THIS WEEK IN BERGEN CATHOLIC SPORTS

OFFENSIVE LINEMAN NYIER DANIELS HONORED AS PART OF 2024 ALL-AMERICAN BOWL'S *ROAD TO THE DOME* TOUR

Four-Star University of Georgia Commit Nyier Daniels Welcomed to 2024 All-American Bowl with Virtual Jersey Presentation

NOVEMBER 8 - STAMFORD, CT – Offensive lineman **Nyier Daniels** (Oradell, New Jersey/ Bergen Catholic High School), the University of Georgia commit, was officially honored today as a 2024 All-American during a virtual jersey presentation as part of the second week of the *Road to the Dome* digital series.

Having been selected to play in the twenty-fourth edition of the All-American Bowl, Daniels will play in the annual East vs. West matchup inside the Alamodome in San Antonio, Texas. The 2024 All-American Bowl on January 6, 2024, from inside the Alamodome in San Antonio, Texas, will be presented live on NBC and Peacock.

The Road to the Dome tour will continue to honor all 100 All-Americans with virtual jersey presentations during an 8-week series that is released through various digital and social platforms across NBC Sports.

Daniels was selected by the All-American Bowl Selection Committee, consisting of the All-American Bowl, 247Sports and NexGen founder Brent Williams. All-Americans are eligible for the All-American Bowl Player of the Year Award, the Anthony Muñoz Lineman of the Year Award, the Defensive Player of the Year Award, the All-American Bowl Man of the Year, the All-American Bowl MVP Award.

Only 100 football players receive the honor of putting on the All-American Bowl jersey each year. Each player selected to participate will culminate their high school careers at the All-American Bowl.

About the All-American Bowl

As an NBC Sports-owned property, the All-American Bowl is part of a marquee lineup of elite events that includes the Olympics, the Premier League, and the number one primetime show since 2011: *Sunday Night Football*. The All-American Bowl is annually the most-watched, most-talked about, and most-prestigious high school all-star event with more than 4,100,000 unique television viewers and over 20,000 in attendance. The history and tradition of the All-American Bowl is unparalleled: 562 draft picks; 97 Super Bowl champions; 217 Pro Bowl selections; 17 Heisman finalists including, but not limited to: Bryce Young, Christian McCaffrey, Tim Tebow, Derrick Henry, DeVonta Smith, and Trevor Lawrence. For more information, visit **nbcsports.com/college-football/all-american-bowl**.

PAST BERGEN CATHOLIC CRUSADER ALL-AMERICAN BOWL PARTICIPANTS

2004	BRIAN CUSHING	LB
2018	JORDAN MORANT	DB
2021	STEVE ANGELI	QB
2022	SYDIR MITCHELL	DL
2023	NYIER DANIELS	OL

Brian Cushing distinguished himself as a notable alumnus of the game. He was one of 14 NFL Rookies of the Year; one of 129 NFL First Round Draft Choices (562 drafted in total) and one of 217 NFL Pro-Bowl players.

SIGNING DAY BC: A WHOLE-FAMILY CELEBRATION

NOVEMBER 8 – ORADELL, NJ – The Class of 2024 celebrated its first signing day as seven student-athletes announced their commitments, and signed National Letters of Intent, to play intercollegiate athletics.

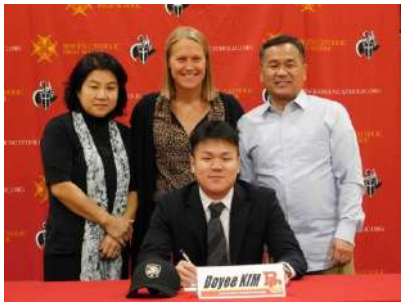
PARKER DAY – BUCKNELL UNIVERSITY - LACROSSE

Parker is the Crusaders' starting goalkeeper. He is also an essential part of the school's varsity swim team. As a lacrosse player, Parker earned First-team All-Bergen County and Second Team All-Gibbs division. He is an first-class student as well, earning placement in the Math Honors Society, English Honors Society, Mandarin Honors Society and Social Studies Honor Society.

