THIS WEEK IN BERGEN CATHOLIC SPORTS

HASAN GIVES 100 YARD EFFORT

OCTOBER 2– WAYNE, NJ – Devin Hasan had a terrific game against DePaul Catholic, pulling in over 100 receiving yards including a 35-yard touchdown pass from Jack Woods. Sadly, the Crusader JV fell 28-14 in the battle of Crusaders vs. Spartans.

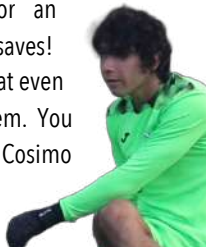
The Woods-to-Hasan score was BC's first and provided opportunity for QB Devin Zitt so execute a QB sneak behind center Travis Nodelman to a 2 point conversion.

Woods threw a second TD, this time to Matt Daly, good for 45 Yards. The extra point was no good leaving BC with 14 points on the afternoon.

TEAM	1	2	3	4	TOT
Bergen Catholic	-	-	-	-	**14**
DePaul Catholic	-	-	-	-	**28**

BC VARSITY TAKES DOWN SJR

OCTOBER 2 – MONTVALE, NJ – Riley O'Dowd, Cosimo Tristani, and Calvin Villanueva (AI enhanced) – In the spotlight, we have our incredible goalkeepers, John Paul Sinagra and Andrew Blodgett. Together, they combined for an impressive seven saves! So quick, in fact, that even the opposing team couldn't find a way past them. You could say they were as unbreakable as a bank vault! Cosimo Tristani finished with two shots and a fantastic goal!



Memo Picariello was the ultimate playmaker with four assists. Ryan Chong joined in on the fun with two assists, proving that teamwork makes the dream work. Meanwhile, Tyler Ferris took the lead in scoring with three shots and two fantastic goals. Joseph Maimone showed us that he's a man with talents contributing to a goal. And how can we forget about Andrew Coyne, who managed two shots, an assist, and not one, but two goals! J'Niles Simpson rounded off our scoring with a goal and an assist.

With an array of shots, assists, and a few fouls thrown in for good measure, our varsity soccer team put on a spectacular show for all of us. They left the opposing high school team in the dust and came out on top. So, until the next game, keep cheering for our varsity soccer team as they continue to kick their way to success. The team's 8-0-2 record

TEAM	1	2	TOT
#9 Bergen Catholic (8-0-2)	5	4	**9**
St. Joseph Regional	0	0	**0**

JV SOCCER TRIUMPHS 5-1 OVER ST. JOSEPH'S REGIONAL

OCTOBER 2 – MONTVALE, NJ – Chris Nucifora and Aidan Pojani (AI enhanced) - In a thrilling JV soccer matchup that had fans on the edge of their seats, Bergen Catholic emerged victorious, defeating the Green Knights with a commanding score of 5-1. This exciting match showcased the talents and determination of both teams, with Bergen Catholic ultimately proving to be the dominant force on the field.

Goalkeepers Thomas Harmke and Nate Johnson anchored Bergen Catholic's defense with exceptional goalkeeping throughout the game. Their quick reflexes and precise saves thwarted several attempts by St. Joe's Regional to score.

The scoring action was initiated by Owen McAuley, who displayed his attacking prowess by netting a goal and taking a well-placed shot that kept the opposition's defense on their toes.

Bergen Catholic's defensive solidity was further underscored by the performances of players like Ben Calderon, Michael Loughlin, and Joseph Gugliotta, who collectively worked to stifle the offensive efforts of SJR.

Thomas Santos showcased his offensive skills with three shots that kept the opposing goalkeeper busy and threatened to increase Bergen Catholic's lead.

Kieran Ewers contributed a powerful shot, while Christian Roche demonstrated remarkable ball control and vision on the field, dictating

the flow of the game. The playmaking abilities of William Vozzolo were instrumental in Bergen Catholic's success, as he provided a crucial assist and displayed determination with a shot, despite enduring a foul. Max Lahoud displayed remarkable teamwork and versatility, while Kieran Farley was a standout player, scoring a goal and taking a well-placed shot that kept the opposition's defense on alert.

