

# TWIBCS SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### 2022-23 BASKETBALL

#### RETURNING ON THE COURT

The program seems to be in a super place as all three levels (Varsity, Frosh and JV) won County Titles in 2021-2022. After winning the State Championship, BC defeated Woodrow Wilson (Camden) in the TOC before falling in the semifinals to eventual TOC Champion, Roselle Catholic. BC brings their two big men back, and expects to have the tallest squad in school history so there is a lot to be excited about this season.

**HEAD COACH:** Billy Armstrong (11 years)

Record at BC 211-76 (.735)

2021-22 RANKING #5 NJ, Bergen County

Champion, NPA State Champion, TOC Semifinalist

#### KEY LOSSES AND GRADUATES

The Crusaders graduate two of the most prolific scorers in school history. Guards Will Richardson (BC's all-time scoring leader) and Julian Brown each broke the 1,000 Career Point mark. Richardson was named Second team All-State and Second Team All Non-Public. Brown was named Third Team All-Non-Public during his senior year.

While Will and Julian were the names on the squad, all of those senior leadership minutes, points, rebounds, loose balls and defense was provided by some clutch graduates: Elijah Flournoy, Elias Espinosa and Joe Scrivanich.

**TWIN TOWERS:** Terry Copleton – The 6'9" Copleton averaged 12.6 points per game for the Crusaders. He gobbled up 33 rebounds in BC's final four games to lead them to through the north section and to the state championship.

Brandon Benjamin – The 6'8" forward averaged 10 points per game and grabbed 38 rebounds in BC's last four games.

David Munro is a 6'7"

sophomore forward who contributed quite a bit during his freshman year.

Austin Spencer is a 6'3" sophomore guard who is a smart player with great athletic ability.

Sophomore Naiim Parrish was the freshman team's point-guard last year. If the name is familiar, it might be because of his success on the football team, leading this year's Crusaders with 5 interceptions at his CB position as they became State Champions. Declan Wucherpennig is a sophomore 6'6" forward with terrific touch and exceptional decision-making.

Welcome AJ Williams and Chidi Nwigwe. Both are 6'7" freshman guards who help to bolster a towering line-up. Joining him is 6'6" classmate guard Julius



Avent. Those three could create nightmares for opponents for years to come.

### OPENING DAY

Dec 17 – Kreul Classic (FL)

### KEY DATES

Jan 12, Feb 7 – Don Bosco Prep

Jan 27 – Roselle Catholic (last year's TOC Champ)

Feb 11, 17 – Jamboree Semis and Final

### PROJECTIONS

Buckle up buttercup. The Crusaders are taking the show on the road and will be playing the best of the best. Bring on Blair Academy, DeMatha, Archbishop Molloy, Roselle Catholic and of course the BNC. Every game will be an up-tempo, Armstrong-style game of high-pressure defense and fast break basketball!

## 2022-23 BOWLING

The Crusaders graduate a bunch, but Coach Larry brings in a large group of young bowlers who hope to shape a formidable nucleus for years to come.

**HEAD COACH:** Larry Fierro (19 years)

3x County Champions

10x League Champions

### KEY LOSSES AND GRADUATES

John DelJuidice, Paul Brignola, Ethan Gayam and James Salazar.

### RETURNING TO THE LANES



The Crusaders will lean heavily on their returning First Team All-County Bowler, Justin Martin '23 and hope he can hold down the fort as the team gets its legs underneath itself as they enter league play. Senior Liam Chin '23 will be a key contributor and leader as well.

### OPENING DAY

Dec 9 – Tom Irwin Invitational

### KEY DATES

Jan 19 - Bridgewater-Raritan (#10 NJ)

Jan 21-22 - Counties (Tenafly #8 in NJ)

Jan 27 - Westfield (#4 NJ)

Jan 31 - BNC

Feb 10 - States Begin

### PROJECTIONS

Expect to see the Crusaders competing for the BNC conference. They typically find a way to challenge the likes of DePaul Catholic, St. Joseph and Don Bosco for the title.

## 2022-23 ICE HOCKEY

### Primary Contributors: Zade Crego and JT Verdino

The Crusaders have graduated or lost due to Club or Semi-professional play, many of its primary scorers from 2021-22. That said, Coach Keough is excited about returning experience in the goal and bringing in some strong young players and transfers to help BC remain among New Jersey's top programs.