RYAN FORD – RUTGERS – WRESTLING

Ryan is an outstanding student-athlete who excels on the mat. Ryan is a 3x NJSIAA State Placer, 3x Region Finalist (2x Champ) a 2x District Champion and finished 3rd at Doc Buchanan. He is currently ranked #8 in the country.

DOYEE KIM – USMA – SWIMMING



Doyee is a superb student, earning placement on Bergen's Academic Principal Honor Roll and First Honor Roll. He is involved in extra-curricular activities, serving as an officer in the United Services Organization, Member of Veterans Appreciation. He is forging a legendary swimming career at school. Through three years, Doyee is a 3x Scholastic All-American swimmer, a 2x first All-County Swimmer and a Bergen Catholic Record Holder.

JOSEPH LEE – LAFAYETTE – SOCCER

The Soccer Team enjoyed great success this season in large part because of the play of Joe Lee. Joe is extremely intelligent, earning membership into the National Mathematics Honor Society, National Social Studies Honor Society, and National Honors society. He is a nationally-recognized soccer player who was invited to and attended the US Youth National team ID camp.

RYAN MARCHINA – MT. ST. MARY'S – BASEBALL

Ryan has worked hard to ensure he makes the most of his education. He has earned First Honors and Second Honors through his three plus years at Bergen. Ryan is a member of the Nationals Baseball Club and Captain of Bergen Catholic's Crusaders where he starts at first base.

CHRIS NUCIFORA – BUCKNELL - WRESTLING

Chris is your definition of a successful, focused high achieving student-athlete. A member of the National Honors Society, Chris is a 2x District Champ, a 2x Region finalist, and a 2x state qualifier.

COSIMO TRISTANI – FORDHAM UNIVERSITY – SOCCER

This year was Cosimo's first playing for the Crusaders. He made a tremendous impact from his defensive position, helping the Crusaders to a league title and helping BC's record to the fewest in school history. A member of Bergen Catholic Sports Media Interns program, Cosimo is a highly-ranked footballer on an international level.

HOGAN'S HEROES TAKE HOME THE TITLE
FIRST FOR JAYVEES IN 28 YEARS!

NOVEMBER 8 – ORADELL, NJ – The Jayvee Soccer Team finished a dream season, defeating Don Bosco Prep in dramatic fashion at the Jack 2-1 yesterday. Owen McCauley drove home a volley to give the Crusaders a lead they would not relinquish with just under 8 minutes remaining in regulation.

The title is the Jayvee's second in school history. The Crusaders won the first "revival' game of a tournament that seemingly began around 1981 when Paramus defeated BC 2-1. The "revival game" was in 1995 and Bergen beat Bergenfield's Bears. The Crusaders made a pair of appearances in the finals in the early 2000s, falling to Don Bosco Prep in 2002 and 2008.

Matt Moya got Bergen going in the first half, scoring a goal just 8 minutes into the game. Nate Johnston drove the ball down the left sideline, and it was centered to D'Angelo Tavarez who passed it deep into the opposite corner. Kieran Ewers was there to corral the ball and feed it to a wide-open Moya who blasted a kick to the far side of the goal, past the Bosco keeper.

Above, PJ Sorrentino executes a picture-perfect slide tackle. The Crusader defense was stellar today, as was Nate Johnston, who was active in goal, saving eight shots to earn the victory.

The Ironmen were not going to go away quietly. Just under 5 minutes into the second half, they earned back-to-back corner kick opportunities. The second proved costly for the Crusaders as a Don header found the back of the net, knotting the score at one.

The teams played with great energy and leadership from juniors like Christian Roche, Max Lahoud, Kieran Farley, William Vozzolo, Thomas Santos, Sorrentino, Moya, and Johnston.

As the clock passed the 9-minute mark, the Ironmen were about to make the critical mistake of the game. Ewers centered a ball in the box and rather than moving the ball to the outside, a Don header went toward midfield. An alert McCauley stepped in and drove the ball into the goal.

After making contact, Owen demonstrates a perfect follow-thru and…

…celebration and then…

…everyone joins in!

Now for a very long 8 minutes!

TEAM	1	2	TOT
Don Bosco Prep	0	1	**1**
Bergen Catholic	1	1	**2**

Worth the wait!

County Champs!

A SEASON TO REMEMBER!

