

# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### SWIMMERS DUNK THE 'PO

## Crusader SWIMMING

### SWIMMERS CONTINUE TO GO! GO! GO! NOW 5-0!

**January 2 - Wyckoff, NJ** - BC put some points on the board, earning a 122-46 victory over the Raiders of Ramapo Regional High School to start the new year!

Event: 200 Medley Relay		
Pl	Time	Time
NA	John Tregidgo, Logan Andrade, Harris Kinnear, Parker Day	2:10.47
Event: 200 Free		
NA	Andrew Mazzacano	2:15.83
NA	Jaden Lee	2:16.08
NA	Logan Andrade	2:31.62
Event: 200 Individual Medley (IM)		
NA	Alex Rose	2:14.28
NA	Christian Skaff	2:19.83
NA	Logan Andrade	2:31.62
Event: 50 Free		
NA	Gavin Perez	24.44
NA	Jeremiah Tomioka	25.42
NA	Parker Day	29.28
Event: 100 Fly		
NA	Andrew Mazzacano	1:02.04
NA	Jaden Lee	1:04.91
NA	Harris Kinnear	1:08.09
Event: 100 Free		
NA	Doyee Kim	0:53.34
NA	Ricky Wright	0:59.43
NA	Parker Day	1:11.10
Event: 500 Free		
NA	Jeremiah Tomioka	5:24.97
NA	Gavin Perez	5:27.34
NA	Logan Andrade	6:59.95

Event: 200 Free Relay		
NA	Ellias Garcia, Ricky Wright, Jeremiah Tomioka, Christian Skaff	1:43.58
NA	Parker Day, John Tregidgo, Logan Andrade, Enzo Yuen	1:56.67
Event: 100 Back		
NA	Doyee Kim	0:55.31
NA	Christian Skaff	1:13.17
Event: 100 Breast		
NA	Alex Rose	1:07.98
NA	Ellias Garcia	1:09.50
NA	Enzo Yuen	1:25.84
Event: 400 Free Relay		
NA	Alex Rose, Ellias Garcia, Gavin Perez, Andrew Mazzacano	3:59.51
NA	Harris Kinnear, Enzo Yuen, Ricky Wright, Jeremiah Tomioka	4:03.34

## Crusader BASKETBALL

### SPARTANS NO MATCH FOR BC IN BNC UNITED OPENER

**JANUARY 4 - ORADELL, NJ** - An improved DePaul Catholic Spartans basketball team visited Hoehl Gymnasium on Tuesday night to open league play. They were welcomed by a team determined to get Sunday night's result erased from memory as the Crusaders powered their way to a 95-53 victory in the first League Game of the 2021-22 Season.

TEAM	1	2	3	4	TOT
DePaul Catholic	22	10	15	6	53
Bergen Catholic	26	23	26	20	95

Will Richardson and Terry Copeland each led BC in the first half with 12 points and Julian Brown pitched in nine as the Crusaders

built a 49-32 lead. Copeland was especially dangerous on the defensive boards, pulling down six rebounds and converting half of them into fast-break, full-court assists. Richardson would go on to finish with 14 on the night and Copeland and Brown, twelve apiece, but Freshman, David Munro finished the evening as the game-high scorer with 18 point, following a strong presence in the second half.

PLAYER	2PT	3PT	FT	PTS	REB	ASST	STL	BLK
Brandon Benjamin	3	0	0	6	2	1	0	0
Elias Espinosa	0	1	0	3	1	1	1	0
Terry Copeland	6	0	0	12	<b>6</b>	3	<b>5</b>	<b>2</b>
Will Richardson	6	0	2	14	4	<b>5</b>	1	0
Tyler McQuaid	1	0	0	2	2	0	0	0
Julian Brown	4	1	1	12	2	1	1	0
Elijah Flournoy	4	0	0	8	2	1	1	0
David Munro	5	2	2	<b>18</b>	5	0	0	0
Austin Spencer	0	1	0	3	1	1	1	0
Joe Scrivanich	3	1	0	9	0	0	0	1
Austin Sargenti	0	0	0	0	3	0	0	0
Gianluca Phelan	0	0	0	0	0	0	1	0
Anthony Brown	3	0	2	8	1	0	0	0
Alex Wohlrab	0	0	0	0	0	0	1	0

BC also got very strong play out of Elijah Flournoy (8 points, 2 rebounds), Anthony Brown (8 points, 1 rebound) and Joe Scrivanich (9 points, 1 block) as well as Brandon Benjamin who dumped in six points, a pair of rebounds and an assist.

