TWIBC SPORTS

Happy Mother's Day!

God, Family, Academics, Bergen Catholic Sports

AROUND THE HORN…
VARSITY BASEBALL

May 8 - Lyndhurst, NJ – In the first game of the Bergen-Bosco Series, the Ironmen took a strong position to win the BNC United with a 6-5 decision over the Crusaders. A pair of homeruns doomed BC in a game where Harrison Certo and Luca Reyes at the top of the order were extremely productive, combining for 5 for 7 at the plate with four runs scored. Jack Duffy struck out three in an inning and a third of scoreless relief for BC.

Team	1	2	3	4	5	6	7	R	H	E
Don Bosco Prep	1	0	2	0	3	0	0	**6**	**9**	**3**
Bergen Catholic	2	0	1	2	0	0	0	**5**	**8**	**1**

Bergen Catholic	AB	R	H	RBI	BB	SO
H Certo (2B)	3	2	3	0	1	0
L Reyes (CF)	4	2	2	0	0	1
J Zee (SS)	2	0	0	2	0	1
B Connors (RF)	3	1	1	2	0	0
A Baglino (C)	3	0	2	0	1	0
B Nichols (DH)	2	0	0	0	2	1
N Napolitano	0	0	0	0	0	0
D Spierer (3B)	3	0	0	1	0	0
M Delpome (1B)	2	0	0	0	0	1
D Vengurlekar (LF)	3	0	0	0	0	0
CR: M Biskup	0	0	0	0	0	0
CR: M Del	0	0	0	0	0	0
Totals	**25**	**5**	**8**	**5**	**4**	**4**

2B: L Reyes, **TB:** H Certo 3, L Reyes 3, B Connors, A Baglino 2, **SAC:** M Delpome, **SF:** D Spierer, B Connors, J Zee 2, **SB:** B Nichols, **LOB:** 8

Bergen Catho	IP	H	R	ER	BB	SO	HR
C Charalam...	4.1	6	5	4	2	3	0
L Dellentash	1.1	2	1	1	1	0	1
J Duffy	1.1	1	0	0	0	3	0
Totals	**7.0**	**9**	**6**	**5**	**3**	**6**	**1**

L: L Dellentash, **P-S:** J Duffy 19-13, L Dellentash 29-15, C Charalambous 72-45, **WP:** C Charalambous, **HBP:** L Dellentash, C Charalambous 2, **BF:** J Duffy 5, L Dellentash 7, C Charalambous 22

CRUSADERS CLINCH DIVISION SPLIT WITH SJR AND DBP

May 11 – Ramsey, NJ – In the series where no home is safe, the Crusaders returned the favor to their top rival, defeating the Ironmen 4-3 on their home turf. Harrison Certo continued his dominance of Bosco, finishing 5-for-5 vs. the Ironmen with 3 walks and two runs scored. Catcher Aiidan Baglino had two-RBIs on 2-for-3 hitting. Stanley Moreno started, holding the Ironmen to 2 earned runs (3 runs total) over four and two-thirds innings. Mr. "Ice in his Veins" Jack Duffy entered late itn eh fifth and struck out three over two and a third scoreless innings to notch another victory on his belt vs. the Ironmen.

VOTE FOR HARRISON CERTO – NORTH JERSEY BASEBALL PLAYER OF THE WEEK
https://tinyurl.com/ydv3dr63

Team	1	2	3	4	5	6	7	R	H	E
Bergen Catholic	0	0	0	0	4	0	0	**4**	**7**	**2**
Don Bosco Prep	0	2	1	0	0	0	0	**3**	**6**	**0**

Bergen Catholic	AB	R	H	RBI	BB	SO
H Certo (2B)	2	0	2	0	2	0
L Reyes (CF)	3	1	1	2	1	1
J Zee (SS)	4	1	0	0	0	0
B Connors (RF)	1	0	0	0	2	0
A Baglino (C)	3	0	2	2	0	1
B Nichols (DH)	3	0	0	0	0	2
D Spierer (3B)	2	0	0	0	1	1
R Marchina (1B)	3	1	1	0	0	1
D Vengurlekar (LF)	3	1	1	0	0	0
CR: M Del	0	0	0	0	0	0
Totals	**24**	**4**	**7**	**4**	**6**	**6**

