

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

FROSH SOCCER BEATS MARAUDERS

September 26 - Oradell, NJ - The Freshman Soccer Team moved to 5-2-1 following a 3-1 home victory over St. Peter's Prep on Monday. Andrew Coyne led the Crusader with a goal and two assists.



BC scored late in the first half as goalie, Thomas Harmke, and the Crusader defense kept Prep at bay. The Crusaders went into the break 1-0. Aiden Waterman and Luke Bohen played a big role in Bergen's success on defense.



Saif Khan and D'Angelo Tavarez each scored goals for the Crusaders and Benjamin Calderon posted an assist. Harmke had 6 saves on the day.



TEAM	1	2	FINAL
ST. PETER'S PREP	0	1	1
BERGEN CATHOLIC HS (5-2-1)	1	2	3



USA
TODAY
SPORTS
SUPER 25

#24 **BC**

USA TODAY Sports Super 25 high school football rankings

The Rainbow

September 26 - Oradell, NJ - A quick shout out and thanks to Mr. McCloskey. Mr. M is at so many athletic events! He shared this photo of a scene he and I enjoyed at Monday's freshman soccer game.



In the *Bible's Book of Genesis*, the rainbow was a sign of the covenant or promise God made with Noah never to destroy the earth again. Rainbows always seem to bring me some feeling of relief (from the rain) and peace. Maybe they can remind us to take care in our worlds with our thoughts, words and actions.

If you see something you'd think our community would appreciate, send it over to us. We'll be happy to use it.

twibcs@bergencatholic.org

CUTTITA SCORES TWO VS IRONMEN

September 24 - Ramsey, NJ - The Junior Varsity football team was unable to outscore the Ironmen on Monday, falling by a score of 18-13.

JV Defensive Stats vs Don Bosco

#	Name	Solo	Asst	STFL	ATFL	SSACK	ASACK	TOT	FF	INT	PD
27	Dylan Gilmore	-	-	-	-	-	-	-	-	1	-
30	Aasod Adams	1	-	-	-	-	-	1	-	1	-
33	Jesse DeNobile	-	4	-	-	-	-	4	-	-	-
35	Michael Rinaldi	3	1	-	-	-	-	4	-	-	-
38	Christian Cirilo	1	-	-	-	-	-	1	-	-	1
41	William Dodds	3	1	-	-	-	-	4	-	-	-
47	David Matesic	1	1	1	-	-	-	2	-	-	-
54	Jaden Sinclair	1	3	-	-	-	-	4	-	-	-
58	Miguel Visbal	1	1	-	-	-	-	2	-	-	-
59	Steven Copeland II	1	3	-	-	-	-	4	-	-	-
61	Carlos(CJ) Zayas	-	2	-	-	-	-	2	-	-	-
65	Mitchel Boateng	1	2	-	-	-	-	3	-	-	-
66	Benjamin Carey	1	3	-	-	-	-	4	-	-	-
81	John Morris	-	2	-	1	-	-	2	-	-	1
98	David Varoli	-	2	-	1	-	-	2	-	-	-

Luca Cuttita scored in the first quarter on a 60 yd TD reception from Nigel Jennings and a second Jennings pass in the fourth to provide all of BC's scoring.

Michael Rinaldi and William Dodds each led BC with three solo tackles, while Jesse DeNobile, Steve Copeland II and Benjamin Carey all tied them with four tackles for the day.

Dylan Gilmore and Aasod Adams each recorded interceptions for the Crusaders while David Matesic had a solo TLF and John Morris and Dave Varoli each assisted on a tackle for a loss. Morris and Christian Cirilo also defended on a pass for the Crusaders.

TEAM	1	2	3	4	FINAL
BERGEN CATHOLIC (2-1)	7	0	0	6	13
DON BOSCO PREP	6	6	0	6	18

CRUSADERS SHUTOUT SPARTANS 2 NIL

September 28 - Oradell, NJ - BC's Varsity Soccer Team defeated DePaul Catholic on Wednesday 2-0. The Crusaders were led by Ryan Chong and Sebastian Ortega who each recorded a goal. Tyler Ferris and Graham Ewers set the two up and earned assists.