Jace Morales, Matthew Moya, and Thomas McAnulty showcased their offensive prowess with relentless attacks, with Moya making a significant impact, recording a goal and an assist, and unleashing two shots on target. Quinn Caulfield, John Flynn, D'Angelo Tavarez, and Aaron Botta all played their roles effectively, contributing to both the offensive and defensive efforts of the Crusaders. It was a memorable day for Tavarez, who emerged as the star of the match, netting two goals, and taking two well-placed shots that left the Joe's goalkeeper with little chance to make saves. PJ Sorrentino exhibited excellent teamwork with a pivotal assist that played a crucial role in Bergen Catholic's victory.

This impressive performance by Bergen Catholic's JV soccer team was a testament to their dedication, teamwork, and individual talents. Their solid defensive line, creative midfield play, and clinical finishing in front of the goal made them a formidable force on the field. The victory against SJR reflects their hard work and commitment to the sport. As the season progresses, fans eagerly anticipate more exhilarating matches from this talented squad, who have set a high standard for themselves and continue to strive for success on and off the pitch.

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

STRONG SECOND HALF KEEPS FROSH SOCCER UNBEATEN

OCTOBER 3 – HILLSBOROUGH, NJ – Gio Moscatello, Paul Warburton and Jalen Bushell-Robinson (AI enhanced) - In an electrifying freshman soccer showdown, the Bergen Catholic Crusaders clashed with the Hillsborough Raiders, resulting in an impressive 5-1 victory for Bergen Catholic. The match, filled with thrilling plays and standout performances, will be remembered as a stellar display of talent and teamwork.

Both teams demonstrated a high caliber of play, finishing the first forty-minutes deadlocked at one.

In the second half, Bergen Catholic demonstrated its dominance, relentlessly pressing forward and maintaining a tight defense. The Crusaders' formidable offense was led by standout players, Luke Lee, William Kim, and Arcen Tambi, who showcased their skills and determination throughout the game.

William Kim then stepped up for the Crusaders, making his mark on the scoreboard with not one, but two impressive goals. Kim's incredible speed and accuracy made him a constant threat to the Hillsborough defense, leaving them struggling to contain his dynamic play. Arcen Tambi, another standout for Bergen Catholic, added to the scoring frenzy with two goals of his own. Tambi's ability to find the back of the net was on full display, and his contributions were invaluable to his team's success.

While Bergen Catholic was lighting up the scoreboard, their goalkeeper, Jack Sullivan, played a vital role in maintaining their lead. Sullivan made six crucial saves, ensuring that Hillsborough had limited opportunities to get on the scoreboard. His incredible performance between the posts garnered well-deserved praise from both teammates and fans.

TEAM	1	2	TOT
Bergen Catholic	1	4	**5**
Hillsborough	1	0	**1**

CRUSADERS SEEK FOURTH COUNTY TITLE BEGIN PLAY AS TOP SEED

OCTOBER 5 – ORADELL, NJ – The 2023 Bergen County Coaches Association Tournament begins for the Crusaders on Thursay as they take on 17th seed Bergenfield Bears who defeated 16th seeded Mahwah earlier this week. The Crusaders have won three previous tournaments since its inception in 1972. Coach Hugh Beattie's 1985 County Champions made history at the school behind the play of Princeton-bound Christian Unger and Boston College-bound Greg Schwake. The 1999 County Champion team was directed by Coach Andrew McGirr and his star player Alecko Eskandarian. In 2019 Coach Pete Berkanish led BC to a thrilling victory over Ridgewood and once again a Schwake was involved in a key goal during the tournament. This time it was Greg's son, Nick.

Here we are in 2023 and BC has the top seed. Here's a look at some fun facts about the tournament.

- All three BC County Champion Coaches (Beattie, McGirr and Berkanish) are BC alumni soccer players.
- This is the 50th Year of the Tournament as the 2020 tournament was not played due to Covid-19.
- Despite this being the 50th year, there are already 50 team champions (only in soccer!) – Ramapo and Paramus tied in 2006 and were named co-champs.

COUNTY CHAMPIONSHIPS BY SCHOOL

(since 1972)

Ramapo	15	Northern Highlands	1
Don Bosco Prep	11	NV Demarest	1
Ridgewood	7	NV-Old Tappan	1
Hackensack	4	Paramus	1
Bergen Catholic	3	Pascack Valley	1
Dwight-Englewood	1	Tenafly	1
Glen Rock	1	Waldwick	1
Indian Hills	1		

OUTWIT – OUTPLAY – OUTLAST
TOP SEEDED BC ADVANCES IN BERGEN COUNTY TOURNAMENT

OCTOBER 5 – ORADELL, NJ – In their first time as the top seed in the BCCA Tournaament, the Crusaders did not seem completely accostumed to the position. The visiting #8 seeded Bears of Bergenfield HS took an early opportunity to score on a 1 on 3 situation in the games 8th minute.

