CREW PULLS THROUGH IN FALL CLASSIC

OCTOBER 8 – RIDGEFIELD PARK, NJ – BY, MR. SAUNDERS - The Bergen Catholic Crew Team had a very successful day at the Overpeck Fall Classic on Sunday, October 8th. Our JV singles, Ronan Howell and Avery Drapkin, moved up in class to Varsity and finished respectably in 8th and 9th place in a field of 17. As a double, Howell and Drapkin finished 9th out of 17 boats.

The CREWsaders training on the ergs in the 20s.

Bergen's Novice Quads had a big day. The "Richard P. Saunders" crew of Colin Labozzetta, Michael Cooper, Alex Gelineau and Luke Asperis, won a Gold Medal finishing a full 20 seconds ahead of their nearest competitor. The "Edmund Rice" crew, Dylan Styles, Brandon Yu, Roman Sango and Anthony Lupo, took the Bronze Medal just 4 seconds out of second place.

Finally, our Novice Double, Max Harmeyer and Shane Roberts, finished in 4th place, very admirable since it was their first race together. The Crew Team's next race will be Sunday, October 15th. The Head of the Passaic Regatta takes place on the Passaic River along Lyndhurst and North Arlington. With many great viewing areas, it is a great opportunity to come out and support your rowers.

[Congratulations to the Crew Team. The TWIBCS staff apologizes for the article being a week late, but we recognize your continual commitment to improvement.]

DEFENSIVE JV FOOTBALL STATS VS SJR

OCTOBER 16 – ORADELL, NJ – The following statistics were recorded after publication of TWIBCS Vol 6, Issue 8. **Kaden Blount**-1 Tackle; **Dylan Carrick**-7 Tackles; **Steve Copeland**-1 Tackle; **Will Dodds**-8 Tackles; **CJ Edwards**-4 Tackles, 2 Sacks; **Mac Fitzgerald**-4 Tackles; **Tim Hogan**-5 Tackles, 2 Interceptions; **Grayland Meeks**-7 Tackles; **DeAndre Orgill**-3 Tackles; **Zach Reese**-3 Tackles; **Rickey Richardson**-1 Tackle; **Brandon Wilson**-4 Tackles, 1 Sack; **Blake Young**-1 Tackle.

CRUSADER RANKINGS

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

2023 RUGBY

CORNHOLE TOURNAMENT

all proceeds to benefit

BERGEN CATHOLIC LACROSSE

SATURDAY OCTOBER 28 230PM

At Bergen Catholic - Tailgate Style Tournament in the Parking Lot

$100 PER 2 PERSON TEAM

1st Prize $500

Register by October 21st

CLICK TO REGISTER YOUR TEAM TODAY

or simply email bccornhole@gmail.com and include the names of your team members in the email (two per team)

or use the QR code

QUESTIONS? CALL OR TEXT TOM 917.533.7093

SOCCER PROGRAM HALLOWEEN COSTUME DRIVE

OCTOBER, 2023 – RIDGEFIELD PARK, NJ – The Bergen Catholic Soccer program recently ran a successful Halloween costume donation drive, collecting over 100 Halloween costumes for children in need, thanks to a partnership with the non-profit Jersey Cares.

BC Soccer is winning on and off the field this season, as the Top 10 team in NJ helped give kids in need a great Halloween experience this October!

VARSITY SOCCER REBOUNDS FROM COUNTY SETBACK WITH TWO WINS CRUSADERS vs BLACK KNIGHTS

OCTOBER 17 – HACKENSACK, NJ – The state's #6-ranked Crusaders started a new streak with their 3-0 victory over Bergen Tech. Andrew Blodgett and JP Sinagra each recorded three saves to combine for the shutout victory. Forward Sebastian Ortega recorded a pair of goals and Luca Nazor scored one for the scarlet and gold. Tyler Ferris set up a pair of goals and Andrew Coyne assisted as well.

