

TWIBCS SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

FROSH CAGE PANTHERS

January 7 - Flemington, NJ - BC took on Bridgewater-Raritan on Saturday morning. The results of the game were not available at the time of publication of our newsletter this week. Check for more information on-line.



SENIORS HAVE THEIR DAY AGAINST CLIFTON

January 9 - Ridgewood, NJ - The Crusaders overwhelmed Paramus Catholic on Thursday at the Ridgewood Y in a Big North Conference Swim Meet. The 119-40 victory gives BC a 3-0 on the season.



Clifton (2-4) 41
Bergen Catholic (5-0) 125

200 MR (yards)		
PI	Swimmers	Time
1	Matthew Semelsberger, Benjamin Vester, Gavin Perez, Ryan Kwon	01:51.8
2	Eric Kwon, Jeremiah Tomioka, Rhyse Ruffy, Raymond Stelmark	01:52.5
4	Harris Kinneer, Harrison Kazimir, Jack Cummings, Christopher Kaufman	02:11.4
200 Free (yards)		
1	Doyee Kim	02:04.5
2	Harris Kinneer	02:12.5
5	Joseph Trione	02:42.7
200 IM (yards)		
1	Raymond Stelmark	02:08.8
3	Ryan Kwon	02:41.4
4	Jack Cummings	02:49.0

50 Free (yards)

1	Jeremiah Tomioka	24.87
2	Benjamin Vester	26.74
3	Enzo Yuen	26.87



100 Fly (yards)

1	Eric Kwon	00:58.3
2	Benjamin Vester	00:59.2
4	Harris Kinneer	01:04.8

100 Free (yards)

1	Jeremiah Tomioka	00:56.2
2	Matthew Semelsberger	01:00.8
4	Christopher Kaufman	01:14.0

500 Free (yards)

1	Doyee Kim	05:49.2
2	Rhyse Ruffy	06:02.1

200 FR (yards)

1	Benjamin Vester, Enzo Yuen, Matthew Semelsberger, Gavin Perez	01:49.3
2	Jack Cummings, Harris Kinneer, Parker Day, Joseph Trione	01:52.1
5	Harrison Kazimir, Jonas Haro, Macklin Hernandez, Alexander Herrera	02:21.2

100 Back (yards)

1	Ryan Kwon	01:08.6
3	Parker Day	01:25.4
4	Jonas Haro	01:27.4

100 Breast (yards)		
1	Gavin Perez	01:13.6
3	Enzo Yuen	01:17.5
4	Harrison Kazimir	01:19.3
400 FR (yards)		
1	Rhyse Ruffy, Eric Kwon, Doyee Kim, Gavin Perez	04:04.9
3	Parker Day, Joseph Trione, Jack Cummings, Enzo Yuen	04:36.2
4	Macklin Hernandez, Jonas Haro, Harrison Kazimir, Alexander Herrera	05:44.3

CHIN STRIKES

COMETS TAKE MATCH

January 9 - Hackensack, NJ - BC suffered its first defeat of the season, dropping two of three games and total pins to Hackensack HS. Liam Chin bowled a team high game and series with a 241 and 642 respectively. Justin Martin was extremely consistent, rolling 200, 211, 200; good enough for a 611 series.

NAME	G1	G2	G3	SERIES
STEPHEN PAUL	135	129	X	264
ANDY LEE	169	145	123	435
LIAM CHIN	241	201	196	642
JUSTIN MARTIN	200	211	200	611
NICK ROSSIG	X	X	189	189
BC (6-1)	743	690	708	2,141
HACKENSACK	705	853	785	2,343

JV BOWLING NUKES COMETS

January 9 - Hackensack, NJ - BC improved to 7-0 by defeating Hackensack's Comets 5-0. Anthony Liggio bowled a high game of 168 and high series of 395. Nick Rossig also bowled a 164 in the effort.

