Catholic Goalie

	Saves	GA
Parker Day (L)	13	12
Totals:	13	12

COUNTY CHAMPIONS!

CRUSADERS WIN FIFTH CONSECUTIVE BERGEN COUNTY RELAY TITLE SET FOUR SCHOOL RECORDS

April 20-22 – Oradell, NJ - The Crusaders won a fifth straight title, 136-108, over Paramus Catholic at River Dell Regional HS over the weekend.

According to Coach Mike Begen, "We're going for school records and county records and our ultimate goal is to get into the state conversation.''

The Crusaders led all schools in three events, the 4-x-100 (where Logan Casey, Kaj Sanders, Allan Hilton Clarke and Andrew Boakye broke a school record with 41.78), shot and discus, setting school records in each. BC also have seven top three finishes overall and broke a 4th school record in the 4-x-200.

Tom Rogers played a role in winning four individual relay teams and Ben Shue was named "Athlete of the Meet" following his performances in shotput and discus.

TRACK AND FIELD STATE RANKINGS

11-Bergen Catholic

Last week's ranking: No. 11

Bergen Catholic traveled to New York last weekend to compete in Mountie Madness at Suffern, where some of its top athletes excelled against competitors from both New Jersey and New York. The Crusaders 4x100 relay won gold with a state-leading time of 42.21, while Benjamin Shue (shot put, discus), Logan Casey (200), and Tristan Oliver (high jump) also secured first-place finishes. They'll have a chance to continue their momentum at the Bergen County Relays this Saturday.

(highschoolsports.nj.com)

BASEBALL STATE RANKINGS

4-Bergen Catholic (6-1)

Last week: No. 6

Here's why: The Crusaders climb two spots after a pair of statement wins on the road. Bergen Catholic took down Hun, 23-7, and followed that up by handing DePaul its first loss of the season. Christian Charalambous was lights-out on the mound against the Spartans, firing 11 strikeouts in 5.2 innings to steer Bergen Catholic as the top team currently in the Big North.

(highschoolsports.nj.com)

JV BASEBALL HAMMERS DEPAUL

April 19 – Wayne, NJ – The Crusaders defeated the Spartans 18-2 in five innings on Wednesday. Bert Maxim had 2 Hits, scored 2 runs, and had 3 RBI's. Anthony Tetto was just about as effective with a pair of Hits, a run scored and 2 RBI's. Jake Oliver contributed two hits and two RBIs as well, while Felix Matos had a double and 3 RBI's. Gavin Grageda drove in two runs on his two hits.

Hayden Hernandez pitched 3 Innings and struck out 6. Will Dodds finished the job off, pitching 2 Innings and striking out 4.

TENNIS TAKES ON BRIDGEMEN

April 19 – Fort Lee, NJ – The Varsity Tennis Team defeated Fort Lee's Bridgemen 4-1 on Wednesday.

Match	Player(s)	Set 1	Set 2	Set 3	W/L
1st SING	Andrew Song	6-1	6-1		W
2nd SING	Philip Saint Cyrus	6-1	6-0		W
3rd SING	Markus Kim	3-6	6-7		L
1st DOUB	Brian Song/Daniel Song	6-0	6-0		W
2nd DOUB	Ryan Kim/John Nalbadian	6-0	6-1		W

SENIOR DAY BRINGS OUT THE BEST IN REID, MARINACCIO

April 22 – Oradell, NJ – In their third consecutive game vs. top ranked opponent the Crusaders fell to St. Joseph Regional in overtime on Saturday at the Jack. It was the first overtime game played between the two schools who have been competing on the lacrosse field against one another since 1995.

Richie Reid fired four goals home and Joe Marinaccio scored 3 goals and an assists. Jack Tenaglia added four points of his own (1 goal and 3 assists) and Parker Day turned away 16 of 27 Green Knight shots.

