CRUSADERS TAKE HOME EARLY CONFERENCE TITLE

DECEMBER 6 – HACKENSACK, NJ – The Crusader Bowlers started off on the right foot, winning the Big North Conference United Division Pre-Season Tournament on Wednesday at Bowler City. Andy Lee placed first overall, and Cal Villanueva finished second in the event.

BOWLER	G1	G2	G3	TOTAL
John Brignola	146	167	148	**461**
Sean McKechnie	159	204	203	**566**
Stephen Paul	223	188	145	**556**
Calvin Villanueva	**243**	194	207	**644**
Andy Lee	199	213	237	**649**
TOTALS	**970**	**966**	**940**	**2,876**

Lee finished with 649 total pins a 216.3 average and Villanueva knocked down just five less, good for a 214.7 average and he recorded the team's high game 243.

HOCKEY WINS IN DRAMATIC FASHION OVER POPE JOHN 23rd

DECEMBER 7 – HACKENSACK, NJ – Alex Frassetto carried the puck to his right and then behind the net. As he carried up the left wing, he saw a trailing Max Wright who was wide open in the slot. One perfect pass and one perfect shot later and the Crusaders owned a 1-0 record with a dramatic 5-4 overtime victory over the Lions of Pope John XXIII of Sparta.

The assist topped off a strong day by Frasetto who finished with a goal and four assists. He helped the Crusaders take a 2-1 lead in the first intermission off a feed from Matt Maglio. Harrison Udis then propelled Bergen to a 3-1 advantage halfway through the second, but the Lions came back to tie it entering the third. Magglio recorded BC's fourth goal to give the home team the lead just 1:22 into the third, but the Crusaders were unable to hold off the Lions who tied it up with just 1:24 remaining in regulation.

Jacob Carver scored the Crusaders first goal of the 2023-24 campaign, assisted by Frasetto and Declan Quinn. The Crusaders received fine efforts in the goal by Erez Yacobi and Alessandro Capano. BC entered the game as the #8 ranked team in NJ and Pope John was ranked 16th.

TEAM	1	2	3	OT	FIN
Pope John XXIII (0-1)	1	2	1	0	**4**
Bergen Catholic (1-0)	2	1	1	1	**5**

GOALS: Jacob Carver (1), Alex Frassetto (1), Harrison Udis (1), Matt Maglio (1), Max Wright (1)

ASSISTS: Alex Frassetto (4), Declan Quinn (2), Jacob Carver (1), Matt Maglio (1)

SAVES/GA/SAV%: Erez Yacobi (15/3/.833), Alessandro Capano (W) (12/1/.923)

SWIMMERS DUNK DON BOSCO

DECEMBER 7 – RIDGEWOOD, NJ – The Swim Season opened with a strong performance as the Crusaders defeated Don Bosco Prep 110-60. Bergen is currently ranked #10 in New Jersey and is looking toward a very strong year. BC defeated Bosco without Army commit, Doyee Kim, and Delaware commit Raymond Stelmark swimming on Thursday.

Yuriel Lee and Eric Yoo took first place in four events and Jeremiah Tomioka took three firsts and a second to lead BC.

SWIMMER(S)	TIME	PL
200 MEDLEY RELAY		
Yuriel Lee, Eric Yoo, Jeremiah Tomioka, Kevin Son	1:46.71	1
Eric Kwon, Andy Kwon, Ricky Wright, Ryan Kwon	1:47.37	2
200 FREE		
Eric Yoo	1:48.20	1
Ricky Wright	2:07.55	3
Daniel Cassella	2:14.69	6
200 IM		
Yuriel Lee	2:07.24	1
Duncan Skogerson	2:09.42	2
Andy Kwon	2:16.59	3
50 FREE		
Jeremiah Tomioka	23.53	2
Jack Cummings	26.84	3
Nicholas Gomez	26.44	4
100 FLY		
Jeremiah Tomioka	0:59.15	1
Ricky Wright	1:01.68	2
Ryan Kwon	1:10.65	5
100 FREE		
Yuriel Lee	0:54.64	1
Ricky Wright	unk	2
Harris Kinnear	0:56.24	4
500 FREE		
Kevin Son	5:13.46	1
Andy Kwon	5:44.56	3
Daniel Cassell	5:53.38	4
200 FREE RELAY		
Duncan Skogerson, Ricky Wright, Yuriel Lee, Eric Yoo	1:57.51	1
Nicolas Gomez, Harris Kinnear, Jack Cummings, Daniel Cassella	unk	3
Charles Borkowski, Alexander Tong, unk, unk	2:16.56	5
100 BACK		
Kevin Son	1:03.28	4
Ryan Kwon	1:13.62	6
Eric Kwon	0:59.31	3
100 BREAST		
Eric Yoo	1:05.13	1
Duncan Skogerson	1:09.86	2
Harris Kinnear	1:28.50	5
400 FREE RELAY		
Eric Kwon, Kevin Son, Duncan Skogerson, Jeremiah Tomioka	3:45.18	1
Jack Cummings, Harris Kinnear, Andy Kwon, Daniel Cassella	4:03.57	3
Parker Day, Joseph Trione, Jonas Haro, Harrison Kazimir	4:27.69	5

