THIS WEEK IN BERGEN CATHOLIC SPORTS

UGH! FOOTBALL AND SOCCER EXPERIENCE TURBULENCE

SEPTEMBER 7-9 – RAMSEY, NJ – HOLLYWOOD, FL – CLIFTON, NJ – Better days lie ahead. We know as men of faith, we will be experiencing so much better, we cannot even imagine it.

Soccer tied their opening two games. The only other time that happened was thirty years ago (1993). The Football team lost to an out-of-state opponent, yielding 61 points. The only other time that occurred, BC won the state championship in 2017.

Of course neither scenario is pleasant nor a predictor of future succcess. But like up-downs (the exercise when the coach blows the whistle, the players hit the ground and spring back up as quickly as possible) we know our Bergen teams have great potential for remarkable seasons ahead.

This edition may be a little more autobiographical as my time in Florida with Mr. McElhinney and a variety of people was special, so I hope you will bear with me. My stories will be in [*italics and bracketed*] like they do with some homilies. I promise not to be offended if you are not interested in the "longer version" but offer it to those who enjoy the exploits of BC's SID.

STORM SOCKS SOCCER

SEPTEMBER 7 – RAMSEY, NJ – It looked overcast, but seemed we would be able to get the game in. As I watched, I thought someone was taking photos behind me. [*Actually there was a woman taking photos with a flash, which in my experience seems an impossible goal. The flash could not reach that far and the photos would come out grainy. It's not easy anyway with some lighting situations and equipment, but I digress. There was not just a photographer.]* As it turns out, there was lightning. The referee stopped play of the game about 12:27 into the first half.

It is important for fans to leave the bleachers and return to their cars safely and expediently. The better we can model that behavior at games, the better. BC students will generally be welcomed into the Library or school proper when varsity football games are at The Jack.

As I sat in my car, the storm approached and ulimately hit. After waiting until 8:45, I departed.

The team attempted twice more to complete the game with the host team and referees making some decisions to continue and ultimately terminate play into the second half.

OK, so a tie may be a "win" for them. Ugh. For us, it is rarely, if ever a win. C'est la vie. Final score Don Bosco Prep 0 – Bergen Catholic 0. The two teams who typically dominate the Big North United Division are now tied with the next meeting at BC.

FROSH SOCCER PUTS UP A HALF-DOZEN ON THE IRONMEN

SEPTEMBER 7 – ORADELL, NJ – Many have high hopes for this freshman class of soccer players. On Thursday at the Jack, we saw why. The newest Crusaders showed an ability to control the ball and in-turn, the game with a skill level most varsity teams cannot match.

Like all things at Bergen, Frosh Soccer starts with a prayer.

Will Kim kept his head about him as there was a loose ball in front of the net. The freshman striker deposited the ball into the goal and, scoring the first goal of the season, knew just what to do next…

Nice snapshot, Will (27). Gotta love Ricardo getting some cheese too.

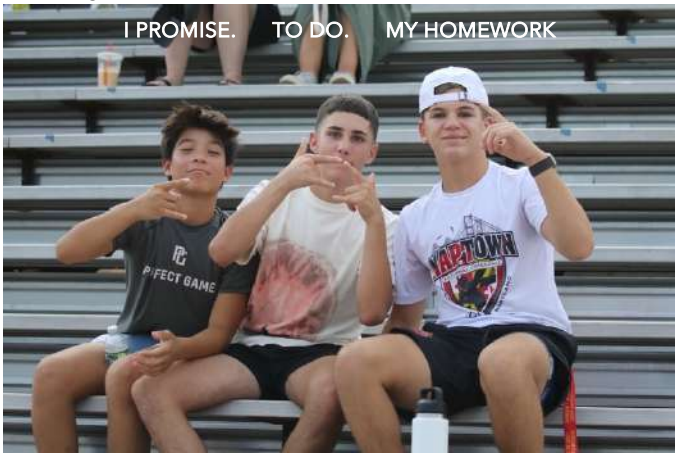
Kim would go on to a monster game, scoring a hat trick in his first high school soccer game and showed he could do more than just score. Here he splits a pair of Bosco defenders on his way to the goal.

