VARSITY BASKETBALL DEFEATS TAMPA CATHOLIC IN TOURNEY

DECEMBER 27 – MIAMI, FL – The Crusaders defeated Tampa Catholic of Florida 80-67 in the first round of the Holiday Tournament at Miami Sr. High School.

Isaiah Snell and AJ Williams helped to get the Crusaders going in the first quarter with 4 points each. Declan Wucherpfennig scored 4 as well, and then added nine in the second quarter to help BC increase their lead to 30-20 at half. Declan finished with a team high 23 points on the evening.

Williams finished with a dozen points and Julius Avent added 11. Jaylen Robinson pitched in double digits with 10 as well.

TEAM	1	2	3	4	FIN
Tampa Catholic	8	12	24	13	**57**
Bergen Catholic (4-0)	14	16	25	25	**80**

SCORING

CRUSADER	3PT	2PT	FT M	FTA	FT%	PTS
Naiim Parrish	-	3	3	4	.750	9
Nehemiah Snell	1	2	-	-		7
AJ Williams	1	3	3	4	.750	12
Jaylen Robinson	-	4	2	2	1.000	10
Jakub Lomicka	1	-	-	-		3
Jaden Brown	-	2	1	2	.500	5
Tyler McQuaid	-	-	-	-	-	-
Declan Wucherpfennig	2	7	3	4	.750	23
Antonio Tristani	-	-	-	-	-	-
Julius Avent	1	3	2	2	1.000	11
Jahlil Owusu	-	-	-	-		-
TOTALS	**6**	**24**	**14**	**18**	**.778**	**80**
TAMPA CATHOLIC	**13**	**6**	**7**	**8**	**.875**	**57**

UNRANKED GREEN KNIGHTS UPEND CRUSADERS

DECEMBER 27 - HACKENSACK, NJ – Unranked St. Joseph visited the Ice House for a Wednesday night match-up with the Crusaders.

The Green Knights created some transition offensive opportunities in the first six minutes of play, as Bergen was controlling the puck more on the offensive end.

A holding call against the Green Knights at the 6:30 mark gave Bergen the first power play opportunity of the evening. Matt Maglio was able to get a shot off, but otherwise the visitors were effective in killing the penalty.

The Crusaders were trying to make a number of long, cross-ice passes and that high-risk play was costly as Joes intercepted a pass and converted it on a breakaway goal with 1:05 in the first. At the end of one period, SJR 1-BC 0.

After 10 minutes of near misses on both sides due to some acrobatic goaltending on the part of both keepers, including BC's Erez Yacobi, the Crusaders got their second power play of the evening. The Green Knights killed the penalty off and quickly generated a fast break. 35 made a tremendous glove save to shut down the attack.

The second period finished with a flurry of action in front of the SJR net, but BC was unable to break the goal line and continued to the third period still down a goal.

Sixty-seven seconds into the third period, Yacobi came up huge again with a big save, but the team's carelessness with the puck would cost the Crusaders. A Green Knight skater intercepted an errant pass and after Yacobi made the initial save on that shot, no help was near to clear out the shooter, who found the loose puck to the side of the net and buried his own rebound to put his team up by two.

Finally, 3:34 into the third, Declan Quinn found Will Schlechtweg open on the crease. Schlechtweg promptly deposited the puck into the Joes' net, cutting the lead in half.

Unfortunately, the Crusaders were unable to solve the riddle of the St. Joseph defense who played smartly to secure the victory.

TEAM	1	2	3	FIN
St. Joseph Regional (3-3)	1	0	1	**2**
#7 Bergen Catholic (4-3)	0	0	1	**1**

GOALS: Will Schlechtweg (4).
ASSISTS: Quinn Scribner (2), Harrison Udis (4).
SAVES/GA/SAV%: Erez Yacobi (L) (19/2/.905) – season (71/6/.922)

STATE RANKINGS: The Crusaders fell one spot in the state poll to #7 in NJ after dropping a pair of games to #1 Don Bosco Prep.

