THIS WEEK IN BERGEN CATHOLIC SPORTS

AVENT AND WUCHERPFENNIG SCORE NINE APIECE IN RETURN

JANUARY 1 – PATERSON, NJ – The Crusaders took on the #2 ranked St. Rose of Belmar in the New Year's Jump Off at John F. Kennedy Memorial High School in Paterson on New Year's Day. It was a tough return to the Garden State, but not uncommon when a team returns from a long trip, as the Crusaders fell 68-42.

The middle quarters seemed more like an eternity than 16 minutes as the Purple Roses went on a 38-16 run, growing their lead to 30 points at times.

Julius Avent and Declan Wucherpfennig each finished with 9 points to lead the Crusaders.

TEAM	1	2	3	4	FIN
St. Rose (7-1)	18	19	19	12	**68**
Bergen Catholic (5-2)	12	7	9	14	**42**

SCORING

CRUSADER	3PT	2PT	FT M	FTA	FT%	PTS
Naiim Parrish	-	1	-	-	-	2
AJ Williams	-	1	-	-	-	2
Jaden Brown	-	3	1	1	1.000	7
Tyler McQuaid	1	1	2	2	1.000	7
Declan Wucherpfennig	-	4	1	2	.500	9
Julius Avent	3	1	-	-	-	9
Jahlil Owusu	-	3	-	-		6
TOTALS	**4**	**12**	**4**	**5**	**.800**	**42**
ST. ROSE	**8**	**21**	**3**	**3**	**1.000**	**68**

FROSH - RAMAPO

JANUARY 2 – ORADELL, NJ – The Freshmen kicked off the first home triple-header of the season against a strong Ramapo team. In a competitive game, visitors ultimately prevailed, 63-57.

The Green Raiders took a two-point lead into the second quarter and then held the Crusaders scoreless for 4 minutes as they increased their lead to 8. Charlie Sanders drove to the hoop and was fouled. He converted on both of his free throw and after getting a defensive stop, cut the 'Po lead in half.

The frosh got a pair of strong defensive rebounds from Jamel Hammary as Sander dropped in another bucket to keep BC within four at 28-24. Ramapo scored with 10 seconds remaining in the half and then intercepted BC's inbound, laying it up to increase their lead up

After Ramapo opened the second half with a field goal, Robert Hroncich answered with a three-point basket. Nate Vasquez played solid defense forcing an errant pass and Milo Santos drove the lane for a layup and converted a free throw after being fouled to pull BC back to four. After another defensive stop, Ayden Mendez knocked down a three-point basket and the frosh were down one.

The Crusaders fell victim to some transition offense from the Raiders and perfect free-throw shooting which took the 'Po lead to seven. With two and a half minutes remaining, Santos hit a layup, then followed up with a steal he took the distance to bring BC back to 40-37. He fought for a pair of offensive boards and after Vasquez was fouled, he hit both of his free throws to get Bergen within a point with just over a minute remaining in the third.

The Green Raiders ran a patient offense for 30 seconds, increasing their lead to 3 and then rebound and quick pass to a visitor who got beyond the defense opened the score back up to five with 7.6 seconds.

Aidan Talley found Vasquez inside for an easy layup, but Ramapo shooters were hot.

With 2:33 remaining, Rob Hroncich knocked down a three-point basket to close the lead to 53-50. The Crusaders could not grab an offensive board and the ball went back to the green Raiders.

Charlie Saunders hit two free throws with 1:05 remaining and the lead was back down to 3. The Crusaders went to a full-court man-to-man press and had a chance to tie as the clock ticked under a minute. Unfortunately, Ramapo was excellent at the free throw line and BC was never able to close the gap in the end.

TEAM	1	2	3	4	FIN
Ramapo	20	12	12	19	**63**
Bergen Catholic (2-0)	18	6	15	14	**57**

JV HOOPS STYMIES RAMAPO

JANUARY 2 – ORADELL, NJ – The Jayvee played a very solid game on Tuesday evening, defeating Ramapo by a score of 53-44.