**HEAD COACH:** Tom Keough (5 years)

Record at BC 47-28-8 (.614)

1 County & Gordon Cup Championship

2021-22 RANKING #4 NJ

PRE-SEASON RANKING #5 NJ

### KEY LOSSES AND GRADUATES

Bryceon Lago (Brown University), Matt Hughes, Antonio Arcaroli, John Mustard, Matt Desiderio

### RETURNING PLAYERS

Ryan Henry, Gavin Shoernstein and Nick Frassetto

### RETURNING PLAYERS

Tommy Keough, Jr., George Weiner, Jay Parmar, Zade Crego, William Kotary, Erich Brueckmann, Eddie Brown, Erez Yacobi, Harrison Udis, Luke

Isaacs, Michael Spinelli, Quinn Scribner, Will  
Schlechtweg, Willem Kotary, Ryan Henry

### OPENING DAY

Dec 8 vs Princeton Day (#11 NJ)

### KEY DATES

Virtually every game is a big one with this  
schedule, especially all Gordon Conference Teams.

That said, here are some dates to remember:

Dec 23, 28 – Don Bosco Prep

Jan 9 – BCCA Tournament Begins

Feb 7 – BCCA Finals

Feb 10 – Gordon Cup Begins

Mid Feb – State Tournament Begins

## 2022-23 INDOOR TRACK

The Crusaders enter the 2022-23 Season with high hopes,  
retuning its top point scorer, Doyee Kim and bringing a  
couple of new swimmers onto an otherwise talented squad.

**HEAD COACH:** Michael Begen (3 years)

### RETURNING ATHLETES



Joe Griffith, James Hughes, Tommy  
Rogers, Jason Lessieu, Allan Hilton  
Clarke, Logan Casey, Andrew Boakye,  
Nick Shortridge, Ethan Cohal, Gabe  
Biedleman, Tristan Oliver, Ryan Phelan,  
Peter Rogers, Justin King, Sean Coll,  
Jorge Pogue, Jacob Rodman and Oliver  
Lopez.

### OPENING DAY

Dec 16 – Coach Saint Invitational

### Key Dates

Jan 11 – BNC Championships

Jan 23 – County Relays

Jan 29 – NJCTC Championships

Feb 15 – Bergen MOC

Feb 17 – State Championships

Mar 5 – State MOC

### PROJECTIONS

Coach Begen returns another very talented  
squad. Expect them to challenge Don Bosco Prep for  
the Big North Conference title.

## 2022-23 SKIING

With the season not beginning until after the new year  
(AND after the snow starts to fall) we are postponing our  
preview until more information  
becomes available.



**HEAD COACH:** Joe DiFilippo (3  
years)

### RETURNING SKIERS

Nicholas Napolitano, Carter Pontone, Aiden Hickey  
and William Dodds. Add in Nick Wheaton, Bourque  
Reid and Nate Park and the Crusaders have  
something going for the Giant Slalom and Slalom  
Seasons.

## 2022-23 SWIMMING

The Crusaders enter the 2022-23 Season with high hopes,  
retuning its top point scorer, Doyee Kim and bringing a  
couple of new swimmers onto an otherwise talented squad.

**HEAD COACH:** Lia Kunnapas (7 years)

Record at BC 54-18 (.750)

2021-22 RANKING #8 NJ

PRE-SEASON RANKING #11 NJ

### KEY LOSSES AND GRADUATES

Andrew Mazzacano and Alexander Rose, both of  
whom have gone off to swim at Colgate. Jaden Lee  
is another top swimmer unable to compete for the  
Crusaders this season.

## RETURNING SWIMMERS

Doyee Kim '24. Doyee went undefeated in the 100 Breast, 200 Free and 500 Free last year. He will be a major component of the team this year. In addition to DK, the Crusaders return a strong group of seniors led by Gavin Perez who is committed to Colgate University along with Matthew Semelsberger, Benjamin Vester and Enzo Yuen. In the Junior class, Raymond Stelmark, Parker Day and Harris Kinnear all contributed points in 2021-22. Sophomore transfer Eric Yoo brings a lot to the table. Expect him, Rhyse Ruffy and Jeremiah Tomioka to be the sophomores to watch this year.



## OPENING DAY

Thursday, December 15, 2022 @ PCTI (#15 NJ)

## KEY DATES

Jan 19 - Bridgewater-Raritan (#10 NJ)  
 Jan 21-22 - Counties (Tenafly #8 in NJ)  
 Jan 27 - Westfield (#4 NJ)  
 Jan 31 - BNC  
 Feb 10 - States Begin

## PROJECTIONS

There is likely no serious contender in the BNC United for the Crusaders. They should cruise to their 10th title in 11 years.

