

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

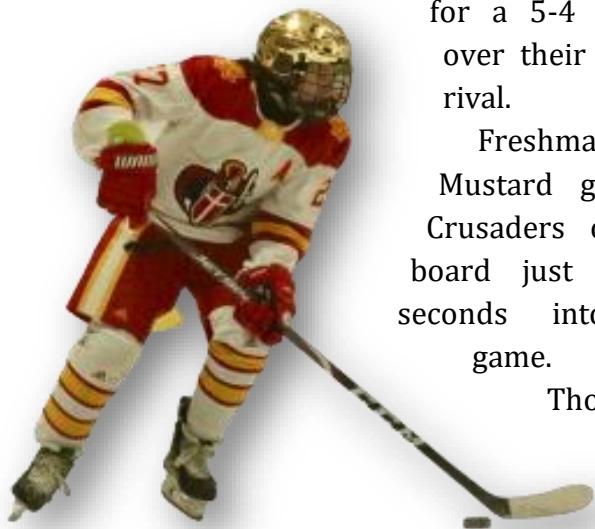
Hockey's First Punches

Knock Out the Hun

February 15 - Hackensack, NJ - Legendary football coach, Bill Walsh, of the San Francisco 49ers and others, designed his West Coast Offense on the principle of getting in the first punch. BC's Hockey Team demonstrated the value of that principle in their win over the Hun School of Princeton as they three times, scored early into the start of a new period. The first jab, was actually followed by a couple of haymakers as BC jumped out fast to a 3-0 lead just 5 minutes in which

helped them to hold on for a 5-4 victory over their annual rival.

Freshman John Mustard got the Crusaders on the board just twelve seconds into the game. Mick Thompson



Mick Thompson

and Antonio Arcaroli both assisted and started the engine.

Arcaroli found the back of the net twice in twenty-five seconds, just under 5 minutes in, which prompted a HSOP timeout. Thompson assisted on both goals and he was helped by Bryceon Lago and Matt Desiderio. The Hun timeout may have been a help as they scored two goals before the end of the first and BC went into the first intermission leading 3-2.

Steve Saxton scored the first goal of the second period, a power-play goal just the 28 seconds in. Thompson and Lago each assisted as BC worked to maintain their two-goal lead. Hun scored two minutes later, but BC went into the third period leading 4-3 after nine scoreless minutes.

Mick Thompson scored his fifth point of the game with his first goal of the game at the 13:54 mark. Arcaroli and Lago worked to show how effective a line-up they are together.

BC got some very solid defensive play from Will Walsh, which helped to limit the Hun to 15 shots on goals. Gavin Shoenstein earned the win in the goal for BC, turning away 11 shots in 45 minutes.

Crusader JV Hockey

Shuts Down Thunderbirds

February 15 - Wayne, NJ - BC won its second consecutive game with a victory over Mahwah High School on President's Day 3-0.

Five Grapplers Make Hay at Mobbin Classic

February 15 - Metuchen, NJ - Joe Cangro was BC's lone champion in this pre-season club event. The Harvard commit pinned his Don Bosco Prep opponent just 29 seconds into the first meeting of the two wrestlers.

Crusaders, Chris Bacchioni (7th, 138), Nate Camiscioli (3rd, 152), Remy Brancato (2nd, 220) and August Hibler (3rd, 132) also had strong showings on Monday.

State Rankings



BC Swim Gets First 2021 Win in Dominating Fashion

By, Harris Kinnear '24

February 16 – Ridgewood, NJ – The BC Swim Team got their first win of the 2021 season with a blowout victory over Paramus Catholic on Tuesday. The final score of the meet was 120-28 in favor of Bergen Catholic. This meet also had a different feeling to it, as it was a virtual meet.



Swimmers were forced to adjust to a new normal swim meet as they competed against Paramus Catholic virtually. The BC Swimmers had to swim against themselves, and needed to wear masks throughout the meet, except while swimming. Despite these roadblocks, spirits were very high amongst the swimmers as they cheered each other on. The virtual meet didn't seem to deter the swimmers either, as Bergen swimmers managed to grab first place finishes in all 11 events. These swimmers included Andrew Mazzacano, Ben Vester, Alex Vester, Doyee Kim, Sam Hughes, Tom Haemmerle, Alex Rose, and Bergen's excellent relay teams.