Freshman Marcus Brown was hot in the first half, scoring most of his points early. In the second quarter, Jerry Armstrong grabbed a defensive rebound and a pair of offensive rebounds before finishing with a basket which gave BC its first lead of the day. Bergen would finish the half with a 25-23 lead.

Anner Hernandez was stellar on defense throughout the game, especially the third quarter as the Crusaders held Ramapo to 6 points in the quarter and built their lead to 7 entering the final period.

TEAM	1	2	3	4	FIN
Ramapo	15	8	6	15	**44**
Bergen Catholic (2-0)	13	12	10	18	**53**

CRUSADERS VICTORIOUS IN BATTLE OF STATE'S TOP TEAMS

JANUARY 2 – ORADELL, NJ – By, James Melia - Bergen Catholic welcomed the Ramapo Raiders to a packed Hoehl Gymnasium on Tuesday, January 2. The Crusaders improved to a 6-2 record after defeating the #10 ranked team, Ramapo High School. The matchup lived up to the hype between two top 10 powerhouse teams in New Jersey. The Crusaders and Raiders were very evenly matched, but eventually the Crusaders prevailed in the 4th quarter.

A standout performance came from Junior, Declan Wucherpfennig scoring 20 points, 7 rebounds, and 3 blocks. Wucherpfennig was the difference maker that helped separate Bergen Catholic from Ramapo as they were trading basket for basket throughout most of the game. Other major contributions came from the Sophomore duo, AJ Williams and Julius Avent as the two combined for 21 points. The Crusaders will look to continue their strong start to this season with a win against Paramus Catholic on Thursday, January 4th.

TEAM	1	2	3	4	FIN
Ramapo (4-3)	12	8	15	8	**43**
Bergen Catholic (6-2)	13	10	11	16	**50**

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	1	-	-	-	-	2
AJ Williams	3	1	-	-	-	9
Tyler McQuaid	1	-	1	2	-	3
Declan Wucherpfennig	8	-	4	4	-	20
Julius Avent	3	1	3	4	-	12
Jaylen Robinson	0	1	1	2	-	4
TOTALS	**16**	**3**	**9**	**12**		**50**
Ramapo	**8**	**7**	**6**	**8**		**43**

CAPANO CLOSES DOOR ON PJ EARNING THIRD SHUTOUT

JANUARY 3 – STOCKHOLM, NJ – Goalie Alessandro Capano earned his third shutout of the season, turning away twenty-two shots as the offense provided a week's worth of support and a 10-0 victory over Pope John XXIII of Sparta.

Thomas Keough recorded his first career hat trick and George Weiner and Carter Edmonds scored their first goals of the season. Will Schlechtweg recorded 5 assists in the win.

TEAM	1	2	3	FIN
#8 Bergen Catholic (6-4)	3	5	2	**10**
#14 Pope John XXIII (7-4)	0	0	0	**0**

GOALS: Thomas Keough (3, 4) Will Schlechtweg (1, 5), Max Wright (1, 4), Matt Maglio (1,9), Jacob Carver (1, 2), Declan Quinn (1, 2), George Weiner (1), Carter Edmonds (1).

ASSISTS: Will Schlechtweg (5, 7), Matt Maglio (3, 8), Declan Quinn (2, 7), Alex Frassetto (2, 8), Max Wright (1, 4), Quinn Scribner (1, 4), Carter Edmunds (1, 3), Jacob Carver (1, 3), George Wiener (1), Braydon Kane (1, 2).

SAVES/GA/SAV%: Alessandro Capano (W) (22/0/1.00) – season (115/6/.950)

SOLID EFFORTS TRANSLATE TO VICTORY FOR BOWLERS

JANUARY 3 – HACKENSACK, NJ – Andy Lee continues his consistent performance, rolling a high game of 223 and three-game average of 205. Nick Rossig jumped in and gave the team a bump with his 197 and 192 games. Stephen Paul rolled a 202 and Calvin Villanueva rolled a 215 in game 2. The Crusaders earned all 7 points on the afternoon from the Indians of Wayne Valley.