2B: A Baglino, L Reyes, D Vengurlekar, **TB:** H Certo 2, A Baglino 3, R Marchina, L Reyes 2, D Vengurlekar 2, **CS:** H Certo, M Del, **SB:** D Spierer, H Certo, **LOB:** 5

PITCHING

Bergen Catho	IP	H	R	ER	BB	SO	HR
S Moreno	4.2	4	3	2	3	8	0
J Duffy	2.1	2	0	0	0	3	0
Totals	7.0	6	3	2	3	11	0

W: S Moreno, **P-S:** S Moreno 81-51, J Duffy 37-23, **WP:** J Duffy, **HBP:** S Moreno, J Duffy, **BF:** S Moreno 22, J Duffy 10

The victory clinched a three-way-tie with Don Bosco Prep and St. Joseph Regional for the BNC United title. All three teams split their series with each other during the regular season and there is no tie-breaker.

BELLIZZI GOES THE DISTANCE TO DEFEAT GOLDEN KNIGHTS

May 12 – Lyndhurst, NJ - Freshman Angelo Belizzi struck out five and allowed only one earned run over five innings to lead BC to a 13-3 victory over Old Tappan. Troy Sterling, Harrison Certo, Jamie Zee, Braeden Connors, Ryan Marchina and Dan Spierer did most of the damage for the Crusaders who scored in each of the five innings to earn a "Mercy Rule" 5-inning victory.

Team	1	2	3	4	5	R	H	E
NV-Old Tappan	0	2	0	0	1	**3**	**3**	**0**
Bergen Catholic	2	2	4	3	2	**13**	**14**	**2**

Bergen Catholic	AB	R	H	RBI	BB	SO
H Certo (2B)	1	1	1	2	2	0
L Reyes (CF)	3	0	1	2	1	0
J Zee (SS)	4	2	2	0	0	0
B Connors (RF)	3	2	2	1	1	0
A Baglino (DH)	2	1	1	1	0	0
D Vengurlekar (...	1	1	0	0	1	0
D Spierer (3B)	3	2	2	2	0	0
R Marchina (1B)	3	2	3	1	0	0
T Sterling (C)	2	0	1	4	0	0
M Biskup (LF)	2	0	1	0	0	1
CR: M Del	0	2	0	0	0	0
Totals	**24**	**13**	**14**	**13**	**5**	**1**

2B: T Sterling, **3B:** R Marchina, **TB:** R Marchina 5, M Biskup, J Zee 2, B Connors 2, L Reyes, T Sterling 2, H Certo, D Spierer 2, A Baglino, **SF:** T Sterling, **HBP:** M Biskup, H Certo, D Spierer, **SB:** B Connors 2, **LOB:** 5

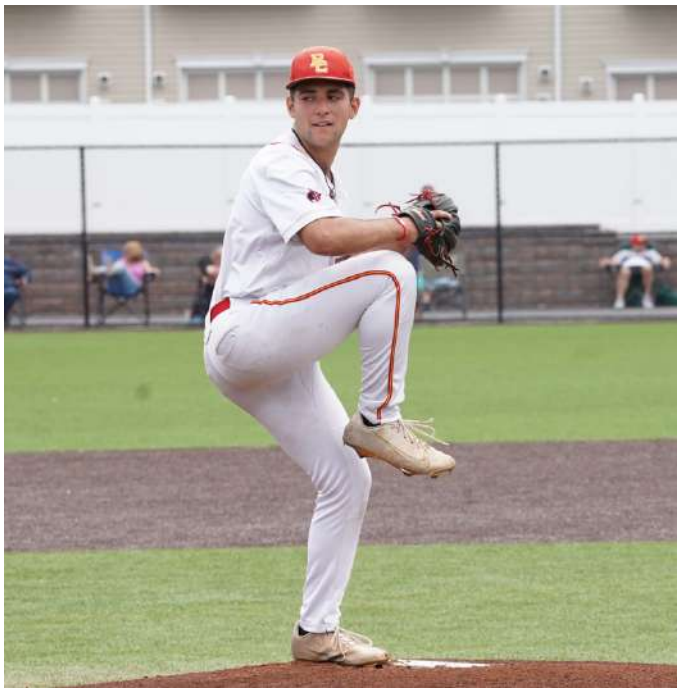
Bergen Catho	IP	H	R	ER	BB	SO	HR
A Bellizzi	5.0	3	3	1	3	5	0
Totals	**5.0**	**3**	**3**	**1**	**3**	**5**	**0**

