VARSITY SOCCER TIES RIDGEWOOD 1-1 IN 2 OTs

OCTOBER 23 – RIDGEWOOD, NJ – Ryan Chong scored his twenty second career goal off a beautiful assist from Luca Nazor in the second half as BC tied the Maroons 1-1. Both teams scored second half goals before being shutout in two overtime periods. Andrew Blodgett recorded five saves in the tie.

TEAM	1	2	TOT
Bergen Catholic (12-1-3)	0	1	**1**
Ridgewood	0	1	**1**

JV SOCCER vs. RIDGEWOOD

OCTOBER 23 – RIDGEWOOD, NJ – Max Lahoud recorded BC's goal in the second half and Thomas Harmke stopped three second half shots as Ridgewood defeated the JV 2-1. Nate Johnston earned the nod, starting the game and played well in goal. Johnston made seven saves but allowed two shots past him in the first half.

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

SEMELSBERGER SCORES AS FROSH FINISH MAROONS

OCTOBER 23 – RIDGEWOOD, NJ – John Semelsberger notched another two goals and Luke Lee and Ian Kim each recorded a goal as BC pulled away from a fiesty Ridgewood team in the second half. Jake and Luke Lee each assisted on goals and John Coleman turned away four shots on goal. The Freshman team is now 16-0 on the season

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

DEFENSIVE JV FOOTBALL STATS VS SPP

OCTOBER 23 – ORADELL, NJ – The defensive struggle at the Jack on Monday in which the defense scored two of the points in the 9-0 victory, included some outstanding performances on defense. Here are the stats: Josh Cruz-5 Tackles and 2 PBU's; Brandon Wilson-4 Tackles and 1 Sack; Grayland Meeks-2 Tackles; CJ Edwards-1 Tackle, 1 Sack, 1 Safety, and 1 PBU; Deandre Orgill-1 Tackle and 1 Sack; Will Dodds-1 Tackle and 1 PBU; Zachary Reese-1 Tackle; Corey White-1 Tackle; Dylan Carrick-1 Tackle.

FROSH HARRIERS WIN DOC BRAVER INVITATIONAL

OCTOBER 24 – MAHWAH, NJ – The Freshman Cross Country Team won the Doc Braver Invitational Large Schools race on Tuesday at Darlington County Park. Jackson Hermann, Easton Tedesco and Ayden Mendez all placed in the top 9 of the event.

PLACE	RUNNER	TIME	PTS
3	Jackson Hermann	9:02	3
6	Easton Tedesco	9:12	5
9	Ayden Mendez	9:25	8
13	Ben Cha	9:28	10
18	Jack Falcone	9:38	13
36	Lorenzo Lee	10:09	27
41	Michael Tuohy, Jr.	10:15	31
49	James Gullo	10:25	
51	Tristan Ruffino	10:27	
92	Jonathan Griffith	11:28	
106	Byron Kwon	12:46	

BROWN RUNS STRONG AT THE JV DOC

OCTOBER 24 – MAHWAH, NJ – Dylan Brown placed third in a field of 104 runners in the 2023 Doc Braver Invitational. The Crusaders placed 6th overall as a team with 132 points. Wayne Valley won the Boys Large School event with 57 points. Livingston finished second with 78. Those two were followed by four Bergen County opponents: Paramus Catholic (108), Ridgewood (109), Norhtern Highlands (116) and BC.

PLACE	RUNNER	TIME	PTS
3	Dylan Brown	18:46	3
10	Max Yoo	19:32	10
54	Liam McDevitt	21:50	47
55	Matthew Valencia	21:50	48
77	Joe Cabanita	23:07	58

VARSITY SOCCER COOLS COMETS

OCTOBER 25 – ORADELL, NJ – The Varsity Soccer Team won its final regular season game with a home win over Hackensack's Comets 3-1. Tyler Ferris recorded a pair of goals assisted by Sebastian Ortega and Kenny Hoang set up Ortega on the third.