BOWLER	G1	G2	G3	TOTAL
Stephen Paul	**202**	158	**203**	**563**
Robert Reynoso	139	-	-	**139**
Nick Rossig	-	197	192	**389**
Calvin Villanueva	171	215	157	**543**
Andy Lee	192	**223**	200	**615**
WAYNE VALLEY	615	658	668	1,941
BERGEN CATHOLIC	**704**	**793**	**752**	**2,249**

ROSSIG EARNS THE NOD AFTER GAME 1

JANUARY 3 – HACKENSACK, NJ – Nick Rossig bowled a 245 in the first JV game vs. Wayne Valley, earning himself a chance to finish the afternoon with the varsity squad. The junior bowled a combined 634 series, a 211 average, the highest of any Crusader bowler on the afternoon.

The JV earned all 5 points against the Indians with a solid performance by John Brignola (181 average) and 13 of the team's 16 individual scores being over 100!

BOWLER	G1	G2	G3	TOTAL
John Brignola	172	183	187	**542**
Nick Brignola	143	151	175	**469**
Nick Rossig	245	-	-	**245**
Sean McKechnie	158	-	-	**158**
Matt Pulis	84	-	89	**173**
Shant Cakirdas	124	118	-	**242**
Noah Esposito	-	91	103	**194**
Keeghan Galligan	-	91	156	**247**
Rob Reynoso	-	143	157	**242**
BERGEN CATHOLIC	**718**	**595**	**608**	**1,921**
WAYNE VALLEY	**507**	**456**	**495**	**1,458**

SWIMMERS DIVE RIGHT INTO THE NEW YEAR WITH BIG WIN

JANUARY 3 – LODI, NJ – A number of swim team members made significant contributions in the Crusaders' first win of 2024. BC improved to 4-0 with a 113-39 victory over BNC United foe Paramus Catholic. Eric Kwon won the 200 Individual Medley, a race where swimmers execute backstroke, breaststroke, butterfly and freestyle for 50 yards each. He also prevailed in the 100 Free, plus a couple of relays, finishing the day with four firsts.

Harris Kinnear was part of BC's 4K Relay in the 200 Free that won the 8th race of the meet. His partners were all Kwon: Ryan, Eric and Andy. The Kwon attack teamed up with Jack Cummings to win the final event of the day, the 4x100 Free Relay.

SWIMMER(S)	TIME	PL
200 MEDLEY RELAY		
Doyee Kim, William Mulder, Dimitri Melnikov, R. Stelmark	1:56.09	**1**
Nicolas Gomez, Harrison Kazimir, Harris Kinnear, Parker Day	2:06.63	**2**
Elyun Lim, Alexander Herrera, Jonas Haro, Alexander Tong	2:33.83	**4**
200 FREE		
Raymond Stelmark	2:03.41	**1**
Ryan Kwon	2:11.99	**3**
Andy Kwon	2:07.21	**2**
200 IM		
Eric Kwon	2:34.99	**1**
Jonas Haro	3:08.72	**2**
50 FREE		
Harris Kinnear	25.49	**2**
Joe Trione	27.62	**3**
Alexander Tong	35.20	**5**
100 FLY		
Dimitri Melnikov	0:57.70	**1**
100 FREE		
Eric Kwon	1:04.66	**1**
Parker Day	1:08.90	**3**
Joe Trione	1:05.78	**2**
500 FREE		
Raymond Stelmark	5:59.50	**1**
Nicolas Gomez	7:03.41	**2**
200 FREE RELAY		
Ryan Kwon, Harris Kinnear, Eric Kwon, Andy Kwon	1:49. 51	**1**
Jack Cummings, Harrison Kazimir, Joseph Trione, Nicolas Gomez	1:54.86	**2**
Aid Ahmeti, Alexander Tong, Elyun Lim, Charles Borkowski	2:18.50	**4**
100 BACK		
Andy Kwon	1:05.20	**1**
Ryan Kwon	1:21.28	**2**
100 BREAST		
Harrison Kazimir	1:14.40	**2**
Harris Kinnear	1:15.71	**3**
Alexander Herrera	1:30.13	**4**
400 FREE RELAY		
Ryan Kwon, Jack Cummings, Andy Kwon, Eric Kwon	4:28.33	**1**
Joseph Trione, Nicolas Gomez, Jonas Haro, Harrison Kazimir	4:39.58	**3**
Charles Borkowski, Aid Ahmeti, Alexander Tong, Alexander Herrera	5:39.87	**5**