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

VARSITY FINISHES UNBEATEN IN BNC UNITED AFTER A-NAZ'IN WIN

OCTOBER 19 – ORADELL, NJ – Luca Nazor scored with 3.1 seconds remaining in regulation to lift BC over DePaul Catholic on Thursday at the Jack.

In one of the great see-saw battles of the season, the Crusaders took a 1-0 lead in the first half on a penalty kick by Sebastian Ortega. Ortega approached the ball and drove his right foot through it, launching a rocket to the upper left corner to beat the Spartan keeper.

With 14:04 remaining in the second half, the Spartans finally got on the scoreboard with a 15-yard shot that beat keeper, Andrew Blodgett on the ground to his right hand side.

The Crusaders answered just 30 seconds later to retake their lead. After sending the ball back, deep to its own defensive end, the Crusaders made a long pass up along the right side. It travelled upfield and ultimately Luca Nazor fed it across the box where Andrew Coyne was waiting. He redirected the ball into the goal and BC was just 13:34 from securing the undefeated league title.

The Spartans had played an exceptionally physical and gritty style, however and they still had more left in the tank. Unable to put enough pressure on the dribbler, he had room to feed the box where a striker stood open, ready to finish the ball and once again knot the game, this time at two.

After both teams made runs at each others' goals, Bergen made one last push with 15 seconds remaining. The ball moved up the right side and then to the center midfield area where Ortega was positioned. He fed the ball forward to Nazor who dinked it over an approaching goal keeper with 3.1 seconds remaining on the clock and after the required kick off, time expired and BC secured the victory.

Congratulions to the entire varisty team on another excellent year and good luck in the state playoffs.

TEAM	1	2	TOT
DePaul Catholic (8-3-2)	0	2	**2**
Bergen Catholic (13-1-2)	1	2	**3**

VARSITY SAVE STATISTICS 2023

NAME	SAVES	GA	SAV %
Andrew Blodgett	**61**	13	.824
JP Sinagra	19	2	**.905**

VARSITY SCORING STATISTICS 2023

NAME	POINTS	GOALS	ASSISTS
Sebastian Ortega	**50**	**20**	10
Ryan Chong	17	3	**11**
Tyler Ferris	17	5	7
Dan Dictenberg	17	8	1
Luca Nazor	17	7	3
Guglielmo Picariello	13	2	9
Andrew Coyne	11	4	3
Nico Angione	8	4	0
Cosimo Tristani	8	3	2
Ken Hoang	7	3	1
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 34

#16 – Ryan Chong '24 with 21

CAREER ASSISTS

#9 – Ryan Chong '24 with 23

#11 – Sebastian Ortega '24 with 20

SINGLE-SEASON ASSISTS

#10 (TIED) – Ryan Chong '24 with 11

JAYVEE SOCCER DEFEATS TECH

OCTOBER 17 – RIDGEFIELD PARK, NJ – After a scoreless first half, both offenses came alive in the battle of the Bergens. Christian Roche scored a pair of goals and Matt Moya burried the third as BC defeated Bergen Tech 3-2. Moya added an assit to Roche and D'Angelo Tavarez set up Roche and Moya with assists. The goal keeping was outstanding with Thomas Harmke saving 12 shots on goal and Nate Johnston turning away another 10 shots.

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

JAYVEE FINISHES LEAGUE PLAY 7-1 WITH GREAT WIN OVER DEPAUL

OCTOBER 19 – WAYNE, NJ – The Crusaders defeated the Spartans 7-3 on a cold, damp day at Barbour Pond Park. Thomas Harmke saved 10 shots on goal in a highly offensive game.

Graham Ewers, Matt Moya and D'Angelo Tavarez each scored a pair of goals and William Vozzolo added a goal of his own for the victors. Max Lahoud led the feeding frenzie with a pair of assists. Ewers, Vozzolo, Thomas Santos, Jace Morales and John Flynn each assisted on goals as well.

