THIS WEEK IN BERGEN CATHOLIC SPORTS

#14 SOCCER DUELS WITH #16 WESTFIELD

SEPTEMBER 19 – ORADELL, NJ – The Crusaders faced an outstanding opponent on Tuesday afternoon at the Jack as Westfield's Blue Devils came to town in a battle of Top 20 Teams.

The Crusaders opened the scoring with Memo Picarello who drilled a beautiful shot from the right wing from 15 yards to the far post about 23 minutes into the contest.

Sebastian Ortega scored on a penalty shot following a handball in the box to increase BC's lead to 2-0.

The Blue Devils put pressure on the goal, showing no signs of yielding. Goalkeeper Andrew Blodgett was excellent under duress, but ultimately gave up a goal on a direct kick that bent around the wall the Crusaders set.

Late in the half, BC's Ryan Chong had an opportunity for a corner kick. He passed the ball to Danny DeBono who returned it to him and he centered the ball where Antonio Mamsang headed the ball into the net, giving BC a 3-1 halftime lead.

As the teams switched sides of the field, Westfield opened the scoring early in the second half to cut the lead in half with 37 minutes remaining.

Cosimo Tristani hit a cutting Sebastian Ortega down the center of the field who lifted the ball past the Westfield goalie who was competing to beat him to the ball. The ball dribbled over the keeper and into the goal, extending BC's lead back to two.

Sophomore Aiden Waterman was stellar on defense in the second half. He and Joe Lee, Danny DeBono and Joe Maimone were nearly impenetrable.

The Crusaders also got a great boost in the scond half by midfielder J'Niles Simpson, whose presence in the center impacted the effectiveness of Westfield's offense.

TEAM	1	2	TOT
#16 Westfield	1	1	**2**
#14 Bergen Catholic (4–0–2)	3	1	**4**

MOYA TO SORRENTINO… A SCORING COMBO FOR BC

SEPTEMBER 19 – WESTFIELD, NJ – The JV Soccer Team fell to state power Westfield on Tuesday, but Matt Moya worked to start the BC offense when he found PJ Sorrentino who buried a shot in the second half.

Thomas Harmke allowed four goals, but turned away eight Blue Devil shots and Nate Johnston saved five in a game where BC was outshot 17-4.

TEAM	1	2	TOT
Bergen Catholic	0	1	**1**
Westfield	1	3	**4**

FROSH KNOCK RED RAIDERS OFF THE CLIFFSIDE

SEPTEMBER 19 – CLIFFSIDE PARK, NJ – The Freshman Soccer Team improved to 5-0 on the season following an 8-0 drubbing of soccer power, Cliffside Park on Tuesday.

John Semelsberger, Luke Lee and Will Kim continued their assault on the opposing goal with a pair of goals each. Arcen Tambi and Frank Burns each recorded a goal for the Crusaders as well.

Jake Lee played the role of the grand set-up master with three assists. Luke Lee and Burns each added an assist as well. Goal keeper John Coleman posted the shutout and added an assist of his own in the victory.

TEAM	1	2	TOT
Bergen Catholic	5	3	**8**
Cliffside Park	0	0	**0**

VARSITY SOCCER MOVES TO #12 IN NJ AND TAKES CARE OF THURSDAY NIGHT BUSINESS

SEPTEMBER 21 – PARAMUS, NJ – A second evening soccer contest in a week pitted the Crusaders and another black-and-gold opponent. This time, that opponent was neighboring Paramus Catholic. The Crusaders improved to 2-0-1 in the Big North Conference United Division with a 4-0 victory over the Paladins.

Sebastian Ortega continued his hot foot with two goals and an assist. Graham Ewers scored a goal as did Nick Angione. Memo Picariello assisted on two scores and Ryan Chong pitched in an assist.

JP Sinagra got the start and the shutout victory, turning away 5 shots from the home team.

TEAM	1	2	TOT
#12 Bergen Catholic (4-0-2)	2	2	**4**
Paramus Catholic	0	0	**0**

JV SOCCER BLANKS PALADINS

SEPTEMBER 21 – PARAMUS, NJ – The JV Soccer Team stopped their right-column streak with a 3-0 victory over Paramus Catholic on Thursday.

D'Angelo Tavarez recorded a pair of second half goals and Kieran Farley scored one to provide the margin of victory. PJ Sorrentino and Matt Moya each earned assists.