An example of an amazing event that Bergen had was the 50 Yard Freestyle. Senior Alex Vester finished in 1st place, Enzo Yuen came in 2nd place, and Parker Day grabbed 3rd place. This event yielded Bergen 13 points, and was just one example of one of many excellent events that Bergen had throughout the meet.

Each swimmer had a very good start to their season, and this huge win gives the boys major confidence going forward. Although this unique season isn't what anyone wanted, especially the seniors in their final years, the BC Swim team has shown that they are capable of persevering and making the most of this unusual season.

This win makes the BC Swim team 1-0 on the year. Their next meet is against Ridgewood this Monday, February 22nd, and this will also be a virtual meet. In terms of in person meets, Bergen is set to have three in person meets this year: against Don Bosco, at Seton Hall Prep, and at Saint Peter's Prep.

There are 11 events in a high school swim meet. For each race, the place finish translates into the following point totals:

- Three relay races score: 1st Place (8 points), 2nd (4 pts), 3rd (2 pts).
- Eight individual events score: 1st (6 pts), 2nd (4 pts), 3rd (3pts), 4th (2 pts), 5th (1 pt) and 6th (0 pts).

EVENT # AND DESCRIPTION

PLACE	SWIMMER(S)	TIME	POINTS
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EVENT 1: 200 Medley Relay

1	Matthew Semelsberger, Jaden Lee, Ellias Garcia, Raymond Stelmark	1:51.31	8
2	Brodie Kinnear, Logan Andrade, Harris Kinnear, Enzo Yuen	2:12.28	4

EVENT 2: 200 Freestyle

1	Andrew Mazzacano	1:58.98	6
3	Harris Kinnear	2:11.41	3
4	James Deegan	2:38.91	2

EVENT 3: 200 Individual Medley (IM)

1	Ben Vester	2:16.02	6
2	Jaden Lee	2:16.93	4
4	Brodie Kinnear	2:32.40	2

EVENT 4: 50 Freestyle

1	Alex Vester	26.00	6
2	Enzo Yuen	27.20	4
3	Parker Day	32.14	3

EVENT 5: 100 Butterfly

1	Andrew Mazzacano	0:58.49	6
2	Ellias Garcia	1:00.97	4
3	Harris Kinnear	1:07.69	3

EVENT 6: 100 Freestyle

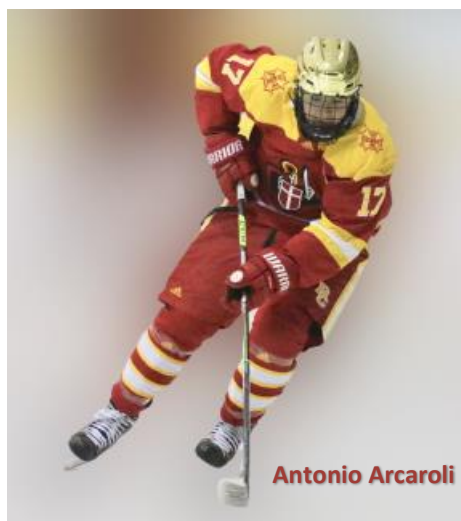
1	Doyee Kim	0:52.03	6
2	Raymond Stelmark	0:55.43	4

5	Parker Day	1:19.98	1
EVENT 7: 500 Freestyle			
1	Sam Hughes	5:16.91	6
2	Ben Vester	5:34.24	4
3	Brodie Kinnear	6:22.88	3
EVENT 8: 200 Freestyle Relay			
1	Alex Rose, Alex Vester, Doyee Kim, Andrew Mazzacano	1:39.72	8
3	Enzo Yuen, Parker Day, Logan Andrade, James Deegan	1:58.63	2
EVENT 9: 100 Backstroke			
1	Tom Haemmerle	1:01.44	6
2	Jaden Lee	1:03.50	4
4	Logan Andrade	1:18.95	2
EVENT 10: 100 Breaststroke			
1	Alex Rose	1:10.97	6
2	Matt Semelsberger	1:18.79	4
3	James Deegan	1:23.97	3
EVENT 11: 400 Freestyle Relay			
1	Doyee Kim, Raymond Stelmark, Sam Hughes, Tom Haemmerle	3:37.70	8
2	Andrew Mazzacano, Jaden Lee, Ben Vester, Ellias Garcia	3:46.74	4

Hockey Blanks Delbarton 3-0

February 16 – Morristown, NJ – BC continued to make its case that the Crusaders are the top team in New Jersey, calming the Green Wave of Delbarton in a Gordon Conference Game on Tuesday.

