CRUSADERS WIN 2 0TH CROWN & FIRST 3-PEAT IN 30 YEARS!

NOVEMBER 28 – EAST RUTTHERFORD, NJ – Oh sure the wave made some noise on Tuesday Night, but it was the Crusaders who finished the song, as BC won its twentieth state title and put together the second three-peat in school history; the first since 1991-92-93.

Anthony Perrotti started things off right with a 66-yard kickoff return to get the Crusaders started. Five plays later, Kaj Sanders started off the 2023 title game scoring the way he started the 2022 game, this time a 10-yard run. After Guy Bartolomeo drove the ball through the uprights, BC was on top 7-0.

The Green Wave took the ball and began moving it, generating three straight first downs, moving the ball from their 20 to BC's 36 yard line. Kaden Irby-Mason came through with the big play, sacking the Delbarton passer for a 9 yard loss. On second and nineteen, Elijah Kinsler got his hands on an intermediate pass and batted it into the air. Defensive tackle Delaney Fludd, disengaged with his blocker and laid out to make an incredible diving interception. It was the big junior tackle's second interception of the season and just one of the reasons we like to call him the Great Fludd.

On first down, Dominic Campanile threw a beautiful pass on a crossing route to Anthony Perrotti for a 28 yard gain. The Green Wave was called for an 15-yard penalty which was added to the end of the reception and BC was in business at the Delbarton 12 yard line. After runs by Mu Russell and Sanders ,and a completion to Quincy Porter, Dante Kain took a Campanile shovel pass into the endzone for six and BC quickly had a 14-0 lead with 4:47 remaining in the quarter.

From that point, Delbarton took advantage of some fortunate field position due to the punting game. Brandon Arpacilar's punt from his own endzone travelled only 8 yards to the Crusader 15. It appeared as if Arpacilar was roughed or at least run into on the play, but the flag on the ground signaled a facemask against the Crusaders. The ball was moved to the 7 yard-line, first and goal Delbarton. After an illegal procedure call, the Wave was in the endzone on a 12-yard scoring strike and the game was 14-7 at the quarter.

The teams traded possessions and BC drove into scoring position until a sack for an 8 yard loss moved the ball out of field goal range. Bergen punted and the Wave was starting from their own 8. After an illegal procedure penalty and Kaden Irby-Mason recording a tackle-for-a-loss, the Wave was third and fifteen from its own 3 three just over six minutes in the half.

They converted on a crossing route to keep the drive, which would turn out to be a 19-play 6 minute and forty-nine second TD drive to knot the score at 14 with 11 seconds remaining in the half.

The third quarter was a hard-fought and both teams played eleven minutes of scoreless football until the Green Wave made a fatal mistake. An errant snap eluded their quarterback with just over three minutes remaining in the third and an alert Ben Carey jumped on the football.

Eight plays later, Kaj Sanders scored his second TD of the evening and fifth in the past two weeks, lifting Bergen to a 21-14 lead with just 51 seconds remaining in the third.

Despite not scoring a touchdown, Quincy Porter pulled in seven receptions for 97 yards. The junior wide receiver was elusive turning short passes into solid games and picking up five first downs.

The Crusader defense was stingy, yielding only 222 total yards to the state's #2 ranked team.

Junior placekicker, Guy Bartolomeo finished his season perfectly, hitting a 20-yard field goal to end the evening's scoring. Bartolomeo finished the season 44 of 44 on extra-point attempts and 6-for-6 with his field goals for aa total of 62 points.

TEAM	1	2	3	4	TOT
#2 Delbarton (10-2)	7	7	0	0	**14**
#1 Bergen Catholic (11-1)	14	0	7	3	**24**

PASSING

NAME	CMP	ATT	YDS	TD	INT	LNG
Dominic Campanile	12	21	141	1	1	32
DELBARTON	**7**	**19**	**102**	**0**	**1**	**32**

RUSHING

NAME	ATT	YDS	TDS	LONG
Kaj Sanders	22	117	2	30
Dominic Campanile	5	7	0	9
Mujadid Russell	2	7	0	5
TOTALS	**29**	**131**	**2**	**30**
DELBARTON	**43**	**120**	**2**	**16**

RECEIVING

NAME	REC	YDS	TDS	LONG
Quincy Porter	7	97	0	32
Kaj Sanders	1	-3	0	-3
Anthony Perrotti	2	30	0	28
Luca Cutitta	1	12	0	12
Dante Kain	1	2	1	2T