Crusader goalkeeper, Kyle Tencza, recored four saves in the shutout. BC is now 4-3-1 on the season.



TEAM	1	2	FINAL
DEPAUL CATHOLIC (3-4)	0	0	0
BERGEN CATHOLIC HS (4-3-1)	0	2	2

FROSH SOCCER TIES KEARNY 1-1

September 28 - Kearny, NJ - The Cardinals defended their home turf enough to salvage a tie against the impressive Crusader freshman soccer team.

Kieran Ewers gave BC a 1-0 halftime lead as Aaron Botta set him up perfectly to score. Thomas Harmke saved 4 shots on goal in the draw.



TEAM	1	2	FINAL
BERGEN CATHOLIC HS (5-2-2)	1	0	1
KEARNY	0	1	1

BERGEN CRUISES PAST DEPAUL

September 30 - Wayne, NJ - One thing is for certain, the Crazies love their Crusaders! Rebounding in a week's time, Coach Campanile's crew got the offense and defense revved up again to take care of business and start a new streak. BC defeated DePaul Catholic 35-7, yielding only one score in the final minutes of the game.



The first quarter started off a little suspect with an apparent lag from last week. DePaul controlled the ball for 15 of 22 plays and outgained BC 48-5.

The second quarter? Well, let's just say that's when we saw the return of the Crusaders. Putting 21 points on the board and outgaining the Spartans 288-97 yards.



This first scoring drive was an 11-play, 97-yard march that started with a 26-yard completion from Dominic Campanile to Quincy Porter. The line of Nyier Daniels, Owen Wilson, Michael Gentilello, Sean Woods and Marcus Linder provided

ample timing for the sophomore tandem to connect.



Campanile then connected with senior wide receiver Christian Carti for a 13-yard catch and senior quarterback, Jack Duffy entered to deliver a strike and 8-yard completion to Logan Casey.

From there, a steady combination of Saaed St. Fleur and DJ Samuels pounded the ball toward the Spartan goal line. St. Fleur took a Duffy handoff and ran off-tackle for four-yards to paydirt and a 6-0 lead.

After a missed field goal attempt by the Spartans, BC started their next drive by handing the ball to Chris Mimmo. On third and nine, Campanile found himself in a position to pass the ball again. He connected with Casey this time as the senior receiver found a hole in the zone and then sprinted up-field for a 30-yard gain.

St.Fleur put together three successive carries for a total of 27 yards which set up the sophomore tandem of Campanile to Porter for a 22-yard TD strike. Duffy led BC's two-point



attempt, putting the ball in the hands of DJ Samuels who grounded out the three yards and the two-point conversion.

With Duffy in at the helm, and 0:58 on the clock until the half, Jack immediately got to work. He dropped back from his own 29-yardline and found a wide-open Saeed St.Fleur. After a perfect delivery, St.Fleur sprinted 71 yards for the longest scoring play of the day. Guytano Bartolomeo's PAT was perfect and BC led 21-0 at the half.



Campanile then engineered a two-play, 56-yard drive, early in the third quarter. Saeed St.Fleur showed off some speed with a 39-yard on first down and then Campanile found senior TE, Jack Comeau, who finished things off with a 13-yard touchdown reception. Bartolomeo's PAT was good and BC had a 28-0 lead less than two-minutes into the third.

With Jack Duffy at the helm, Mimmo ran for a pair before Jack found his hot hand, Logan Casey, for a pair of receptions for 19 total yards.

DJ Samuels had a long-gainer of 22-yards on the ground and sophomore running back Mu Russel put together two carries for 20 yards. The QBs continued to alternate and Campanile found his tallest target, Porter, for a 23-yard gain, setting up the Crusaders, first-and-goal at the five yard line. St.Fleur wasted no time from there, sprinting into the endzone and after a Guytano Bartolomeo PAT, putting BC up 35-0.