W: A Bellizzi, **P-S:** A Bellizzi 82-50, **WP:** A Bellizzi, **BF:** A Bellizzi 22

CHARALAMBLOUS STRIKES OUT 11 IN FOUR TO LEAD BC IN 1st ROUND OF BCCA TOURNEY

May 13 – Wood Ridge, NJ – Bergen travelled to the new Wood-Ridge Baseball Complex and dominated their opposing Blue Devils 13-0 to cruise into the next round of the Bergen County Tournament.

Christian Charalambous struck out 11 batters and Dhruv Vengurlekar struck out one more as BC pitching retired 12 of 18 WR batters via the strikeout.



Jamie Zee was two-for-two with 3 RBIs and two runs scored to lead the BC offense. Braedan Connors hit a grand slam homerun as the Crusaders exploded for 12 runs in the fourth inning.

Team	1	2	3	4	5	R	H	E
Wood Ridge	0	2	0	0	0	**0**	**2**	**1**
Bergen Catholic	1	0	12	0	0	**13**	**10**	**0**

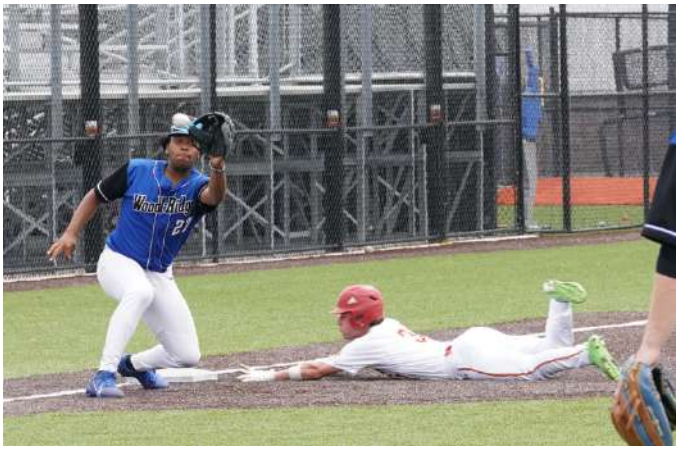
Bergen Catho	IP	H	R	ER	BB	SO	HR
C Charalam...	4.0	2	0	0	1	11	0
D Vengurlek...	1.0	0	0	0	0	1	0
Totals	**5.0**	**2**	**0**	**0**	**1**	**12**	**0**

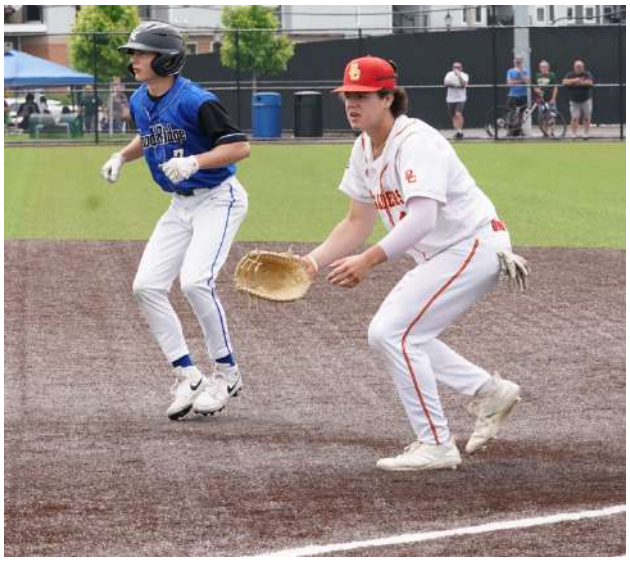
W: C Charalambous, **P-S:** D Vengurlekar 11-7, C Charalambous 58-42, **WP:** C Charalambous, **BF:** D Vengurlekar 3, C Charalambous 15