John Semelsberger had a solid game as well, recoding a goal and playing good soccer up the sideline.

The Crusaders have been extremely fortunate through the years to have quality goalkeeper play. This year appears to be no different as freshman John Coleman (photo on the next page) earned his first career shutout in the opener.

Below is Arden Ayazian who wouldn't give me a look, but I have to say I like him. He was so focused on the game, I couldn't get him to give me a look. He helped his team out in a terrific way and though thankless, one of the many ways virtually all guys pitch in at one time or other.

Three enthusiastic Bergen fans making the universal hand-signal for:



Arcen Tambi helped play some solid defense and prevent an Ironman score!

I love how Ian Kim (also scored a goal and played well) gave this ball a ride. The poor Bosco guy looks like he's gonna take one off the back of his head on a no-looker. Don't worry. He doesn't.

Luke Lee, William Agans, Preston Neal, Jacob Soltys, Santiago Hernandez and Jake Lee all played very efficient soccer and BC (1-0) won 6-0.

JV SOCCER KICKS OFF THE 2023 SEASON WITH WIN OVER DBP

SEPTEMBER 7 – RAMSEY, NJ – The JV Soccer Team demonstrated skill, desire and teamwork to defeat the Ironmen 3-1 in their season opener.

Kieran Ewers, Quinn Caufield and D'Angelo Tavarez played well for the Crusaders, each scoring a goal. Thomas Santos assisted on two goals and Thomas McAnulty assisted on the third.

Nate Johnston recorded his first shut-out of the season, recording 12 saves. He was suported by Max Lahoud and Owen McCauley who played outstanding defense

FOOTBALL ADVENTURES

SEPTEMBER 8-10 – SOUTH FLORIDA including HOLLYWOOD, FL on SEPTEMBER 8 – The varsity football team lost to an exceptional team from south Florida, Chaminade-Madonna 61-21 on Friday night. The hosts boasted the #1 national recruit, a WR who will be attending Ohio State, as well as WR – Umiami commit, 6'6" QB – North Carolina State, RB – North Carolina and CB – UMiami.

Quincy Porter scored on TD passes of 12 and 81 yards (the longest TD of the season and BC) and Dominic Campaline (2TD passes and 1 run for a TD) took care of 85.7% of the scoring while Guytano Bartolomeo remained perfect with his execution of Point after Touchdown tries with three.

Punter Brandon Arpacilar arguably had the best game of the day with two punts of 51 and 49 yards, yielding only one -2 yard return.

[*Mr. McElhinney and I were able to see the place kicker kick the team's 61st point as we enered the field with 10 minutes remaining to play. We left BC around 11 am in order to make our 1:00pm flight from EWR to Fort Lauderdale. We parked the car, made it through security and boarded on-time.*

Then it started. The flight is delayed, please de-plane and we will re-board at 2:30 pm. Long story shortened:

- *Board plane at 2:30 and taxi to runway at 3pm*
- *Delay – sit on runway until 5pm*
- *5 pm take-off and flight until 7:16pm*
- *GAME STARTED AT 7:00pm – score is 20-0 by the time we land according to X.*
- *No gates available for us to deplane. Delay*
- *Deplane at 9:16. Leave bags and car rentals at airport. Taxi to field at 9:30-9:47.*
- *60, make that 61-21 when we arrive at game.*]

Here are the game stats.