The Crusaders are now 5-1 overall and 1-0 in the Big North Conference, United Division.

## JV HOOPS GOES STRONG TO THE RIM AGAINST DEPAUL

**January 4 - Oradell, NJ** - The JV Basketball Team improved its record to 6-0 with an 84-35 victory over DePaul Catholic from Wayne at Hoehl Gymnasium on Tuesday night.

TEAM	1	2	3	4	TOT
<b>DePaul Catholic</b>	13	6	6	10	<b>35</b>
<b>Bergen Catholic</b>	21	16	27	20	<b>84</b>

Dylan Wucherpennig led the Crusaders with 18 points while Naiim Parrish (16 points) and Xavier Valerio (12 points) pitched in double-digits in the victory.

PLAYER	2PT	3PT	FT	PTS
Nehemiah Snell	0	0	0	0
Shawn Spencer	3	0	0	6
Brendan O'Rourke	0	2	1	7
Xavier Valerio	1	3	1	12
Naiim Parrish	6	1	1	16
Eric DiPiano	0	0	0	0
Tristan Oliver	3	0	0	6
Gabriel Delarosa	2	1	2	9
Gio Moscatello	0	0	0	0
Evan Brown	2	1	0	7
Declan Wucherpennig	7	0	4	18
Billy Nichols	2	0	0	4

## FROSH JUST TOO MUCH FOR DEPAUL

**January 4 - Oradell, NJ** - The Freshman Basketball Team remained undefeated at 4-0 with a 74-47 victory over DePaul Catholic at Hoehl Gymnasium on Tuesday afternoon.

TEAM	1	2	3	4	TOT
<b>DePaul Catholic</b>					<b>47</b>
<b>Bergen Catholic</b>					<b>74</b>

John Morris and Guy Vickers each dropped in 11 points and Aasod Adams scored 10 to lead BC. Fourteen different Crusaders scored in the victory.

PLAYER	2PT	3PT	FT	PTS
Aasod Adams	5	0	0	10
Jerry Armstrong	0	1	0	3
Jayquan Johnson	0	1	0	3
Nick Matos	3	0	0	6
Brandon Michael	0	0	0	0
John Morris	5	0	1	11
Alex Nuenzig	0	0	0	0
Aiden Pachecho	1	0	0	2
Christian Roche	0	1	0	3
Guy Vickers	5	0	1	11
Lockton Walker	2	1	1	8
Connor Young	0	1	0	3
Raymond Facinelli	1	0	0	2
Mike Rinaldi	3	0	0	6
Jayden Garcia	2	0	0	4
Peter Gallo	1	0	0	2

# Crusader BOWLING

## BERGEN BOWLS LIKE ITS 1999

**January 4 - Hackensack, NJ** The varsity bowling team defeated Fair Lawn's Cutters 7-0, winning all three games and total pins 2195-1999.

Justin Martin bowled consistently strong, rolling a high series 646. He, Paul Brignola, John DelJuidice and James Salazar (who rolled the high game of 232) combined for 821 pins in the second game, the highest single game score for BC this season.

Bowler	G1	G2	G3	Total
Paul Brignola	180	175	-	355
Liam Chin	115	-	-	115
Justin Martin	205	229	212	<b>646</b>
John DelJuidice	168	185	163	516
James Salazar	-	<b>232</b>	142	374
Ethan Gayam	-	-	189	189
<b>Bergen Catholic</b>	<b>668</b>	<b>821</b>	<b>706</b>	<b>2195</b>
<b>Fair Lawn</b>	615	770	614	1999

## BC's JV BOWLING LIKE A VARSITY TEAM

**January 4 - Hackensack, NJ** - Ethan Gayam rolled a high game 223 and Calvin Villanueva rolled a high series 527 to lead BC 5-0 over Fair Lawn High School's Cutters.

Bowler	G1	G2	G3	Total
John Brignola	160	215	127	502
Ethan Gayam	147	<b>223</b>	-	370
Calvin Villanueva	190	168	169	<b>527</b>
James Salazar	192	-	-	192
Liam Chin	-	174	182	356
Paul Brignola	-	-	198	115
<b>Bergen Catholic</b>	<b>612</b>	<b>644</b>	<b>630</b>	<b>1886</b>
<b>Fair Lawn</b>	484	505	426	1415

*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.*

**Deus Vult**  
Jn 6:39

## GOOD AS GOULD!

## JAEDEN NAMED 1<sup>st</sup> TEAM ALL-AMERICAN

**January 5 - Oradell, NJ** - Jaeden Gould became the second All-American in Bergen Catholic Football History. BC's Brian Cushing earned 1<sup>st</sup> Team All-American in 2004 with Parade and the USAToday following his dominating season which led BC to a 10-2 record and Coach Stengel's ninth State Championship as Crusader Head Coach.