TEAM	1	2	TOT
Bergen Catholic	4	3	**7**
DePaul Catholic	1	2	**3**

SEMELSBERGER HATTIE LEADS FROSH

OCTOBER 17 – RIDGEFIELD PARK, NJ – John Semelsberger recorded a hat trick on Tuesday to lead all scorers as BC defeated Bergen Tech at Overpeck 7-2.

Ian Kim added a pair of goals and Luke Lee and Ricardo Tejada-Arango scored goals as well. Luke Lee assisted on two goals and Semelsberger and Will Kim each recorded an assist

Jack Sullivan recorded two saves as he earned the victory in the goal.

TEAM	1	2	TOT
Bergen Tech	1	1	**2**
Bergen Catholic	3	4	**7**

8 POINTS FROM WILL KIM LEADS BC FROSH – NOW 15-0

OCTOBER 19 – IRVINGTON, NJ – Will Kim's hat trick and two assists led another scoring barrage as the Grade 9 Crusaders pulled away from the Knights of Irvington High School 7-3.

Ian Kim scored a pair of goals and Luke Lee and Racen Tambi each added a goal and an assist. Mathis Kim and Riaan Vora assisted on goals as well as the Crusaders improved to 15-0 on the season.

John Coleman recorded 5 saves for the victory.

TEAM	1	2	TOT
Bergen Catholic	3	4	**7**
Irvington	1	2	**3**

PLAYERS MAKE PLAYS! FROSH COMEBACK TO BEAT PREP

OCTOBER 21 – ORADELL, NJ – On a rainy Saturday morning, I was struck about how fortunate we are to have parents in our Catholic schools that are committed to get their kids to school so they can travel to games, rain or shine or whatever else the world has in store for us.

There was just enough rain left over from Friday night to pour on the Jack from about 8:30 am until 11:00 am. It made for an interesting game to say the least. The Crusaders probably thought they would have the run of things as Faheem Ausbon returned the opening kick off 80 yards for a touchdown. After one half, that was the only score on the board for either team.

As the game continued into the second half, defenses were still winning the day, but the Marauders made the first big play of the second half. A 50 yard touchdown pass that resulted in tying the score. After kicking the PAT, the visiting team began the fourth quarter with a 7-6 lead.

BC's freshmen began putting together a solid drive. With the return of QB Aiden Talley, the Crusaders tried furiously to get something going. BC moved the ball down to the Prep 34-yard line before an off-sides penalty moved it back, setting up a 3rd and 9. Talley ran a designed QB sweep to his left and was tackled for a 2 yard loss. With 4:55 remaining, BC's perhaps last best chance to score was facing a fourth and 11.

Fortunately players make plays! The center snapped. The blockers blocked. The thrower threw and the catcher caught and ran for the touchdown. It was a terrific play design, but the Prep was well-coached and Talley, throwing to Tristan Herring had the smallest of windows to fit the ball into.

Fortunately he did fit it in and after Herring secured the catch, he kept his feet in bounds and turned upfield to the endzone, sprinting the rest of the way for a 41 yard score.

BC closed out the game and earned a hard-fought 12-7 victory. Other notable memories:

- Marlon Willliams displayed great fight throughout the game, competing with a strong opponent the whole day.
- Connor Long celebration dance. I've never seen anything like it before and I'm not sure I'll ever see anything like it again!

TEAM	1	2	3	4	TOT
St. Peter's Prep	0	0	7	0	**7**
Bergen Catholic	6	0	0	6	**12**

O'ROURKE RUNS IN COUNTY MOC

OCTOBER 21 – MAHWAH, NJ – Senior Brendan O'Rourke competed in the Bergen County Meet of Champions on Saturday, finishing 37th in a field of 89 runners. His time of 17:38 was two minutes eleven seconds off the top time.