JV HOCKEY RALLIES BEHIND EDMONDS TO TIE THE HALL

DECEMBER 8 – WEST ORANGE, NJ – The JV Hockey Team found a way to tough out a 3-3 tie vs. Seton Hall Prep on Friday night at Codey Arena. Down 2-0 and 3-1 at separate times in the game, the team battled back for late game tying goal with 30 seconds left by Carter Edmonds.

THOUGHTS ON MAKING THE MOST OF YOUR WINTER

DECEMBER 10 ORADELL, NJ – As we embark on a new season, some underway, some about to be, I hope you will be able to focus on making the most of yours.

One thing you can do to make the most of the season is to keep your head where your feet are. Try not to get caught up in thinking about other things like wins, losses, playing time, varsity or JV. While they can serve as motivation for you, STAY FOCUSED on your job and your reps in order to help you to grow to become the best competitor you can become.

I really enjoyed this interview with Tom Brady, former NFL QB and multiple Super Bowl MVP recipient. I recommend especially, the 60 seconds or so found at the 27:00-minute mark.

https://www.youtube.com/watch?v=liz8rZx1NJ8

I would suggest that the better you can learn those lessons here in high school athletics, the better you chance you will have to succeed no matter what your endeavor. In those 60 seconds, I think you'll hear about the importance of focus, attitude, enthusiasm, toughness, leadership and achievement. It is time that is not in front of the big network camera, but that may have been some of the most valuable time for TB.

This winter:

1. Keep focused on your grades, your health, your sleep and your practice.
2. Stay positive and be relentless about making the most of every rep you get.

Do those things and you will have a winning season no matter what short-term recognition you receive.

BIRD OF THE YEAR!!!

RED-FLANKED BLUETAIL

DECEMBER 8 – MANCHESTER TWP., NJ – In perhaps the rarest sighting in the country this year, let alone New Jersey, residents of one small private community in Ocean Township were mobbed by hundreds of birders this past week in search of the state's first-ever recorded Red-flanked Bluetail. This bird is a Eurasian bird generally found in climates far colder than NJ.

When I arrived, there were more than 70 birders surveying the area for the bird. I first saw it about 90 minutes later up the next block and then photographed the bird to the left on Spring Street.

This bird was fun to chase. The flock of birders were constantly moving, sometimes on the run as word spread of a recent sighting.

There was a very accommodating family, the Rikers, who seemed to enjoy the attention to their community this bird brought. We joined them in their backyard and Mrs. Rikers handed out home-baked Christmas cookies just before I took this photo of the bird.

FROM ALLABOUTBIRDS.COM

Left – adult male taken at Shanghai HS in China. On the right a female or immature male photographed in England. We saw a bird like the second.

The violet shaded areas on the map are where this bird lives. As you can see, New Jersey is nowhere near its normal ranges.

So, what about this bird? It is an old-world flycatcher that lives in **taiga** and **montane** forests (taiga - cold subarctic forests, between the arctic tundra and the temperate forests to the south; montane – forests with coniferous and broadleaf trees).

The ***Tarsiger cyanurus*** (Latin name) can be hyperactive (this bird was) moving low in search of insects and berries.

I had a great deal of fun chasing this bird after the 2-hour drive south. There were at least 6 birders from Bergen County that I met there and birders as far as New Milford, CT, Philadelphia and Long Island, though I'm sure there were more who came.

The red-flanked bluetail is not a rare bird insofar as it is not one of the endangered species. Whenever a bird like this appears, I am curious what others are around?

Statistics

	Observations	With photos	With audio
You	1	1	0
eBird	26,045	3,486	135

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.