TEAM	1	2	3	4	FIN
Bergen Catholic 2-1	0	7	14	0	**21**
Chaminade-Madonna (FL) 3-0	27	13	14	7	**61**

PASSING

NAME	CMP	ATT	YDS	TD	INT	LNG
Dominic Campanile	12	26	172	2	2	81T
CHAMINADE-MADONNA	**29**	**40**	**458**	**5**	**0**	**73T**

RUSHING

NAME	ATT	YDS	TDS	LONG
Kaj Sanders	8	27	0	14
Mujahid Russell	5	44	0	18
Dante Kain	7	35	0	18
Dominic Campnanile	4	10	1	13
Anthony Perrotti	1	2	0	2
Kaden Irby-Mason	1	4	0	4
Max Ciofi	2	5	0	5
TOTALS	**29**	**127**	**1**	**18**
CHAMINADE-MADONNA	**29**	**151**	**3**	**23**

RECEIVING

NAME	REC	YDS	TDS	LONG
Quincy Porter	6	152	2	81T
Anthony Perrotti	4	11	0	10
Kaj Sanders	1	8	0	8
John Morris	1	1	0	1
TOTALS	**12**	**172**	**2**	**81T**
CHAMINADE-MADONNA	**29**	**458**	**5**	**73T**

DEFENSE

NAME	TOT	SOLO	ASST	STFL	ATFL	SSACK	ASACK
Kaj Sanders	8	6	2	0	0	0	0
Naiim Parrish	6	5	1	0	0	0	0
Elijah Kinsler	5	3	2	2	0	0	0
David Matesic	9	4	5	0	0	0	0
Christian Gonzalez	7	4	3	0	0	0	0
Brandon Gomez	1	1	0	0	0	0	0
Kaden Irby-Mason	4	1	3	0	1	0	0
Anthony Morales	2	1	1	0	0	0	0
Jordan Thomas	6	5	1	0	0	0	0
Mujahid Russell	1	0	1	0	0	0	0
Carlos (CJ) Zayas	1	0	1	0	0	0	0
Mason Marck	3	1	2	0	0	0	0
Marcus Linder	1	0	1	0	0	0	0
Ben Shue	1	0	1	0	0	0	0
Chris (CJ) Edwards	1	0	1	0	0	0	0
Benjamin Carey	3	1	2	0	0	0	0

[*GOD INCIDENTS*

September 8 – Hollywood, FL – *Mr. McElhinney and I took a taxi to the game and needed to find a way to get back to the airport for our bags and car rentals.*

As we arrived at the game, I heard a voice from my right calling, "Hammer!" As I turned, I knew immediately, it was a fomer player, Mark Ruoff '93 who played for us on our 1991 and 1992 undefeated football state championship teams. We had not seen each other since 1996 and as you could imagine I was so happy to see him.

We spoke and then I needed to get over to give my support to our football team. Mark's wife, Kim, took a photo of us and he promised to share. We said our good byes and we were off.

After showing our respect and expressing appreciation for the players and coaches taking this chance and giving their best for Bergen, Ruoff was behind me on the field.

"The photo didn't come out well," he said.

While they blamed it on Kim (a professional photographer), I have to imagine it was your's truly whose smile was blurry or whatever. Hence, we took the picture again and Mark said they needed to rent a car from at the Airport.

There is an old saying, "There's no such thing as co-incidences, only God incidents." I think this was one of the very many that have graced my 50-eh-hem years on the planet.

Of course he and Kim, graciously took us to the airport. The brotherhood is real.

LUGNUTS

September 9 – Fort Lauderdale, FL – *Well, the trip so far is a bit of a trainwreck, but I'm an optimist. Surely, with time before my evening flight (which we will later find out is cancelled) I will be able to find a life-bird or two. (For those new to this bird thing, a life bird is a bird you encounter for the first time in your life.)*

So as I pull up to the State Park I am visiting around 6:30 am, an elderly gentleman tells me the park does not open until 8:00. He says he is going for a walk and I start thinking, well, I guess I'll do the same.

I walked into Dania Beach and found some Gray Kingbirds! NICE! Life bird #437. As I returned to my car, I saw the gentleman I met earlier walking in the middle of the street. As he approached me, he handed me two lugnuts.

As a polite young gentleman, of course, I thanked him, but inquired as to why he was giving them to me. He said people throw them into the bike lanes to try to injure the bicycle riders (there was close to 100 in groups of 20-30 or more) riding by.