Both senior goalies played well for the Crusaders with Andrew Blodgettturning away two shots and JP Sinagra making a save in the second half.

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

JV SOCCER ADVANCES IN COUNTIES WITH 4-1 WIN OVER INDIAN HILLS

OCTOBER 25 – RIDGEFIELD PARK, NJ – While the Jayvee dominated possession for virtually the entire 80 minutes of the County second round game, they didn't really break things open until the The second half.

Bergen was knocking on the door against a very defensive-minded 9 from 22; 22; 6,

TEAM	1	2	TOT
Indian Hills	0	1	**1**
Bergen Catholic	1	3	**4**

CRUSADER RANKINGS

FOOTBALL	SOCCER
NJ - #1	NJ – #5
NO. JERSEY BIG 6 - #1	NORTH JERSEY - #2
MAXPREPS - #30 in USA	BNC UNITED
SBLive: NE US - #1	CHAMPS
SBLive: NATIONAL #15	STATE TOURNEY #3
https://scorebooklive.com/football/rankings	SEED

FROSH BECOME FIRST BC FROSH TEAM TO WIN NJCTC

OCTOBER 28 – MORRIS PLAINS, NJ – The Freshman Cross Country Team broke a 17-year unbeaten streak by Christian Brothers Academy, defeating the Colts 38-39 in New Jersey Catholic Track Conference Championships on Saturday. Easton Tedesco placed second in a field of 5 runners with a time of 10:15.72 in the 3200m race. Ayden Mendez and Jackon Hermann also placed in the top 7 of the event.

PLACE	RUNNER	TIME	PTS
3	Easton Tedesco	10:15.72	2
6	Ayden Mendez	10:40.54	5
7	Jackson Hermann	10:41.98	6
13	Ben Cha	11:01.71	10
21	Jack Falcone	11:20.20	15
42	Lorenzo Lee	11:58.08	30
47	James Gullo	12:12.62	34
52	Tristan Ruffino	12:32.50	
53	Michael Tuohy, Jr.	12:34.38	
60	Jonathan Griffith	12:56.99	
79	Byron Kwon	14:18.86	

GUGLIOTTA'S GOALS HELPJV SOCCER TO ADVANCE IN COUNTIES

OCTOBER 25 – RIDGEFIELD PARK, NJ – While the Jayvee dominated possession for virtually the entire 80 minutes of the County second round game, they didn't really break things open until the The second half.

Bergen was knocking on the door against a very defensive-minded opponent. BC's first goal came from the foot of Kieran Ewers who was assisted by Matt Moya. The talented Moya drove home BC's second goal of hte game to kick off the second half. Joe Gugliotta then notched two second half goals to put the game on ice.

TEAM	1	2	TOT
Indian Hills	0	1	**1**
Bergen Catholic	1	3	**4**

JOHNSTON SAVES THE DAY AS MOYA AND SORRENTINO PROPEL JV TO NEXT ROUND OF COUNTY TOURNEY

OCTOBER 28 – ORADELL, NJ – The Crusader JV Soccer Team advanced once agin in the Bergen County JV Soccer Tournament, defeating Ramsey 2-0 at the Jack on Saturday morninig. Goalkeepers Nate Johnston and Thomas Harmke combined to shut out the Rams. Johnston saved 17 shots on goal and Harmke turned away four.

In the first half, BC got all the offense it would utlimately need as Matt Moya and PJ Sorrentino each scored unassisted goals.

The Crusaders

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

FOUR SCORES SAYS WILL KIM AS FROSH CRUSADERS ADVANCE

OCTOBER 28 – ORADELL, NJ – Will Kim recordsd a game-high four goals and John Semelsberger added a hat trick and three assists as BC dominated Waldwick 9-0.

Jake Lee scored a goal and added three assists. Ian Kim scored a goal and Luke Lee had an assist and Frank Burns assisted on two goals.