## MAXPREPS ALL-AMERICA

This year, Jaeden Gould led the Crusaders to their first undefeated season since 1998 with 27 tackles and four interceptions for the No. 3 team in the country, BC's highest ranked team ever. Jaeden will be continuing his education and playing career at the University of Nebraska where he will team up with former Crusaders Rahmir Johnson (starting running back) and Jon Germano (assistant coach).

## Crusader ICE HOCKEY

## FIVE DIFFERENT CRUSADERS

## SCORE AS BC ARRESTS PIRATES

**January 5 - Wayne, NJ** - The Crusader Hockey Team put goal-after-goal on the board against the visiting Seton Hall Pirates, leading to a 5-2 victory at the Ice Vault.

TEAM	SCORING				SHOTS ON GOAL			
	1	2	3	TOT	1	2	3	TOT
<b>SHP</b>	0	0	2	<b>2</b>				<b>26</b>
<b>BC</b>	1	1	3	<b>5</b>				<b>30</b>

Cory Robinson opened the scoring for Bergen in his first game as a Crusader just thirty-four seconds into the contest. BC wouldn't score for another twenty minutes, when Antonio Arcaroli found the back of the net.

Freshman goalie Daniel Dmitrievsky played outstanding in the goal, holding the Pirates scoreless for over 40 minutes.

Matt Desiderio opened the third period with a power-play goal. He was followed by an all-even goal by Will Frassetto to open a 4-0 lead on Seton Hall Prep with just over nine minutes to play.

The Pirates cut the lead in half with just under four minutes remaining in the game, but Leo Carlucci closed the door with an insurance goal at 1:28.

PLAYER	GOALS	ASSISTS	POINTS
Cory Robinson	1	1	2
Antonio Arcaroli	1	1	2
Matt Desiderio	1	1	2
Nick Frassetto	1	0	1
Leo Carlucci	1	1	2
Matthew Hughes	0	1	1
Declan Quinn	0	1	1
Alex Frassetto	0	1	1
William Micholas	0	1	1
GOALIE	SAV	GA	SAV %
Daniel Dmitrievsky	na	2	na
SHP	na	5	na

The Crusaders are now

## Crusader WRESTLING

**January 5 - Allendale, NJ** - The Crusader Wrestling Team defended its #1 State Ranking with a 63-6 victory over the Highlanders of Northern Highlands Regional High School.

Brian Melamud recorded the fastest pin of the evening at fifty seconds. His was the first of six on the evening. He was followed by Ryan Ford, Joe Cangro, Christopher Kaufman, Pantaleo Varga and AJ Fricchione.

WT	Wrestler	Result	BC-NH
<b>106</b>	Brian Melamud	W Pin 0:50	6-0
<b>113</b>		Double forfeit	6-0
<b>120</b>	Noah Kochman	Tech Fall (19-4)	11-0
<b>126</b>	Ethan Washburn	W Forfeit	17-0
<b>132</b>	Ryan Ford	W Pin 0:52	23-0
<b>138</b>	Joe Cangro	W Pin 2:30	29-0

<b>144</b>	Christopher Baccioni	W Maj Dec (9-1)	33-0
<b>150</b>	William Mulligan	W Sud Vic 1 (3-1)	36-0
<b>157</b>	Jake Zargo	W Tech Fall (24-9)	41-0
<b>165</b>	Christopher Kaufman	W Pin 1:30	47-0
<b>175</b>	Pantaleo Varga	W Pin 1:10	53-0
<b>190</b>	AJ Fricchione	W Pin 0:59	59-0
<b>215</b>	Mason Brancato	W Maj Dec (9-1)	63-0
<b>285</b>	Dominick Brogna	L DQ	63-6

## Crusader BASKETBALL

### VARSITY UTILIZES DEPTH TO SUBDUE ST. JOSEPH



**January 6 - Montvale, NJ** - Once again, the Crusaders overpowered their opponents in the first half, opening up a



insurmountable lead which put them on pace for a 75-63 victory over the Green Knights of St. Joseph Regional High School.