While there are times we can be come angry, resentful, frustrated, jealous, if we cannot think of anything else to do, I hope we can just go out take a deep breath and count some birds rather than intentionally trying to harm someone else.]

FROSH CRUSADERS CALM THE SEAS

September 9 – Morristown, NJ – The Green Wave was a mere ripple after being calmed by the Frosh Crusader Football Team on Saturday morning.

Austin Busso once again made some big plays that ignited the Frosh machine. After KJ Hackney recorded a couple of tackles for losses, Busso returned a punt 41 yards to the Delbarton 30. On the next play, QB Aiden Talley threw a perfect screen pass to Busso who weaved and sprinted down the middle of the field for a Crusader TD. After a missed PAT, the Crusaders led 6-0.

On the subsequent drive, the Wave tried to beat the Crusader outside and knew they needed to block Nick Mauro. Despite putting two blockers on him, Nick defeated them both blocks and recorded a tackle for a loss for himself. That was followed by a sack by Che Patrick, setting up another chance for Busso.

Retreating for a quality punt, Busso made a one-handed over the shoulder catch on the punt and then turned up-field taking it back 24 yards.

Two-way star Tristin Herring ran the sweep play to his right and found paydirt, increasing BC's lead to two scores. Talley hit Busso for the screen pass and BC had a 2-point play and 14-0.

The defense was really clicking at this point a Connor Long and Marlon Williams were dominating the middle of the defensive line, creating pressure on the QB and stuffing inside runs.

Time for THE BOMB. Fifty-nine yards from Talley to Busso down the left sideline made the score 20-0.

After a short possession, Mauro took a short flat pass from Talley to the left. He ducked under a would-be tackler and beat two other Waves, sprinting 49 yards to the endzone. Talley hit Herring on a perfectly-designed inside seam route, and BC was up 28-0 at half.

In the third quarter, Amare Newell took a handoff and sprinted six yards for a touchdown. The Crusader running backs excelled all day with great efforts from Faheem Ausbon (also strong on defense at linebacker) and Jonah Flournoy, whose Billy-Sims-like cuts helped him carve up the Delbarton D.

Jack Woods entered the game in the fourth quarter at QB and sliced and diced the Green Wave defense, completing passes to Joe Adamek, Ausbon and Liam Erickson before time expired.

TEAM	1	2	3	4	TOT
Bergen Catholic	6	22	6	0	**34**
Delbarton School	0	0	0	8	**8**

THUNDER STRIKES SOCCER… AGAIN

SEPTEMBER 9 – CLIFTON, NJ – The Varsity Soccer Team became the second in school history to start a season off with two-consecutive ties (0-0-2). This last occurred thirty-years ago in 1993, but this second tie, had no real impact on the Crusader league standings.

Game two was suspended with 23 minutes remaining in the second half and Bergen and Clifton tied at one. The Crusaders' goal came off the foot of four-year-starter, Ryan Chong

Goalie Andrew Blodgett was spectacular once again, turning away six Mustang shots and yielding only one goal to earn the tie.

Joe Lee and Cosimo Tristani had very solid games for the Crusaders on the defensive side and Danny DeBono played some exceptional defensive center mid.

ROCHE'S EXTRA PREP PAYS OFF

SEPTEMBER 9 – ORADELL, NJ – Anyone who knows high school soccer knows that defeating Clifton is a solid feat. That

is just what the JV Crusaders did on Saturday with a 2-1 victory at the Jack.

Junior Christian Roche scored a pair of goals to lead the Crusader scoring effort. Roche has been a regular throughout the spring and summer at DPAC, working individually on his skills. His preparation certainly ensured he would be ready to take full advantage of this opportunity and he did! William Vozzolo and Matt Moya assisted Roche on his two scores.

Tom Harmke played 38 minutes in the goal and turned away 9 Mustang shots. Nate Johnston made 7 saves to secure the victory.