BC	OPPONENT	OPP
3	Don Bosco Prep	**0**
2	Clifton	**1**
10	St. Joseph Regional	**0**
0	Delbarton School	**1**
1	St. Anthony's (NY)	**2**
1	Westfield	**4**
3	Paramus Catholic	**0**
6	DePaul Catholic	**0**
1	Don Bosco Prep	**3**
5	St. Joseph Regional	**0**
3	Fair Lawn	**1**
2	Northern Highlands	**1**
0	Seton Hall Prep	**5**
9	Paramus Catholic	**0**
3	Bergen Tech	**2**
7	DePaul Catholic	**3**
1	Ridgewood	**2**
4	BCCA – Indian Hills	**1**
2	BCCA – Ramsey	**0**
1	BCCA Quarterfinal – Hackensack	**0**
2	BCCA Semifinal – Paramus	**1**
2	BCCA – Final – Don Bosco Prep	**1**

FANTASTIC FROSH FINISH PERFECTLY WIN SIXTH FROSH COUNTY TITLE

NOVEMBER 8 – RIDGEFIELD PARK, NJ – The Freshman Soccer Team finished a dream season, defeating Ramapo in the Bergen County Finals on Wednesday night 4-1 at Overpeck County Park. Will Kim recorded a pair of goals and Frankie Burns and John Semelsberger each added one to ensure the victory. Luke Lee and Burns each assisted on goals and John Coleman turned away 5 shots to earn the victory.

The Crusaders finished the season 20-0 and scored 118 goals, yielding only 22. That's a staggering 5.9 GF/Game and 1.1 GA/Game.

17-GAME STATISTICS (3 game stats were unreported)

PLAYER	GOALS	ASSISTS	POINTS
John Semelsberger	33	16	82
Will Kim	28	11	67
Luke Lee	13	22	48
Ian Kim	16	8	40
Jake Lee	4	16	24
Frank Burns	6	10	22
Arcen Tambi	6	8	20
Mathis Kim	0	5	5
Riaan Vora	1	2	4
Ricardo Tejada-Arango	1	2	4
Jacob Soltys	1	0	2
John Stephenson	0	2	2

In the goal, John Coleman had a solid season recording 50 saves and earning a .735 save percentage and one assist. Jack Sullivan turned away 13 shots and finished with a .765 save percentage.

This is the sixth freshman county title in school history. BC won county championships outright in 2002, 2006, 2010 and this year. They tied Ramapo twice, in 2005 and 2011. The Frosh Crusaders also reached the County Final in 1994, the only year they did not bring home the trophy.

TEAM	1	2	TOT
Ramapo	0	1	**1**
Bergen Catholic (20-0)	1	3	**4**

BC	OPPONENT	OPP
6	Don Bosco Prep	**0**
6	Clifton	**1**
9	Ramsey	**1**
6	St. Anthony's	**1**
8	Cliffside Park	**0**
10	Millburn	**0**
6	Northern Highlands	**2**
8	Don Bosco Prep	**0**
4	Glen Rock	**2**
5	Hillsborough	**1**
8	Fair Lawn	**1**
4	Seton Hall Prep	**2**
6	Tenafly	**2**
7	Bergen Tech	**2**
7	Irvington	**3**
4	Ridgewood	**0**
9	BCCA – Waldwick	**0**
4	BCCA QUARTER– Glen Rock	**1**
12	BCCA SEMI– Bergen Tech	**2**
4	BCCA FINAL – Ramapo	**1**

ADVANCE

CRUSADERS ONTO STATE SEMIFINALS

DALY WORK PAYS OFF…

CRUSADERS ADVANCE TO SEMIS

NOVEMBER 11 – ORADELL, NJ – Matt Daly thought this could be the day. He told his BC Hall of Fame dad, Jon Piela '96, "I think I'm going to get a chance today." As you would expect, father gave son perfect advice, "Catch it!" Catch it he did, and the junior slot scored BC's first points of the afternoon, helping the Crusaders to a 35-0 victory over Paul VI of Haddonfield.