TEAM	1	2	3	4	OT	F
St. Joseph Regional	2	1	2	5	1	**11**
BC (3-4)	1	2	3	4	0	**10**

Bergen Catholic Scoring

	G	A	P	GB	FOS:Taken	FOS:Won	FOS:Win%
Luke Macejka	1	0	1	2	0	0	0
Eddie Brown	1	0	1	0	0	0	0
Richie Reid	4	0	4	1	0	0	0
Jimmy Carey	0	2	2	0	0	0	0
Joseph Marinaccio	3	1	4	0	0	0	0
Jack Tenaglia	1	3	4	2	0	0	0
Jake Taromina	0	0	0	1	0	0	0
Ryan Ford	0	0	0	1	0	0	0
Noah Spencer	0	0	0	4	0	0	0
Sean Irving	0	0	0	1	0	0	0
Nicholas Angeli	0	0	0	1	0	0	0
Dan Sheppard	0	0	0	0	14	7	0.5
Patrick Cece	0	0	0	0	11	2	0.18
Totals:	10	6	16	13	25	9	0.36

Bergen Catholic Goalie

	Saves	GA
Parker Day (L)	16	11
Totals:	16	11

The Crusaders are the #4 seed in the 2023 BCCA Lacrosse Tournament. Following a first-round bye, Bergen will host the winner of Saturday's (#12) River Dell at (#5) Northern Highlands game. Game time is expected to be 4:15pm on Tuesday, May 2, 2023 at the Jack.

TENNIS DEFEATS HIGHLANDERS

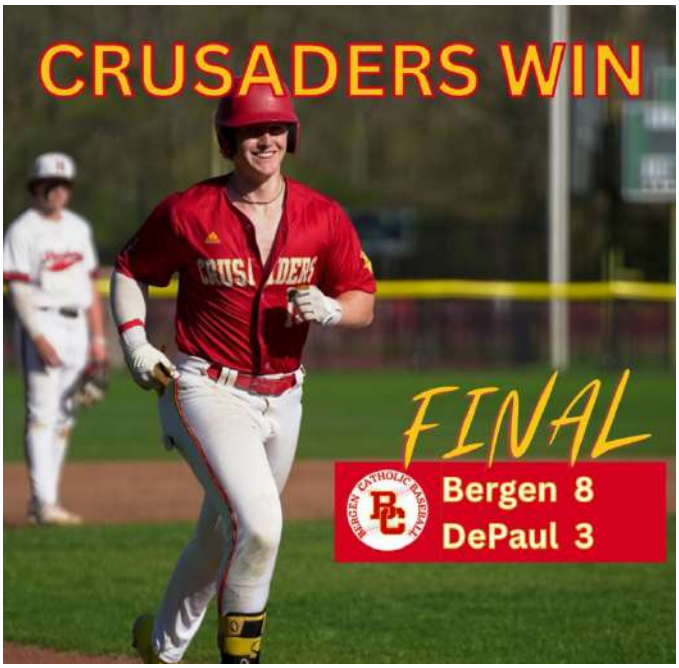
April 20 – Allendale, NJ – The Varsity Tennis Team defeated Northern Highlands on Thursday 3-2. In a rare instance of BC losing 1st and 2nd Singles, Christian Choi at third singles and the two Doubles Teams of Brian Song and Daniel Song, and Ryan Kim and John Nalbadian came up big. Kim and Nalbadian's second set went to 7-5 as they needed to win by two to polish off NH.

Match	Player(s)	Set 1	Set 2	Set 3	W/L
1st SING	Andrew Song	1-6	2-6		L
2nd SING	Philip Saint Cyrus	2-6	3-6		L
3rd SING	Christian Choi	6-2	6-3		W
1st DOUB	Brian Song/Daniel Song	6-4	6-2		W
2nd DOUB	Ryan Kim/John Nalbadian	6-0	7-5		W

CRUSADERS SWEEP SPARTANS TO START BNC PLAY OFF RIGHT

April 18 – Wayne, NJ – The Crusaders defeated DePaul Catholic 8-3 on Tuesday, starting the 2023 BNC United Division play, off on the right foot. Christian Charalambous struck out 11 in five and two thirds innings, yielding three runs. Jack Duffy came in for the final four outs, closing out the victory, allowing only one hit.