In the county, Tenafly and Northern Valley Old Tappan are traditionally strong. BC will have to be fully healthy in order to capture the school's 7th county title and first since 2017.

In the States, Non-Public "A" is a loaded group as you might expect. BC will have competition from CBA (#2 NJ), St. Augustine Prep (#3), defending champion Seton Hall Prep (#5), St. Peter's Prep (#8) and Delbarton and St. Joseph Metuchen, both of which are all traditional powers.

## NLI SIGNING DATE REMINDER

**December 4 - Oradell, NJ** - BC will be celebrating college commitments on **Monday, December 19, 2022**. The official signing date is Wednesday, but Bergen is not in class so we will celebrate on Monday morning. All those signing are asked to inform Mr. Haemmerle on or before Wednesday, December 14<sup>th</sup>.

[jhaemmerle@bergencatholic.org](mailto:jhaemmerle@bergencatholic.org)

## 2022-23 WRESTLING

Crusader Wrestling is looking forward to another sensational year. With some outstanding tournaments and dual meets against the nation's best, Coach Bell has created another opportunity for his team to achieve something special.

### HEAD COACH: Dave Bell (24 years)

1 National Championship  
 11 State Championships  
 11 Sectional Championships  
 14 County Championships  
 22 District Championships  
 20 League Championships  
 2021-22 RANKING #1 NJ  
 PRE-SEASON RANKING #2 NJ, #14 USA

### KEY LOSSES AND GRADUATES

Remy Brancato (Lehigh), Dominick Brogna (Delaware), Joe Cangro (Harvard), Nick Fea (North Carolina).



## RETURNING WRESTLERS

Chris Bacchioni '23, (29-10 record overall). Chris won the District title last year and placed second in the region for a second straight year. He placed 5<sup>th</sup> in the state in 2021 and looks for a big senior year.

Ryan Ford '24, (25-5 overall record). This middle weight won district and regional titles last year. He also placed 7<sup>th</sup> in the state after taking third the year before. He prepares meticulously for his opponents and is a terrific, technically sound wrestler to watch. AJ Fricchione '23 was 17-4 last year and won a district championship. He placed 2<sup>nd</sup> Region, 3<sup>rd</sup> in the state last year.

August Hibbler '23 played a major role in BC defeating SJR last season. He had a solid 7-3 record and went onto win a district championship.

Noah Kochman '24, (13-8 overall) Last year, Noah took home a district title and placed 5<sup>th</sup> in the Region.

Brian Melamud '24. Melamud made a splash on the Crusader scene, earning a 20-3 record in the light weights. He won a district and regional championship and finished 5<sup>th</sup> in the State. Melamud was especially clutch for BC going 3-0 against SJR Delbarton and CBA in the Team States.

Justin Onello '23 – Upperweight has a career record

of 48-

15. He

has won

both District

tournaments he competed in

and has won a Regional title and medaled three years. His best run

in the state was 4<sup>th</sup> place in his sophomore year. BC is lucky to

have this very solid leader who

will be going to Lehigh next year.

Benji Shue '25 will be play an important role with the graduation of Dominic Brogna at the Heavyweight Slot. As a freshman, Shue had to wait behind the senior, but expect to rock and roll, especially in the opener in East Stroudsburg.

Leo Varga '24 will be a contributor once again. He earned a winning record, taking six of his 11 bouts. Aiden Wallace '23. (34-12 overall) The two-time district champ and region champ has placed seventh three times in the states. Aiden is hungry and you can see in his eyes in the hallway that he is motivated to have a big year in his senior season at Bergen.

## OPENING DAY

Dec 16 – X-Callibur (Wilkes Barre, PA)

Dec 21 – Hackensack (H)