After a scoreless first period, Antonio Arcaroli

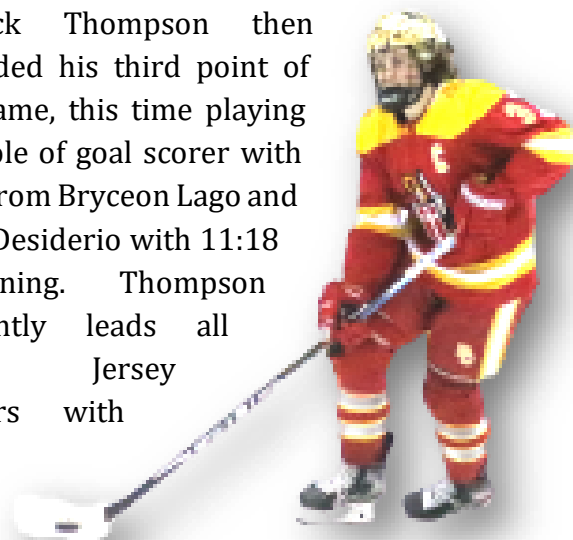


Antonio Arcaroli

continued his assault on the goal. His seventh of the season off a feed from Mick Thompson with 2:42 remaining in the second put BC on the board.

Shane Carr converted a Thompson pass just moments later, providing some insurance and giving BC a 2-0 lead with just 22 seconds remaining in the period.

Mick Thompson then recorded his third point of the game, this time playing the role of goal scorer with help from Bryceon Lago and Matt Desiderio with 11:18 remaining. Thompson currently leads all North Jersey scorers with 26



Shane Carr

points, 8 goals and 18 assists. Mick leads the Crusaders in all three categories as well.



Ryan Henry

From that point, it was a matter for the BC defense with Will Walsh and Brenden Kelly skating in front of Ryan Henry who turned away 18 shots on goal and recorded his second shutout for BC. The sophomore keeper is recording an impressive first campaign, with a .974 Save Percentage and 0.67 Goals Against Average.

JV Basketball Looks to Sweep Series with Green Knights

By: Joshua Jung, Edited by Donald Keating

February 16 – Oradell, NJ – Playing without half



their team to Covid-19 precautions, the Bergen Catholic Crusaders JV lost to the St. Joseph's Regional, 71-61.

Though the Crusaders lost by ten points, the six eligible players played exceptionally well. With help from leading scorers Jack Deleon

with 23 points, Alex Wohlrab (13 pts) and Logan Casey (9 pts and 5 rebounds), the Crusaders were able to piece together a respectable game.

BC was also helped by Dylan Mazzola (7 pts and 5 rebounds), Divangel Guerrero (5 pts) and Tyler Sanders (4 pts, 4 assists, and 6 rebounds).

BC's six played well but could not outscore the Green Knights. SJR got tremendous efforts from a pair of scorers, Shawn Jacobs and Jayden Fortes, who combined 47 points and 18 rebounds.



Divangel Guererro

Despite a slow start in the first quarter, Alex Wohlrab kept the Crusaders in it with three 3-pointers and great energy, keeping the score close at 20-14 with Joe's leading. The Crusaders did everything right starting the second quarter on both ends of the

floor. Starting defensively with many steals and deflections, to playing physically by driving in and drawing fouls, the Crusaders came back by the end of the first half, 36-29 with a 7-point lead.

In the third quarter, the Crusaders got into some foul trouble, their shots wouldn't fall, and they appeared to lose some focus. They ended the quarter behind 52-44.



Logan Casey



Michael Del

Logan Casey fouled out early in the fourth quarter which left the Crusaders down to five players giving their all. Despite a deep SJR bench,

they played their hardest until the end, especially Jack DeLeon who dropped four deep 3-pointers to end the game.

The final score ended 71-61 dropping



Dylan Mazzola

Crusaders record to 1-1. BC will play the Green Knights again on Saturday at St. Joe's home gym.