Bergen Catholic	AB	R	H	RBI	BB	SO
H Certo (2B)	1	3	1	1	2	0
A Kero (2B)	1	0	1	0	0	0
L Reyes (CF)	4	1	1	1	0	2
J Zee (SS)	2	2	2	3	1	0
A Mosco (SS)	1	0	0	0	0	0
B Connors (RF)	2	1	1	4	0	0
N Napolitano (RF)	1	0	0	0	0	0
A Baglino (C)	3	0	2	1	0	0
D Spierer (3B)	3	1	2	2	0	0
R Marchina (1B)	1	1	0	0	2	0
M Biskup (LF)	1	1	0	0	1	0
M Del	1	2	0	0	0	0
D Vengurlekar (D...	1	1	0	1	0	0
A Cavegn (DH)	1	0	0	0	0	0
Totals	**23**	**13**	**10**	**13**	**6**	**2**

2B: J Zee 2, A Baglino, D Spierer 2, **HR:** B Connors, **TB:** J Zee 4, A Kero, B Connors 4, A Baglino 3, L Reyes, D Spierer 4, H Certo, **SF:** B Connors, **HBP:** D Vengurlekar, **SB:** J Zee, H Certo 4, R Marchina, **LOB:** 6

Baseball Photos by alumnus, John Hund





FROSH BASEBALL DEFEATS BOSCO

May 8 – Ramsey, NJ – Jack Pinterelli pitched five innings , yielding one run, to lead the Crusaders to a 9-3 victory over Don Bosco Prep on Monday. Matt "King" Kong earned the save. Chris Kim had a double and a triple, Petros Rouggeris hit a triple to lead the Crusaders with extra base hits. Joaquin Rivera had a double as well.

FROSH FALL TO JOES

May 9 – Haworth, NJ – The Crusaders fell victim to a strong pitching effort to the Green Knights on Tuesday 4-3. Joaquin Rivera was the starting pitcher for BC. Trevor Grageda made a diving catch in right center to save a run and an extra-base hit. Peter Rouggeris hit a two-run homerun, bringing in Chris Kim who walked earlier in the inning. Tom Harmke came in, in relief, pitching 2 innings, striking out three while yielding only one run.

FROSH CRUSH NVOT 14-4

May 10 – Old Tappan, NJ – Owen Rose recorded 9 strikeouts to stifle the Golden Knights on Wednesday. Matt Del finished the job from the mound. Petros Rouggeris had two homeruns and Tim Hogan had a two-run triple to lead the offense. A carousel of players with good eyes circled the diamond for a numbe of the other runs.

ONE OF THOSE DAYS FOR FROSH

May 11 – Haworth, NJ – The Crusaders had a tough game, falling to the Ironmen 11-3. Mike Kang started on his birthday, but the Ironmen blew out his candles in a day that that BC just wasn't on the top if its game. (Sorry Mike. I got nothin but love for you brother.)

FROSH DOMINATE IN COUNTY OPENER

May 13 – Lyndhurst, NJ – Jack Pinterelli pitched six innings of two-hit shutout baseball as the Crusaders dominated Demarest 9-0. Second baseman Devin Zitt hit a triple and Andres Polanco and Joaquin Rivera each doubled to lead the Crusaders. BC advaances to the quarterfinals of the Counties and play Pascack Hills on Thursday.

MACEJKA AND BROWN SCORE A PAIR VS. CALDWELL

May 9 – Caldwell, NJ – Luke Macejka and Eddie Brown each scored Jack Tenaglia, Jake Taromina, Richie Reid and Anderson Chang all scored for BC. Pat Cece and Dan Sheppard combined to take 74% of the faceoffs and provided the Crusaders possession of the ball throughout.