<b>Bergen Catholic</b>	21	26	19	9	<b>75</b>
<b>St. Joseph Regional</b>	8	11	20	24	<b>63</b>

Will Richardson had a team-high thirteen points, followed-up closely by Terry Copeland's dozen. The two players not only showed great offensive prowess, but played exceptional defense as well.



Guards Julian Brown and Elias Espinosa each scored 9. Brown has been playing point-guard, showing great poise in running the show.



David Munro came off the bench to give BC ten points. The 6'7" freshman is making his best argument that the team loses nothing when he takes the floor.



Brandon Benjamin continued to give BC strong minutes at power forward, finishing with 7 points and Austin Spencer showed his range, knocking down two three-pointers on his way to an eight-point game.





PLAYER	2PT	3PT	FT	PTS
1 Will Richardson	5	1	0	<b>13</b>
2 Julian Brown	3	0	3	<b>9</b>
4 Elias Espinosa	0	3	0	<b>9</b>
5 Terry Copeland	6	0	0	<b>12</b>
20 Brandon Benjamin	3	0	1	<b>7</b>
30 Tyler McQuaid	0	0	0	<b>0</b>
0 Elijah Flournoy	2	0	0	<b>4</b>
12 David Munro	5	0	0	<b>10</b>
21 Austin Spencer	1	2	0	<b>8</b>
11 Joe Scrivanich	0	0	0	<b>0</b>
15 Austin Sargenti	1	0	0	<b>2</b>
13 Gianluca Phelan	0	0	0	<b>0</b>
25 Anthony Brown	0	0	0	<b>0</b>
24 Alex Wohlrab	0	0	1	<b>1</b>

The Crusaders improved to 2-0 in conference and 6-1 overall.



## JV REMAINS UNBEATEN WITH HARD-FOUGHT WIN OVER GREEN KNIGHTS

**January 6 - Montvale, NJ** - The JV Basketball Team found itself in one of its toughest games of the season, but showed resolve of a champion to outlast SJR on the road 51-46.





## ANOTHER SOLID WIN FOR FROSH BASKETBALL VS. SJR

**January 6 - Montvale, NJ** - The Freshman Basketball Team improved to 5-0 with a 60-44 victory over St. Joseph Regional's Green Knights at St. Joe's on Thursday afternoon.

TEAM	1	2	3	4	TOT
St. Joseph Regional					44
Bergen Catholic	NA	28	22	10	60

John Morris and Guy Vickers each scored 12 points and Aasod Adams scored 9 and Nick Matos added eight to lead BC.

PLAYER	2PT	3PT	FT	PTS
Aasod Adams	3	1	0	9
Jerry Armstrong	1	0	0	2
Jayquan Johnson	2	0	0	4
Nick Matos	4	0	0	8
Brandon Michael	0	0	0	0
John Morris	6	0	0	12
Aiden Pachecho	1	0	0	2
Christian Roche	0	1	0	3
Guy Vickers	5	0	2	12

Lockton Walker	2	0	0	4
Connor Young	0	1	0	3
Raymond Facinelli	0	0	0	0
Mike Rinaldi	0	1	0	3
Jayden Garcia	0	1	0	3

## Crusader BOWLING MARTIN'S 633 SERIES LEADS CRUSADERS OVER WM

**January 6 - Hackensack, NJ** The varsity bowling team defeated the previously undefeated Highlanders of West Milford HS 5-2 on Thursday.

John DelJuidice helped BC get out of the blocks with a high 208 in the first game. The senior finished with a strong 571 on the day including a pair of games over 200.

The headlines go to Junior Justin Martin, however, who seemed to just get better each game throughout the match. His 192 and 207 readied him for a game high 234 and series high 633 on the day.

Bowler	G1	G2	G3	Total
Paul Brignola	140	202	131	473
James Salazar	190	163	142	495
Justin Martin	192	207	234	633
John DelJuidice	208	161	202	571
Bergen Catholic	730	733	709	2172
West Milford	657	798	749	2104

The Crusaders earned 2-points each for Game 1 and Game 3 and one point for total pins on the afternoon. West Milford scored their 2 points with the win in Game 2.

## CHIN'S 560 SERIES LEAD BC'S JV

**January 6 - Hackensack, NJ** - Liam Chin bowled a high game of 206 and high series of 560 to lead BC over the Highlanders of West Milford 5-0.

Together with John Brignola, Stephen Paul and Calvin Villanueva, Chin helped the Crusaders to three games over 612 pins each and a total of 1886 pins.