KIM AND SEMELSBERGER SPUR FROSH

SEPTEMBER 9 – ORADELL, NJ – Isaac Kim and John Semelsberger each scored a pair of goals to lead the Freshman Soccer team to a 6-1 victory over Clifton on Saturday. Will Kim recorded his fourth goal of the season and Luke Lee accounted for the 6th Bergen goal.

John Coleman shut out the Mustangs with 4 saves. Santiago Hernandez, Ricardo Tejada-Arango and Riaan Vora all gave strong efforts for BC.

CROSS COUNTRY OPENS SEASON

SEPTEMBER 9 – MAHWAH, NJ – BC finished ninth overall in a field of 17 teams and 122 varsity runners at Saturday's Season Opener at Darlington County Park. Senior Brendan O'Rourke led the Crusaders with a 10 place finish in the 3.1 mile race.

PLACE	RUNNER	TIME	PTS
10	Brendan O'Rourke	17:09	10
40	Elias Garcia	18:37	37
61	Andrew Byrnes	19:22	57
65	Luke Scholer	19:32	60
70	Aiden Pacheco	19:39	65
82	Daniel Calianes	20:06	77
30	Tristan Ruffino	11:01	27
34	Michael Tuohy, Jr.	11:08	-
86	Byron Kwon	14:56	-
87	Dylan Brady	15:09	-

JV RUNNERS COMPETE IN THE OPENER

SEPTEMBER 9 – MAHWAH, NJ – Will Saracino was BC's top finisher in the JV Season Opener at Darlington County Park in Mahwah. He and his teammates had a strong showing to start 2023. The Crusaders finished 6th overall in the 16-team, 172-athlete field.

PLACE	RUNNER	TIME	PTS
15	Will Saracino	20:28	13
38	Max Yoo	21:05	33
47	Sean Keating	22:08	39
57	Dylan Brown	22:21	47
67	Liam McDermott	22:51	56
81	Christian Choi	23:27	67
131	Joseph Cabanita	26:03	96

FROSH PLACE SECOND BEHIND STRONG EFFORT AND THREE-HEADED MONSTER

SEPTEMBER 9 – MAHWAH, NJ – The Crusaders' first effort was an outstanding one as Bergen finished second behind Seton Hall Prep 42-51. The two teams boasted impressive 1-

5 runner splits with SHP being 1:08 minutes and BC just behind at 1:10. Bergen runners on average were just 4 seconds off pace, but they were really impressive top-to-bottom, considering the field had 95 of the area's top freshman runners. Easton Tedesco, Jackson Hermann and Jonah Griffith placed #3-4-5 and Jack Falcone and Lorenzo Lee placed among the top 20 point scorers.

PLACE	RUNNER	TIME	PTS
3	Easton Tedesco	9:31	3
4	Jackson Hermann	9:35	4
5	Jonah Griffith	9:35	5
22	Jack Falcone	10:38	19
23	Lorenzo Lee	10:41	20
28	James Gullo	10:50	25
30	Tristan Ruffino	11:01	27
34	Michael Tuohy, Jr.	11:08	-
86	Byron Kwon	14:56	-
87	Dylan Brady	15:09	-

CRUSADERS IN COLLEGE

DIV I - FBS

NOTRE DAME: QB Steve Angeli #18 has played in all three games and boasts a 75% completion percentage with 2 TDs and QB Rating of 222.4. **DE Javontae Jean-Baptiste #5** has twelve tackles, 1 TFL as the Irish move to 3-0.

NEBRASKA: RB Rahmir Johnson #14 is averaging 5.4 yards per carry in two games and has 2 kickoff returns for 84 yards.

SYRACUSE: Assistant coaches Nunzio Campanile (former BC head coach) and Jon Germano '10 saw **CB Jayden Gould #11** has three tackles in two games. Fellow partner in crime **CB Jaden Bellamy #23** has a pair of tackles for 'Cuse.

RUTGERS: The Scarlet Knights **and TE Johnny Langan #21** (4 receptions for 27 yards), **OT Bryan Felter #65**, are competign for the Scarlet Knights.