PARADISE NETS TWENTY AS JV HOOPS IS EDGED BY RAMAPO

DECEMBER 27 – ORADELL, NJ – The Jayvee was edged 45-41 on Tuesday at Hoehl Gymnasium on Wednesday. The Crusaders led from the 7:04 mark of the first period until 5:35 remaining the fourth, when things unraveled for BC. The Green Raiders converted on a three-point play to take a 37-36 lead and never looked back.

Freshman Julian Paradise scored a game-high 20 points and Marcus Brown added 8 for the Crusaders. Jake Behrens and Devin Hasan each knocked down 3 free throws. Jerry Armstrong and Andrew Castillo scored a field goal for the home team.

TEAM	1	2	3	4	FIN
Newark Collegiate	9	10	8	19	**45**
Bergen Catholic (2-0)	15	10	8	8	**41**

CRUSADERS TAKE OFF AT OCEAN BREEZE INVITATIONAL

DECEMBER 27 – STATEN ISLAND, NY – The Indoor track team fared well at the Ocean Breeze Invitational on Wednesday. Andrew Boakye placed second in the long jump and sixth in the 55m finals and Peter Gallo won his event. Sean Tandy took fourth in the 55m Hurdles.

55 METER DASH			
TIME	NAME	PLACE	HEAT
6.58	Andrew Jeremiah Boakye	3rd	Prelims H9
6.59	Andrew Jeremiah Boakye	6th	Finals H1
The	Nicholas Shortridge	14th	Prelims H5
6.84	Ethan Cohall Jr.	26th	Prelims H6
6.98	Peter Gallo	1st	Finals H2
7.23	Thomas McAnulty	49th	Finals H11
7.28	Francis Dooley	12th	Finals H6
7.37	Anthony Morales	23rd	Finals H8
7.42	Steven Copeland II	31st	Finals H8
7.51	Alejandro Castro-D'Albenzio	49th	Finals H6
7.57	Mitchel Boateng	62nd	Finals H11
7.77	Rickie Richardson	98th	Finals H12
8.24	Lucas Machado	96th	Finals H13
400 METER DASH			
52.3	Zion Suitt	15th	Finals H3
55 METER HURDLES			
8.5	Tristan Oliver	24th	Prelims H2
8.51	Sean Tandy	4th	Finals H2
4X200 METER RELAY			
01:34.5	Relay Team	8th	Prelims H5
01:44.1	Relay Team	24th	Finals H1
01:47.7	Relay Team	19th	Finals H3
01:53.5	Relay Team	14th	Finals H4
4X800 METER RELAY			
09:04.3	Relay Team	22nd	Finals H2
10:36.4	Relay Team	7th	Finals H1
DISTANCE MEDLEY RELAY			
11:25.8	Relay Team	6th	Finals H1
HIGH JUMP			
DISTANCE	NAME	PLACE	HEAT
5-8	Tristan Oliver	15th	Finals H1
LONG JUMP			
21-7.25	Andrew Jeremiah Boakye	2nd	Finals H3
20-2.75	Jason Lessieu	6th	Finals H3
17-8.25	Aiden Pacheco	28th	Finals H2
17-4	Lawrence Knight	30th	Finals H1
TRIPLE JUMP			
41-10.5	Jason Lessieu	8th	Finals H4
37-4.25	Lawrence Knight	26th	Finals H2
36-6.5	Aiden Pacheco	30th	Finals H2
SHOT PUT			
37-11	Travis Nodelman	22nd	Finals H2
30-2	John O'Rourke	35th	Finals H1
26-2.5	Justin Choi	25th	Finals H3
18-5.75	Gavin Harris	37th	Finals H4
WEIGHT THROW			
45-8.25	Teddy Hughes	8th	Finals H2

JV HOCKEY SHOWS GREAT HART

WINTER BREAK – NEW JERSEY – In the time of year when people vacation and travel, the Crusader JV Hockey team showed great commitment competing against teams that were comprised of many varsity players (as their JV players were not available).