Bowler	G1	G2	G3	Total
John Brignola	142	183	150	475
Stephen Paul	165	160	146	471
Calvin Villanueva	153	99	128	380



Liam Chin	152	202	<b>206</b>	<b>560</b>
<b>Bergen Catholic</b>	<b>612</b>	<b>644</b>	<b>630</b>	<b>1886</b>
<b>West Milford</b>	422	433	400	1255

# Crusader

## SWIMMING

### CRUSADERS SINK HAWKS 102-65

**January 8 - Clifton, NJ** - The Crusader swimmers won the battle of Oradell, defeating River Dell's Golden Hawks on Saturday. BC is now 6-0 this year.

Event: 200 Medley Relay		
Pl	Time	Time
1	Alex Rose, Christian Skaff, Doyee Kim, Gavin Perez	1:49.87
3	John Tregidgo, Parker Day, Logan Andrade, Matthew Unanue	2:22.78
Event: 200 Free		
1	Doyee Kim	1:51.94
2	Gavin Perez	1:57.05
6	Matthew Unanue	2:50.13
Event: 200 Individual Medley (IM)		
1	Jeremiah Tomioka	2:18.35
2	Christian Skaff	2:21.51
Event: 50 Free		
2	Benjamin Vester	25.18
3	Enzo Yuen	26.62
4	John Tregidgo	28.41
Event: 100 Fly		
1	Gavin Perez	0:56.80
2	Jeremiah Tomioka	0:59.24
Event: 100 Free		
1	Alex Rose	0:50.91
4	Logan Andrade	1:03.30
6	Parker Day	1:14.25
Event: 500 Free		
1	Doyee Kim	5:33.69
3	Harris Kinnear	6:08.19
Event: 200 Free Relay		
2	Enzo Yuen, Jeremiah Tomioka, Benjamin Vester, Gavin Perez	1:40.94
3	Matthew Unanue, Parker Day, Logan Andrade, Harris Kinnear	1:58.09
Event: 100 Back		
1	Alex Rose	1:00.73
3	Benjamin Vester	1:09.13
5	John Tregidgo	1:14.84
Event: 100 Breast		
1	Christian Skaff	1:11.19

2	Harris Kinnear	1:15.30
Event: 400 Free Relay		
1	Alex Rose, Christian Skaff, Jeremiah Tomioka, Doyee Kim	3:38.20
3	Logan Andrade, Enzo Yuen, Harris Kinnear, Benjamin Vester	4:15.87

# Crusader

## BASKETBALL

**JANUARY - ORADELL, NJ** - The Crusaders exhibited a stifling defensive first half effort, en route to a 72-37 victory over Paramus Catholic in a BNC United Division game.

<b>Paramus Catholic</b>	6	4	14	13	<b>37</b>
<b>Bergen Catholic</b>	15	22	21	14	<b>72</b>

Will Richardson led the Crusaders with 19 points, knocking down his first four free throws and showing his ability to dunk and knock down threes along the way. Julian Brown had a very strong offensive effort as well, with sixteen points and 6 assists. Center Terry Copeland scored ten points and picked up six rebounds while classmate Brandon Benjamin picking up five points with 8 rebounds an assist and a block.

David Munro had his second-straight double-digit game, finishing with 10 points and Austin Sargenti and Gianluca Phelan each hit three-pointers.

PLAYER	2PT	3PT	FT	PTS	REB	ASST	STL	BLK
1 Will Richardson	5	1	6	<b>19</b>	6	1	3	0
2 Julian Brown	6	1	1	<b>16</b>	2	6	0	0
4 Elias Espinosa	0	0	0	<b>0</b>	1	0	3	0
5 Terry Copeland	4	0	2	<b>10</b>	6	0	0	0
20 Brandon Benjamin	2	0	1	<b>5</b>	8	1	0	1
30 Tyler McQuaid	1	0	0	<b>2</b>	0	0	0	0
0 Elijah Flournoy	2	0	0	<b>4</b>	2	0	1	0
12 David Munro	5	0	0	<b>10</b>	4	0	1	0
21 Austin Spencer	0	0	0	<b>0</b>	2	0	1	0
11 Joe Scrivanich	0	0	0	<b>0</b>	2	0	0	0
15 Austin Sargenti	0	1	0	<b>3</b>	0	0	0	0
13 Gianluca Phelan	0	1	0	<b>3</b>	0	0	0	0
25 Anthony Brown	0	0	0	<b>0</b>	2	0	0	1
24 Alex Wohlrab	0	0	0	<b>0</b>	1	0	0	0

The Crusaders improved to 3-0 in conference and 7-1 overall. They are on the road for the remainder of this month and will return home to Hoehl Gymnasium on February 1<sup>st</sup> against Paterson Kennedy.



