THIS WEEK IN BERGEN CATHOLIC SPORTS

TOO MUCH!

CRUSADERS HAMMER SETON HALL PREP ON THE ROAD TO REGAIN #1 RANKING

SEPTEMBER 16 – WEST ORANGE, NJ – Quincy Porter and Dominic Campanile are a problem. Together, the two are becoming the most prolific QB-R passing combination in 65 year of Bergen Catholic Football. Their skills were on display on Saturday as BC continued in-state dominance, defeating Seton Hall Prep 38-0 at the Monsignor Kelly Athletic Complex.

Linebacker Anthony Morales made a pair of tackles including a sack to terminate the Pirates' first drive, which put the ball in BC's hands at their own 29 yard line. After a 1 yard completion from Campanile to Porter, the former hit sophomore Jordan Thomas for a 65-yard big gainer down the left sideline. Thomas' attitude and performance seem to be earning him greater responsibilities and he continues to make the most of them.

One play later, Porter pulled in his first of three TDs from his QB and after a Guy Bartolomeo PAT, BC led 7-0.

Jaden Kirby-Mason recorded a tackle on the next kickoff and made a tackel during the next series before Thomas interecepted a Pirate forward pass.

Enter Anthony Perrotti and Mu Russell. Perrotti ran for 8 yards, followed by an 11-yard gallop by Russell, followed by

a 21 yard pass from Campanile to Perrotti. After a couple of runs by Kaj Sanders (6 and 7 yards) and short run by Russell, Campanile hit Porter for a 4-yard TD and an eventual 14-0 lead.

Five plays into the next Pirate drive, Christian Gonzalez intercepted, setting up yet anotehr short field for BC.

The BC offense was actually held-up by a determined Pirate defense. Coach Campanile had an opportunity to give Bartolomeo a chance for a challenging field goal from 37 yards out. The distance was not an issue, but there was a significant cross-wind from left-to-right that the exceptional kicker would have to consider in his preparation. His kick was driven perfectly through the uprights and BC had a 17-0 lead.

On the ensuing kick off, Brandon Gomez forced a fumble and CJ Edwards recovered putting BC in business one more time.

One play. Twenty-eight yards. TOUCHDOWN! Once again, the Campanile to Porter show was on stage. Bartolomeo…perfect and BC led 24-0.

BC would get one more opportunity to score before half and another first in BC history occurred. It would be the first time two sons of BC Head Football Coaches would team up for a touchdown completion. Dominic Campanile (son of Coach Vito) found a wide open Michael Campanile (son of former Coach Nunzio) for a 9-yard score. Michael's route was well-executed as he started up the field and then outside, before whipping to the inside and securing the ball.

As the second half started, Kaj Sanders would put the game out of reach with a 10–yard sweep around left end for a score and a 38-0 lead. That set the clock to running and BC would shortly depart 3-1 and soon to be ranked #1 in NJ once again.

TEAM	1	2	3	4	TOT
Bergen Catholic (3-1)	14	17	7	0	**38**
Seton Hall Prep	0	0	0	0	**0**

PASSING

NAME	CMP	ATT	YDS	TD	INT	LNG
Dominic Campanile	13	14	181	4	0	65
Christopher Conte	3	5	12	0	0	6
TOTALS	**16**	**19**	**193**	**4**	**0**	**65**
SETON HALL PREP	**13**	**25**	**113**	**0**	**3**	**16**

RUSHING

NAME	ATT	YDS	TDS	LONG
Kaj Sanders	7	55	1	23
Mujahid Russell	6	27	0	11
Dante Kain	3	9	0	5
Dominic Campnanile	2	9	0	7
Devan Zitt	1	2	0	2

RUSHING

NAME	ATT	YDS	TDS	LONG
Jaiden Estrella	2	5	0	3
Chris Conte	1	5	0	5
Max Nizza	1	-1	0	-1
TOTALS	**23**	**111**	**1**	**23**
SETON HALL PREP	**18**	**49**	**0**	**11**