John Coleman was called upon only one time to save a Warrior shot on goal…which he did in splendid fashion.

BC plays on Tuesday at 3:30 at Overpeck (Ridgefield Park) in Round 2 of the tournament.

TEAM	1	2	TOT
Waldwick	0	0	**0**
Bergen Catholic	7	2	**9**

VARSITY SAVE STATISTICS 2023

NAME	SAVES	GA	SAV %
Andrew Blodgett	**68**	14	.829
JP Sinagra	20	3	**.870**

VARSITY SCORING STATISTICS 2023

NAME	POINTS	GOALS	ASSISTS
Sebastian Ortega	**54**	**21**	**12**
Ryan Chong	19	4	11
Tyler Ferris	21	7	7
Dan Dictenberg	17	8	1
Luca Nazor	18	7	4
Guglielmo Picariello	13	2	9
Andrew Coyne	11	4	3
Nico Angione	8	4	0
Cosimo Tristani	8	3	2
Ken Hoang	8	3	2
Danny DeBono	6	1	4
Graham Ewers	5	2	1
Antonio Mamsaang	4	1	2
J'Niles Simpson	4	1	2
James Melia	3	1	1
Joe Maimone	2	1	0
Joe Lee	2	1	0
Kevin Schliem	2	1	0
Brandon Quirizumbay	1	0	1
Jonah Kim	1	0	1

ALL-TIME BC SCORING LEADERS

CAREER GOALS

#11 – Sebastian Ortega '24 with 35

#16 – Ryan Chong '24 with 22

CAREER ASSISTS

#9 – Ryan Chong '24 with 23

#10 – Sebastian Ortega '24 with 22

SINGLE-SEASON GOALS

#8 (TIED) – Sebastian Ortega '24 with 21

SINGLE-SEASON ASSISTS

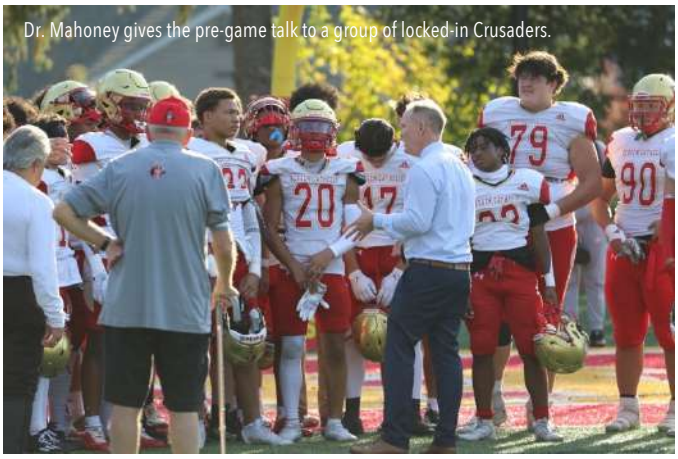
#10 – Sebastian Ortega '24 with 12

NJSIAA SOCCER TOURNAMENT

OCTOBER 29 – ORADELL, NJ – The Crusaders open the 2023 Non-Public "A" North Sectional Tournament on Tuesday at home vs. Paramus Catholic. The Paladins defeated 6th-seeded Dwight-Englewood 4-2 in overtime. Bergen has played PC twice this season, winning both contests 4-0 and 9-0. The Crusaders have a 24-game winning streak against the Paladins dating back to 2012.

As the #3 seed, Bergen, if it advances, will play #2 seed Seton Hall Prep at the Kelly Athletic Complex. Delbarton School received the top seed in the north side of the bracket.

FROSH FOOTBALL COMPLETES OUTSTANDING SEASON



Dr. Mahoney gives the pre-game talk to a group of locked-in Crusaders.

OCTOBER 26 – ORADELL, NJ – On a deliciously warm Thursday afternoon, the Freshman Football team executed to perfection, defeating Paramus Catholic 30-6 in the season finale.