FROSH RUNNERS WIN COUNTY MOC

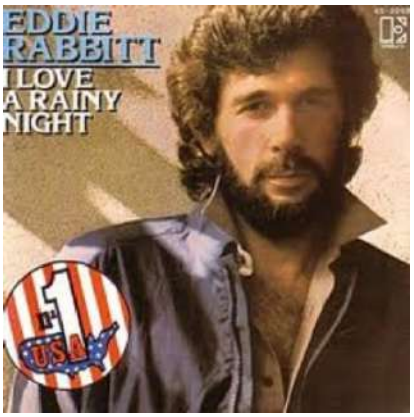
OCTOBER 21 – MAHWAH, NJ – The Frosh Crusaders blew away the competition on Saturday as five runners finished in the top 20 in a field of 113 runners and 11 teams in the Bergen County Frosh Meet of Champions.

Jackson Hermann was BC's top place finisher, coming in third with a time of 9:02, just seven seconds off the winning mark. Easton Tedesco ran extremely well, finishing sixth overall with a time of 9:12.

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	

BC DOING ITS EDDIE RABBIT

OCTOBER 20 – JERSEY CITY, NJ – This season has had its share of rain and quite a good deal of it came down on Friday at Caven Point as the Crusaders kicked it off against St. Peter's Prep. While they got off to a slow start, things started to kick into high gear and BC blasted the Marauders 37-7



The 30-point margin of victory was the 4th largest over the prep in the schools' 51-year rivalry. Only the 2017 state championship (44-7), the 1986 state championship (33-0), and the 2015 regular season victory (47-14) were greater point differntials.

The Crusaders got on the board in the first quarter as Kaj Sanders exploded for a 42 yard run. Guy Bartolomeo kicked the PAT and BC had a 7-0 lead. Unfortunately, the Marauders took out Bartolomeo with a roughing the kicker. Bartolomeo left the game and Brandon Apacillar took over kicking duties.

Dominic Campanile and Quincy Porter continued climbing the school leader ladders, connecting in the second quarter for a 72-yard touchdown. The two point conversion was no good and BC led 13-0.

Dante Kain was next to find the endzone, sprinting 34 yards for a score. The Crusaders opted to run the ball for the two point attempt, putting the pigskin in the hands of Mu Russell who added two points to his resume. BC took that 21-0 lead into halftime.

It was back to the lightning fast Sander for the first score in the second half. Kaj ran 39 yards to paydirt and after a Campanile to Porter conversion, the Crusaders led 29-0.

Campanile would come right back to Porter on the next drive, who scored from nine yards out. Russell punched it in for his second conversion of the night and the clock started running as the lead extended to 37-0.

TEAM	1	2	3	4	TOT
#1 Bergen Catholic (7-1)	7	14	16	0	**37**
St. Peter's Prep (1-7)	0	0	0	7	**7**

PASSING

NAME	CMP	ATT	YDS	TD	INT	LNG
Dominic Campanile	3	9	90	2	0	72T
Devan Zitt	1	1	15	0	0	15
Chris Conte	2	2	15	0	0	12
TOTALS	**6**	**12**	**120**	**2**	**0**	**72T**
SPP	**19**	**30**	**255**	**0**	**1**	**40**

RUSHING

NAME	ATT	YDS	TDS	LONG
Kaj Sanders	7	116	2	42T
Dominic Campanile	2	-10	0	7
Devan Zitt	2	14	0	11
Mu Russell	3	31	0	13
Dante Kain	4	53	1	34T
Max Nizza	6	39	0	25
Chris Conte	1	1	0	1
Ed Stoker	2	6	0	4
TOTALS	**28**	**250**	**3**	**42T**
SPP	**34**	**129**	**3**	**38**

RECEIVING

NAME	REC	YDS	TDS	LONG
Quincy Porter	2	81	2	72T
Anthony Perrotti	1	9	0	9
Brian Porter	2	30	0	15
Cory White	1	-3	0	-3