After the game, I got a chance to talk to Coach McLaughlin and he said that (on Saturday) the

team will not be fully regrouped, but two more players would strengthen the line-up. Tommy Sullivan and Richard Reid, would be joining them for Saturday's game against Joe's again up in Montvale.

A Dominant Second Half Seals the Deal as Hoops Impresses in Win Over SJR

By: Joe Duffy

February 16 – Oradell, NJ –The St. Joseph's Green Knights travelled to Oradell to take on their unbeaten rival, and the #2 ranked team in the state, the Bergen Catholic Crusaders. The Crusaders have been extremely impressive to date, gaining recognition as one of the states most well-rounded groups.

The game would provide an opportunity for DiAri Duncan to start and if BC was to be successful, DD was going to be a contributing factor. After a tough loss to St. Joe's in counties last season, this was a prime revenge spot for the Crusaders.

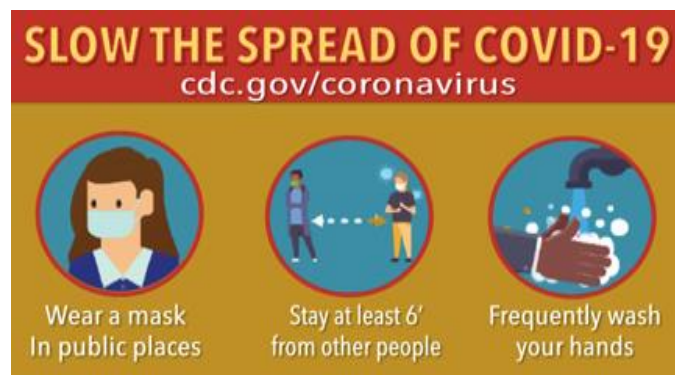


Ari Duncan prepared to rebound as Will Richardson drives for two.

St. Joe's came out of the gate with a lot of energy and made it a point of emphasis early to get after it on the glass and defensively. The Green Knights began with a 6-0 run, forcing Bergen Catholic coach Billy Armstrong to use a quick timeout and settle play down.

Duncan came out of the timeout and took his game to another level. He got the Crusaders on the board and backed his offensive play up with several strong plays on the defensive end, one leaking out Will Richardson for a transition dunk that forced an early timeout from the St. Joe's side.

Both teams struggled to get it going on the offensive end the rest of the quarter, as BC settled for perimeter jumpers early in their possessions, and St. Joe's had a hard time finishing through traffic. Despite a sluggish start for the Crusaders, the score



was within four points, 15-11, after the first and BC was within striking distance.



Welcome to Oradell, Kyle Robinson.

Senior guard, Daniel Lans, of St. Joe's looked excellent up to this point, proving to be Joe's go to guy on offense, hitting big shots when his team needed them. Lans controlled pace and tempo well in the first quarter, but the Bergen Catholic backcourt was bound to have a response.

Two BC guards would get their team right back in it, as Will Richardson and Julian Brown both did an excellent job attacking the basket and finishing through contact. Brown elevated his game on both sides of the ball at the start of the second quarter, playing strong defense and bringing BC within a point.

Play would pick up on the defensive end for the Crusaders as well. They showed good defensive rotations, doing an excellent job of defending on the ball, and forcing Joe's into difficult shots and passes. The Crusaders demonstrated a tremendous ability to remain calm through adversity early, and much like the Ramapo game a week earlier, they seemed to take St. Joe's best shot and were ready to put them away. The Crusader's gained the lead back before the end of the first half, leading by a score of 28-27 at the break.

The Crusaders have been excellent coming out of halftime this year and their effort tonight showed much of the same. Bergen Catholic came out with a ton of energy, playing strong on-ball defense, forcing turnovers and frustrating the Green Knights.

Julian Brown continued to lead on both ends of the floor, in constant communication with his teammates, directing traffic, and picking guys up when needed.

The Bergen Catholic guards locked onto Joe's best player in Lans, seeming to frustrate him to no end early in the third. Lans really had no good looks at the basket in the second half.

The great play on the defensive end led to strong possessions on the offensive end where the Crusaders made virtually no mistakes. Their efficient third quarter offense helped them extend what was a 1 point lead out to 13 in just a couple of minutes. DiAri Duncan dominated the paint all quarter, playing what maybe his best game of the season thus far, especially on the defensive side of the ball as he tallied 6 blocks and 3 steals.