BC dropped an 8-3 decision to Don Bosco Prep and a 4-0 decision to St. Joseph Metuchen, but look to the New Year to get back on a winning track!

FROSH TAKE IT TO PC

DECEMBER 28 – ORADELL, NJ – The freshman basketball team defeated Paramus Catholic by twenty-two points, 64-42 on Thursday at Hoehl Gymnasium on the Christopher "CJ" Donfield Basketball Court.

Milo Santos led Crusader scorers with 9 points. Audie Mickens followed with four field goals and 8 points. Leo Quinones knocked down 7 of 10 free throw attempts to finish with seven points.

CLOCK RUNS OUT AGAINST CAVALRY CHRISTIAN

DECEMBER 28 – MIAMI, FL – The Crusaders fell to Cavalry Christian HS of Florida 66-67 in the second round of the Holiday Tournament at Miami Sr. High School.

The Crusaders fought tooth and nail during this game but were not able to ultimately get over the hump as time ran out. Naiim Parrish expanded his point guard role to lead the Crusaders in scoring with 19 points. Julius Avent knocked down four three-point baskets and finished with 18 points.

TEAM	1	2	3	4	FIN
Cavalry Christian	14	14	21	18	**67**
Bergen Catholic (4-1)	12	15	21	18	**66**

SCORING

CRUSADER	3PT	2PT	FT M	FTA	FT%	PTS
Naiim Parrish	2	6	1	2	.500	19
AJ Williams	-	-	3	4	.750	3
Jaylen Robinson	-	-	2	2	1.000	2
Jaden Brown	1	2	2	3	.667	9
Tyler McQuaid	1	-	-	-	-	3
Declan Wucherpfennig	-	6	0	1	.000	12
Julius Avent	4	3	0	0	1.000	18
TOTALS	**8**	**17**	**8**	**12**	**.750**	**66**
CAVALRY CHRISTIAN	**-**	**-**	**-**	**-**	**-**	**57**

FORD, SHUE, VARGA MEDAL FOR BC IN PENNSYLVANIA

DECEMBER 27-30 – CANONSBURG, PA – The Crusader Varsity Wrestling Team travelled to western Pennsylvania, outside Pittsburg, to compete in one of the nation's most challenging tournaments.

The team finished 9th overall with 99 points behind #8 Delbarton (124.5 points), #5 St. Joseph Regional (158). Wyoming Seminary ran away with the title with 229 points. The only other Garden State schools were CBA of Lincroft and Southern Regional. The Colts finished 10th with 91.5 points and Southern finished 18th with 66 points. A total of 49 schools from no fewer than 10 states competed in the 2023 event.

MEDAL WINNERS

At 160 pounds, Ryan Ford won his first two bouts before losing to Logan Fowler from Cleveland, TN by a score of 1-0. Fowler lost to the eventual champion in the semifinal round and as Ryan continued to win in the wrestlebacks, until he met Fowler again in the third-place consolations. This time, Ryan was the victor, in the bout that mattered, earning the 2-1 victory and the bronze medal.

Benji Shue was the #4 seed in the 275 weight class. He pinned his first two opponents in :36 each and his third in 1:43 before losing to the eventual champion in the semifinal. Ben had to wrestle two matches to earn his bronze medal, defeating the #2 seed with a second period pin at 2:44.

Leo Varga won his first bout at 189 pounds by technical fall before taking a step back to the consolation rounds. There he won four bouts until he ran into Lucas Szymbroski from Cleveland , TN for the second time. For the second time Szymbroski got the upper hand and Leo took home an 8th place medal.

THE GRAPPLERS

Nathan Braun won his first two bouts before he fell to the eventual silver medalist at 114 pounds in the quarterfinal round. He was unable to continue in the consolations and his tournament ended at 2-1.

Chris Nucifora won his first match before being defeated by the 8 seed at 121 pounds. He responded very well, winning three rounds in the consolations before losing in the 5th round of the wrestlebacks.

Chad Sadaka won his first bout in the pigtails 9-2 before falling in the round of 32 to the eventual silver medalist at 133 pounds. He then pinned his opponent in consolation round 2, before being eliminated in consy round 3.