DEFENSE

NAME	TOT	SOLO	ASST	STFL	ATFL	SSACK	ASACK
Kaj Sanders	4	3	1	-	-	-	-
Naiim Parrish	0	0	0	-	-	-	-
Ethan Cohall	4	3	1	-	-	-	-
Elijah Kinsler	6	1	5	-	1	-	-
Dave Matesic	1	0	1	-	-	-	-
Christian Gonzalez	6	1	5	-	-	-	-
Anthony Morales	3	1	2	1	-	1	-
Ryan Sarkar	2	0	2	-	1	-	-
Jordan Thomas	1	0	1	-	-	-	-
Anthony Willis	2	1	1	-	-	-	-
Brandon Arpacillar	1	0	1	-	-	-	-
CJ Zayas	2	0	2	-	-	-	-
Tim Hogan	2	0	2	-	-	-	-
Christian Cirillo	2	0	2	-	-	-	-
Mason Marck	10	2	8	-	-	-	-
Max Cioffi	1	1	0	-	-	-	-
Youssef Ouda	1	0	1	-	-	-	-
Steve Copeland, II	1	0	1	-	-	-	-
Jermaine Kinsler	1	1	0	1	-	-	-
Benjamin Carey	2	0	2	-	-	-	-
Delaney Fludd	5	0	5	-	-	-	-

TAKEAWAYS/PASSES DEFENDED

NAME	INT	FF	YDS	TDS	PD
Christian Gonzalez	0	0	0	0	1
Jordan Thomas	0	0	0	0	1
Naiim Parish	1	0	0	0	0
Brandon Gomez	1	0	0	0	1
Anthony Morales	0	RECOV	0	0	0
Anthony Willis	0	0	0	0	1
Mason Marck	0	0	0	0	1

PUNTS

NAME	NO	YDS	LONG	NET	AVG	IN 20
Brandon Arpacilar	2	85	47	38.5	42.5	2

KICKING

NAME	EXPTA	EXPT	FGA	FG	KO	TB
Guy Bartolomeo	1	1	0	0	1	1
Brandon Arpacilar	0	0	0	0	5	1

RECORD BREAKERS

CAREER TOUCHDOWN RECEPTIONS: Quincy Porter (24) 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 (34), passes state champion QB Brian Saverino '03 and former NFLer Tanner McEvoy '11 (32).

CAREER TOTAL TOUCHDOWNS: #6 Dominic Campanile '25 (35) passes state championship QBs, Brian Saverino '03 and ties state champion QB Joe Piela '96.

CAREER PASSING YARDS: #10 Dominic Campanile '25 (2,440).

CAREER COMPLETIONS: #7 Dominic Campanile '25 (177) passing state champion QB Brian Saverino (159).

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

CAREER RECEPTIONS: #5 Quincy Porter '25 (67) ties Cam Dickerson '11 and passes John Tsimis '13 (65).

CAREER INTERCEPTIONS: #6 Naiim Parrish '25 (8) ties former state champion DB Willie Poppe '96 and former Dallas Cowboy 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: #3 Quincy Porter '25 (13) passes state champion receivers Isaiah Williams '05 and Jeff Mueller '00 (12).

SINGLE SEASON RECEIVING YARDS: #9 Quincy Porter '25 (682) passes state champion receivers Aaron Martin '99 (669).

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.

CJ'S SAFETY PINS DOWN PREP

OCTOBER 23 – ORADELL, NJ – Sophomore defensive end, CJ Edwards made the big play of the day with just 45 seconds remaining in the first half, he sacked the QB to give BC a 2-0 lead. They wouldn't need more, but they got it when big DeAndre Orgill powered into the endzone from three yards out to give BC an 8-0 lead with 4:52 remaining in the third. Nodelman to Zitt to Calabro…no not a double-play combination. These guys perfectly executed an executed the PAT…and Calabro's a lefty! Way to go, guys!

TEAM	1	2	3	4	TOT
St. Peter's Prep	0	0	0	0	**0**
Bergen Catholic	0	2	7	0	**9**

That was Travis Nodleman, Devan Zitt and Carmelo Calabro by the way.