Elijah Flournoy was also instrumental in shutting things down on the defensive side as he added a block, playing strong defense all game long, and he was also a solid contributor on offense as he knocked down a few contested shots himself.

It was a standout third quarter for the Crusader's, but no one stood out more down the stretch than Elliot Cadeau. The freshman guard would go on a 10-2 run all by himself to close out the third quarter, knocking down a couple of threes and knocking the wind right out of St. Joe's.

The fourth quarter would play out much like the end of the third, as the game turned into the Elliot Cadeau show. The freshman took over on the offensive end and put on a clinic, finishing with 30 points and impressing everyone in the building. Cadeau showed



Elliot Cadeau driving for 2 of his 30 pts.

tremendous versatility in his game, beating guys off the dribble, finishing through contact, creating his own shot, knocking down step backs. It was a true showcase performance for the freshman the talent was on full display. The three-headed monster at guard for the Crusaders was highly efficient and effective in the second half, and down the stretch as BC looked to close out the game. It was another big time win for the Crusader's as they got revenge for their loss at counties just a season ago and remain unbeaten.

Bergen Catholic will host Trenton Catholic in their next matchup on Monday, February 22nd, as they look to continue to climb in the polls.

Wheaton and Kang Represent Bergen Catholic at the NJ Ski Race of Champions



Chris Wheaton



Chris Kang

February 17 – Vernon Township, NJ – A cold



wind dropped temperatures from Tuesday into Wednesday much to a skier's delight. This provided for a fast course and great skiing at the 2021 New Jersey Interscholastic Ski Racing Association Race of Champions.

The day consists of four runs: two

giant slalom races in the morning session and two slalom races after lunch. Champions and All-State recognition are determined for GS, Slalom and Overall (a combined time of all four races).



From a spectator's perspective, the skiers first come into view approximately one-third of the way down the mountain, giving you plenty of opportunity to watch. 35 girls took to the slope first, followed by 40 boys who were seeded 1-80 based upon past times. The second heat in each session was re-seeded based upon best times from the previous run.

While normally a team sport, with the top four times being recorded from the six skiers, the ROC is an individual event, much like the Meet of



Champions in Track and Field or the Wrestling Individual States Tournament.

Giant slalom presents as more of a downhill event. Wide gates with broad banners mark each skier's path to the finish line.

The winning times for the Giant Slalom yesterday were 35.19 seconds in one run and combined 1:10.59.

Senior, Christopher Wheaton, known to the racing community as "Wheato" due to the limitations of software and large number of letters in his name, placed 21st overall in the Giant Slalom. Chris's first run was 39.82 seconds, good for 22nd place in the heat. His best run was 39.71, just one place better and helped him to capture 21st overall with a combined time of 1:19.53.



Junior Christopher Kang had just enough letters in his name to not take down the state's software program. He finished with a combined 1:21.08, good for 29th place overall. Kang's first

run of 40.93. was nearly a full second slower than his better run (40.15). He showed great determination and execution, however, and improved his place overall by two spots.



Slalom presents a variety of challenges. First there are far more gates which means far more turns. Rather than going "between" two wide green or red gates, skiers alternate, keeping red poles to their left and green to their right. And then, there's the contact. It is not uncommon to hear groans and ouches as skiers collide with the slalom gates. They wear a one-bar facemask (similar to that of a punter in the NFL) to protect their face from slamming into the gates and shin guards and handguards on their poles to protect



knuckles and hands from colliding with the fiberglass gates as skiers race down the mountain.

In watching the sport, it is clear that there is educational value in team-building, responsibility and also developing mental focus and physical and mental toughness in elements that, although they were dry yesterday, were still held in below-freezing temperatures with a serious wind.





Between heats, the course is reset to a new set of gates. This ensures that each time the skiers race, there are no extreme ruts created by the dozens of skiers that compete. It also helps to develop responsibility and understanding of the sport as each time the course is

changed, the skiers meticulously perform and inspection of the course, to ensure it is safe and begin to prepare them-selves mentally for the challenges the course will provide.

The winning times on the Slalom were 43.90 seconds and a combined 1:28.00 overall.

This is the event Kang shined. His first run of 53.77 (28th place) and second of 53.41 (32nd) were good for a time of 1:47.18 and an overall place of 27th.