RECEIVING

NAME	REC	YDS	TDS	LONG
Quincy Porter	5	40	3	23T
Anthony Perrotti	3	32	0	21
Jordan Thomas	1	65	0	65
John Morris	1	0	0	0
Luca Cuttita	2	28	0	21
Michael Campanile	1	9	1	9T
Jermaine Kinsler	1	7	0	7
Brian Porter	2	4	0	6
Sal LIvoli	1	6	0	6
TOTALS	**16**	**191**	**4**	**65**
SETON HALL PREP	**13**	**115**	**0**	**16**

DEEFENSE

NAME	TOT	SOLO	ASST	STFL	ATFL	SSACK	ASACK
Kaj Sanders	1	0	1	-	-	-	-
Naiim Parrish	4	4	0	1	-	-	-
Ethan Cohall	1	-	1	-	-	-	-
Elijah Kinsler	6	3	3	-	-	-	-
Dave Matesic	2	1	1	-	-	-	-
Christian Gonzalez	5	2	3	-	-	-	-
Brandon Gomez	1	1	0	-	-	-	-
Kaden Irby-Mason	8	2	6	-	-	-	-
Anthony Morales	4	4	-	3	-	1	-
Jordan Thomas	6	4	2	-	-	-	-
Mu Russell	1	0	1	-	-	-	-
Brian Porter	1	0	1	-	-	-	-
D'Andre Orgill	1	0	1	-	-	-	-
Timothy Hogan	1	0	1	-	-	-	-
Mason Marck	1	1	0	-	-	-	-
Steven Copeland	1	0	1	-	-	-	-
Benjamin Carey	2	0	2		-	-	-
Delaney Fludd	1	-	1	-	-	-	-

TAKEAWAYS

NAME	INT	FF	RECOV	YDS	TDS
Christian Gonzalez	1	2	3	11	0
Anthony Morales	1	4	0	0	0
Jordan Thomas	2	4	2	0	0
Brandon Gomez	0	1	0	0	0
CJ Edwards	0	0	1	0	0

RECORD BREAKER

TOUCHDOWN RECEPTIONS IN A CAREER: Hail to Quincy Porter – 20. The junior receiver has broken Aaron Martin's '99 career record of 19 in just over one year. God's speed for continued success, Q!

FROSH MAKE SHP WALK THE PLANK

September 3 – New Rochelle, NY – The Freshman Football team had its most challenging game to date, but came away with a 20-8 victory over Seton Hall Prep at the Jack on Saturday morning.

Tristan Herring swept to his left on third and four and sprinted 45 yards to open the scoring for the Crusaders. Aiden Talley found Nick Mauro in the endzone for the two point conversion and BC was up 8-0. Offensive linemen: Connor Long, Kenneth Hackney, Thomas Esposito, Alexander Kavallieratos and Marlon Williams did a fine job blocking on the series.

After the Pirates tied the score in end of the first quarter, BC drove for a go ahead score on a play from the Wildcat formation. A direct snap to Mauro saw him follow Talley and Williams over right tackle from the 8 yard line. Despite initial contact being made at the 3, Mauro took to the air, fully stretching the ball past the goal line. After an incomplete point after attempt, the young Crusaders went into halftime with a 14-8 lead.

BC took the ball in the third quarter and drove four minutes with the Pirate one before Talley scored on a QB sneak behind

Hackney, Esposito and Kavallieratos. Once again, the PAT was no good, but BC had a 20-8 lead.

The Crusader defense was strong throughout the second half, shutting out the visiting opponent. Williams and Long jammed up the inside all day with Hackney setting an edge and making a critical sack to stop the Pirates from his defensive end position.

Linebackers, Faheem Ausbon, Che Patrick and Jamel Hammary, along with Robert Banks played like a pack of pitbulls. The secondary of Mauro, Herring, Aidan Busso and Liam Erickson shut down any attempts down the field.