NEW JERSEY NON-PUBLIC "A" FOOTBALL 2023 UPR:

Column headers are: Rank – School – Record – Power Points – Opponent's Strength Index – Unified Power Rating. The Crusaders currently hold the top spot and will certainly earn the top seed in Non-Public "A" this coming November.

Rankings provide some external objective measure of all teams in the tournament which will ultimately be seeded by committee.

To learn more visit: **https://t.ly/FX_mn**

CURRENT UNIFIED POWER RANKINGS

RNK	SCHOOL	WL	P PTS	OSI	UPR
1	BERGEN CATHOLIC	7-1	18.67	81.22	**1.4**
2	ST. JOSEPH'S REG.	6-2	16.40	72.04	**3.2**
3	DONOVAN CATHOLIC	7-1	17.88	70.14	**3.4**
4	PAUL VI	7-1	18.75	58.48	**5.2**
5	DELBARTON	7-1	15.83	68.64	**5.2**
6	NOTRE DAME	9-0	18.67	55.07	**6.2**
7	ST. AUGUSTINE PREP	7-2	15.67	63.46	**6.2**
8	POPE JOHN XXIII	7-2	13.00	62.11	**7.2**
9	DON BOSCO PREP	4-4	10.60	59.99	**8.2**
10	ST. JOSEPH (MET)	6-2	16.13	54.85	**8.4**
11	SETON HALL PREP	2-6	8.00	52.40	**11.4**
12	ST. JOHN VIANNEY	3-6	8.44	42.08	**12.8**
13	ST. PETER'S PREP	1-7	5.67	48.33	**12.8**
14	PARAMUS CATHOLIC	3-6	4.00	42.39	**13.8**
15	CAMDEN CATHOLIC	2-6	7.25	37.10	**14.8**

BIRD OF THE WEEK
AMERICAN KESTREL

OCTOBER 22 – LYNDHURST, NJ – Admit it. It's a cute bird. The American Kestrel is the smallest of the falcon family. Other falcons you will find in our area include Peregrine Falcons and Merlins. I must say, I took advantage of an extremely windy day one January, though, and I saw a Gyrfalcon at Stateline Lookout on the Palisades. Not sure if one of those will be back in the near future. It was a great day. Bad pictures, though.

So what about our Kestrel? Here are some fun facts from **ALLABOUTBIRDS.ORG**

- The oldest American Kestrel was a male and at least 14 years, 8 months old when he was found in Utah in 2001. He was banded in the same state in 1987.
- Unlike humans, birds can see ultraviolet light. This enables kestrels to make out the trails of urine that voles, a common prey mammal, leave as they run along the ground. Like neon diner signs, these bright paths may highlight the way to a meal—as has been observed in the Eurasian Kestrel, a close relative.
- It can be tough being one of the smallest birds of prey. Despite their fierce lifestyle, American Kestrels end up as prey for larger birds such as Northern Goshawks, Red-tailed Hawks, Barn Owls, American Crows, and Sharp-shinned and Cooper's Hawks, as well as rat snakes, corn snakes, and even fire ants.
- **COLORING:** This is a female kestrel. Unlike the male, whose striking slate-blue head and wings, she is mostly rusty with black barring.
- **SIZE:** Kestrels are mouning-dove size (between 8.5 and 12 inches long) A key identifier to separate the two when sitting on a wire is the size of the kestrel's head is far larger than the dove.
- **BEHAVIOR:** American Kestrels usually snatch their victims from the ground, though some catch quarry on the wing. They are gracefully buoyant in flight, and are small enough to get tossed around in the wind. When perched, kestrels often pump their tails as if they are trying to balance.
- **HABITAT:** American Kestrels occupy habitats ranging from deserts and grasslands to alpine meadows. You're most likely to see them perching on telephone wires along roadsides, in open country with short vegetation and few trees.

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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