As the first half minutes were slipping away, it seemed the goal was becoming more difficult to breach until Sebastian Ortega received a pass in front of the goal. Unable to get off a shot and as the ball encroached the endline, right of the net, he sent a cross-cage pass to senior Ken Hoang who buried the shot at the 21st minute.

Luca Nazor was then fouled in the box and had an opportunity for a penalty shot. His kick was rocketed toward the right corner when the Bergefield goalie fully extended to his left, making a diving save and kept the score knotted at one.

The visiting Bears had an opportunity late in the half to get on the board with a corner kick and just 17 seconds remaining, but they were unable to convert on a centering pass and the teams went into the half tied at one.

Twenty minutes into the second half, the Crusaders saw the visitors press their goal a number of times. Andrew Blodgett was strong in the goal, keeping the Bears at bay. A foul against Bergen gave the Bears a direct kick from the sideline, 10 yards above the goal. The ball was passed to the midfield and a lobbed feed to the crease area was headed, Blodgett making a dynamic save at the crossbar.

Luca Nazor and Joe Lee worked relentlessly on the defensive side of the field nand the midfield

The Bears had a second opportunity that Blodgett booted to the midfield, giving BC an opportunity to press the goal. Two injured players stopped play and the Bears started with the ball just outside their goal.

Ryan Chong had a great oportunity for his second goal of the game but the Bergenfield goalie once again made a save diving to his left. Action quickly swung to the south side of the field and a header from 5 yards in front of the net went just high, over the crossbar.

A direct kick got everyone's heart racing when the Bergenfield striker cut toward an open net. He had cut just an instant too soon, however and was called for off-sides as BC dodged another bullet with just under 10 minutes to go.

Finally, with 6:55, BC took its first lead of the game when Antonio

Mamsaang found Daniel Dictenberg on the backside pipe for the score.

With just under 5 minutes, the Crusaders were fouled along the western sideline. With a wall in front and the goalie looking into the sun, Chong sprinted toward the ball. The deception helped, but the force

Sebastian Ortega drove the ball to the top shelf with, would have been almost impossible for any high school goalie to stop. The Crusaders had a commanding 3-1 lead.

BC ran out the remainder of the time for the 3-1 victory. They advance to the quarterfinals of the County Tournament on Sunday at Ramapo HS vs. Pascack Valley, the number eight seed.

TEAM	1	2	TOT
17th seed Bergenfield (5-6-0)	1	0	**1**
1st seed Bergen Catholic (9–0–2)	1	2	**3**

All photos by John Hund '79

CAREER LEADER CHARTS

CAREER GOALS: #12 Sebastian Ortega '24 (29) passes Kevin O'Hara '88 (25).

NEW JERSEY'S 14 UNDEFEATEDS

OCTOBER 7 – ORADELL, NJ: As of **today**, only fourteen teams remain undefeated in the state of NJ. That number is fewer than half of the number of schools (29) that finished the month of September undefeated, just one week ago. BC is still one of those teams. Here's the list according to highschoolsports.nj.com

St. Augustine Prep (11-0) – NPA SOUTH	Pompton Lakes (9-0)
Cedar Creek (11-0)	Johnson (9-0-1)
Palmyra (10-0-1)	**Bergen Catholic** (9-0-2) – NPA NORTH / BCCA
Ramsey (10-0-1) – 5 seed BCCA	Dickinson (8-0)
Hackettstown (10-0-1)	Doane Academy (8-0-1)
Mount Olive (10-0-1)	Tenafly (8-0-2) – 2 seed BCCA
Pingry (9-0)	Nutley (6-0-3)

BC is the only team remaining in the Non-Public "A" North Section that is currently undefeated and St. Augustine Prep is undefeated in the South section. As for the county tournament, BC is top-seeded and Ramsey, the fifth seed, shares the same side of the bracket with Bergen. Second-seeded Tenafly on the bottom side of the bracket.