FORD, VARGA AND SHUE WIN FOR CRUSADERS

JANUARY 3 – JERSEY CITY, NJ – The Crusaders ran into a buzz saw on Wednesday night, facing the #3 team, St. Peter's Prep. Ben Shue earned the only pin of the evening at 3:01 in his bout at 285 pounds, the sixth match of the evening. Sadly, it would be the last Bergen would win, as the Marauders defeated BC 52-13.

Ryan Ford earned a hard-fought victory at 157 pounds in the opening bout of the evening. The 3-0 lead would be the last BC would see. At 190 pounds, Leo Varga won by major decision (any decision by more than 8 points, but less than 15 points). That major decision translates into 4 "team points" and closed the gap to 7-12. Two bouts later Shue took care of business.

TEAM	DEC	MAJ	TECH	PIN	FIN
Bergen Catholic	1	1	0	1	**13**
St. Peter's Prep	4	1	0	6	**52**

HASAN'S 22 NOT ENOUGH FOR JV

JANUARY 4 – PARAMUS, NJ – Devin Hasan tore it up on the hardcourt at Paramus Catholic on Thursday evening. Unfortunately, the Paladins had a break-out offensive performance and defeated the Crusaders 73-58.

Hasan hit five field goals, three treys and a pair of free throws for his game-high effort. Freshman Marcus Brown also recorded five field goals, finishing with 13 points on the night. Other scorers included: Jack Behrens (2 points), Anner Hernandez (4), Andrew Castillo (4), Julian Paradise (10) and Jerry Armstrong (4).

TEAM	1	2	3	4	FIN
Bergen Catholic	-	-	-	-	**58**
Paramus Catholic	-	-	-	-	**73**

BC TAKES CARE OF BUSINESS ON THE HARDWOOD

JANUARY 4 – PARAMUS, NJ – As we complete the first third of the season, the Crusaders won their seventh game of the year, defeating our neighbors, Paramus Catholic 83-60 on Thursday.

Junior point guard Tyler McQuaid had his best offensive game of the year, connecting on four three-point goals and finishing the evening with 14 points. Sophomores Julius Avent (15 points) and AJ Williams (10 points) continued to develop, and Declan Wucherpfennig was perfect on the free throw line, leading all scorers with 21 points.

TEAM	1	2	3	4	FIN
Bergen Catholic (7-2)	20	22	19	22	**83**
Paramus Catholic (1-10)	12	11	14	23	**60**

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	3	-	-	-	-	6
Nehemiah Snell	1	-	1	2	.500	3
AJ Williams	5	-	0	2	.000	10
Jaylen Robinson	2	-	-	-	-	4
Jakob Lomicka	1	-	0	1	.000	2
Jaden Brown	2	-	-	-	-	4
Tyler McQuaid	1	4	-	-	-	14
Declan Wucherpfennig	7	1	4	4	1.000	21
Julius Avent	3	2	3	4	.750	15
Jahlil Owusu	2	-	-	-	-	4
TOTALS	**27**	**7**	**8**	**13**	**.615**	**83**
Paramus Catholic	**17**	**4**	**14**	**21**	**.667**	**60**

FRASSETTO & MAGS SCORE; SKATERS ICED BY PIRATES

JANUARY 4 – HACKENSACK, NJ – Seton Hall Prep overcame a 2-1 deficit, scoring two in the second and a goal in the third period to defeat BC in a Gordon Conference match-up at the Ice House on Thursday. Alex Frassetto gave BC an early, first period lead and Matt Maglio untied the game in the second period. Unfortunately, the visiting Pirates scored three unanswered goals to earn the win.