Parker Day made the play of the game, coming up with a save with 10 seconds remaining to close the door on the Chiefs.

CRUSADERS AND WOLFPACK PLAY A CLASSIC GAME

May 11 – Oradell, NJ – Eddie Brown and Richie Reid both scored hat tricks and Luke Macejka and Joe Marinaccio each scored two goals, but it was not enough to keep pace with the Wolfpack from West Morris Central Regional High School.

Short-stick defensive midfielders Anderson Chang and Nick Angeli each scored a goal as Parker Day made 18 saves. West Morris defeated BC 13-12.

WHO SAYS I'M ALL RIGHT?

May 13 – Richland, NJ – Joe Marinaccio scored a first-quarter, left handed goal and followed it up with a carbon copy in the second quarter. Ryan Ford scored with 10 seconds remaining in the half off a rebound to tie the score at 3.

Jack Tenaglia scored BC's only goal of the second half as the Crusaders fell to St. Augustine Prep's Hermits 8-4. Parker Day recorded 7 saves and Pat Cece won 71% of his draws at the Face off X.

FROSH TAKE ON GREEN RAIDERS

May 10 – Franklin Lakes - Markus White scored a pair and Luke Bowen scored one goal as Ramapo defeated the freshman lacrosse team 8-3. Nick Walleck played solid defense throughout the afternoon for BC. Justin Diaz and Ethan Hahn took over most of the faceoff responsibliiltes for the Crusaders.

FROSH LAX FACES DEVILS OF WESTFIELD

May 13 – Ramsey, NJ - Markus White recorded a hat trick and an assist to lead BC in the Conor Corrish Memorial Tournament vs. Westfield on Saturday. The tournament, played at Don Bosco Prep, remembers a young freshman taken far too soon, after being hit by a train on May 8, 2008.

JJ Okorie, a first-year goalie helped contain the Blue Devils with Paul Rutigliano in the goal. Mason Gonzales and Grayson Pitcock each recored four ground balls for the Crusaders.

CRUSADERS GIVE SUMMIT DOUBLE TROUBLE

May 8 – Summit, NJ – The Crusaders visited the Hilltoppers of Summit HS on Monday, falling 3-2. Brian and Daniel Song won their doubles match 6-4, 6-1. Ryan Kim and John Nalbadian scored a 6-4, 7-5 victory over their opponents.

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

JV Tennis lost 6-0.

CRUSADERS REPEAT WITH BIG NORTH UNITED TITLE

May 8 – Washington Township, NJ – The Crusaders defeated Don Bosco Prep for the second time this year, going undefeated in the BNC United Division and winning the conference for the second straight year. It is the first time BC has repeated since it put a string of three championships together in 2004-2005-2006.

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

RUGBY TAKES ON TWO TOUGH SOUTH JERSEY OPPONENTS

May 8 – Lincroft, NJ – The Varsity Crusader Rugby Team fell to CBA on Monday 37-0. The JV played a tough game with the Colts also, dropping a 32-24 decision.

May 13 – Richland, NJ – The Varsity Rugby game between St. Augustine's Hermits and BC generated a 60-0 victory on the part of the hosts.

Aidan O'Malley receives the ball off a ruck.

Nick Bernick, on top of the lineout, supported by Nick Wheaton (L) in an attempt to win possession of the ball. Similar to a throw-in, in soccer, a lineout attempts to gain an advantage by throwing the ball up high, out of the reach of the opponent.

Chris Murphy is fighting for possession of the ball in this lineout.

Justin Botta executing a dropkick in Monday's game vs. CBA

Nick Bernick going toward the try line.

Liam Chin is making a tackle, despite a well-placed elbow by a Colt ball-carrier.

Steele Matthews executing a drop kick following a try.

Ian Freemantle (above) and Ryan Phelan (below) carrying the ball for the Crusaders.

After winning the scrum, Steele Matthews is looking to pitch the ball out to a faster guy.