BC IN THE COUNTIES

BY THE NUMBERS

TOTAL TOURNAMENTS		**33 of 50**
TOTAL GAMES		**81**
TOURNAMENT QUALIFY STREAK		**11 (2012-23)**
FIRST GAME	**11/6/75**	**New Milford (L 0-2)**
FIRST WIN	**10/21/84**	**Lodi (W 3-0)**
RECORD	**54 W – 27 L**	**.667 WIN PCT**
ROUND 1	**3-3**	**.500**
ROUND 2	**24-2**	**.923**
QUARTERS	**18-7**	**.720**
SEMIS	**6-12**	**.333**
FINALS	**3-3**	**.429**
GOALS FOR	**172**	**2.15/GAME**
GOALS AGAINST	**102**	**1.28/GAME**
RECORD AT RAMAPO HS	**8-8**	**.500**
RECORD VS PASCACK VALLEY IN TOURNEY		**0-3 (2 PK GAMES)**

THREE'S ENOUGH!

OCTOBER 5 – RIDGEFIELD PARK, NJ – The JV Soccer Team recorded three first half goals which was just enough to outlast a tough Fair Lawn Cutter squad 3-1 at Overpeck Park in Ridgefield Park on Thursday.

Graham Ewers played an especially strong first half scoring one goal and assisting on another. Matt Moya and William Vozzola each recorded first-half goals for the Crusaders as well. Christian Roche and Max Lahoud played the invaluable role of set-up men in the effort.

BC got strong defensive play from D'Angelo Tavarez and Tom Harmke started the game, yielding one first half goal but also making an important save. Nate Johnston finished the game for the Crusaders in the net, turning away both shots he faced.

The Crusaders improved to 7-4 on the season, a .636 winning percentage.

TEAM	1	2	TOT
Fair Lawn	1	0	**1**
Bergen Catholic	3	0	**3**

A PERFECT THURSDAY

OCTOBER 5 – FAIR LAWN, NJ – The Freshman Soccer Team won their game at the home of the Cutters 8-3, making it a clean sweep on Thursday for the soccer program.

John Semelsberger contininued as the team's top goal scorer with 4 goals. Luke Lee delivered on two goals, including one penalty kick and two assists. Ricardo Tejada-Arango scored a goal and Jacob Soltys recorded a penalty kick. Ian Kim assisted on three goals and John Stephenson, Riaan Vora and Will Kim all assisted on a goal.

Jack Sullivan earned his first victory in the goal, turning away 2 shots and yielding three goals (one from a penalty kick). The frosh team remains perfect 11-0 on the season.

TEAM	1	2	TOT
Bergen Catholic	4	4	**8**
Fair Lawn	1	2	**3**

HARRIERS FINISH 2ND IN BNC

OCTOBER 3 – MAHWAH, NJ – The Crusaders fell once again to Don Bosco Prep, this time in the Big North Conference United Division Championships by a score of 18-49. The Ironmen ran an average time of 17:32 and BC ran a little over 90 seconds slower per man 19:05.

Junior runner Will Saracino chopped about 90 seconds off his earlier times at Darlington with a time of 19:03

PLACE	RUNNER	TIME	PTS
6	Brendan O'Rourke	18:48	6
9	Luke Schoeler	19:00	9
10	Dan Calianese	19:02	10
11	Will Saracino	19:03	11
13	Aidan Pacheco	19:36	13
20	Andrew Byrnes	20:46	20

JV HARRIERS WIN BNC UNITED

OCTOBER 3 – MAHWAH, NJ – BC's JV defeated Paramus Catholic in the junior varsity event at Darlington on Tuesday 16-41. Twenty-eight runners from 10 different schools provided the competition for BC's squad to notch several personal bests.

PLACE	RUNNER	TIME	PTS
3	Max Yoo	20:50	1
4	Dylan Brown	20:53	2
5	Sean Keating	21:08	3
8	Liam McDevitt	22:13	4
11	Matthew Valencia	22:39	6
22	Joe Cabanita	25:56	9

HERMANN AND CHA FINISH 1-2 AS FROSH RUNNERS WIN BNC UNITED

OCTOBER 3 – MAHWAH, NJ – BC's Freshman Cross-Country Team was exceptional as they dominated the field, defeating Don Bosco Prep and St. Joseph Regional by a score of 21-43-70 respectively.

Jackson Hermann and Ben Cha finished in the first two places in the race, just 6 seconds apart. Hermann's time in the 2900 meter event represented a 24 second improvement from his initial time at Darlington. Cha improved from his Batch meet by 12 seconds and a number of other runners showed consdirable improvements as well.