Chris Wheaton skied well also, placing just two spots behind Kang at 29th overall with a 1:48.50.

His heats both placed him at 30th with times of 55.12 and 53.38.



According to Christopher Kang, "(The) ROC was different from other events because every run was a different course unlike normal races which made skiers race on the same course twice. The second run on a course is less nerve-racking because I knew what to change for a faster run, but I also had to be careful of ruts from other skiers. Also, ROC was a much longer race with 4 runs instead of 2 runs which was energy draining."

Chris continued, telling us about his favorite memory from this season, "The best part of this year was when we placed 3rd at Mount Peter out of 6 teams even though we only had 3 skiers. We expected to be last because we had a ghost time since we had only 3 racers. I ended up hiking up both my runs there and losing a ton a time, but most of the race either crashed out or disqualified so I placed 11th. Everyone thought we would be last going into the race. It's cool when you defeat the odds and do the unexpected."



JV Hockey Falls to Falcons

February 17 – Woodbridge, NJ – The Crusaders jumped out to a 3-0 lead, but could not stop the Falcons rebounding with four straight goals to overcome BC 4-3.



Jack Driscoll opened the scoring, 7:06 into the game off an assist from Mike Ilardi. Freshman, Declan Quinn, helped BC to extend its lead to 2-0 on an unassisted all-even goal 8:14 into the 1st.

Four minutes and fifty-nine seconds into the second, JT Verdino found Will Micholas who then found the back of the net. From that point forward, it was all Falcons. St. Joseph HS closed the lead with two,

second-period goals and tied the game in the third with a power-play goal. Then, under two minutes, the Falcons found the back of the net one final time to take the game 4-3.

BC is now 6-2-1 on the season and will look to win for the seventh time in ten games later this week.



Mick

Elliot Cadeau: BC-SJR Hoops Player of the Game Interview

By Jack Comeau

February 16 – Oradell, NJ – Here's my interview with my player of the game, Elliot Cadeau.

Jack Comeau: It's your first big rivalry game at Bergen, what were your thoughts coming into this game?

Elliot: I heard it was a big rivalry, I never played against them, but they were going come out hard and that's what they did. it was a slow start for us, but we found a way to finish the game.

Jack Comeau: I saw you diving for loose balls and getting rebounds but I saw you get hurt in the 3rd quarter. How are you feeling now?

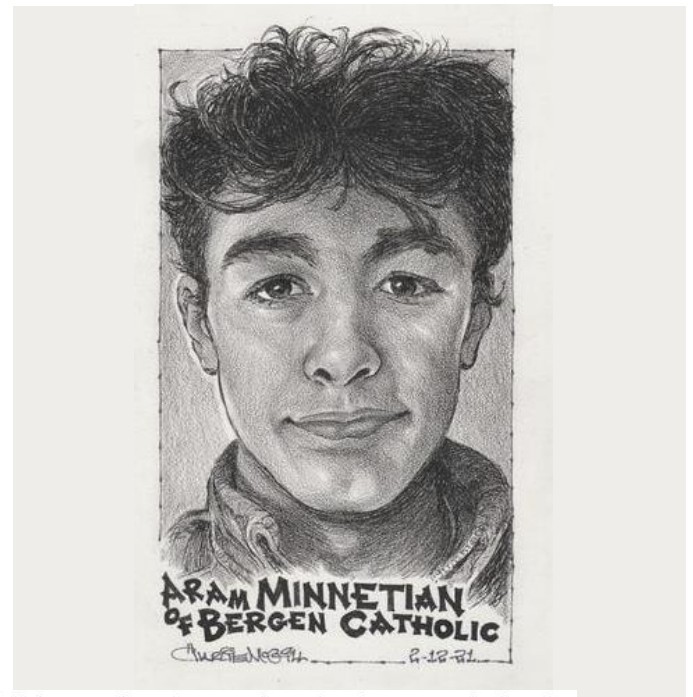
Elliot: I'm feeling good now, I twisted my ankle in the 3rd but got it taped and now I'm feeling good.

Jack Comeau: Well, you definitely balled out today. Congratulations on the win.

Elliot: Thank you.