Thomas Harmke and Nate Johnston combined on the shutout, each turning away two of their opponent's shots on goal.

The JV is now 4-3, posting three shutouts in the process.

TEAM	1	2	TOT
Bergen Catholic	0	3	**3**
Paramus Catholic	0	0	**0**

FROSH SOCCER SCORES

SEPTEMBER 21 – MILLBURN, NJ – The Freshman Soccer Team defeated the Millers on Thursday. The young footballers are now 6-0 with just 3 goals allowed.

VARSITY HARRIERS SEEK A GREAT ADVENTURE

SEPTEMBER 23 – JACKSON, NJ – Two years ago, the Crusders ran in the Six Flags Wild Safari Invitational and some young runners gained some valuable experience on the 5000 meter course. Elias Garcia ran 19:32 and scored 26 points with his 28th place finish in the 2021 event while Will Saracino (12:12 – 43rd), Daniel Calianese (11:25 – 14th) and Andrew Byrnes (12:25 – 50th) all ran in the 3200m freshman race.

VARSITY – GREAT IMPROVEMENT!

Senior Brendan O'Rourke led the Crusaders placing 18th finish in the 5000 meter race with a time of 17:55.17. The Crusaders finished 8th overall in the 11 team C-race field.

PLACE	RUNNER	TIME	PTS
18	Brendan O'Rourke	17:55.17	17
44	Andrew Byrnes	19:20	42
47	Aiden Pacheco	20:02	45
51	Daniel Calianese	19:43	49
52	Elias Garcia	18:55	50
63	Will Saracino	19:08	61

JV TEAM RUNS WILD

SEPTEMBER 23 – JACKSON, NJ – Great improvement is the theme for the JV runners who proved to significantly improve upon their times and continue to prepare themselves to become varsity level runners. Well over 90 seconds improvement, on average among the team members in a 5000 meter race was demonstrated on a rainy Saturday morning in central Jersey.

PLACE	RUNNER	TIME	PTS
44	Sean Keating	21:20.10	-
45	Dylan Brown	21.20.63	-
47	Liam McDevitt	21:24.40	-
68	Matthew Valencia	22:12.98	-

FROSH HARRIERS WIN WILD SAFARI INVITATIONAL

SEPTEMBER 23 – JACKSON, NJ – The 3200 meter course at in Jackson provided a terrific opportunity for BC to compete with some of the state's finest programs. In an exceptionally close meet, the Crusaders edged Collegiate School 31-35 in the seven team B-race at Six Flags. Indian Hills finished with 61 points and all other schools (Rutgers Prep, Tower Hill School, Leonia and Empowerment Academy Charter HS) all scored between 137 and 159 points.

Jackson Hermann placed second, edging out classmates Ayden Mendez and Easton Tedesco. Tristan Ruffino was the fourth Crusader to finish among the top 10.

PLACE	RUNNER	TIME	PTS
2	Jackson Hermann	10:44.88	2
4	Ayden Mendez	10:59.90	4
5	Easton Tedesco	11:01.05	5
7	Tristan Ruffino	11:12.19	7
16	Jack Falcone	11:58.90	13
21	James Gullo	12:14.96	16
23	Benjamin Cha	12:22.15	17
13	Lorenzo Lee	12:52.30	
16	Michael Tuohy, Jr.	13:33.21	-

CRUSADERS WIN DEADLIFT TITLE vs DBP WITH 2,888 REPS!

SEPTEMBER 21 – ORADELL, NJ – Four lunch period and 760 Crusaders translated into nearly three thousand reps on the dead lift as a part of the Great American Rivalry Series. The Marine Corps utilizes a Pull Up Challenge, but the US Army sponsored the Bergen-Bosco game and their challenge is dead lift.

Despite being the road team and having to post our reps on Thursday while DBP had a chance to match or beat on Friday, they were unable to beat BERGEN STRONG!

BERGEN-BOSCO 79TH MEETING

SEPTEMBER 22 – RAMSEY, NJ – There is nothing more exciting than a Bergen-Bosco Football Game! The crowd is electric and regardless of what the teams' records are, there is sure to be a great effort on both sides of the football. This year's contest was no different and it required five different players to score touchdowns and two goal line stands to produce the result, a 38-15 victory for New Jersey's #1 ranked team, the Crusaders.