At 139 pounds, Noah Kochman lost in the round of 32 in the battle between 16 and 17 seeds. He wound up with one of the strongest tournaments, wrestling back successfully 5 rounds, before falling one round away from qualifying for a medal bout.

Jayden Iznaga (152 pounds) won a bout in the consolation rounds after winning his opening bout and falling to the wrestlebacks in the pre-quarters.

Frankie Patti (107), Joe Barbarro (145) and Mason Marck (215) all aquitted themselves quite well in the tournament as well. Certainly Crusader Nation is proud of them and all of the wrestlers who gave their best for BC.

FRASSETTO'S TWO GOALS HELP BC TAKE DOWN JOES

DECEMBER 30 - HACKENSACK, NJ – The Crusaders needed a win on Saturday night. Heading into the second game of their SJR pair, someone needed to step up. Fortunately for BC, a good number of players did just that, helping the Crusaders to a 3-0 shutout of their friends from Montvale.

Declan Quinn opened the scoring for the scarlet and gold with his first goal of the season and 13th in his career. Max Wright had a pair of assists, the first and third in the game.

Alessandro Capano was outstanding between the pipes, saving all 22 shots he faced and posting his second shutout of the season.

The third period belonged to Alex Frassetto who scored a pair of goals, one assisted by his cousin Nick. They were Alex's fourth and fifth goals of the season and the 11th and 12th of his career.

TEAM	1	2	3	FIN
St. Joseph Regional (4-3)	0	0	0	**0**
#7 Bergen Catholic (5-3)	1	0	2	**3**

GOALS: Alex Frassetto (4,5), Declan Quinn (1).
ASSISTS: Max Wright (2, 3), Matt Maglio (5), Nick Frassetto (4), Quinn Scribner (3), Colin Higgins (2).
SAVES/GA/SAV%: Alessandro Capano (W) (22/0/1.000) – season (93/6/.939)

VARSITY BASKETBALL FINISHES ROAD TRIP W/ SUNSHINE WIN

DECEMBER 27 – MIAMI, FL – The Crusaders defeated Martin County HS of Florida 59-51 in the final game of the Holiday Tournament at Miami Sr. High School.

Isaiah Snell and AJ Williams helped to get the Crusaders going in the Julius Avent's game-high 14 points led the Crusader to finish their south Florida trip on a winning note. Tyler McQuaid had his best offensive game of the young season scoring eleven and Declan Wucherpfennig continued to be a consistent offensive scorer with thirteen on the afternoon.

TEAM	1	2	3	4	FIN
Martin County HS (FL)	12	6	18	15	**51**
Bergen Catholic (5-1)	14	16	25	25	**59**

SCORING

CRUSADER	3PT	2PT	FT M	FTA	FT%	PTS
Naiim Parrish	-	2	4	5	.800	8
Jaylen Robinson	-	3	2	4	.500	8
Jaden Brown	1	1	-	-	-	5
Tyler McQuaid	1	4	0	2	.000	11
Declan Wucherpfennig	1	3	4	6	.667	13
Julius Avent	3	2	1	4	.250	14
TOTALS	**6**	**24**	**14**	**18**	**.778**	**59**
MARTIN COUNTY	**6**	**15**	**3**	**4**	**. 750**	**51**

BIRD OF THE WEEK
THE BEAST

OCTOBER 2019 – ALPINE, NJ – A couple of years ago, we took the Birding Crusaders to State Line Look out on the Palisades Interstate Parkway. The cliffs are beautiful in the fall (or any time of year) and there were always to "superstars." A pair of peregrine falcons, known affectionately as "The Beast" and "the male" were quite conspicuous and made each visit and exciting opportunity to see them in action, hunting, soaring, racing through the sky over the Hudson River.

Perhaps 4-6 weeks ago, The Beast, who is considerably larger than her mate took down a juvenile Bald Eagle (no small feat). She disappeared shortly after that. READ MORE HERE:

http://tinyurl.com/peregrine2023

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.