TEAM	1	2	3	4	TOT
Seton Hall Prep	8	0	0	0	**8**
Bergen Catholic 3-0	8	6	6	0	**20**

CRUSADER RANKINGS

FOOTBALL

NJ - #1

NORTHERN NJ BIG 6 - #1

SOCCER

NJ – #16

NORTHERN NJ - #3

CRUSADERS BLANK SJR

SEPTEMBER 12 – ORADELL, NJ – The Varsity Soccer Team blasted St. Joseph Regional, scoring nine goals, the first time Bergen has reached that mark since 2016 when the Crusaders defeated Lyndhurst 9-1.

Sebastian Ortega recorded a hat trick and Dan Dictenberg drove home a pair of goals to lead the BC scoring charge. Luca Nazor, Kenny Hoang, James Melia and Andrew Coyne all scored goals for the Crusaders

Each of the nine goals was assisted with Ryan Chong playing the primary set up role, earning three apples. Ortega, Nazor, Tyler Ferris, Danny DeBono, J'Nile Simpson and Melia each assisted as well.

Andrew Blodgett earned his first W of the season, shutting out the Green Knight into the second half and turning away a shot. He received outstanding defensive support from Joe Lee and Cosimo Tristani. JP Sinagra completed the perfect job, turning away three shots and helping BC to its 320th shutout in school history.

TEAM	1	2	TOT
St. Joseph Regional	0	0	**0**
Bergen Catholic (1–0–2)	9	0	**9**

MOYA RECORDS A HAT TRICK AS JV SOCCER SCORES NINE

SEPTEMBER 12 – RIDGEFIELD PARK, NJ – The JV Crusader Soccer Team defeated St. Joseph Regional on Tuesday behind Matt Moya's seven-point effort. The junior recorded three goals and a hat trick to spark a BC onslaught, as the team to improved to 3-0. Joe Gugliotta scored a pair of goals and D'Angelo Tavarez (1G-2A), Thomas Santos (1G-1A), Max Lahoud (1G), Jace Morales (1G), PJ Sorrentino (2A), Quinn Caufield (1A), Ben Calderon (1A) and Will Vozzolo (1A) all scored.

Nate Johnston turned away two shots to earn the shutout.

TEAM	1	2	TOT
St. Joseph Regional	0	0	**0**
Bergen Catholic	5	4	**9**

ORTEGA SCORES FOUR AS CRUSADERS ROCK HIGHLANDS

SEPTEMBER 14 – ORADELL, NJ – The Bergen Catholic Soccer Team recorded a 10-3 victory over Northern Highlands on Thursday. It was the first 10-goal effort by one of Coach Berkanish's teams and comes on the heels of a 9-0 victory over St. Joseph Regional on Tuesday.

Senior striker, Sebastian Ortega scored a career high four goals to lead BC against the team that eliminated them from the BCCA County Tournament less than one year ago. Ryan Chong scored two goals and Ken Hoang and Nico Angione each added a goal.

Tyler Ferris and Dan Dictenberg each recorded three points (with a goal and an assist each). Memo Guglielmo scored a pair of assists and Cosimo Tristani, Danny DeBono and Andrew Coyne each recorded an assist.

Bergen also got strong goal play once again from Andrew Blodgett (1 save) and JP Sinagra (2 saves).

TEAM	1	2	TOT
Northern Highlands	0	3	**3**
Bergen Catholic (2–0–2)	5	5	**10**

TEN SPOT

The ten goals against Northern Highlands was the first time BC scored over 10 goals in a game in nearly 21 years (Sept 21, 2002 vs Barringer 10-0). In that year, started 4-0 after wins of 11-0 over Bloomfield, 12-0 over Nutley, 10-0 over Barringer and 8-0 over Passaic.

JV SUFFER FIRST SETBACK

SEPTEMBER 14 – MORRISTOWN, NJ – The JV Crusader Soccer fell for the first time to an excellent Delbarton Green Wave team 1-0 in Morristown.

TEAM	1	2	TOT
Bergen Catholic	0	0	**0**
Delbarton	0	1	**1**

FROSH ROCK RAMSEY

SEPTEMBER 14 – RAMSEY, NJ – The Rams were no contest for BC's young Crusaders and our visiting scarlet and gold posted a 9-1 victory at Eric Smith Middle School.