The TD wouldn't have occurred without a well-executed pass by junior QB, Dominic Campanile who threw five touchdown passes on the day. Three were to his favorite target, Quincy Porter, who just plays the game at a different level than the others on the field. Porter had touchdown receptions of 34, 28 and 35 yards and he pulled in another 3 catches on the day. The three scores set another school record; this time single-season touchdowns previously held by state champion wide receiver Aaron Martin '99. Junior Anthony Perrotti scored BC's final TD with a 21-yard reception from Campanile who completed 16 of 22 passes for 263 yards.

Kaj Sanders led an effective running game with 64 yards on just 7 carries (9.1 yards per carry).

The Crusaders intercepted three passes on the afternoon. Naiim Parrish recorded his team-leading fourth of the season (tied with Jordan Thomas). Ethan Cohall and Joshua Cruz each came up with a bingo as well.

The win in today's quarterfinals sets up a semi-final match up with Donovan Catholic who won a 7-6 nail-biter over St. Augustine Prep in Saturday night's 4 vs 5 semi. Delbarton will host #11-seed, Seton Hall Prep, who shocked St. Joseph Regional in Montvale 35-28. The Green Wave advanced, but not until Don Bosco Prep put a scare in the state's second-ranked team 14-9. The winner of next week's contests will meet on November 28 at Metlife Stadium for the Non-Public "A" State Championship.

TEAM	1	2	3	4	TOT
#8 Paul VI (8-2)	0	0	0	0	**0**
#1 Bergen Catholic (9-1)	14	14	7	0	**35**

PASSING

NAME	CMP	ATT	YDS	TD	INT	LNG
Dominic Campanile	16	22	263	5	0	40
Christopher Conte	2	3	7	0	0	7
TOTAL	**18**	**25**	**270**	**5**	**0**	**40**
PAUL VI	**18**	**37**	**161**	**0**	**3**	**32**

RUSHING

NAME	ATT	YDS	TDS	LONG
Kaj Sanders	7	64	0	28
Kaden Irby-Mason	2	9	0	7
Dominic Campanile	2	13	0	11
Chris Conte	1	-9	0	-9
Dante Kain	5	21	0	11
Max Cioffi	2	12	0	7
TOTALS	**19**	**121**	**0**	**28**
PAUL VI	**24**	**36**	**0**	**20**

RECEIVING

NAME	REC	YDS	TDS	LONG
Quincy Porter	7	147	3	35T
Kaj Sanders	1	10	0	10
Anthony Perrotti	4	51	1	21T
Luca Cuttita	1	40	0	40
Dante Kain	1	4	0	4
Max Nizza	1	0	0	0
Mason Marck	1	10	0	10
Max Cioffi	1	7	0	7
Matt Daly	1	2	1	2T

DEFENSE

NAME	TOT	SOLO	ASST	STFL	ATFL	SSACK	ASACK
Naiim Parrish	3	2	1	-	-	-	-
Ethan Cohall	3	1	2	-	-	-	-
Elijah Kinsler	3	2	1	1	-	-	-
Christian Gonzalez	4	2	2	-	-	-	-
Brandon Gomez	1	0	1	-	-	-	-
Kaden Irby-Mason	5	1	4	1	-	-	-
Anthony Morales	2	0	2	-	-	-	-
Ryan Sarkar	3	1	2	1	-	1	-
Jordan Thomas	3	2	1	-	-	-	-
Carlos Zayas	1	0	1	-	-	-	-
Tim Hogan	4	1	3	-	-	-	-
Mason Marck	4	1	3	-	-	-	-
KJ Hackney	3	0	3	-	-	-	-
Steve Copeland, II	1	0	1	-	-	-	-
Jermaine Kinsler	1	1	0	1	-	-	-
Brandon Wilson	4	0	4	-	-	-	-
Benjamin Carey	3	1	2	1	-	-	-
Delaney Fludd	4	2	2	2	-	2	-
Mac Fitzgerald	1	0	1	-	-	1	-

TAKEAWAYS/PASSES DEFENDED

NAME	INT	FF	YDS	TDS	PD
Naiim Parish	1	0	0	0	4
Ethan Cohall	1	0	0	0	0
Elijah Kinsler	0	0	0	0	1
Ryan Sarkar	0	0	0	0	1
Jordan Thomas	0	0	0	0	2
Joshua Cruz	1	0	0	0	2

PUNTS

NAME	NO	YDS	LONG	NET	AVG	IN 20
Brandon Arpacilar	1	33	33	33.0	33.0	0

KICKING

NAME	EXPTA	EXPT	FGA	FG	KO	TB
Guy Bartolomeo	5	5	0	0	6	2

RECORD BREAKERS

CAREER TOUCHDOWN RECEPTIONS: Quincy Porter (29) The junior receiver broke Aaron Martin's '99 career record of 19 and continues to set new marks with each TD.