Aram Minnetian Earns Athlete of the Week Honors

February 14 – Hackensack – Congratulations to sophomore hockey player, Aram Minnetian who was recognized for Athlete of the Week by the Record last week. His two goals and two assists, helping BC to defeat Don Bosco Prep 4-3, followed up by a natural hat trick the following day vs. Ridge were two of this week's accomplishments for this outstanding young man.



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

Crusaders Tie Lions 2-2 in Gordon Conference Game

February 19 – Hardyston Township, NJ – Matt



Desiderio started the Crusader engine against Pope John XXIII of Sparta just 3:06 into the game. With the puck in mid-ice, the Crusaders were subbing and Desiderio saw an opportunity as he

swung around the ice to his left-side. Pope John defenders never stopped the puck, despite outmanning Matt 4 to 1. The goal was unassisted and gave BC a lead for nearly two full quarters.



The Lions tied the score at 1-1 with just :34 remaining in the second period, but BC was ready to respond. Senior, Joe Garcia fired home a shot at the 3:02 mark into the third period to give BC its second lead of the game. Freshman Matt Maglio set up Garcia and with the outstanding play of the defense and Ryan Henry between the pipes, the Crusaders were working for a hard-fought road victory.

Then, with just 1:02 remaining in regulation, the Lions demonstrated some beautiful tic-tac-toe passing and tied the score once again at 2 apiece. There was not enough time for the Crusaders to get the go-ahead goal. Ryan Henry finished with another solid performance turning away 22 of 24 shots as BC's unbeaten-streak continued, but record fell to 7-1-1.



41-36. BC has played St. Joseph's three times thus far and hold a 1-2 record overall on the season.

JV Hoops Drops Second Straight

February 20 –

Montvale, NJ – The JV Basketball team fell for the second time in a row to St. Joseph's Regional by a score of

Frosh Hoops Stage Second Quarter

Comeback to Defeat SHP

February 20 – Oradell, NJ – Following a long wait between games, the freshman basketball

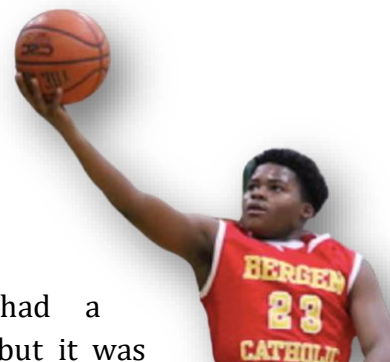
team showed great resolve in chipping away at a Seton Hall Prep halftime lead. The Crusaders defeated the Pirates 55-53 and improved to 3-1 on this Covid-shortened season.

Down 15-10 with seconds ticking down in the first, Nicolo Romano rebounded and put the ball back up and into the hoop to beat the buzzer. The Crusaders were down 15-12, but the shot was clearly a great confidence builder.

Evan Brown had a monster second quarter. His 11 points put the Crusaders on his back as they blew by the Pirates generating a 30-26 lead.

Brown would go on to finish with a team-high 18 points.

Tristan Oliver had a different approach, but it was



Evan Brown

just as instrumental in propelling BC. He consistently scored quarter-by-quarter, the biggest being the third. Oliver's 7 points in the period (17 overall) kept BC ahead 39-38 as the Pirates were working to close.

Tyler Ferris played role of hero in the fourth, scoring 6 of his 11 points in the final stanza. Mark Blair's five points and a pair from Xavier Valerio ensured provided just enough to hold off their Essex County rival in one of the finest freshman basketball games you'll see anywhere.

BC Hockey Pounds

St. Peter's Prep 5-1

February 20 – Secaucus, NJ – With the sound of whizzing traffic of Route 3, BC stirred up some magic with a variety of talented guys making noise of their own.

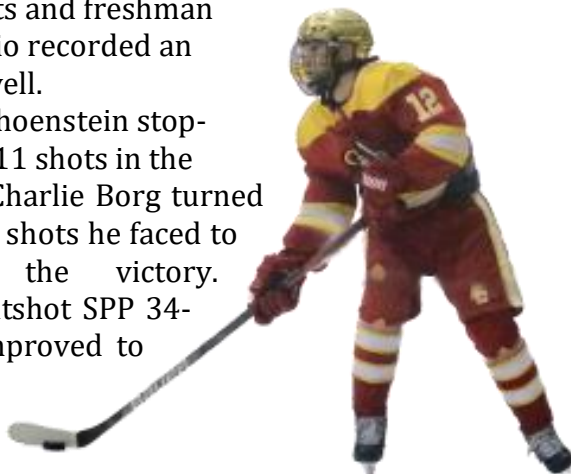
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Steve Saxton was the game's leading scorer, putting two shots past the Marauder goalie. Freshman, John Mustard added a goal and two assists to help the

Crusaders to jump on top. Freshman Kyle Brooks and senior recorded a goal for BC and the Kelly connection, brothers Brenden and Conno r connected for a goal. Brendan Kelly, who also had an assist, also scored for BC.