SCORING:

TEAM	1	2	3	4	FINAL
#4 BERGEN CATHOLIC (5-1)	0	21	7	7	35
DEPAUL CATHOLIC (1-4)	0	0	0	7	7

STATISTICAL LEADERS:

PASSING: J. Duffy 5 for 6 – 99 yds, 1 TD, 1 CNV, D. Campanile 7 for 9 – 136 yds, 2 TDs.

RUSHING: S. St.Fleur 13 carries for 88 yds and 2 TDs, DJ Samuels 4 for 34, M. Russel 4 for 29.

RECEIVING: L. Casey 4 for 57 yds, Q. Porter 3 for 71 yds, 1 TD, S. St.Fleur 2 for 76, 1 TD, J. Comeau 1 for 17 yds, 1 TD, C. Carti 2 for 14 yds..

SACKS: K. Irby-Mason 2, S. Mitchell 2, A. Morales 1, DJ Samuels 1.

TFLs: K. Irby-Mason 3, S. Mitchell 2, A. Morales 3, DJ Samuels 1, M. Mercer .5, C. Mimmo.5

INTERCEPTIONS: A. Perrotti 1.

FUMBLE RECOVERY: S. Mitchell 1.

TACKLES: C. Mimmo 7, C. Gonzalez 7, D. Stewart 6, K. Irby-Mason 6, M. Mercer 5, N. Parrish 5, A. Morales 5, J. Barry 4, M. Giovacco 4, E. Cohall 4, A. Perrotti 3, B. Gomez 2, S. Mitchell 2, E. Kinsler 2, DJ Samuels, C. Velardo, AJ Seker, D. Matesic, D. Flood (1 each).

CATEGORY	CRUSADERS	SPARTANS
1 st Downs: Rushing - Passing - Penalty	9-7-0	2-12-2
Rushing Yards	161	16
Passing: Completions / Attempts	12/15	20/28
Passing Yards	235	235
Passing: Touchdowns / Interceptions	3 / 0	1 / 1
Total Plays	40	57
Total Offense	496	251
Fumbles / Lost	0 / 0	1 / 1
Penalties / Yards	9 / 82	4 / 35
Defensive Sacks / Yards Lost	6 / 30	0 / 0
Time of Possession	17:28	30:32
3rd Down Efficiency	3 of 7	7 of 14
4th Down Efficiency	2 of 3	0 of 2
Punts / Average	1 / 47.0	3 / 30.33

FROSH REMAIN UNBEATEN FOLLOWING INSPIRED COME-FROM-BEHIND WIN

October 1 - Oradell, NJ – The Freshman Football Team remained and unbeaten 5-0 following a 14-12 comeback win over the Spartans from DePaul Catholic.



The team found themselves in a 12-0 hole early in the second quarter despite the visitors only having three

offensive plays. On DePaul's first TD, the PAT attempt hit off the upright and went wide, so the Spartans went for two on their second try. That's when Josh Diaz came up big, intercepting the Spartans in the endzone on their two-point conversion attempt.



The Crusader offense was struggling to sustain any long drives and needed a defensive stop before the half. That's when Anthony Johnson made a huge hit on 4th and 1, tackling the ball carrier in the backfield and allowing BC to enter the half only two scores down.

As the second half started, you could see things start to change. Defensively, the Crusaders went three and out, in no small part because of Mac Fitzgerald's sack of the Spartan QB on first down.



That defensive series and a powerful halftime talk by Coach Vito Campanile helped the offense to focus. A systematic drive, picking up first down after first down resulted in a Devan Zitt to Jordan Thomas twenty-yard touchdown pass.

Zitt then connected with Thomas again for the two point conversion, but it was called no-good by the side judge, so BC had to kick it off with a 6-point deficit to make-up.

Oliver Campbell then made his presence felt as he accelerated on the next kick off. He avoided would-be blockers, closing on the ball carrier and made a bone-crushing solo tackle at the Spartan 29 yard line.