The opening drive was an inausipicious one at best. Three and out and a minus-seven net yardage set up fourth and 17 from the BC 16 yard line. The home Ironmen started with the ball at the BC 41 following a 46-yard Brandon Arpacilar punt and a 19-yard Ironman return.

On first down, DBP completed a 21 yard pass to the Crusader 20. Two plays later, BC linebacker Kaden Irby-Mason came up big with a TFL on a second-and-nine play that set up 3rd and long for Bosco. BC forced an incomplete pass which led to 4th down and a DBP missed field goal attempt.

UNLEASH THE MONSTER

It is at this point when the Crusader Offense returned to its normal identity. On first and ten from the Crusaders own 20 yard line, Dominic Campanile threw a quick pass to Kaj Sanders which translated into a Crusader FIRST DOWN! After a short gain on the ground by Sanders, Mu Russell ran inside for 9 yards and another Crusader FIRST DOWN! Sanders picked up four yards on first down and the first of 24 penalties was called (this time against the Ironmen).

It actually became a theme for the evening as referees made unsportsmanlike and personal foul calls to the tune of 183 yards on the evening.

After Russell hit on an 8 yard first down run, a perfect play design moved Quincy Porter (who was double-covered all night) to an inside position and after Campanile delivered a perfect ball: a 33-yard touchdown to QP marked #10 on the season and his continued assault on the record books.

Guy Bartolomeo drilled the PAT through the uprights and BC was about to roll with 5:59 remaining in the first quarter.

Jordan Thomas intercepted his third pass in the last two games and BC was quickly back in business at the Ironman 48.

Dante Kain was now on display. The sophomore running back carried for 3 yards on first down. He would finish the night with 58 yards on 9 carries. He is one of those fine inside zone running backs whose patience allows him to let

the holed develop, and once it does, he can certainly do something about it. Second and seven turned out to be a play call to his number again. This time it was a pass and Dante translated another Campanile gem into a 40 yard TD pass and 13-0 BC score. Enter Bartolomeo. Exit with an extra point. Make that 14-0 BC.

Ethan Cohall, Dominic Matesic, Ben Carey and Anthony Morales tackled DBP ball carriers to hold them to 6 yards on the next three plays and force a punt.

With 3:30 remining in the first quarter BC went back to work. Anthony Perrotti carried for 4 yards follow up with an Ironman personal foul. Sanders ran for 11 yards and after a 29-yard completion to GARS Academic Scholaship Winner Luca Cuttita, Campanile was roughed leading to an additional 8 yards (half the distance to the goal line).

Mu Russell ran for his first TD of the season and Guy remained perfect on PATs and the Crusaders were up 21-0 at the quarter.

HARD FOUGHT SECOND QUARTER

The Ironmen put their best drive of the game together thus far. It was a 13-play, 73 yard drive that started from the Crusader 26. While there were a number of key plays by Sanders, Delaney Fludd, David Matesic, Thomas, Naiim Parrish, Jermaine Kinsler and Christian Gonzalez, the best was yet to come on goal line defense.

Third and goal from the one was a critical down and Anthony Morales and Kirby-Mason came up huge with a two-yard tackle for a loss, setting up fourth and goal from the three. Elijah Kinsler and Morales made the big stop at the one yard-line and the Crusaders got off the field, shutout in tact.

On second down, BC was forced to take a safety and subsequently kicked off to the Ironmen. Following the kickoff, DBP had a short field and the defense faced a significant challenge. Mac Fitzgerald, Parrish and Irby-Mason made a number of tackles, but the hosts reached paydirt after an eight play, 54-yard drive.

With the lead now only 12, the Crusaders were challenged to answer and answer they did with a 10-play, 80-yard drive capped off by a Campanile to Cuttita 31-yard touchdown pass.

FLUDD GATES

The Ironmen, desperate to get going in the second half saw Guy Bartolomeo's kickoff pin them deep as they initiated their return. A holding call made the starting point, the DBP 9 yard line.

Five plays in, junior defensive lineman, Delaney Fludd made a solo tackle and on second and eight from the 28 YL, Christian Gonzalez tipped a pass and Fludd intercepted, returning the ball 10 yards to the 18 yard line.

The offense was held on three straight downs and Guy Bartolomeo drilled a 27-yard field goal perfectly down the middle of the up-rights, increasing BC's lead to 31-9.

The third quarter saw no other scoring, but a considerable number of penalties and announcements of such.