SINGLE-SEASON TOUCHDOWN RECEPTIONS: Quincy Porter '25 (18) broke Aaron Martin's '99 single-season record of 16.

TOP TEN CHARTS

CAREER TOUCHDOWN PASSES: #4 Dominic Campanile '25 (41), passes state champion QB Brian Saverino '03 and former NFLer Tanner McEvoy '11 (32).

CAREER TOTAL TOUCHDOWNS: #5 Dominic Campanile '25 (44) passes Rob Eckrote '09 (37).

CAREER PASSING YARDS: #7 Dominic Campanile '25 (2,860), passes state champion QBs Brian Saverino '03 (2,610).

CAREER COMPLETIONS: #5 Dominic Campanile '25 (204) closing in on 2x state champion QB Steve Angeli '22 (205).

CAREER PASS ATTEMPTS: #6 Dominic Campanile '25 (317) passing 2x state champion QB Matt Lovecchio '00 (300).

CAREER RECEIVING YARDS: #2 Quincy Porter (1,493) closing in on #1, JJ Kulcsar '13 (1,529).

CAREER RECEPTIONS: #2 Quincy Porter '25 (79) closing in on #1, JJ Kulcsar '13 (84).

CAREER INTERCEPTIONS: #6 Naiim Parrish '25 (9) passes former state champion DB Willie Poppe '96 and former NFLer Kyle Queiro '13 (8).

CAREER KICKING POINTS: #8 Guytano Bartolomeo '25 (107).

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

SINGLE-SEASON TOUCHDOWN PASSES: #5 Dominic Campanile '25 (27) passes former state champion QB, Brad Hartung '05 (26).