The defense was rock solid with efforts from DeAndre Orgill, CJ Edwards, Dante Kain, Fitzgerald, Mason Marck and Tim Hogan keeping the guests at bay.



Kain and Marck powered much of the Crusaders' running game as did Orgill whose #24 jersey and hard running style were reminiscent of OJ Anderson and the 1991 NY Giants SuperBowl XXV Championship team.

A couple of key long-yardage completions were urgently needed to keep the winning drive alive. Both plays involved the Zitt-to-Thomas connection, the second coming on 4th and 13 with just over 4 minutes remaining in the game.

Dante Kain carried the ball off-tackle to the right tackle and sprinted 10 yards to paydirt, tying the score at 12. Running-back partner in crime got the call for the PAT as DeAndre Orgill slammed through the line over left guard for the two point conversion, giving BC a 14-12 lead.

The Spartans were a solid team, not ready to lie down. They drove down the field in the waning moments of the game, but the frosh defense held and time expired.

SINAGRA SAVES THIRTEEN

September 30 - Ramsey, NJ - JP Sinagra turned away thirteen Ironman shots, but the Crusaders were unable to provide any offensive support and fell to Don Bosco 2-0 on the final day of the month.

The teams played a scoreless first half and despite Justin Botta, Antonio Gomes,



Joe Maimone and J'Niles Simpson peppering the Bosco keeper with shots, they were unable to hit the back of the net.

TEAM	1	2	FINAL
BERGEN CATHOLIC (4-2-2)	0	0	0
DON BOSCO PREP	0	2	2

KHAN, MELIA AND TAVAREZ SCORE AS CRUSADERS TIE IRONMEN

September 30 - Oradell, NJ - Three freshmen scored for the 9th Grade Soccer Team, but unfortunately, the Ironmen scored three goals, leading to BC's third tie of the season.

Thomas Harmke made five saves, but it was the offense that kept BC in the game with Saif Khan and James Melia each recording a goal and an assist. D'Angelo Tavaréz scored BC's other goal.



The frosh got solid efforts from Damon Arpicalar, Luke Bohen, Andrew Coyne, Jonah Kim, Owen McCauley and Aiden Warterman.

TEAM	1	2	FINAL
DON BOSCO PREP	2	1	3
BERGEN CATHOLIC (5-2-3)	2	1	3

12th SEEDED CRUSADERS ADVANCE IN COUNTY TOURNAMENT

October 1 - Oradell, NJ - BCCA TOURNAMENT - The Crusader Soccer Team faced a tough Park Ridge Owl team on Saturday afternoon at the Jack.



I wasn't sure if Sebastian was letting me know he wanted to join the Birding Crusaders or asking the Side Judge to use the things hooked onto the back of his ears. I'm guessing the former.

Through much of the first half, the Crusaders found themselves in possession of the ball, but the Owls created some very dangerous situations which BC's defense shut down.

Nothing like family. Sebastian Ortega came up huge in front of his brother who just joined him from outside the country. We are so thankful big brother was able to have a terrific day with his family there!

The Crusaders finally broke through in the 39th minute of the contest behind the strong leg of Sebastian Ortega.



Ortega was fouled and drove a penalty kick to the top right side of the net to break a 0-0 tie.

After the Owls generated a scoring run and 15-yard shot that sailed just wide, the Crusaders moved the ball up field. Sebastian London was in possession of the ball to the left side

and centered a pass which Ortega drove into the back of the net. That gave the Crusaders a 2-0 lead in the 45th minute of the contest.



Ortega earned his first hat trick as a Crusader in the 50th minute off another 12 yard PK. The Owls were determined to fight on, but goal keeper Kyle Tencza and a defense led by Connor Morin, Ryan Loughlin and Kevin Schliem shut down the 21 seed, each run down the field.



Luca Nazor finished things off, scoring BC's fourth goal of the game with just over 10 minutes remaining. He was assisted by Nico Angione. Andrew Blodgett stepped in the goal and immediately shutdown an Owl advance.