ENTER SANDMAN

In the fourth quarter, running back Kaj Sanders put the icing on the cake with a beautiful 38-yard sweep to the right side. Outstanding blocking from Chris Vigna, Ben Shue, Marcus Linder, Owen Fernandez, Rocco Constello and Mikey McMahon were crucial to BC's success. Their outstanding play on the line, helped BC to its 150 yards and two TDs on the ground and 363 total yards.

TEAM	1	2	3	4	TOT
Bergen Catholic (4-1)	21	7	3	7	**38**
Don Bosco Prep (1-4)	0	9	0	6	**15**

PASSING

NAME	CMP	ATT	YDS	TD	INT	LNG
Dominic Campanile/BC	10	19	213	3	0	45T
DON BOSCO PREP	**11**	**24**	**158**	**0**	**2**	**46**

RUSHING

NAME	ATT	YDS	TDS	LONG
Kaj Sanders	10	68	1	38T
Anthony Perrotti	1	5	0	5
Dominic Campanile	8	-3	0	4
Dante Kain	9	58	0	40
Mu Russell	5	29	1	9T
TOTALS	**23**	**111**	**1**	**23**
DON BOSCO PREP	**38**	**132**	**2**	**19**

RECEIVING

NAME	REC	YDS	TDS	LONG
Quincy Porter	1	33	1	33T
Kaj Sanders	1	10	0	10
Anthony Perrotti	3	30	0	18
Luca Cuttita	3	81	1	31T
Dante Kain	2	54	1	45T
TOTALS	**10**	**213**	**3**	**45T**
DON BOSCO PREP	**13**	**115**	**0**	**16**

DEEFENSE

NAME	TOT	SOLO	ASST	STFL	ATFL	SSACK	ASACK
Kaj Sanders	3	1	2	-	-	-	-
Naiim Parrish	6	6	0	-	-	-	-
Ethan Cohall	5	2	3	-	-	-	-
Elijah Kinsler	7	2	5	-	-	-	-
Dave Matesic	3	0	3	-	-	-	-
Christian Gonzalez	6	0	6	-	-	-	-
Brandon Gomez	2	1	1	-	-	-	-
Kaden Irby-Mason	6	2	4	1	1	-	-
Anthony Morales	6	2	4	3	1	-	-
Ryan Sarkar	2	0	2	-	1	-	-
Jordan Thomas	6	3	3	-	-	-	-
Mu Russell	2	1	1	-	-	-	-
Timothy Hogan	4	1	3	-	-	-	-
Mason Marck	4	0	4	-	-	-	-
Max Cioffi	1	0	1	-	-	-	-
Jermaine Kinsler	1	0	1	-	-	-	-
Brandon Wilson	1	0	1	-	-	-	-
Ben Carey	5	0	5	-	-	-	-
Mac Fitzgerald	2	0	2	-	-	-	-
Delaney Fludd	7	2	5	1	1	1	-

TAKEAWAYS/PASSES DEFENDED

NAME	INT	FF	YDS	TDS	PD
Jordan Thomas	1	0	1	0	0
Delaney Fludd	1	0	10	0	0
Kaj Sanders	0	0	0	0	2
Naiim Parrish	0	0	0	0	1
Elijah Kinsler	0	0	0	0	1
Christian Gonzalez	0	0	0	0	1
Tim Hogan	0	0	0	0	1

continued

PUNTS

NAME	INT	YDS	NET	AVG	IN 20
Brandon Arpacillar	1	41	27	41.0	0

KICKING

NAME	EXPTA	EXPT	FGA	FG	KO	TB
Guy Bartolomeo	5	5	1	1	8	1

RECORD BREAKERS

CAREER TOUCHDOWN RECEPTIONS:

Quincy Porter – 21. The junior receiver has broken Aaron Martin's '99 career record of 19 in just over one year.

FROSH LEARN LESSONS OF LEADERSHIP

September 23 – ORADELL, NJ – The Freshman Football team found itself on the short-end of the scoreboard for the first time of the season, as DBP emerged with a 14-0 victory.

It was a hard-fought game with Marlon Williams, Kenneth Hackney and Connor Long competing with a solid DBP line.

Linebackers Che Patrick, Nick Mauro and Faheem Ausbon also played solid football against a power running game that provided a different test for them.

After the game, two of the leaders on the squad spoke up, expressing their pride in the team, appreciation for the efforts of their teammates and call to recommit as they hit the practice field on Monday on a short prep week for DePaul.