NJ.COM STATE RANKINGS

BASEBALL

10-Bergen Catholic (14-4)

Last week: No. 3

Here's why: The Crusaders dropped a couple divisional matchups this week against Don Bosco and St. Joseph

(Mont.), while defeating Pope John, 2-1. Bergen Catholic is the top seed in the Bergen County Tournament and will look to even the score against Don Bosco in a rematch on May 11.

TRACK AND FIELD

7-Bergen Catholic

Last week's ranking: No. 8

Bergen Catholic was dominant at the Big North Division Championships, capturing the United Division title. The squad posted a total team win, with Logan Casey taking the win in the 100 and 200. Thomas Rogers held things down in the distance with wins in the 1,600 and 3,200, and it was all-Crusaders in the field as well. Ben Shue threw a 200-10 in the discus, the second person to do so this season, and also won the shot put while Sean Coll captured the javelin title. Bergen Catholic will compete at the Bergen County Championships on Friday and Saturday.

GOLF HAS SUCCESSFUL WEEK

The Golf team had another successful week.

Day	MON	TUE	WED	FRI	
Varsity Name	NJSIAA DISTRICTS	FORDHAM PREP	GLEN ROCK	NASSAR COUNTY TOURNEY	Weekly Avg
Ryder Hodgson	71	40	-	72	**37.2**
Liam White	75	39	-	76	**37.8**
Ryan Applin	82	39	39	72	**35.8**
Nakhil Sahu	80	45	44	88	**46.0**
Adam Sincavage	80	40	43	84	**39.0**
Chris Vrtis	-	42	46	85	**42.5**
Andrew Lama	-	47	41		**42.0**
John Keyes	-	42	43		**45.0**
CRUSADERS	**306 5th**	**158**	**166**	**304 3rd**	**33.8**
OPPONENTS		**166**	**180**		

JV GOLF WINS A PAIR

May 11 – Haworth, NJ – Calvin Jung shot 39 to lead the JV Golf team over St. Joseph Regional and Northern Valley Old Tappan on Thursday. Will Calocino shot 42 followed by Owen Smith (43), Will Saracino (48) and PJ Guinan and Jeremy Cammayo who each shot 49.

BC defeated SJR 172-178 and NVOT 172-196.

SINAGRA SCORES 3 KILLS

May 8 – Franklin Lakes, NJ – Sal Sinagra recorded 3 kills and 5 assists as the Crusaders took on Ramapo HS.

TEAM	1	2	3	FINAL
Bergen Catholic	13	12		0
Ramapo	25	25		2

DUARDO, CUSICK AND PARK LEAD BC TO VICTORY

May 9 – Paterson, NJ – Luca Duardo recorded 10 kills and 4 digs to lead BC to a 2-0 decision over Paterson Kennedy. Tom Cusick and George Azrumelashivili each had 7 digs and Jeongsoo Park recorded 9 Service Points including 2 Aces. I an walls had 15 assists.

TEAM	1	2	3	FINAL
Bergen Catholic	8	7		0
Paterson Kennedy	25	25		2

	Kills	Blocks	Digs	Assists	Service Points	Aces
Luca Duardo	10	1	4	1	1	0
Thomas Cusick	0	0	7	2	7	1
Jeongsoo Park	0	0	4	0	9	2
George Azrumelashvili	0	0	7	1	0	0
Ian Walls	1	0.5	2	15	1	0
JohnPaul Sinagra	7	0	7	1	3	1
Jackson Vonderhorst	0	0	4	0	0	0
Yuanzhe Li	2	1.5	2	0	0	0
Totals:	20	3	37	20	21	4

CRUSADERS CLOSE BEAR GAP

May 10 – Bergenfield, NJ – In less than a week's time, the Crusaders closed their margin vs. Bergenfield by nearly half.