Team	1	2	3	4	5	6	7	R	H	E
Bergen Catholic (6-1)	-	-	-	-	-	-	-	**8**	8	0
DePaul Catholic	-	-	-	-	-	-	-	**3**	4	0



Dhruv Vengurlekar and Jamie Zee each knocked in three runs, as those two and Harrison Certo each doubled off Spartan pitching. Braedon Connors scored a run and drilled a triple as well.

CRUSADERS-SPARTANS GAME 2

April 19 – Lyndhurst, NJ – The Crusaders defeated DePaul Catholic 8-6 on Wednesday, sweeping the Spartans. BC's heart of the order, Luca Reyes, Braedan Connors and Dhruv Vengurlekar each had two hits and scored two runs. Mark Biskup drove in three runs on a pair of hits.

Stanley Moreno started the game for BC, yielding six runs, only two were earned, and striking out five. Vengurlekar came in, striking out two over two-scoreless innings and picked up the win. Jack Duffy earned the save with an inning of shutout baseball.

Bergen Catholic	AB	R	H	RBI	BB	SO
A Baglino (C)	3	0	0	0	1	1
J Zee (SS)	4	1	1	0	0	0
L Reyes (CF)	3	2	2	0	0	0
B Connors (RF)	4	2	2	1	0	0
D Vengurlekar (D...	2	2	2	1	1	0
M Biskup (LF)	3	0	2	3	1	1
B Nichols (3B)	3	0	0	1	0	1
M Delpome (1B)	4	0	1	1	0	0
H Certo (2B)	2	1	1	0	1	0
CR: N Napolitano	0	0	0	0	0	0
Totals	**28**	**8**	**11**	**7**	**4**	**3**

2B: B Connors, M Biskup, **TB:** B Connors 3, J Zee, M Biskup 3, D Vengurlekar 2, L Reyes 2, H Certo, M Delpome, **SAC:** B Nichols, **CS:** N Napolitano, **HBP:** D Vengurlekar, L Reyes, **LOB:** 9

Bergen Catho	IP	H	R	ER	BB	SO	HR
S Moreno	4.0	6	6	2	1	5	0
D Vengurlek...	2.0	2	0	0	2	2	0
J Duffy	1.0	0	0	0	1	0	0
Totals	**7.0**	**8**	**6**	**2**	**4**	**7**	**0**

W: D Vengurlekar, **P-S:** D Vengurlekar 48-25, J Duffy 15-9, S Moreno 78-50, **WP:** S Moreno, **BF:** D Vengurlekar 10, J Duffy 3, S Moreno 20

Team	1	2	3	4	5	6	7	R	H	E
DePaul Catholic	1	0	1	4	0	0	0	**6**	8	1
Bergen Catholic (7-1)	0	1	3	2	0	2	X	**8**	11	2

The Crusaders now have a five game winning streak over the Spartans dating back to May 10, 2021. Prior to that loss, BC ran an eighteen winning streak up against their Passaic County rival. BC is now 25-2 all time vs. DePaul Catholic, a stellar .926 winning percentage.

BC BATS COME ALIVE LATE TO QUELL PATRIOT REVOLT

April 21 – Wayne, NJ – The Crusaders earned their eighth win of the season, defeating Wayne Hills by eight runs 12-4 on Friday. Seven of those runs were scored in a seventh inning explosion. Alex Cavegn started the game for BC, going 3.2 innings and striking out 4. Paul Warburton closed it out, striking out 5 in 3.1 innings and earning the victory.

Team	1	2	3	4	5	6	7	R	H	E
Bergen Catholic (8-1)	3	1	0	1	0	0	7	**12**	13	2
Wayne Hills	1	1	0	2	0	0	0	**4**	9	3

CRUSADERS QUIET MARAUDERS

April 22 – Jersey, City, NJ – BC improved to 9-1, beating St. Peter's Prep on its home turf 6-2 on Saturday morning.