Tencza saved four and Blodgett turned away two shots in combining for the shutout.

BC will take on 5th Seeded Tenaflly in the round of 16 on October 6th at Tenaflly Middle School. Use the QR code here to see the 2022 BCCA Varsity Soccer Tournament Bracket.



TEAM	1	2	FINAL
#21 PARK RIDGE (4-2-2)	0	0	0
#12 BERGEN CATHOLIC (5-3-1)	1	3	4

SOCCER RAISES OVER \$6K FOR PANCREATIC CANCER RESEARCH

September 18 - Oradell, NJ - The Crusader Soccer Program participated in the walk for Pancreatic Cancer in memory of former AD and alumnus, Jack McGovern. The program wore purple which is the color that is used to create awareness of this often deadly disease.

All totaled, the program raised more than \$6k for pancreatic cancer research in their efforts! Way to go everyone! Thanks for your participation. If you would like to learn more about Pancreatic Cancer research, you can visit the Lustgarten Foundation at <https://lustgarten.org/>.



HARRIERS REAP FRUITS OF LABORS IN BNC UNITED MEET

September 29 - Mahwah, NJ - The Crusader Cross Country Team showed great improvement from their Season Opener Meet (at Darlington in early September) to their second place finish at the 2022 Big North Conference United Division Championships at Darlington Park on Saturday. Five of the Seven Varsity runners showed significant improvement in their 5000M times, with Dan Calianese showing the greatest improvement of over 2 minutes shaved off his earlier time.

Senior Tom Rogers placed third in the event with a time of 16:47. James Hughes placed fifth and Elias Garcia finished in the top 10.

Don Bosco Prep won the League Title with 20 points. BC (45 points), Paramus Catholic (82), DePaul Catholic (117) and St. Joseph Regional (119) finished behind.

PLACE TEAM POINTS

Individual Results were:

PLACE	RUNNER	TIME	PTS	IMPROVE
3	Thomas Rogers	16:47	3	- 37 SEC
5	James Hughes	17:09	5	- 37 SEC
10	Elias Garcia	18:29	10	
11	Jacob Rodman	18:58	11	- 34 SEC
16	Daniel Calianese	19:59	16	- 2:16!!!
19	Aiden Pacheco	20:34	19	- 40 SEC
22	Andrew Byrnes	20:58	22	

CRUSADERS SHOW PROGRESS IN BNC 5000M JV RACE

September 29 - Mahwah, NJ - Six harriers ran in the Big North Conference JV Race. Shayne Walters and John Colello ran in the race. Christian Choi improved his time by 42 seconds from the Season Opener. Jackson Vonderhorst improved by two minutes, 21 seconds. Matthew Geraghty saw his time drop by 1 minute 8 seconds. Ronan Flynn's time improved the most from the Opener to now... an impressive 3 minutes and 16 seconds! Congratulations to all of the runners on their persistence and personal improvement!

WHITE WINS! FROSH FINISH THIRD

September 29 - Mahwah, NJ - Freshman Markus White ran an outstanding 8:49, shaving 40 seconds off his original Darlington time of 9:29 at the Season Opener to win the 2900m BNC race at Darlington on Saturday. He and fourth place finisher Luke Schoeler led their team to an overall 3rd place finish behind Don Bosco Prep (35 points) and Northern Valley - Demarest (65). BC scored 69, St. Joseph Regional 88 and Tenafly 99.

PLACE	RUNNER	TIME	PTS	IMPROVE
1	Markus White	8:49	1	- 40 SEC
4	Luke Schoeler	9:38	4	- 35 SEC
20	Liam McDevitt	10:36	15	- 49 SEC
27	Sean Keating	10:56	20	- 29 SEC
48	Lucas Machado	13:01	29	- 43 SEC
49	Joseph Canavan	13:26	30	- 1:49!!!