Senior Will Walsh set up a pair of teammates with assists and freshman Matt Maglio recorded an assist as well.

Gavin Shoenstein stopped 10 of 11 shots in the goal and Charlie Borg turned away all 5 shots he faced to preserve the victory. Bergen outshot SPP 34-15 and improved to 8-1-1.



Steve Saxton

Bowlers Place 7th in Bergen County Group 3-4 Tourney

February 20 – Hackensack, NJ – The Crusader

Bowling Team had a solid effort, placing 7th overall in the Group 3-4 Bergen County Coaches Association Bowling Tournament at Bowler City on Saturday. The high 4 game series was rolled by Paul Brignola with a 725. Paul also rolled the high game of 240 and a nice 198. Other notables were by Ethan Gayam with a 203 and John DelJuidice with a 201.



Paul Brignola



Ethan Gayam



John DelJuidice

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

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

Blessed Edmund Rice Prayer

O God we thank you for the life of
Blessed Edmund Rice.
He opened his heart to Christ present in those
oppressed by poverty and injustice.
May we follow his example of
faith and generosity.
Grant us the courage and compassion of
Blessed Edmund as we seek to live lives
of love and service. 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

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DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

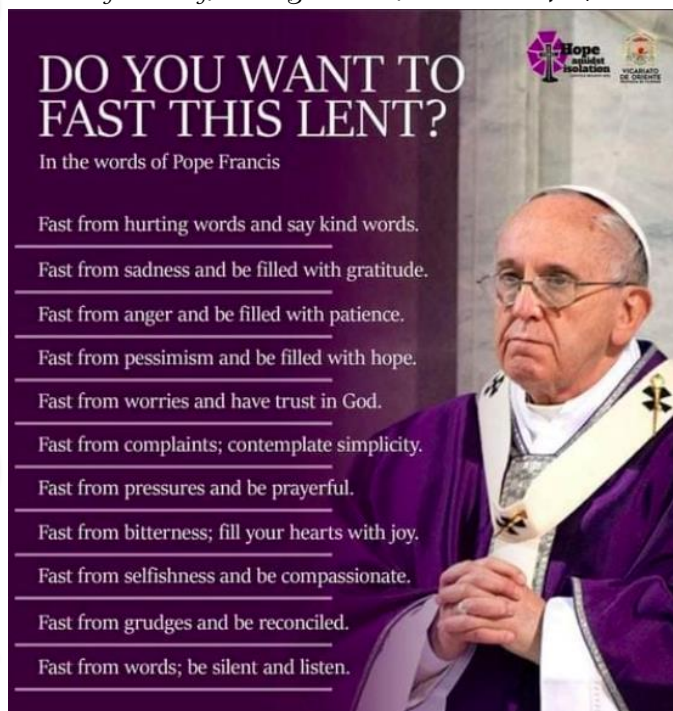
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



Bird of the Week: Western Tanager

February 20 – Monroe Township, NJ – As you might imagine, it's not every day you find this bird the eastern United States, let alone New Jersey. That said, we had a "Big Year" moment as dozens of people stood across the street, binoculars and telephoto lenses in hand, from a family's home, now lovingly referred to as Western Tanager Stakeout. Passerby's from the neighborhood curiously asked, "what is everyone looking at?" To which we replied, "a rare bird." Of course, we were a little more helpful than that. If you'd like to learn more about Western Tanagers, check this out...

Have a bird you'd like help identifying? Send in a picture and we will talk about it this week at the Birding Crusader Club during Activity Period. Send it to jhaemmerle@bergencatholic.org

Interested in weekend birding? Car caravan trips to Jersey hotspots occur just about every weekend. No experience necessary.