Aiden Talley getting great protection from Connor Long and Co.

Austin Busso scored on a beautiful pass from Aiden Talley and the Crusaders were up 6-0 in the first quarter. Faheem Ausbon then scored from a Talley TD pass and Aiden added the two point conversion, scrambling into the endzone as BC led 14-0 at the quarter.

Austin Busso setting up excellent blocking by Kevin Hackney and Thomas Esposito.

Aiden Talley crosses the goal line for two.

Liam Erickson made a couple of exceptional catch and runs in the second quarter. He scored on Talley's third touchdown pass of the game and then the Talley-to-Busso connection struck again for two. Bergen went to the half 22-0.

Jalen Johnson and Connor long race to see who's first to the QB.

Second half? It must be time for the Herring Train to roll. Tristan took his usual sweep around the bend and chugged into the endzone. After Busso scored from Talley, BC's offensive output was complete.

Tristan Herring making people miss all over the field.

TEAM	1	2	3	4	TOT
Paramus Catholic	0	0	0	6	**6**
Bergen Catholic	14	8	8	0	**30**

Above, least desired job in football---whoever is playing QB vs. BC.

Coach Cavalluzzo – so proud of the effort of his players.

Father Coach. Coach Mike Campanile giving instruction to his QB.

Things become very uncomfortable for opponents if they near the Crusader goal line.

CRUSADERS SECURE TOP SEED IN THE STATE TOURNAMENT

OCTOBER 27 – PARAMUS, NJ – BC scored touchdowns on six of its first seven possessions as they cruised to a 42-13 victory over Paramus Catholic on Friday night.

Kaj Sanders had only six carries and scored three touchdowns on runs of 13, 1 and 14 yards, all in the first half.

Jermaine Kinsler made his presence felt both as a blocker and as a defender. He had a remarkable block, taking his opponent nearly over the fence in the back of the endzone. Later, he executed an awesome outside pass rush from his defensive end position, sacking the QB from behind.

Quincy Porter had a pair of touchdown catches as he contineud his assault on the record books. He and QB Dominic Campanile are doing some damage for certain, connecting for 114 yards and two touchdowns on five catches.

Mu Russell scored BC's third touchdown of the evening and the Crusaders received a helping "foot" from Brandon Arpacillar who added place-kicking to his portfolio. Filling in for Guy Bartolomeo, Arpacillar was perfect in his six extra-point attempts.

Arpacillar punted three times as well as holding down all of the place kicking responsiblities. Mr. A. boomed three punts for 107 yards, averaging over 35 yards per kick.

TEAM	1	2	3	4	TOT
#1 Bergen Catholic (8-1)	14	28	0	0	**42**
Paramus Catholic (1-8)	0	7	0	6	**13**

PASSING

NAME	CMP	ATT	YDS	TD	INT	LNG
Dominic Campanile	9	13	147	2	1	41T
Chris Conte	2	2	17	0	0	12
TOTALS	**11**	**15**	**164**	**2**	**1**	**41T**
PARAMUS CATHOLIC	**8**	**24**	**135**	**1**	**1**	**41**

RUSHING

NAME	ATT	YDS	TDS	LONG
Kaj Sanders	6	40	3	14T
Anthony Perrotti	1	-1	0	-1
Dominic Campanile	2	-8	0	-8
Mu Russell	7	44	1	11

RUSHING (CONTINUED)

NAME	ATT	YDS	TDS	LONG
Dante Kain	11	73	0	18
Max Nizza	1	-4	0	-4
Chris Conte	2	2	0	1
Ed S	2	6	0	4
TOTALS	**30**	**159**	**4**	**18**
PARAMUS CATHOLIC	**26**	**113**	**1**	**23**