PLACE	RUNNER	TIME	PTS
1	Jackson Hermann	9:11	1
2	Ben Cha	9:17	2
4	Easton Tedesco	9:39	4
5	Ayden Mendez	9:41	5
9	Jack Falcone	10:09	9
10	Lorenzo Lee	10:14	10
13	James Gullo	10:22	11
16	Michael Tuohy, Jr.	10:57	
24	Jonah Griffith	11:42	
32	Byron Kwon	13:18	
33	Dylan Brady	13:21	

JV SOCCER DOUBLES UP HIGHLANDS

OCTOBER 6 – ALLENDALE, NJ – The JV Soccer Team recorded three first half goals which was just enough to outlast a tough Fair Lawn Cutter squad 3-1 at Overpeck Park in Ridgefield Park on Thursday.

Graham Ewers played an especially strong first half scoring one goal and assisting on another. Matt Moya and William Vozzola each recorded first-half goals for the Crusaders as well. Christian Roche and Max Lahoud played the invaluable role of set-up men in the effort.

BC got strong defensive play from D'Angelo Tavarez and Tom Harmke started the game, yielding one first half goal but also making an important save. Nate Johnston finished the game for the Crusaders in the net, turning away both shots he faced.

The Crusaders improved to 7-4 on the season, a .636 winning percentage.

TEAM	1	2	TOT
Fair Lawn	1	0	**1**
Bergen Catholic	3	0	**3**

TALLEY THE RAINMAKER DAMPENS MALVERN DRIVE

October 6 – ORADELL, NJ – Friday afternoon, the freshman soccer team patiently waited for an opponent's bus to pull up. Once they arrived, the Friars from Malvern Prep threw a surprise at Bergen with an opening kickoff on-side kick which they recovered. Two plays later, an errant snap was recovered by Jalen Johnson, giving BC first and ten at the 36 yard line.

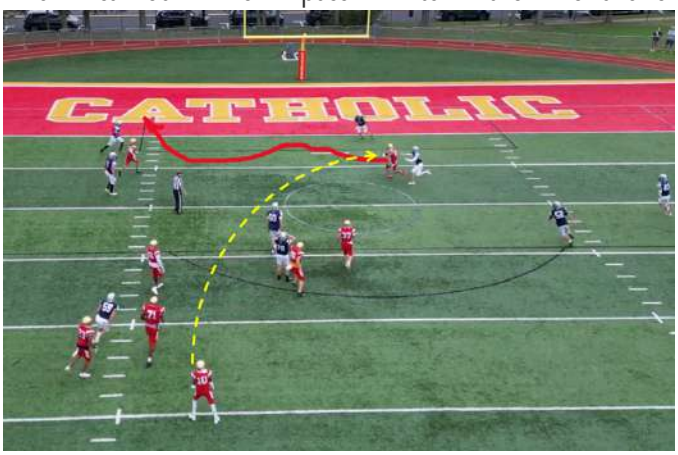
Plays later, Faheem Ausbon carried behind right tackle Marlon Williams from the four to give BC a 6-0 lead with 6:48 remaining in the first quarter.

Defenses got the best of the offenses through much of the second quarter until quarterback Aiden Talley found Tristan Herring on a flag route going toward the new scoreboard with 2:46 remaining in the half. Herring carried on a sweep to the right, scoring two points and extending the BC lead to 14-0.

Che Patrick had a big sack and as the third quarter proceeded, it was All Friars in the third quarter. They cut the lead to 14-3 with a field goal and then made the game a one-score game with a TD. As the quarter ended, BC had a slim 14-10 lead.

In the fourth, again the offenses were struggling and the Pennsylvania team seemed to be gathering momentum until BC's fourth and ten from their own 37-yard line. QB, now punter Aiden Talley blasted a punt 48 yards. The high, spiraling punt was difficult for the Friar returner to handle and an alert Amare Newell recovered the fumbled kick at the Friar 19 yard line.

Talley put his QB superman cape back on and struck on 3rd and 8 from the 17 to one of his favorite targets, Austin Busso, who carried his pass into the endzone.



The Crusader defense held a driving Friar squad who urgently needed to score, being down 20-10. As the Crusaders took over, three incomplete passes turned into another punting situation.