Three Crusaders scored a pair of goals (Arcen Tambi, Will Kim and John Semelsberger) while Jake Lee, Riaan Vora and Frank Burns each scored a goal.

Semelsberger and Will Kim each recorded a pair of assists as did Jake Lee. Luke Lee and Tambi assisted on one goal apiece.

Goalkeeper John Coleman recorded five saves to earn his third victory of the season.

TEAM	1	2	TOT
Bergen Catholic (3-0)	6	3	**9**
Ramsey	0	1	**1**

VARSITY SOCCER EDGES ST. ANTHONY (NY)

SEPTEMBER 16 – MELVILLE, NY – The Crusaders travelled

across a couple of bridges to play one of Long Island's finest soccer teams on Saturday night. Bergen emerged with a hard-fought 2-1 victory and remains undefeated after five games with a 3-0-2 record and finishing off a perfect week 3-0.

Danny DeBono assisted Sebastian Ortega who continued his assault on the goal with his eight goal in three games this week. Ortega assisted Tyler Ferris to provide all of the offense BC needed for the win. Andrew Blodgett turned away four Friar shots to earn his third victory on the season.

TEAM	1	2	TOT
Bergen Catholic (3–0–2)	1	1	**2**
St. Anthony's (NY)	1	0	**1**

VAR. SOCCER SEASON LEADERS

POINTS:	Sebastian Ortega	**18**
GOALS:	Sebastian Ortega	**8**
ASSISTS:	Ryan Chong & Danny DeBono	**3**
SAVES:	Andrew Blodgett	**13**
SAVE PCT:	Andrew Blodgett	**.813**

HARMKE AND JOHNSTON COMBINE FOR 13 SAVES ON LONG ISLAND

SEPTEMBER 16 – MELVILLE, NY – Tom Harmke andn Nate Johnston each turned away a number of shots, but the BC offense could not help enough to contain a strong St. Anthony Friars team. Harmke turned away 8 shots and Johnston 5, but BC fell 2-1

D'Angelo Tavarez and Ben Calderon each got off shots, but it was not enough.

SEMELSBERGER STARTS BC UP IN NY

SEPTEMBER 16 – MELVILLE, NY – John Semelsberger scored a hat trick and added and assist as the Freshmann Crusader Soccer Team improved to a perfect 5-0 on the season after defeating St. Anthony's on Long Island 6-1. Ian Kim had one goal and a pair of assists and Luke Lee and Will Kim each recorded a goal and an assist. Arcen Tambi assisted on a goal as well.

John Coleman yielded one goal, turning away five shots to earn the victory.

TEAM	1	2	TOT
Bergen Catholic	5	1	**6**
St. Anthony's (NY)	1	0	**1**

JV FOOTBALL LOSES 21-6

SEPTEMBER 18 – ORADELL, NJ – The final score might not have been what BC hoped for, but one thing is for certain, Jake is a certified beauty! BC fell to SHP 21-6 on Monday at the Jack.

Max Nizza took a Devin Zitt pass 29 yards to paydirt on a well-executed pitch-and-run to get BC on the board with 7:44 remaining.

TEAM	1	2	3	4	TOT
Seton Hall Prep	7	7	7	0	**21**
Bergen Catholic	0	0	0	6	**6**

THIS WEEK IN BERGEN CATHOLIC SPORTS

Cross Country Special Edition

HARRIERS PLACE SECOND IN BNC UNITED BATCH RACE

SEPTEMBER 9 – MAHWAH, NJ – BC finished second behind Don Bosco Prep in Wednesday's Big North Conference United Division Championship at Darlington County Park.

The Crusaders' 51 points were off DBP's 17. Bergen finished ahead of Paramus Catholic (86) and St. Joseph Regional (91).

Senior Brendan O'Rourke led the Crusaders with a fifth-place finish in the 3.1 mile race. Luke Scholer made significant improvement in his 5K time, placing 12th.