## KEY DATES

Jan 25 – St. Joseph Regional

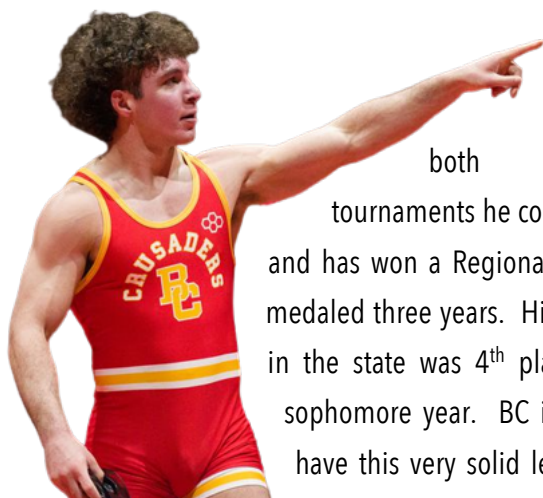
Jan 27 – Wyoming Seminary

Jan 28 – Blair Academy

Feb 7-12 Team States

## PROJECTIONS

No question, this will be tough. Heck, it took until Criteria "J" to crown a sectional champion last year when BC defeated Delbarton in Morristown. That said, expect the title to run through the north. St. Joseph Regional and PC are making strides and plan to compete in the BNC for a league title. The Crusaders are talented enough to go the distance, but Delbarton is pre-season #1. Will they fight for every point in every bout? That is the question that needs to be answered in order for the Crusaders to repeat as champion.



# TWIBCS SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### FIVE CRUSADERS NAMED FIRST TEAM ALL-STATE FOOTBALL

**December 9 - Hackensack, NJ** - Five members of the Crusader Football Team were named to the USAToday Network NJ First-Team All-State in New Jersey. On offense, sophomore receiver Quincy Porter and senior running back Saeed St.Fleur were named. On the defensive side of the ball it was all seniors: linebacker Malachi Mercer and defensive linemen Sydir Mitchell and DJ Samuels.



**QUINCY PORTER:** First-team. All-State. Sophomore. That is rarefied air for those who are not all that familiar with NJ HS Football. It's hard to under-estimate the impact this sophomore had in helping BC to its first back-to-back state championship seasons since 1998-1999. He set BC Sophomore records with 35 receptions, six-hundred eighty-six yards and eleven touchdowns this season, all-of which place him in Top-10 single-season performances. Quincy showed he was a big play threat as well, averaging 19.6 yards per reception, quite likely a sophomore record as well.

**SAEED ST.FLEUR:** Saeed's 1,436 yards rushing this season ranks as one of the greatest efforts all-time in BC history. His season ranks just behind Eric Lane, Tom Kearney and Wolfver

Jean-Pierre in single-season efforts and his 231 is second behind only Kearney. Saeed was the ground-and-pound man for the Crusaders and his three TD performance in the state final will not soon be forgotten.

**MALACHI MERCER:** The Crusaders' top tackler for the past two seasons brought down 118 ball-carriers this season. In two years, make it 221 in total. Add to that his ability to defend the pass and you'd have to say MM is one of the greatest Mike linebackers in school history. Mercer intercepted 4 passes this year and defended 10 over the past two. If that was not enough, Malachi may very well have set a school records in week five of the season when he recorded 21 tackles vs. Don Bosco Prep.

**SYDIR MITCHELL:** The Big Man set the tone for 2022 with his fumble-return for a TD in the opening game vs. Cardinal Gibbons. He absolutely dominated the line of scrimmage and had the opportunity for the spotlight in the state finals when he (Texas-bound) had the opportunity to meet up with the Ironmen's Aggie-bound offensive tackle. I think Bosco can come up with ZERO reasons to suggest they got the better of the big man that evening!

**DJ SAMUELS:** Not too many players can block a kick, let alone three. Let alone three in ONE game! DJ could. Certainly, when DJ wanted to go, he was very difficult for any opponent to deal with. Despite a challenging senior year, DJ goes out a two-time state champion and BC's All-Time Sack Leader with 28 career sacks.



## HOCKEY HITS THE ICE: NEW FACES IMPACT OPENER

**December 8 - Hackensack, NJ** - The Varsity Ice Hockey Team opened its season at home at the Ice House on Thursday afternoon with a number of new faces and some experience in the goal defending the net.



**Ryan Henry turned away 16 shots in goal for the Crusaders.**

Freshman Tommy Keough, Jr. provided some spark for the Crusader offense with a pair of assists while transfer Willem Kotary and Jay Parmar each pitched in a goal. Matt Maglio assisted on Parmar's goal as well for the Crusaders.

The eleventh-ranked Panthers grabbed a 1-0 lead, sneaking an early goal by Ryan Henry, just two minutes into the contest. The Crusaders were not able to answer until Willem Kotary scored in late in the first in what BC could have only hoped would have bolstered their confidence a bit.



Unfortunately, the second period did not go very well for BC and the Crusaders found themselves down 4-1 just seconds into the third period.

Henry was certainly a bright spot in net, turning away 16 shots for 80% SAV % but BC's offense was not able to generate enough of their own to overcome the deficit.