# FIRST BIRD OF THE WEEK '22

## MERLIN

*(Falco columbarius)*



**January 8 - East Rutherford, NJ** – As I looked atop the pole, I was expecting to see the American Kestrel that normally perches there. But that bird is too big to be a Kestrel. It's a little too small to be a Peregrine Falcon. It's actually right in the middle. Meet the Merlin, formally known as a pigeon hawk by John J. Audubon. (<https://www.audubon.org/birds-of-america/pigeon-hawk>)

Fun Facts:

- Merlin pairs have been seen teaming up to hunt large flocks of waxwings: one Merlin flushes the flock by attacking from below; the other comes in moments later to take advantage of the confusion.
- Merlins don't build their own nests. Instead, they take over the old nests of other raptors or crows.
- As with most raptors, female Merlins are larger than males.
- The name "Merlin" comes from *esmerillon*, the old French name for the species. Merlins used to be called "pigeon hawks" because in flight they look somewhat pigeon-like. Their species name, *columbarius*, is also a reference to pigeons.
- Medieval European noblewomen—including Catherine the Great and Mary Queen of Scots—used Merlins for sport to hunt Skylarks. European and North American falconers continue to work with Merlins, hunting quarry that ranges from sparrow-sized to dove-sized.
- The oldest known Merlin was a male and at least 11 years, 11 months old. He was banded as an adult in New York in 1982 and recovered in New Brunswick, Canada, in 1993.

### *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.

### *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 His consolations,  
through Christ Our Lord, Amen.

# The

# T O O L B O X

### *Blessed Edmund Rice prayer*

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.

### *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

### *The Golden Rule*

Love one another as I have loved you.

### *st. patrick's Breastplate (shortened)*

Christ with me. Christ before me. Christ behind me.  
Christ in me. Christ beneath me. Christ above me.  
Christ on my right. Christ on my left. Christ when I lie down.  
Christ when I sit down. Christ when I arise.  
Christ in the heart of every man who thinks of me.  
Christ in the mouth of everyone who speaks of me.  
Christ in every eye that sees me.  
Christ in every ear that hears me.

### *Prayer of St Francis*

Lord make me an instrument of Your peace  
Where there is hatred let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is darkness, light.  
Where there is sadness joy.  
O Divine master grant that I may  
Not so much seek to be consoled as to console  
To be understood, as to understand.  
To be loved. as to love  
For it's in giving that we receive  
And it's in pardoning that we are pardoned  
And it's in dying that we are born...  
To eternal life

## WEEKLY SCHEDULE – JANUARY 10-16

### Monday, January 10, 2022

Swimming	2:45pm	H	Paramus Catholic	Ridgewood YMCA
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### Tuesday, January 11, 2022

Var Basketball	4:30pm	A	Passaic	Passaic High School
JV Basketball	6:00pm	A	Passaic	Passaic High School
Fr Basketball	4:00pm	A	Passaic	Passaic High School
Varsity Ice Hockey	4:40pm	A	Delbarton	Aspen Ice
Varsity Bowling	4:00pm	H	Cliffside Park	Bowler City
JV Bowling	4:00pm	H	Cliffside Park	Bowler City

### Wednesday, January 12, 2022

Var Wrestling	7:00pm	H	DePaul Catholic	Hoehl Gymnasium
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### Thursday, January 13, 2022

Var Basketball	TBD	N	First Love Christian Acad.	CURE Insurance Arena
JV Basketball	5:30pm	H	Paramus Catholic	Hoehl Gymnasium
Fr Basketball	4:00pm	H	Paramus Catholic	Hoehl Gymnasium
Varsity Bowling	4:00pm	H	Ridgefield Park	Bowler City
JV Bowling	4:00pm	H	Ridgefield Park	Bowler City

### Friday, January 14, 2022

Var Wrestling	7:00pm	A	Blair Academy	Blair Academy
JV Ice Hockey	7:15pm	H	Don Bosco Prep	Ice House
Var Skiing	5:00pm	N	Slalom	Mount Peter
JV Skiing	5:00pm	N	Slalom	Mount Peter

### Saturday, January 15, 2022

Var Basketball	2:00pm	N	Rutgers Preparatory	Caldwell College
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