RUNNING WITH TOM ROGERS

Sept. 20, 2022 - Oradell, NJ - by, Ronan Flynn '23 -

In an interview with one of Bergen's varsity runners, Tommy Rogers, I had the chance to ask him a few questions about the Cross-Country experience and how much he enjoys the thrill of running.



R: What do you do to prepare yourself mentally before a cross-country race?

T: I listen to something relaxing; I make sure to eat four hours before I race, I trust that my training is gonna get me the right time, and I make sure to stay calm.

R: What do you enjoy the most about a cross-country race?
T: The feeling of winning. It's more about being with friends.
R: What type of goals do you set for yourself?
T: I don't set goals. I focus on doing my best every day.
R: What's it like to run a cross-country race?
T: It's fun. I focus on staying calm, keeping my form, and trying to stay with the pack.
R: How do you stay motivated when you don't want to run?
T: Consistency will lead to motivation.
R: Thanks for taking some time with me, Tom. Good luck in your next race.

ROGERS FINISHES FOURTH AT SHORE INVITATIONAL

October 1 - Holmdell, NJ - Thomas Rogers led the Crusaders by finishing fourth at the New Balance Shore Coaches Invitational at Holmdel County Park on Saturday morning. The Crusaders finished 10th overall on one of the toughest course in the state.

PLACE TEAM POINTS

Individual Results were:

PLACE	RUNNER	TIME	PTS
4	Thomas Rogers	17:31	4
41	Elias Garcia	19:30	40
67	Jacob Rodman	20:34	65
73	Daniel Calianese	20:44	70
87	Aiden Pacheco	21:50	84
109	Matthew Geraghty	25:22	105
110	Jackson Vonderhorst	27:28	106

FROSH TEST STATE MEET COURSE

October 1 - Holmdel, NJ - Remember wanting to practice on the driving test course in Lodi? Of course, everyone wants to be fully prepared for when that day comes. On Saturday, the Frosh Harriers got to test their metal on the course that separates the cream from the rest...HOLMDEL. Remember that course and prepare to dominate it in four years!

PLACE	RUNNER	TIME	PTS
13	Luke Schoeler	11:42	10
66	Sean Keating	13:20	48
69	Michael Cooper	13:27	49
70	Liam McDevitt	13:28	50
91	Max Yoo	14:19	65

BIRD OF THE WEEK THE BELTED KINGFISHER



September 26 - Allendale, NJ - Something there is that doesn't love a belted kingfisher. Apologies to Robert Frost and his "Mending Wall" especially because when these blue-jay-sized rockstars are around, you can hear them chattering away.

They make sort of a rattling noise when they are startled, so you generally hear them before you see them. But be patient. They're fun to watch as they dive for fish and zoom from one side of a lake to another.

FUN FACTS:

- The Belted Kingfisher is one of the few bird species in which the female is more brightly colored than the male. Among the nearly 100 species of kingfishers, the sexes often look alike. In some species the male is more colorful, and in others the female is.
- Pleistocene fossils of Belted Kingfishers (to 600,000 years old) have been unearthed in Florida, Virginia, Tennessee, and Texas. The oldest known fossil in the kingfisher genus is 2 million years old, found in Alachua County, Florida.

FOR MORE ON THE KINGFISHER
AND ANY OTHER BIRD YOU MAY BE
INTERESTED IN, CHECK OUT
WWW.ALLABOUTBIRDS.ORG.



THIS WEEK'S SCHEDULE

Please be sure to check the team page at bergencatholic.org on the day of each

scheduled event as weather and other factors may impact scheduling.