As Coach Vito said to the team afterwards, these are the opportunities you learn about people. Anyone can celebrate the guys winning 45-0. How do you treat each other when times are tough? That's when real leadership is seen.

TEAM	1	2	3	4	TOT
Don Bosco Prep	0	0	7	7	**14**
Bergen Catholic 3-0	0	0	0	0	**0**

CROSS COUNTRY SEASON VARSITY LEADERS

BEST FINISH:	Brendan O'Rourke	**5th**
3.1 MI - DARLINGTON:	Brendan O'Rourke	**17:09**
5K – SIX FLAGS:	Brendan O'Rourke	**17:55.17**

VARSITY SOCCER SEASON LEADERS

POINTS:	Sebastian Ortega	**27**
GOALS:	Sebastian Ortega	**12**
ASSISTS:	Ryan Chong	**6**
SAVES:	Andrew Blodgett	**16**
SAVE PCT:	JP Sinagra	**.833**

VARSITY FOOTBALL SEASON LEADERS

POINTS:	Quincy Porter	**60**
KICKING POINTS:	Guy Bartolomeo	**33**
TDs:	Quincy Porter	**10**
TD PASSES:	Dominic Campanile	**14**
COMP %	Dominic Campanile	**62.1**
PASSING YDS:	Dominic Campanile	**988**
RECEVING YDS:	Quincy Porter	**458**
RECEPTIONS:	Quincy Porter	**22**
TACKLES:	Christian Gonzalez	**31**
SOLO TACKLES:	Naiim Parrish	**18**
SACKS:	Elijah Kinsler	**2**
	Anthony Morales	**2**
INTERCEPTIONS:	Jordan Thomas	**3**
PUNT LONG:	Brandon Arpacilar	**57**
PUNT YDS AVG:	Brandon Arpacilar	**37.2**

CRUSADER RANKINGS

FOOTBALL

NJ - #1

NORTHERN NJ BIG 6 - #1

MAXPREPS - #31 in USA

SOCCER

NJ – #12

NORTHERN NJ - #3

BIRD OF THE WEEK
NORTHERN WATERTHRUSH

SEPTEMBER – LYNDHURST, NJ – Walking the Marsh Discovery Trail, I chose to return the same return path, rather than complete a loop. I'm glad I did as it gave me a terrific bird to share, the Northern Waterthrush. This warbler lives among the phragmites (common reeds) in the marshlands at the Meadowlands.

They forage near or on the ground or in shallow water, where their long legs enable them to wade into pond edges in pursuit of prey. They sing mostly from low vegetation, often from a concealed perch. Their butt end often bobs up and down as they move around.

FACES IN THE CROWD

SEPTEMBER 22 – RAMSEY, NJ – A shout out to a great group of alumni: THE CRUSADER FOOTBALL CLASS OF 1986! The Brotherhood is always there! DEUS VULT

LUNCH WITH THE BROTHERS

SEPTEMBER 1 – NEW ROCHELLE, NY – Brothers Quinn and Fagan wanted to give their best to the Crusader community. They are both well and we had a lot of laughs and thinking of the students, faculty, staff and administration at Bergen.

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

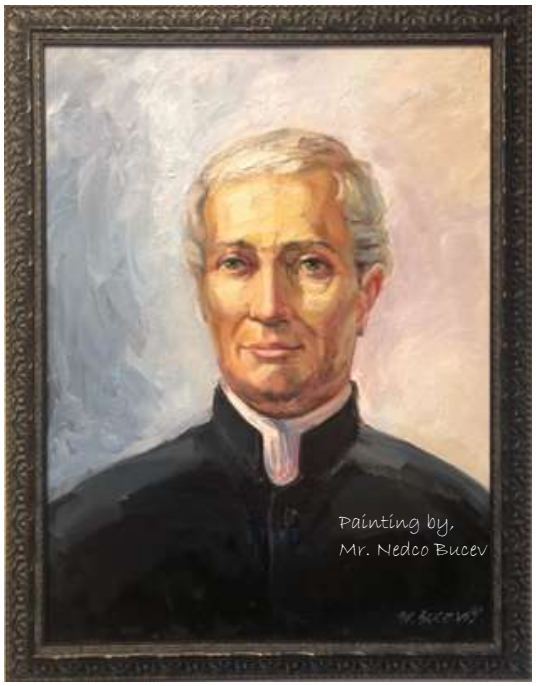
God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.
Amen.

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