TEAM	1	2	3	FINAL
Bergenfield	25	25		2
Bergen Catholic	16	10		0

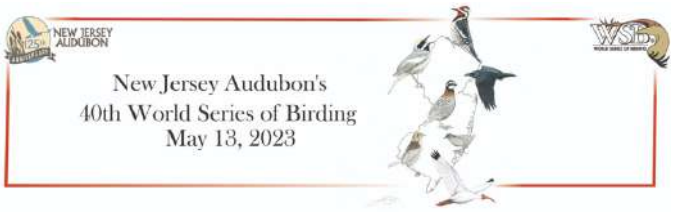
BC TAKES HARD FOUGHT MIDDLE GAME VS. 'NECK

May 12 – Teaneck, NJ – BC scored a 26-24 victory over the Highwaymen in the school overlooking Route 4..

TEAM	1	2	3	FINAL
Bergen Catholic	21	26	11	1
Teaneck	25	24	25	2

BIRD OF THE WEEK: ROSE-BREASTED GROSBEAK

May 13 – Bergen County, NJ – After birding from 6:15am – about 5:00pm, I identified 79 species of birds. See the list (next column).



Sometimes it's interesting just to watch the behaviors of birds at a feeder. As my dad likes to point out, finches (House finch and American Goldfinch) sit at a feeder for longer periods of time, while others like chickadees and titmice stop onto the feeder, take a seed and leave and then return.

Cardinal pairs don't seem to mind feeding together at the feeder, but the rose-breasted grosbeaks I observed have typically been more chivalrous with the female eating, sitting at the feeder for 30 seconds to a minute, followed shortly after by a male. Two males may eat together at times, but I have not observed a male and female eating simultaneously yet.

100 SPECIES CHALLENGE

Can you reach 100 species before the end of the school year? Let me know what your number is! Here are the 79 species I saw on Saturday, +1 from Sunday.

American Crow	Least Tern
American Goldfinch	Lesser Yellowlegs
American Redstart	Magnolia Warbler
American Robin	Mallard
Bald Eagle	Marsh Wren
Baltimore Oriole	Mourning Dove
Barn Swallow	Mute Swan
Belted Kingfisher	Northern Cardinal
Blackpoll Warbler	Northern Flicker
Blue Jay	Northern Mockingbird
Blue-gray Gnatcatcher	Northern Parula
Brown-headed Cowbird	Northern Rough-winged Swallow
Canada Goose	Northern Shoveler
Carolina Wren	Northern Waterthrush
Cedar Waxwing	Orchard Oriole
Chestnut-sided Warbler	Osprey
Chimney Swift	Palm Warbler
Chipping Sparrow	Purple Finch
Common Grackle	Red-bellied Woodpecker
Common Yellowthroat	Red-eyed Vireo
Double-crested Cormorant	Red-tailed Hawk
Dunlin	Red-winged Blackbird
Eastern Kingbird	Ring-billed Gull
Eastern Phoebe	Rock Pigeon (Feral Pigeon)
European Starling	Semipalmated Sandpiper
Fish Crow	Snowy Egret
Forster's Tern	Solitary Sandpiper
Gadwall	Song Sparrow
Gray Catbird	Spotted Sandpiper
Great Blue Heron	Swainson's Thrush
Greater Yellowlegs	Tree Swallow
Green Heron	Tufted Titmouse
Green-winged Teal	Warbling Vireo
Hairy Woodpecker	White-throated Sparrow
House Sparrow	Wilson's Warbler
House Wren	Wood Duck
Indigo Bunting	Yellow Warbler
Killdeer	Yellow-rumped Warbler
Least Flycatcher	Yellow-throated Vireo
Least Sandpiper	Rose-breasted Grosbeak (5/14)