TEAM	1	2	3	FIN
#9 Seton Hall Prep (5-3)	1	2	1	**4**
#8 Bergen Catholic (6-4)	1	1	0	**2**

GOALS: Alex Frassetto (1, 6), Matt Maglio (1, 10).
ASSISTS: Declan Quinn (1, 7), Carter Edmunds (1, 3), Will Schlechtweg (1, 7).
SAVES/GA/SAV%: Alessandro Capano (L) (25/4/.862) – season (140/10/.933)

PAUL AND LEE HELP CRUSADER REBOUND TO TOP HILLS

JANUARY 4 – FAIR LAWN, NJ – Stephen Paul bowled a 203 average and Andy Lee averaged 202 to lead BC to a 5-2 victory over the Patriots of Wayne Hills.

The home Hills bowled an outstanding 810 in Game 1, beating a normally solid 733 for the Crusaders.

BOWLER	G1	G2	G3	TOTAL
Stephen Paul	200	204	204	**608**
Nick Rossig	161	169	154	**484**
Calvin Villanueva	190	189	138	**517**
Andy Lee	182	**212**	**212**	**606**
BERGEN CATHOLIC	733	**774**	**708**	**2,215**
WAYNE HILLS	**810**	610	631	2,052

NICKY B ROLLS A PAIR OF SOLID GAMES

JANUARY 4 – FAIR LAWN, NJ – Nick Brignola's first two games (187 and 188) got BC off on a strong enough foot to earn all 5 points from Wayne Hills on Thursday.

Rob Reynoso's second game (214) was the highest of 24 games bowled by Crusader rollers.

BOWLER	G1	G2	G3	TOTAL
John Brignola	128	-	-	**128**
Nick Brignola	188	187	-	**375**
Vinny Nobile	145	181	-	**326**
Rob Reynoso	138	**214**	147	**499**
Sean McKechnie	-	126	-	**126**
Matt Kovacs	-	-	110	**110**
Matt Morin	-	-	89	**89**
William Smith	-	-	108	**108**
BERGEN CATHOLIC	**599**	**698**	**454**	**1,781**
WAYNE HILLS	**452**	**494**	**407**	**1,353**

SWIMMERS OUT-TOUCHED BY BRIDGEWATER-RARITAN

JANUARY 4 – BRIDGEWATER, NJ – Raymond Stelmark and Doyee Kim swam well, winning two heats apiece in a meet where points were at a premium and none could be spared in a meet between two of New Jersey's Top 10 Teams. Ultimately, the #7 Panthers defeated the #10 Crusaders 96-74.

BC's medley relay was out touched by 1.07 seconds for first place, which gave the Panthers an early lead. Stelmark then won the 200 Free and Eric Yoo and Duncan Skogerson defeated BR's #2 and #3 swimmers in the heat to help Bergen close a gap.

Kim won the 200 IM and Dimitri Melnikov and William Mulder finished 3-4 and BC was moving. The home team won the next three races, including sweeping the 50 Free which made Stelmark's win in the 500 Free critical if the Crusaders were to have any chance. Depth ultimately showed in the relays, of which the Panthers took first in all three.