PLACE	RUNNER	TIME	PTS
5	Brendan O'Rourke	17:23	5
11	Elias Garcia	18:55	10
12	Luke Scholer	19:08	11
13	Andrew Byrnes	19:20	12
15	Daniel Calianes	19:43	13
18	Aiden Pacheco	20:02	14
22	Christian Resto	20:30	18
28	Max Yoo	21:28	-
31	Sean Keating	21:51	-
35	Liam McDevitt	22:50	-
36	Dylan Brown	23:10	-
37	Matthew Valencia	23:21	-

FROSH HARRIERS TAKE TOP 4 PLACES IN LEAGUES!

SEPTEMBER 13 – MAHWAH, NJ – The 2900 meter course at Darlington gave the Frosh Cross Country Team another opportunity to demonstrate their talent and determination.

The young Crusaders placed 1-4 in the front pack and then brought in 5 runners in the 10-16 places to dominate the event 19 – Don Bosco Prep 50 – Paramus Catholic 61.

Jackson Hermann won the event, edging out classmates Ayden Mendez and Easton Tedesco. Ben Cha ran a strong first race and Jack Falcone rounded out the top 10 after cutting nearly 30 seconds off his previous time at Darlington. James Gullo also cut significant time (about a half second) off his time as well scoring 11 for the Crusaders. Byron Kwon cut nearly 90 seconds from his initial race as did Dylan Brady, just showing hard work pays off!

PLACE	RUNNER	TIME	PTS
1	Jackson Hermann	9:20	1
2	Ayden Mendez	9:21	2
3	Easton Tedesco	9:21	3
4	Benjamin Cha	9:29	4
10	Jack Falcone	10:09	10
12	James Gullo	10:14	11
13	Lorenzo Lee	10:46	12
14	Tristan Ruffino	11:04	-
16	Michael Tuohy, Jr.	11:27	-
30	Byron Kwon	13:31	-
33	Dylan Brady	13:46	-

1857
1855
1867
1858
1876
1862
1872
1852
1860
1870
1874
1868
1869

CRUSADERS IN NCAA FOOTBALL

DIVISION I

#9 NOTRE DAME (4-0) earned a 41-17 victory over Central Michigan**: QB Steve Angeli #18**. **DE Javontae Jean-Baptiste #5** play for the Irish.

NEBRASKA and RB Rahmir Johnson #14 improved to 1-2 with a 35-11 victory over Northern Illinois.

SYRACUSE (3-0) defeated Purdue 35-20. **CBs Jayden Gould #11** and **Jaden Bellamy #23** play for the Orange and coaches **Nunzio Campanile CP'25 (former BC HC)** and **Jon Germano '10**.

RUTGERS: The Scarlet Knights and **TE Johnny Langan #21** and **OT Bryan Felter #65** are now 3-0 after a 35–16 victory over Va Tech.

Northwestern 24-7. The Wildcats offensive coordinator is **Mike Bajakian '91** fell to 1-2 after dropping a 38-14 decision to #18 Duke.

#6 OHIO STATE: DT Tywone Malone #95 imrpoved to 3-0 with a 63-10 victory over Western Kentucky.

#3 TEXAS and **DT Sydir Mitchell #99** improved to 3-0 with a 31-10 victory over Wyoming.

MARYLAND and **LB DJ Samuels #42** improved to 3-0 with a 42-14 victory over Virginia.

STANFORD and RB Ryan Butler #15 fell to 1-2 after dropping a 30-23 decision to Sacramento State..

VANDERBILT and **"STAR" Aneas DiCosmo #0** fell to 2-2, dropping a 40-37 decision to UNLV.

#19 DELAWARE and **C Dominic Brogna #52, WR Santino Correa #84** and **RB Saeed St.Fleur #28** defeated St. Francis (PA) 42-14 and improved to 2-1 on the season.

Stony Brook and **OL Collin Tunc #66** fell to 0-3 after losing to Arkansas State 31-7.

#22 FORDHAM improved to 2-1 with a 40-37 victory over Buffalo. **WR Garrett Cody #7** and **DB Jet DeNobile #35** contribute for the Rams.