OHIO STATE: DT Tywone Malone #95 has a tackle in two games for the Buckeyes.

TEXAS and **DT Sydir Mitchell #99** defeated #3 Alabama over the weekend.

MARYLAND and **LB DJ Samuels #42** are 2-0 on the season.

STANFORD RB Ryan Butler #15 carried 9 time for 31 yards (3.4 ypc) as the Cardinal move to 1-1.

VANERBILT and **"STAR" Aneas DiCosmo #0** has 7 tackles, 1.5 tackles for a loss and .5 sacks for the 2-1 Commodores.

DIV I - FCS

DELAWARE and **C Dominic Brogna #52, WR Santino Correa #84** and **RB Saeed St.Fleur #28** (2 carries for 5 yards) lost to Penn State on Saturday.

Stony Brook and **OL Collin Tunc #66** are currently 0-2 on the young season.

DIV III

MUHLENBERG and **OT PJ BONISTALLI #78** and **CB Aaron Sylvester #89** improved to 2-0 on the young season.

UNION COLLEGE HEAD COACH JONATHAN POPPE (BC '03) is 2-0 at the helm of the Garnet Chargers. His explosive offense averages 64 points-per-game. **RB Jon Rust #4 (11 carries for 85 yards and 1 TD)** and **QB AJ Condemi #15 (1 for 1 passing for 3 yards)** made **BC alumnus and Union QB Coach AJ Gallagher** proud.

IVY LEAGUE
AND
NESCAC TEAMS
OPEN NEXT WEEK

BIRD OF THE WEEK
EGYPTIAN GOOSE

SEPTEMBER 9 – DANIA, FL – It's nt every day that you get to pick up a life bird while a colleague from work sees the same bird for the first time as well.

I remember my first Pink-footed Goose, Bird #264, February 1, 2013 in Toms River with my good friend and English Teacher, Mrs. Janet Conley. I saw the bird landing with landing gear (pink feet) down.

This bird sighting was much warmer as it was not the dead of winter in Jersey, but rather summer time in Florida. Mr. McElhinney and I, both stranded due to cancelled flights, were getting into our car to grab a bite to eat at a Miller's Ale House in Broward County.

Suddenly, our esteemed principal queeries, "Hey Joe, what are those birds behind the tree?"

I could not see them because…well, they were on the other side of the tree. But when they walked around, I exclaimed, "Wow! Egyptian Geese!" Cool thing for me was it became life bird #440. Mr. McElhinney decided at that moment, the Egyptian Goose would become his first life bird! And I was there to see it.

What a proud moment to share the joy of birding with my principal and you know, you wouldn't believe how they walked if I told you…

The Last Story…I promise

SEPTEMBER 10 – CLEVELAND, OH – So after being re-routed to Ohio and another flight cancelled, I was finally ready to board the last plane home on Sunday night.

"Mr. Haemmerle!" a voice calls over. "Do you remember me?"

I didn't answer this one according to protocol and simply said, "No." I wanted to remember and I knew he had to be a Bergen guy, but it just didn't hit me. After him reminding me who he was, I still did not remember, until I saw his photo in the ***2012 Crusader*** yearbook today. Andre Montagne '12. Good guy. Didn't recognize the facial hair version, but we connected on Linked-in today.

Home safe!

The End.

In Memoriam
September 11, 2001

The Bergen Catholic community remembers and honors its nine beloved family members who were tragically taken from us this day in the World Trade Center attack. May their souls and the souls of all the other innocent victims of this tragedy rest in peace. Amen.

Martin P. Wohlforth '72

Steven F. Schlag '78

Domenick N. Mircovich '79

John P. Bocchi '81

James "Andy" O'Grady '87

Christopher J. Vialonga '89

Robert A. Zampieri '89

Marc A. Murolo '91

Joseph J. Berry, father of Joseph S. Berry '92

Dedicated at the Alumni Association Memorial Mass
November 3, 2001

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