SWIMMER(S)	TIME	PL
200 MEDLEY RELAY		
Ryan Choi, Dimitri Melnikov, Doyee Kim, W. Mulder	1:47.46	**2**
Yuriel Lee, Duncan Skogerson, J. Tomioka, Andy Kwon	1:57.06	**4**
Ryan Kwon, Harrison Kazimir, Ricky Wright, A. Stoika	2:07.03	**6**
200 FREE		
Raymond Stelmark	1:53.08	**1**
Eric Yoo	1:58.60	**3**
Duncan Skogerson	2:05.25	**5**
200 IM		
Doyee Kim	2:04.43	**1**
Dimitri Melnikov	2:11.38	**3**
William Mulder	2:16.73	**4**
50 FREE		
Kevin Son	26.73	**4**
Andy Kwon	27.12	**5**
Ricky Wright	28.54	**6**
100 FLY		
Ryan Choi	0:59.39	**2**
Jeremiah Tomioka	1:01.38	**4**
Duncan Skogerson	1:04.22	**6**
100 FREE		
Eric Yoo	0:55.01	**2**
Yuriel Lee	0:58.00	**3**
Eric Kwon	0:58.78	**6**
500 FREE		
Raymond Stelmark	4:06.10	**1**
Jeremiah Tomioka	4:13.37	**3**
Kevin Son	4:26.79	**6**
200 FREE RELAY		
Ricky Wright, Andy Kwon, Duncan Skogerson, Kevin Son	1:48.35	**4**
Jack Cummings, Parker Day, Joseph Trione, N. Gomez	1:59.78	**5**
100 BACK		
Ryan Choi	1:02.97	**3**
Yuriel Lee	1:02.65	**2**
Eric Kwon	1:05.81	**5**
100 BREAST		
Doyee Kim	1:05.02	**1**
Dimitri Melnikov	1:05.69	**2**
William Mulder	1:10.97	**5**
400 FREE RELAY		
Raymond Stelmark, Eric Yoo, D. Melnikov, Doyee Kim	3:43.45	**2**
Jeremiah Tomioka, Kevin Son, Eric Kwon, Yuriel Lee	3:54.07	**4**
Ryan Kwon, Harris Kinnear, Andy Kwon, Daniel Cassella	4:13.46	**6**

CAPANO NAMED DEFENSIVE PLAYER OF THE WEEK

JANUARY 5 – NEWARK, NJ – The Crusaders own Alessandro Capano, was named Gordon Conference Defensive Player of The Week by NJ.COM.

Capano appeared in all three games for Bergen Catholic and helped it go 2-1 in the process. The junior posted consecutive 22-save shutouts against St. Joseph (Mont.) and Pope John. In all, he recorded a .945 save percentage on the week and has a .933 mark on the season overall.

HEAVIES CONTINUE TO PULL THEIR WEIGHT

JANUARY 6 – ORADELL, NJ – Leo Varga, Mason Marck and Benji Shue all pinned in a combined 2:59 to give BC an 18-10 lead over Camden Catholic on Saturday. The South Jersey Parochial "B" Power demonstrated just a little more depth to overtake BC 38-33.

Chris Nucifora and Noah Kochman earned decisions and 152-pounder Jayden Iznaga pinned his opponent in the first period, but the lead was already insurmountable for Ryan Ford. The Irish victories were all bonus-point victories (meaning they were major decisions or better) Ford finished off the fighting Irish with a decision over one of their toughest wrestlers.

TEAM	DEC	MAJ	TECH	PIN	FIN
Camden Catholic	0	2	0	5	**38**
Bergen Catholic	3	0	0	4	**33**

FORD, VARGA AND SHUE WIN FOR CRUSADERS

JANUARY 6 – ORADELL, NJ – In the last meet of the Crusaders Tri at Hoehl Gymnasium on Saturday, the Crusaders were defeated by Paramus Catholic 40-30. It was the Paladins first victory over BC since 1986.

BIRD OF THE WEEK PINK FOOTED GOOSE

JANUARY 6 – ROCKLEIGH, NJ – This rare goose was reported at the Rockleigh Golf Course on Friday, January 5th. I caught a glimpse on Saturday, but was unable to photograph the bird, so I shared a couple of shots I had from 2021 at Overpeck Park, Henry Hoebel Area.

Looking at PFGs in the water isn't all that cool until they take off (photo 2). You can see that they are different size/shape/coloring than Canada geese, but it is fun to see the pink feet.

The first time I saw one was with my good friend, Ms. Conley as she and I and Br. Hall were returning from a tech convention in Atlantic City. We caught up with the bird, flying, in Toms River.

For New Years, it might be fun to check out a comedy about birding: The Big Year. It gives a sense of the nature of birding and remembers the spirit of Fair Lawn's Sandy Komito, and his record 748 species in one calendar year (1998). Jack Black, Steve Martin & Owen Wilson star. Wilson, a NJ contractor, is the imitation of Komito and Black and Martin find their nemesis bird toward the end of the movie. You guessed it, a Pink-footed Goose.

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 8, 2024)
- ORDINARY TIME (Jan 9-Feb 13)
- 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.