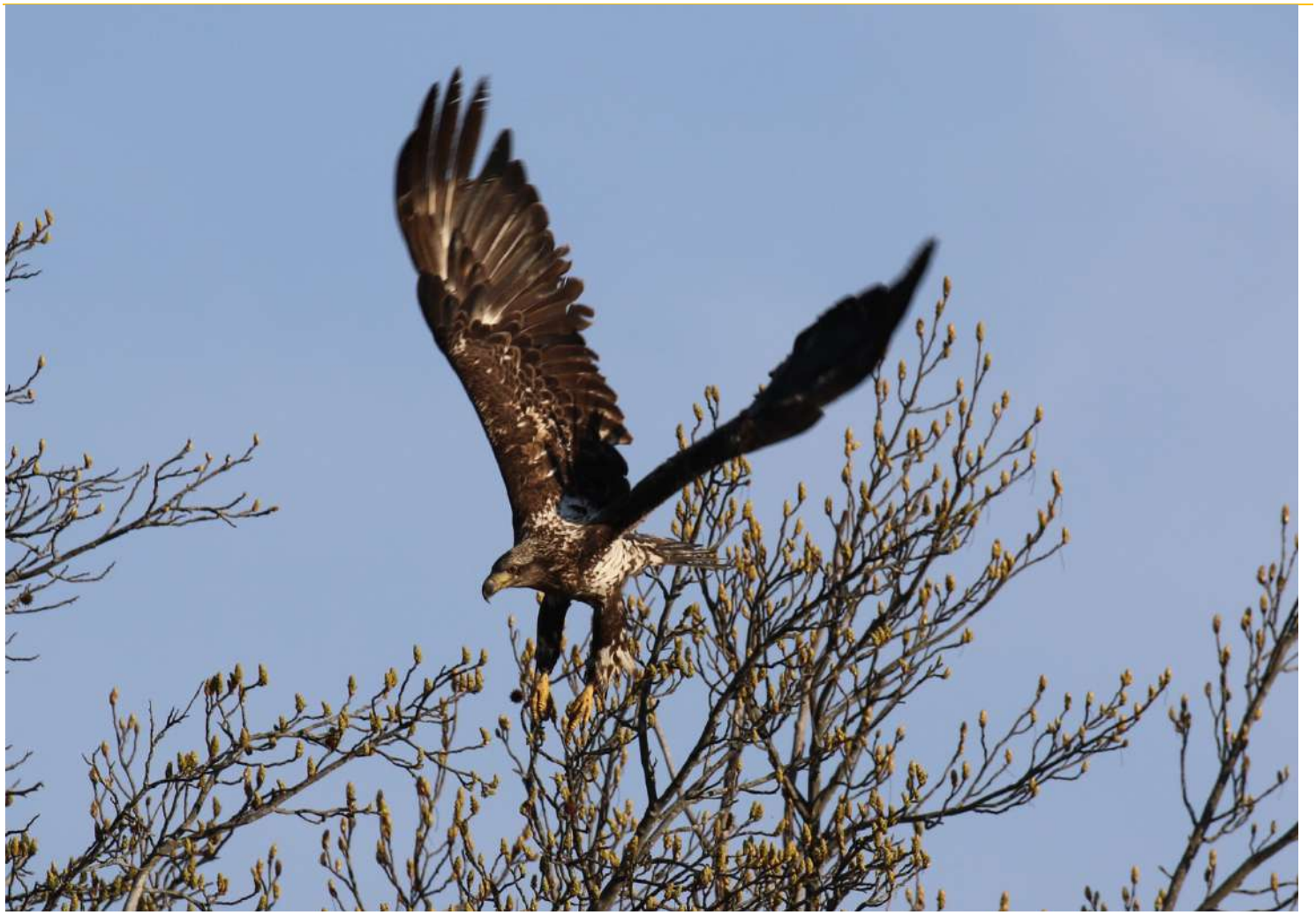
SINGLE-SEASON PASSING YARDS: #9 Dominic Campanile '25 (18) passes former 2x state champion QB Matt Lovecchio '00 and Mike Halligan '09.

SINGLE-SEASON TOTAL TOUCHDOWNS: #6 Dominic Campanile '25 (27) passes state champion QB Brad Hartung '05, state champion QB Craig Pengitore '98, QB Andrew Boel and state champion QB and former MLB World Series Champion Mark DeRosa '93.

SINGLE-SEASON RECEIVING YARDS: #3 Quincy Porter '25 (941) passes state champion and former NFLer Isaiah Williams '05 (897)

SINGLE-SEASON RECEPTIONS: #5 Quincy Porter '25 (44) passes state champion Quincy Porter '25 (40 in 2022).

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.



BIRD OF THE WEEK
BALD EAGLE

NOVEMBER 12 – ORADELL, NJ – I'm always amazed at how a bird of this size can land in the tippy top of a tree. Here is a photo of a young Bald Eagle I saw last fall in Teaneck on the Hackensack River. Can you estimate how old this bird is? This chart may be a help.

Immature Bald Eagles spend the first four years of their lives in nomadic exploration of vast territories and can fly hundreds of miles per day. Some young birds from Florida have wandered north as far as Michigan, and birds from California have reached Alaska.

Had Benjamin Franklin prevailed, the U.S. emblem might have been the Wild Turkey. In 1784, Franklin disparaged the national bird's thieving tendencies and its vulnerability to harassment by small birds. "For my own part," he wrote, "I wish the Bald Eagle had not been chosen the Representative of our Country. He is a Bird of bad moral Character. He does not get his Living honestly. … Besides he is a rank Coward: The little King Bird *not bigger than a Sparrow attacks him boldly and drives him out of the District."*

In fairness, while the sparrow might attack the eagle, the eagle can climb to heights that the sparrow simply cannot attain.

The oldest recorded eagle that lived in the wild was at least 38 years old when it was hit by a car in New York in 2015. It was banded in Florida in 1977.

In comparing the chart with the bird in the photo, the bill suggests to me this bird is around a year and a half old. The top of its head is lightening, but I think it is still closer to 18-20 months than 30.

Want to learn more about birds? Join the Birding Crusaders OR visit https://www.allaboutbirds.org

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