Team	1	2	3	FIN
Princeton Day (1-0)	1	2	1	<b>4</b>
Bergen Catholic (0-1)	1	0	1	<b>2</b>

## JV HOCKEY OPENS 2022-23

### Kane Scores in Opener

**December 10 - Hackensack, NJ** - BC may have lost their opening game, but Jonathan Pelzar connected with Braydon Kane to ensure they didn't go home without a goal. The visiting St. John Vianney jumped to a lead, scoring uneven goals (one short-handed and one power play) in each of the first two periods. That's when Kane scored to cut the lead in half, but BC was unable to prevent an insurance goal to score early in the third period. SJV 3 - BC 1.

### Rutigliano Saves the Day for BC

**December 10 - Hackensack, NJ** - The JV played a tightly contested game against CBA on Saturday at the Ice House. Despite dropping a 4-1 decision, Jack Pelzer's goal off an assist from Cam Jaffee gives a lot of cause for optimism. The Crusaders were able to generate 18 shots on goals and got some solid defensive play from William Borg and Jake Carcich. Paul Rutigliano turned away 34 shots for BC.

## OVER 150 BOWL IN TOM IRWIN CLASSIC

**December 9 - Hackensack, NJ** - Traditionally the Crusaders have hosted an opening Bowling Tournament of each season. It was a tradition started by founding coach and BC Hall of Famer, Tom Irwin. On Friday, over 150 bowlers



celebrated his legacy, giving their all at Bowler City just off the Hackensack River.

The Crusaders finished 10<sup>th</sup> overall, led by senior Justin Martin. This year's champions were from Morris County, Montville HS, with a total of 3,149 pins. Seton Hall Prep (3,107 pins) finished second with top-placing Bergen County school, Bergen Tech (2,831) about 200 pins off the mark.



**Friends 'til the end.** Senior Justin Martin poses with two of his buddies from his hometown of Montville.

Friday's Individual Champion was defending KC Campbell from Seton Hall Prep. KC bowled a 721 series. In second place, Daniel Jeetan (716) from Wallington and in third place, Tyler Polacek (702) from Montville. Luca Rispoli from Seton Hall Prep bowled the high game with a 277.

PL	SCHOOL	PINS	PL	SCHOOL	PINS
1	Montville	3,149	17	Morris Knolls	2,392
2	Seton Hall Prep	3,107	18	Clifton (co-ed)	2,383
3	Bergen Tech	2,831	19	Bridgewater Raritan	2,374
4	Morris Tech (co-ed)	2,805	20	Dumont (co-ed)	2,320
5	Wallington (co-ed)	2,792	21	Mahwah	2,243
6	Passaic Tech	2,753	22	Westwood	2,035
7	Kearny	2,630	23	Becton (co-ed)	2,014
8	Pascack Valley	2,620	24	Ridgefield Park	2,004
9	Nutley	2,596	25	Leonia (co-ed)	1,994
10	Bergen Catholic A	2,586	26	West Milford	1,910

11	Morris Hills (co-ed)	2,570	27	Morris Knolls (co-ed)	1,787
12	Fort Lee	2,535	28	Bergen Catholic B	1,761
13	Hackensack	2,528	29	Paramus Catholic	1,582
14	Bayonne	2,436	30	Br.-Rar. (co-ed)	1,517
15	Ramapo	2,414	31	St. Joseph Regional	1,327
16	Demarest	2,394			



## THE HOUSE CUP

**December 11 - Oradell, NJ** - Keane remains up front, but Beyer House is making a move, passing Murph by a point. Walsh House jumped over the 500 point mark and Jensen is on the verge of breaking 300 with 299. Brother Roepke (rep-KEY) House is still trailing, but they made up some ground this week and there is still a long way to go!

## BIRDING CRUSADERS JUNE TRIP TO WASHINGTON STATE

**November 30 - Oradell, NJ** -The Birding Crusaders Club is proud to announce its second annual National Parks trip. The group will travel June 12-16, 2023. For more information, please see the flyer found on the last page of this TWIBCS. Registration is open at the link, listed below or you can scan the QR code.



Feel free to ask Mr. Haemmerle, Mr. Tedeschi, Mrs. Love or Mr. Muggeo for more information.