#5 HOLY CROSS (DL Christian Ross #18 and **OL Sean Woods #67)** defeated **YALE 49-24 (OL Dylan Garrity #55** and **LB Joe Barry #34).**

Lehigh University fell to 1-2 after losing to Cornell. **OL Jack Syslo #50** plays for the Mountain Hawks

Columbia's Interim Head Coach Mark Fabish '93 fell to Lafayette 24-3. **LB Malachi Mercer #45, OL Pat Colicchio #73 and WR Christian Carti #82 all play for the Lions.**

Princeton and **TE Jack Comeau #84, LS Logan Rager #0,** and **WR Pierson Tobia #25** opened the season with a win over San Diego.

DIVISION III

HAMILTON COLLEGE and PK/P CARMELLO VELARDO #84 dropped their season opener to Bowdoin 26-12.

MUHLENBERG and **OT PJ BONISTALLI #78** and **CB Aaron Sylvester #30** improved to 3-0 with a 38-10 victory over The College of New Jersey.

TRINITY COLLEGE and **LB JOHN FIORE #39** opened with a 44-19 victory over the Jumbos from Tufts.

UNION COLLEGE HEAD COACH JONATHAN POPPE (BC '03)

improved to 3-0 with a 35-0 victory over #4 Springfield College. **RB Jon Rust #4, QB AJ Condemi #15 and BC alumnus and Union QB Coach AJ Gallagher** are contributing for the Garnet Chargers.

BIRD OF THE WEEK
BROAD-WINGED HAWK

SEPTEMBER 16 – WEST ORANGE, NJ – This was cool. At halftime, I was enjoying halftime, sitting on the bench at the BC-Seton Hall Prep Varsity Football Game. We were cruising and I was thinking of something BC's new, outstanding history teacher, Mr. Giarusso was saying to me, "Hey Joe, no looking at birds this afternoon, heh?"

I laughed, but at that moment a turkey vulture swooped down about 10 feet over our heads and it was nearly impossible not to look up.

Now, that wasn't a hawk, so at this point, I had not disobeyed, but I continued to look toward the sky. As I did, I saw, high in the sky, a broad-winged hawk.

I laughed to myself and began to make my way over to Mr. G and as I peeked up again, I saw dozens of them. I always estimate on the conservative side, so I listed 60 in my e-bird account with one TV.

It wasn't until I got home (after the BC game and after the Mets game) that I saw it was actually 116 broad-winged hawks – counted from the photo above. About the picture: It is a compilation of two edited photos. Photo #1 is a cropped image of the largest concentration of broadwings I saw on Saturday.

Photo #2 is an individual bird that was MUCH lower. I removed the background.

Broad-wingeds are "Buteos, pronounced BEAUTY-oh. Buteos are stockier hawks such as Red-Tailed and Red-shouldered hawks. They typically are perched up high and pounce on small mammals when they spot them.

The word buteo actually translates to hawk and the term helps birders communicate to identify those types of birds.

Many Montclair State University students, home of the "Red Hawks," may have lived in a dorm named Buteo. There is another dormitory on campus named Accipiter. Accipiters are typically smaller, more slender hawks that hunt in wooded lands. Two common accipiters in our area are Cooper's Hawks and Sharp-shinned hawks.

If you keep a bird feeder, don't be utterly surprised if a Cooper's sees it as its own kind of "bird feeder" as accipiters are quick enough to hunt birds as a part of their diets as well.

FALL MIGRATION

In the coming weeks, if you look to the sky, you may see large numbers of robins, blue jays, and other birds migrating south. They are followed by various falcons, eagles, buteos and accipiters.

If you decide to spend an afternoon at State Line Lookout in Alpine, NJ, you can often find a wide array of raptors moving through the areas as they travel south west. Falcons like: American Kestrel, Merlin and especially Peregrine Falcon (the world's fastest animal) as well as Eagles (Bald and occasionally Golden), Turkey and Black Vultures and of course buteos (Broad-winged hawks, Red-tailed, Red-shouldered), accipiters (Cooper's and Sharp-shinned) as well as Northern Harriers, Ospreys and assorted other migrating species.

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