Braedon Connors and Aidan Baglino each knocked in a pair of runs as Billy Nichols recorded a double and a single, leading BC bats.

Jack Duffy went six innings, striking out 7 to earn the victory and Dhruv Vengurlekar pitched the final inning without yielding a baserunner.

Team	1	2	3	4	5	6	7	R	H	E
Bergen Catholic (9-1)	0	0	4	0	0	0	2	**6**	5	0
St. Peter's Prep	0	1	1	0	0	0	0	**2**	8	3

BC now holds a 14-4 advantage all-time vs. the Marauders in a series that dates back to May 8, 1960.

CRUSADER CREW RESULTS FROM MANNY FLICK #5

April 23 – Philadelphia, PA - This past Sunday the BC Crew Team raced at the Manny Flick #5 in the Horvat Series - Schuylkill River. Most of our team is relatively new, is showing great improvements, and represented Bergen Catholic in quite a few categories at this race.

Varsity Single - Owen Ryan rowed in his first singles race against more veteran Senior Singles rowers and finished strong - 2nd in his heat of 5 rowers.

JV Single - Ronan Howell a sophomore, is rowing in a very competitive singles category, placed 8th out of 15 rowers, ahead of 7 other schools including Don Bosco.

Special thanks to BC Crew Mom extraordinaire, Joanne Georgiou, for all of her help with information and photos!!!

Novice Double - Luke Apergis and Will Ryan, competed for their first time ever and finished very strong in 4th place out of 15 rowers. It was a great achievement against other Novice (newer) rowers.

JV Doubles - Luis Santos and Alexander Georgiou, who just started their second year of rowing and first year in a double together, showed great form, cohesion, and improvement as a team. They were rowing in a very competitive category against mostly veteran and older rowers, placed 16th out of 23rd ahead of 7 schools including a Roman Catholic and a Don Bosco Prep team.

Novice Quad - Carmelo Calabro, Owen Martin, Jonathan Pelzar and Colin Labozzetta, all Freshman and competing in their first Spring competitive season. They raced for the first time together as a team and all the practice and effort paid off as they placed strong in 5th out of 12th place.

Novice Quad - Max Harmeyer, Anthony Lupo, Anotida Nyambauro and Brandon Yu, all Novice rowers also rowed for their first time together and against more experienced and veteran rowers and placed 9th out of 12th.

THIS WEEK IN BC GOLF
VARSITY WINS 4 OF 5 MATCHES

April 21 – Wayne, NJ – BC improved to 14-1 on the season, dropping only a dual match against Don Bosco Prep The Crusaders opened the week vs. Glen Rock, defeating the Panthers at Upper Montclair Country Club 154-193.

Next up were DePaul Catholic Spartans, playing at a lovely Ridgewood Country Club in Paramus. The Crusaders once again triumphed 157-182.

On Wednesday, BC once again played at Ridgewood and played their best round of the week, but the Ironmen were

hot and gave the Crusaders their first loss of the season 148-153.

Bergen finished the week with two wins, one at Haworth Golf Club and one at Orchard Hills in Paramus. First they defeated Mahwah 155-202 and second against Demarest 144-190.

Varsity Name	Glen Rock	DePaul Catholic	Don Bosco	Mahwah	Demarest	Weekly Average
Liam White	36	40	34		32	**35.5**
Ryan Applin	41	35	38	39	36	**37.8**
Ryder Hodgson	36	44	40	37	38	**39**
Nakhil Sahu	43	41	43		44	**42.8**
Adam Sincavage	46	41	41	36		**41**
Chris Vrtis	41	43	42	45		**42.8**
Andrew Lama	-	-	-	43	47	**45**
John Keyes	-	-	-	44	38	**41**
CRUSADERS	**154**	**157**	**148**	**155**	**144**	**151.6**
OPPONENTS	**193**	**182**	**153**	**202**	**190**	**184**
	W	**W**	**L**	**W**	**W**	