CROSS COUNTRY

SAT, OCT. 8 TBD N MANHATTAN INVITATIONAL

FOOTBALL

FRI, OCT 3 4:15 PM A JV - DEPAUL CATHOLIC

SAT, OCT 8 11:00AM A FR - MALVERN PREP (PA)

SOCCER

MON OCT 3 4:15PM H VAR - ST. JOSEPH REGIONAL

MON, OCT 3 7:00 PM H JV - ST. JOSEPH REGIONAL

MON, OCT 3 4:15 PM A FR - RAMAPO

WED, OCT 5 7:00 PM H JV - BAYONNE

THU, OCT 6 TBA A VAR - TENAFLY -

BCCA TOURNAMENT



TWIBCS LEADERS CROSS COUNTRY

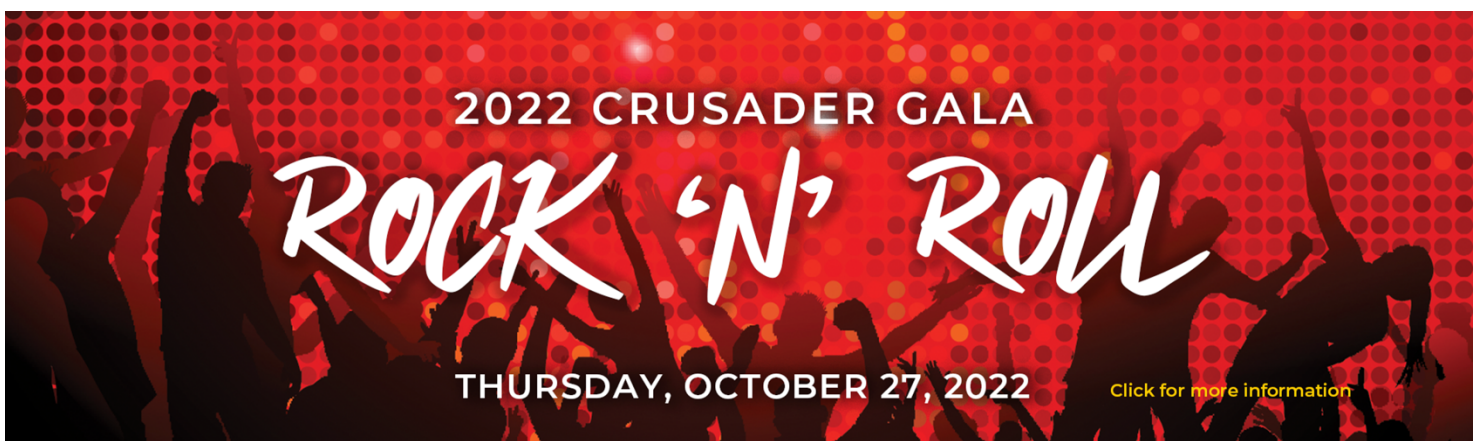
5000M	TOM ROGERS '23	16:40.0	9/24/2022
3200M	MARKUS WHITE '26	11:29	9/17/2022
2900M	MARKUS WHITE '26	8:49	9/29/2022

FOOTBALL (6 GAMES)

POINTS	SAEED ST.FLEUR '23	48
TOUCHDOWNS	SAEED ST.FLEUR '23	8
TD PASSES	DOMINIC CAMPANILE '25	5
RUSHING YARDS	SAEED ST.FLEUR '23	545
PASSING YARDS	DOMINIC CAMPANILE '25	496
RECEIVING YARDS	JACK COMEAU '23	225
RECEPTIONS	CHRISTIAN CARTI '23	16
TACKLES	MALACHI MERCER '23	48
SACKS	ELIJAH KINSLER '24	4.5
TFLS	SYDIR MITCHELL '23	8.5
INTERCEPTIONS	MALACHI MERCER '23	3
FUMBLE RECOVERIES	SYDIR MITCHELL '23	2

SOCCER (9 GAMES)

GOALS	JAVIER TORRES '23	5
ASSISTS	SEBASTIAN ORTEGA '24	6
POINTS	SEBASTIAN ORTEGA '24	14
SAVES	KYLE TENCZA '23	44
SAVE % (MIN 30 SOG)	KYLE TENCZA '23	.846



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 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.



The Golden Rule

Love one another as I have loved you.

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.

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.

PRAYER FOR PEACE

(ESPECIALLY IN UKRAINE AND RUSSIA)

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 sun shine 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 His 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
Bum, bum, bum, bum, bum.

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.