Monday, May 15					
VBSB	4:15pm	Paterson-Kennedy	NJ	H	Overpeck - RP
JVBSB	4:15pm	Paterson-Kennedy	NJ	A	Paterson-Kennedy High School
FRBSB	4:15pm	Paterson-Kennedy	NJ	H	
VLAX	4:15pm	Morristown Beard School	NJ	H	The Jack
JVLAX	5:45pm	Morristown Beard School	NJ	H	The Jack
VVOL	4:15pm	Lakeland	NJ	H	Hoehl Gymnasium
JVVOL	5:00pm	Lakeland	NJ	H	Hoehl Gymnasium
Tuesday, May 16					
FRBSB	4:30pm	Saint Peter's Prep	NJ	A	Lincoln Park West. Field #2.
JVBSB	4:15pm,	St. Peter's Prep	NJ	H	Breslin Field
VGOLF	9:00am	NJSIAA State Championship	NJ		Raritan Valley Country Club
JVGOLF	3:30pm	Northern Highlands	NJ		Hackensack GC
FRLAX	4:00pm	Northern Burlington Regional	NJ	A	Northern Burlington CRHS
VVOL	4:15pm	Don Bosco Prep	NJ	A	Don Bosco Prep
JVVOL	5:00pm	Don Bosco Prep	NJ	A	Don Bosco Prep
Wednesday, May 17					
VBSB	4:15pm	Bergen Tech	NJ	A	Bergen Tech
JVBSB	4:15pm	Bergen Tech	NJ	H	Breslin
FRBSB	4:15pm	Bergen Tech	NJ	H	Petruska Park
VVOL	4:15pm	Dwight Morrow	NJ	A	Dwight Morrow
JVVOL	5:00pm	Dwight Morrow	NJ	A	Dwight Morrow
VGOLF	3:30pm	Delbarton	NJ	A	Somerset Hills
JVGOLF	3:00pm	Don Bosco Prep	NJ		Haworth CC
JVTRK	TBA	Novice Meet	NJ		Hackensack HS
Thursday, May 18					
FRBSB	4:15pm	Pascack Hills	NJ	A	Pascack Hills
VGOLF	1:00pm	Luciano Indiv Championship	NJ		Hackensack GC
JVGOLF	3:00pm	Mahwah	NJ		Haworth CC
VLAX	4:15pm	Northern Highlands	NJ	H	The Jack
JVLAX	6:00pm	Northern Highlands	NJ	H	The Jack
FRLAX	4:15pm	Northern Highlands	NJ	A	Northern Highlands
VTEN	4:00pm	Tenafly High School	NJ	H	TBA
Friday, May 19					
JVGOLF	8:00am	Jay Oberdorf JV Tourney	NJ		Soldier Hill CC
CREW	TBA	Stotesbury Cup	PA	N	Philadelphia, PA
VTEN	TBD	BCCA Tournament	NJ	N	TBA
VVOL	4:15pm	Newark Vocational	NJ	A	Newark Vocational
JVVOL	5:00pm	Newark Vocational	NJ	A	Newark Vocational
Saturday, May 20					
CREW	TBA	Stotesbury Cup	PA	N	Philadelphia, PA
VBSB	11:00am	Ramapo	NJ	N	Wood Ridge Baseball Complex
VLAX	1:00pm	Saint Peter's Prep	NJ	A	Saint Peter's Prep School
JVLAX	2:30pm	Saint Peter's Prep	NJ	A	Saint Peter's Prep School
VTEN	TBD	BCCA Tournament	NJ	N	TBA
JVBSB	12:00pm	Delbarton	NJ	H	Breslin Field
Sunday, May 21					
VTEN	TBD	BCCA Tournament	NJ	N	TBA

It's tournament and RAIN season!

Be sure to check www.bergencatholic.org/athletics for any schedule updates!

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."

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.

"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

Prayer to Our Lady of Perpetual Help

Mother of Perpetual Help, you have been blessed and favored by God. You became not only the Mother of the Redeemer, but the Mother of the redeemed as well. We come to you today as you are loving children. Watch over us and take care of us. As you held the child Jesus in your loving arms, so take us in your arms. Be a mother ready at every moment to help us. Our greatest fear is that in time of temptation, we may fail to call out to you, and become lost children. Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance, and the grace always to call upon you.

Mother of Perpetual Help. Pray for us!

Amen.

Share Catholic
www.ShareCatholic.com

How can we honor Mary in the month of May?

May crownings are one of the most popular ways to celebrate the month of Mary. Make a crown of flowers for your Mary statue and adorn your indoor and outdoor Mary statues with fresh blooming flowers this month. Add a candle too for an extra touch. If you don't have a Mary statue, now would be a good time to get one.