JV Name	St. Peters Prep	Mahwah	Don Bosco	Northern Highlands	Week Average
Andrew Lama	42	-	-	-	**42**
John Keyes	48	-	-	-	**48**
Will Calocino	48	51	51	46	**49**
Alex Herrera	44	-	45	40	**43**
Calvin Jung	-	47	47	-	**47**
PJ Guinan	-	49	-	-	**49**
Owen Smith	-	53	44	-	**48.5**
Luke Schoeler	-	52	-	-	**52**
Danny O'Neill	-	57	-	-	**57**
Jeremy Cammayo	-	-	50	44	**47**
Jack Driscoll	-	-	-	46	**46**
Donovan Reid	-	-	-	45	**45**
Erich Surovetz	-	-	-	45	**45**
Erez Yacobi	-	-	42	-	**42**
BERGEN CATHOLIC	**182**	**199**	**171**	**174**	
OPPONENT	**215**	**227**	**178**	**179**	
	W	**W**	**W**		

BIRD OF THE WEEK: YELLOW WARBLER

April 23 – Bergen County, NJ – I'm happy to see, even more, HEAR, these warblers back in Bergen County. The small yellow warbler, not to be confused with the American Goldfinch (New Jersey's state bird) is back, singing its *"sweet, sweet, sweet, I'm so sweet."*

https://www.allaboutbirds.org/guide/Yellow_Warbler/sounds#

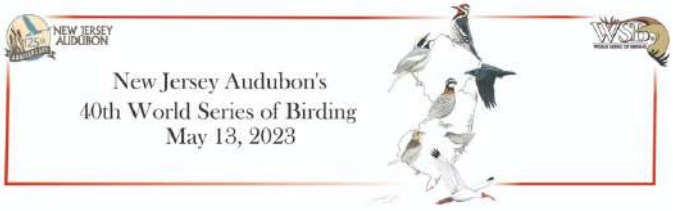
You think I'm kidding, but I assure you I am not. Use your imagination. You'll hear this happy little bird singing away for the next month or so. The Celery Farm in Allendale has always been a hotspot as I sought them out. They are often heard especially near the pipe, on the north western side of the main loop.

100 SPECIES CHALLENGE

Can you reach 100 species before the end of the school year? Let me know what your number is!

WSOB 2023

This is the 40th Anniversary of the World Series of Birding. If you would like to team up (parents and/or students) let me know. We can go after 100 in a day in Bergen County ALONE!



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 Jesus Prayer

Lord Jesus Christ, Son of God,
have mercy on me, a sinner.

Blessed Edmund Rice

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 and 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.

make me a channel of your peace (prayer of st. francis)

¶1 Make me a channel of your peace
Where there is hatred let me so your love
Where there is injury, your pardon Lord
And where there's doubt true faith in You.
¶2 Make me a channel of your peace
Where there's despair in life let me bring hope
Where there is darkness only light
And where there's sadness ever joy.
¶3 Oh, Master grant that I may never seek
So much to be consoled as to console.
To be understood as to understand.
To be loved as to love with all my soul.
¶4 Make me a channel of your peace.
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life.
¶3
¶2

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 in Her 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.
Duh, Duh, Duh, Duh, Dum.

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.

LITURGICAL CALENDAR 2023

- **ORDINARY TIME (Jan 6-Feb 21)**
- **ASH WEDNESDAY (Feb 22) LENT**
- **HOLY WEEK (Apr 2-8)**
- **HOLY THURSDAY (Apr 6)**
- **GOOD FRIDAY (Apr 7)**
- **EASTER (Apr 9)**
- **PENTECOST (May 28)**
- **ORDINARY TIME (Jun 4- Dec 2)**
- **ADVENT (Dec 3 – Dec 24)**
- **CHRISTMAS (Dec 25 – Jan 7, 2024)**

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."

"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

The Ten Commandments

I am the Lord your God: you shall not have strange gods before me.

You shall not take the name of the Lord your God in vain.

Keep holy the Lord's Day.

Honor your father and mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.