New cape. Talley once again blasts a 40 yard punt, this time to the 20 yard line of the visiting Friars. This created a new opportunity for Herring who read a hitch route perfectly. He stepped in front of an intended receiver and took it 30 yards to the end zone for a touchdown. The man who started the scoring finished it off for BC as Ausbon ran the PAT in for the two point conversion and a 28-10 victory for the BC frosh.

TEAM	1	2	3	4	TOT
Malvern Prep (PA)	0	0	10	0	**10**
Bergen Catholic	6	8	0	14	**28**

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	**35**
GOALS:	Sebastian Ortega	**15**
ASSISTS:	Ryan Chong	**10**
SAVES:	Andrew Blodgett	**34**
SAVE PCT:	JP Sinagra	**.857**

VARSITY FOOTBALL SEASON LEADERS

POINTS:	Quincy Porter	**66**
KICKING POINTS:	Guy Bartolomeo	**40**
TDs:	Quincy Porter	**11**
TD PASSES:	Dominic Campanile	**16**
COMP %	Dominic Campanile	**61.3**
PASSING YDS:	Dominic Campanile	**1,126**
RECEVING YDS:	Quincy Porter	**537**
RECEPTIONS:	Quincy Porter	**22**
RUSHING YDS:	Kaj Sanders	**361**
TACKLES:	Christian Gonzalez	**38**
SOLO TACKLES:	Jordan Thomas	**20**
SACKS:	Elijah Kinsler	**3**
	Kaden Irby-Mason	**3**
INTERCEPTIONS:	Jordan Thomas	**3**
PUNT LONG:	Brandon Arpacilar	**57**
PUNT YDS AVG:	Brandon Arpacilar	**37.9**

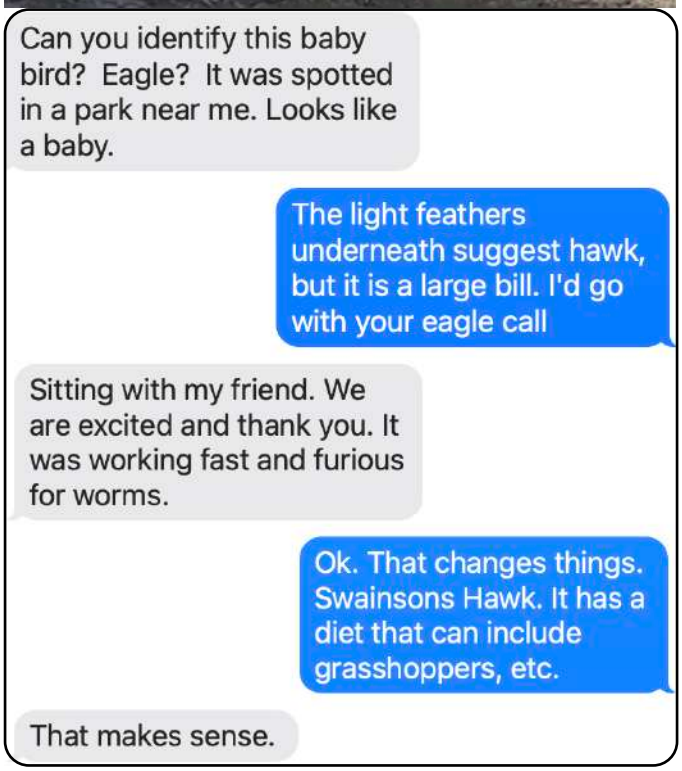
CRUSADER RANKINGS

FOOTBALL	SOCCER
NJ - #1	NJ – #6
NO. JERSEY BIG 6 - #1	NORTH JERSEY - #1
MAXPREPS - #31 in USA	BCCA TOURNAMENT
SBLive: NE US - #1	#1 SEED
SBLive: NATIONAL #19	

https://scorebooklive.com/football/rankings

BIRD OF THE WEEK
GRASSHOPPER HAWK

OCTOBER 4 – CHARLESTON, SC – Hammer, what kind of a bird is this? I love it when I get a text or an e-mail like this…



It's like a puzzle. Working out the clues to solve it. Generally things like size, shape, location, habit, movement, flying motion, walking motion, diet, season contribute to identifying a bird properly.

You see, Marge, I knew it wasn't an eagle, but the Merlin app called it a turkey vulture, so I rationalize that I was not that much more wrong. Fortunately, I got a quick text back from you which described the bird's eating habit. I was able to narrow things down to one bird that was formerly known as the grasshopper hawk. Today, it's known as a Swainson's.

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