RECEIVING

NAME	REC	YDS	TDS	LONG
Quincy Porter	5	114	2	41T
Anthony Perrotti	2	11	0	5
Brian Porter	1	12	0	12
Dante Kain	1	2	0	2
Max Cioffi	1	5	0	5
Michael Delpome	1	12	0	12

DEFENSE

NAME	TOT	SOLO	ASST	STFL	ATFL	SSACK	ASACK
Kaj Sanders	1	0	1	-	-	-	-
Naiim Parrish	3	3	0	-	-	-	-
Ethan Cohall	6	2	4	-	-	-	-
Elijah Kinsler	2	1	1	1	-	-	-
Joshua Cruz	2	1	1	-	-	-	-
Christian Gonzalez	3	2	1	-	-	-	-
Anthony Morales	3	0	3	-	-	-	-
DeAndre Orgill	2	1	1	-	-	-	-
Jordan Thomas	5	2	3	-	-	-	-
Anthony Willis	3	1	2	1	-	-	-
Brian Porter	1	1	0	-	-	-	-
Corey White	1	0	1	-	-	-	-
Tim Hogan	2	1	1	-	-	-	-
Mike Delpome	1	0	1	-	-	-	-
Mason Marck	5	0	5	-	-	-	-
Mac Fitzgerald	2	0	2	-	-	-	-
Steve Copeland, II	3	2	1	-	-	-	-
Jermaine Kinsler	1	1	0	1	-	1	-
Benjamin Carey	5	1	4	1	-	1	-
Delaney Fludd	2	0	2	-	-	-	-

TAKEAWAYS/PASSES DEFENDED

NAME	INT	FF	YDS	TDS	PD
Kaj Sanders	0	0	0	0	1
Ethan Cohall	0	RECOV	0	0	0
Naiim Parish	0	0	0	0	2
Brandon Gomez	1	0	0	0	1
Joshua Cruz	0	0	0	0	1
Anthony Willis	0	0	0	0	1
Tim Hogan	0	0	0	0	1

PUNTS

NAME	NO	YDS	LONG	NET	AVG	IN 20
Brandon Arpacilar	3	107	37	35.0	35.7	0

KICKING

NAME	EXPTA	EXPT	FGA	FG	KO	TB
Brandon Arpacilar	6	6	0	0	7	0

RECORD BREAKERS

CAREER TOUCHDOWN RECEPTIONS: Quincy Porter (26) The junior receiver broke Aaron Martin's '99 career record of 19 and continues to set new marks with each TD.

TOP TEN CHARTS

CAREER TOUCHDOWN PASSES: #4 Dominic Campanile '25 (36), passes state champion QB Brian Saverino '03 and former NFLer Tanner McEvoy '11 (32).

CAREER TOTAL TOUCHDOWNS: #5 Dominic Campanile '25 (39) passes Rob Eckrote '09 (37).

CAREER PASSING YARDS: #8 Dominic Campanile '25 (2,597), passing state champion QBs Bob Murray '83 (2,515) and Brad Hartung '05 (2,464).

CAREER COMPLETIONS: #5 Dominic Campanile '25 (188) passing state champion QBs Mike McGovern '88 (187) & Matt Lovecchio '00 (184).

CAREER PASS ATTEMPTS: #7 Dominic Campanile '25 (295) passing state champion QB Bob Murray '83 (285).

CAREER RECEIVING YARDS: #2 Quincy Porter (1,347) closing in on #1, JJ Kulcsar '13 (1,529).

CAREER RECEPTIONS: #2 Quincy Porter '25 (72) passes former NFLer Tanner McEvoy '11 and former state champion Darren Rizzi '88 (69).

CAREER INTERCEPTIONS: #6 Naiim Parrish '25 (8) ties former state champion DB Willie Poppe '96 and former NFLer Kyle Queiro '13.

CAREER KICKING POINTS: #8 Guytano Bartolomeo '25 (102).

CAREER FIELD GOALS: #5 Guytano Bartolomeo '25 (7), ties former state champion kicker Giancarlo Carbonaro '22 and Mike Halligan '10.