DEFENSE

NAME	TOT	SOLO	ASST	STFL	ATFL	SSACK	ASACK
Kaj Sanders	1	1	-	-	-	-	-
Naiim Parrish	7	3	4	-	-	-	-
Ethan Cohall	8	2	6	-	-	-	-
Elijah Kinsler	6	1	4	-	1	-	1
Christian Gonzalez	11	2	0	1	1	-	-
Kaden Irby-Mason	6	4	2	2	-	1	-
Anthony Morales	8	2	6	2	1	1	-
Jordan Thomas	3	0	3	-	-	-	-
Mason Marck	6	3	3	-	-	-	-
Travis Nodelman	1	0	1	-	-	-	-
Steve Copeland, II	2	2	0	-	-	-	-
Benjamin Carey	6	1	5	1	3	-	2
Delaney Fludd	1	0	1	-	1	2	-

TAKEAWAYS/PASSES DEFENDED

NAME	INT	FR	YDS	TDS	PD
Delaney Fludd	1	0	0	0	1
Benjamin Carey	0	1	0	0	0
Elijah Kinsler	0	0	0	0	1
David Matesic	0	0	0	0	1
Jordan Thomas	0	0	0	0	1

PUNTS

NAME	NO	YDS	LONG	NET	AVG	IN 20
Brandon Arpacilar	4	96	43	24.0	24.0	1

KICKING

NAME	EXPTA	EXPT	FGA	FG	KO	TB
Guy Bartolomeo	3	3	1	1	5	2

WHAT THEY'RE SAYING

From the extensive coverage provided by **highschoolsports.nj.com**. It is a must to subscribe to for any HS sports fan!

MIKE KINNEY'S BC PLAYERS OF THE GAME

From highschoolsports.nj.com

Benjamin Carey, Bergen Catholic, Jr., DL

The 6-0, 215-pound junior came up with six tackles, one below his season high, and also recorded two sacks and a fumble recovery to pace the Crusaders' stingy defense. Carey generated two of his six tackles for losses, giving him 10 for the season. He finished the year with 48 tackles and six sacks. Carey's season-high seven tackles came in a victory earlier this season over Iona Prep.

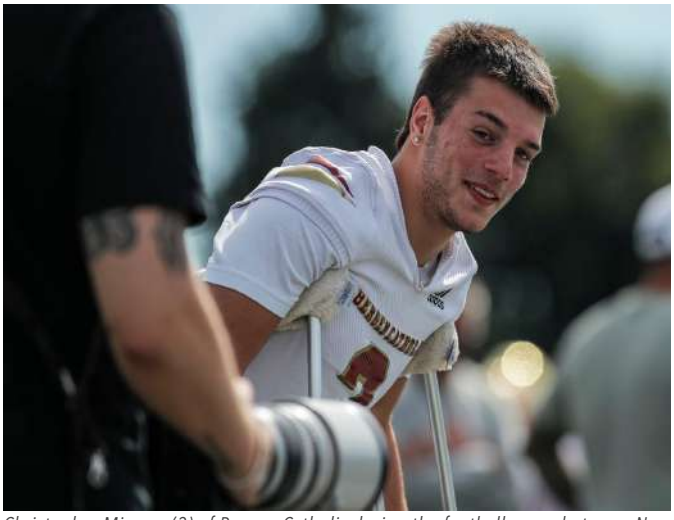
Quincy Porter, Bergen Catholic, Jr., WR

Porter caught seven passes for 97 yards from fellow junior QB Dominic Campanile. He failed to reach the end zone for the first time in five games, though helped set the stage for his team's running backs with his receptions. For the season, Porter hauled in 53 passes for 1,107 yards and 19 touchdowns.

Kaj Sanders, Bergen Catholic, Sr., RB

Sanders scored on a 10-yard run in the first quarter to give the Crusaders the initial lead, then helped them dominate possession in the second half with his sturdy consistency. He accumulated 82 of his 110 yards and scored a second TD with another 10-yard run to surpass 1,000 yards for the season. Sanders rushed 125 times for 1,053 yards and 17 touchdowns, scoring five of them in the last two games.