**Pacific Northwest Adventure**

<https://trips.grandclassroom.com/Register/RegistrationForm/BergenCatholicPNW2023?registrationTypeId=1>



## BIRD OF THE WEEK

### AMERICAN WOODCOCK

**November 28 - Teaneck, NJ** - As I enjoyed our Monday



Check out the QR code to see the Woodcock Dance Dance!

off, courtesy of Coach Campanile and his football team, I visited Andreas Park on River Road in Teaneck hoping to encounter a Brown Creeper or Brown Thrasher. While neither bird was in the cards for me, I got lucky! Bobbing around in the woods was an American Woodcock. The bird is also known by other interesting names like Timberdoodle, Labrador twister, night partridge and the bog sucker! I would include its name in Spanish, but frankly, it's a little too racy to put in print.



Woodcocks are peculiar little football-shaped birds with extraordinarily long bills. They are members of the *Scolopacidae* family, related to sandpipers and snipes. Wilson's snipe has a similar shape, but the woodcock's neck is not visible and the head seems attached directly to its body.

The woodcock is more of a woodland bird that uses its long bill to search our invertebrates in wooded areas. It has a peculiar, nasally "peent" call.

The photo is the bird I encountered last week. You can see their beautiful markings and buff-colored belly. They have extremely large eyes which allows them to watch for danger above and behind them as they are in search of food.

The Third Sunday of

Gospel: Matthew 11:2-11

Advent

When John the Baptist heard in prison of the works of the Christ, he sent his disciples to Jesus with this question, "Are you the one who is to come, or should we look for another? Jesus said to them in reply, "Go and tell John what you hear and see: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have the good news proclaimed to them. And blessed is the one who takes no offense at me."

As they were going off, Jesus began to speak to the crowds about John, "What did you go out to the desert to see? A reed swayed by the wind? Then what did you go out to see? Someone dressed in fine clothing? Those who wear fine clothing are in royal palaces. Then why did you go out? To see a prophet? Yes, I tell you, and more than a prophet. This is the one about whom it is written: *Behold, I am sending my messenger ahead of you; he will prepare your way before you.* Amen, I say to you, among those born of women there has been none greater than John the Baptist; yet the least in the kingdom of heaven is greater than he."

#### Reflection

"Nobody expects the Spanish Inquisition!" Or so claims the punch line of a marvelously silly Monty Python sketch. And just like the spoofed Inquisition, this week's Gospel is all about expectations. Who did people expect Jesus to be? The Messiah was supposed to be an earthly one-man army. But Jesus is nothing like that. No wonder John and his followers are confused. I love how Jesus turns the question on its head by asking what the crowds expected of John - a swaying reed? Fine cloths? Remember reading all about John last week? The man sports camel-hair and eats locusts. (Maybe they're palatable with the right amount of honey?) John's not what anyone was expecting either. God surprises us again and again. Isn't that what makes life so delightful?

#### Action

What are your expectations for the holiday season? Are there places you can compromise in the name of mental health and peace? Perhaps your gift list can be pared down. Maybe you don't need to make all those cookies. This week, think of ways you can expect less of yourself over the holidays. Give that time instead to appreciating all that is joyous and ever-new - the beauty of Christ's coming to share intimately in our humanity.

(Source: <https://tinyurl.com/y5jmif8k>)

## 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

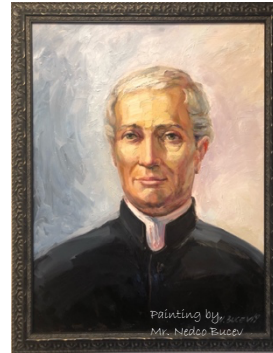
God grant me the serenity  
 to accept the things I cannot change,  
 Courage to change the things I can, and  
 Wisdom to know the difference.  
 Amen

## 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 Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## 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,  
 the communion of saints,  
 the forgiveness of sins,  
 the resurrection of the body,  
 and life everlasting.  
 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.



## How to Pray the Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a *Glory Be*. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)
8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:  
V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

*Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

<https://www.usccb.org/how-to-pray-the-rosary>

The Joyful, Sorrowful and Glorious Mysteries can be found on this page.



### THE PRAYERS OF THE ROSARY

## LITURGICAL CALENDAR 2022

### ORDINARY TIME

**ADVENT (11/27 – 12/24)**

**CHRISTMAS (12/25-1/5/23)**

## LITURGICAL CALENDAR 2023

**ORDINARY TIME (1/6-2/21)**

**ASH WEDNESDAY (2/22/23)**

**EASTER (4/9/23)**

**PENTECOST (5/28/23)**

**ORDINARY TIME (6/4-12/2)**