SINGLE SEASON TOUCHDOWN RECEPTIONS: #2 Quincy Porter '25 (15) passes JJ Kulcsar '13 (14).

SINGLE SEASON RECEIVING YARDS: #3 Quincy Porter '25 (797) passes Garrett Cody '19 (756).

SINGLE-SEASON RECEPTIONS: #6 Quincy Porter '25 (37) passes former NFLers Tanner McEvoy '11 (35) and Cam Dickerson '11 (36) and former state champions Darren Rizzi '88 (34), Chuck Mazzarone '95 (36) and Aaron Martin '99 (35).

SINGLE SEASON FIELD GOALS: #4 Guytano Bartolomeo '25 (5), ties Darryle Pellegrino '89 and former state champion kickers Chris Hanley '03 and Dave Kuncio '07.

2023 NJSIAA NON-PUBLIC "A" FOOTBALL SEEDS

OCTOBER 29 – ORADELL, NJ – The Crusaders have secured the #1 seed in the NJSIAA Non-Public "A" Tournament for the 2023 season. The Crusaders are pursuing championship #20 in the school's 65-year football history.

BC will have a bye in the first weekend of the tournament. #2 and #3 seeds Delbarton and St. Joseph Regional also have byes as there is a 13-team pool. BC will host the winner of Paul VI-Notre Dame on Saturday, November 11, 2023, at 1:00 pm at the Jack.

The semi-finals should BC prevail will be November 18 at BC and the final will be Tuesday, November 28, 2023 at 8:00 pm at MetLife Stadium.

1) Bergen Catholic	*8) Paul VI*
2) Delbarton	*9) Notre Dame*
3) St. Joseph Regional	10) Don Bosco Prep
4) Donovan Catholic	11) Seton Hall Prep
5) St. Augustine Prep	*12) St. Peter's Prep*
6) St. Joseph (Met.)	*13) Paramus Catholic*
7) Pope John	

Italicized teams are on BC's side of the bracket.

WEEKEND OF NOVEMBER 4--5

(1) Bergen Catholic – BYE
(2) Delbarton - BYE
(3) St. Joseph Regional - BYE
(9) Notre Dame @ (8) Paul VI
(12) St. Peter's Prep @ (5) St. Augustine Prep
(13) Paramus Catholic @ (4) Donovan Catholic
(11) Seton Hall Prep @ (6) St. Joseph (Met.)
(10) Don Bosco Prep @ (7) Pope John

RUGBY FINISHES FALL STRONG

OCTOBER 29 – LINCROFT, NJ - The men of BC have finished our fall campaign! The last game of the day was against Don Bosco Prep and BC won 19-0 to end the season on a high note. The team learned a lot through its first 7s Season and they are looking forward to the spring!

BIRD OF THE WEEK

LBJs

OCTOBER 29 – ORADELL, NJ – I wouldn't go so far as to say the term LBJ is disrespectful, but it kind of, is. Little Brown Jobs are generally sparrows, and you know what? They're kind of cool when you start to really look at them. In Bergen County this year, one could safely expect to see 10 different species of sparrow. 1. HOUSE, 2. SWAMP, 3. SAVANNAH, 4. SONG, 5. AMRICAN TREE, 6. FOX, 7. WHITE-THROATED, 8. WHITE-CROWNED, 9. FIELD, AND 10. CHIPPING.

I'm selling the list a little short. Those are just the first off the top of my head. When I start to think of some wrens, warblers, flycatchers and thrushes, the number of LBJs around starts to climb.

Here are some birds to check out. If you can identify these four sparrows, you could win a free lunch in the cafeteria. Each is in the enumerated list above.

Email Mr. Haemmerle to enter to win.

SUBJ: LBJs

DEADLINE – 10/31/2023.

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.

Philippians 4:13

I can do all things through Christ who strengthens me.

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 sunshine 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