HEARTBEAT OF THE PROGRAM CHRIS MIMMO, SR., DB



Christopher Mimmo (3) of Bergen Catholic during the football game between No. 18 Seton Hall Prep and No. 1 Bergen Catholic at Brendan P. Tevlin Field at Kelly Athletic Complex in West Orange, NJ on Saturday, September 16, 2023.Scott Faytok | NJ Advance Media

Those who follow Bergen Catholic closely haven't forgotten about Chris Mimmo's impact. The senior defensive back went down in the season opener against Red Bank Catholic with a torn Achilles, but that hasn't changed his role as the emotional leader in the locker room. Mimmo epitomizes what it means to play for the Crusaders. He's 5-10, 180 pounds, though his size doesn't matter. Mimmo has long been a leader for this secondary and even with standout college prospects around him in Kaj Sanders, Naiim Parrish and Jordan Thomas among others, he has been someone for the roster to look up to and learn from at all times. His injury was as devastating as it gets for the program, but he's still very much there for his teammates and he's helping elevate the play of junior Ethan Cohall, senior Brandon Gomez and the rest of this deep defensive backfield.

"It was one of the harder ones I've been through and I've seen some really tough ones. He has been such a rock. He has been a great example for everybody. His emotional leadership has been awesome even in days where he has to step away. The Bosco game was really hard for him and that's really tough. His message has been to play every down and that nothing is guaranteed for you. You take for granted how precious it is to be out there." -- *Bergen Catholic head coach Vito Campanile*

ALL BERGEN COUNTY FOOTBALL FIRST TEAM

OFFENSE

OL: Marcus Linder, senior, Bergen Catholic
WR: Quincy Porter, junior, Bergen Catholic
QB: Dominic Campanile, junior, Bergen Catholic

DEFENSE

DL: Elijah Kinsler, senior, Bergen Catholic
LB: Christian Gonzalez, senior, Bergen Catholic
DB: Kaj Sanders, senior, Bergen Catholic
DB: Ethan Cohall Jr., junior, Bergen Catholic
Punter: Brandon Arpacilar, senior, Bergen Catholic

SECOND TEAM

OFFENSE

OL: Owen Fernandez, senior, Bergen Catholic
WR: Anthony Perrotti, junior, Bergen Catholic
Kicker: Guytano Bartolomeo, junior, Bergen Catholic

DEFENSE

DL: Anthony Morales, senior, Bergen Catholic
LB: Kaden Irby-Mason, junior, Bergen Catholic
DB: Jordan Thomas, sophomore, Bergen Catholic
DB: Naiim Parrish, junior, Bergen Catholic

VARSITY JACKET SALE!

DECEMBER 3 – ORADELL, NJ - Attention all Varsity Lettered Athletes: Mary's Clothing will be on Campus during all lunch periods on **Wednesday, December 6th** to measure students for Varsity Jackets. A cash or **check payment of $285.00 is due when placing your order**. All checks are to be made payable to **Mary's Clothing**. Please see Mr. Powers at the Bookstore for order forms and more information.

BERGEN CATHOLIC MEN'S VOCAL ENSEMBLE STARTS EVENING ON A PERFECT NOTE

NOVEMBER 28 – EAST RUTHERFORD, NJ – The Bergen Catholic Men's

Vocal Ensemble under the direction of Mrs. Barbara Peraino was right on key, singing our National Anthem under the MetLife Stadium lights. Especially impressive, was the discipline, poise and focus of the group to never miss a beat (or a note) despite the out-of-sync Green Wavers.

Congratulations to Mrs. Peraino and all of those members who performed. You were terrific!

BIRD OF THE WEEK RUFOUS HUMMINGBIRD

NOVEMBER 26 – COS COB, CT – Br. Fagan and I were able to do some birding on Sunday and were fortunate enough to see some very interesting species. Our "target bird" for Cos Cob, Connecticut was a rare species this side of the Mississippi, the Rufous Hummingbird.

The bird in the photograph is an immature male. You can notice its sides washed in orange, but what is not visible here are the beginnings of bright orange on its throat.

- During their long migrations (3,900 miles one way), Rufous Hummingbirds make a clockwise circuit of western North America each year. They move up the Pacific Coast in late winter and spring, reaching Washington and British Columbia by May. As early as July they may start south again, traveling down the chain of the Rocky Mountains. People first realized this pattern after examining detailed field notes and specimens, noting the birds' characteristic dates of arrival on each part of the circuit.

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

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.

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.

LITURGICAL CALENDAR 2023-24

- ADVENT (Dec 3 – Dec 24)
- CHRISTMAS (Dec 25 – Jan 7, 2024)
- ORDINARY TIME (Jan 6-Feb 21)
- ASH WEDNESDAY (Feb 14) LENT
- HOLY WEEK (Mar 25-29)
- HOLY THURSDAY (Mar 28)
- GOOD FRIDAY (Mar 29)
- EASTER (Mar 31)
- ASCENSION (May 9)
- PENTECOST (May 19)
- ORDINARY TIME (May 20 – Nov 30)

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."

"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

The Golden Rule

Love one another as I have loved you.