NAME	G1	G2	G3	SERIES
DAN MAKINO	113	X	89	202
NICK ROSSIG	122	164	X	286
SHANT CAKIREAS	126	86	X	212

ANTHONY LIGGIO	128	168	99	395
ANTONIO SCARPANI	X	81	X	81
WILLIAM SMITH	129	105	80	234
NICK LIGGIO	X	X	54	54
COLIN DALY	X	X	109	109
BC	505	523	-	-
HACKENSACK	480	473	-	-

OH AIDEN!

January 10 - Franklin Lakes, NJ- It came down to the ultimate tie breaker between state's #4 ranked Aiden Wallace and #3 ranked Zach Ballante to determine BC's first Big North Conference Match. It was Wallace who prevailed in the Ultimate Tie-Breaker of the match (4th OT) to decide it as the Crusaders defeated Paramus Catholic 26-24 on Tuesday Night.

It was a tough night as a number of wrestlers had not yet physically recovered from the trip to California and a number missed weight. Eric Broadie and Riley Halal each won by injury default, providing 12 of BC's 26 points.

Freshman Thomas Pfleging-Howes was subbing into the 106-pound weight class and was able to summon strength to yield only 4 points. It was one of those hallmark moments when you have the opportunity to look into the heart of a person. His effort and determination in many ways contributed to the outcome of the match.

BC trailed 19-10 after 7 bouts and 23-13 after 9. With just five bouts remaining, BC needed to bonus points and or to sweep all five.

At 132 pounds, Noah Kochman worked feverishly to earn a bonus point, but finishing with an 11-4 decision over his Paladin opponent. Halal then received his victory by injury default pulling BC to within 23-22. Then, at 144 pounds, PC's Kyle Reiter defeated Joey Canova in Sudden Victory Overtime 3-1, making the lead 26-22.

Chris Bacchioni was the next BC grappler who needed to perform under duress. He won 1-0, making the team score 26-25 PC with one bout to go... Wallace.



If you've never seen a wrestling match in person, there are a couple worthwhile to see, SJR for starters. There is finality in each of the 14 bouts and excitement right down to the wire.

BC has now defeated Paramus Catholic 20 consecutive times dating back to 1986. The Crusaders current match win-streak is 14 dating back their 22-38 loss to Blair Academy, last year January 14, 2022.

WT	Wrestler	Result	BC	PC
165	Eric Broadie	W-Injury Default	6	0
175	Justin Onello	L-D 1-5	6	3
190	Pantaleo Varga	L-D 3-5	6	6
215	AJ Fricchione	W-Maj Dec 12-1	10	6
285	Benjamin Shue	L-D 1-3	10	9
106	Thomas Pflieger-Howes	L-Maj Dec 12-0	10	13
113	FORFEIT		10	19
120	Nick Pallitto	W-D 3-2	13	19
126	Chad Sadaka	L-Maj Dec 12-2	13	23
132	Noah Kochman	W-D 11-4	16	23
138	Riley Halal	W-Injury Default	22	23
144	Joey Canova	L-SV OT 3-1	22	26
150	Christopher Bacchioni	W-D 1-0	25	26
157	Aidan Wallace	W-UTB 3-1	28	26

TPH: UNEXPECTED HERO

January 12 - Oradell, NJ - by Kevin Sweeney '26 - On Tuesday, Bergen Catholic's wrestling team came out with a sensational victory against Paramus Catholic, coming back from a 23-13 deficit with 5 bouts left until Bergen Catholic

came out on top with a 28-26 victory. Although it was senior Duke commit Aidan Wallace who came out with the win for Bergen, there had been a hero earlier on in the match.

With Nathan Braun, the 106 lb. weight class starter, injured from a week earlier in the tournament in California, Bergen Catholic freshman Thomas Pflieger-Howes stepped up to the plate against Paramus Catholic. Even though TPH lost, the outcome of the match would've been a lot different if he had been pinned. Tommy had lost 13-0, however tried to hold on and stay planted. If Tommy had not done that, and everything had played out the same for the rest of the matches, BC and PC are tied at 28-28, a 2-point difference which helped the Crusaders big.

I had a chance to interview Pflieger-Howes and asked him about the situation he was in at the beginning.

He responded, "At the beginning of the match, some of our starters were coming back from a really tough tournament in California so we knew a bunch of starters wouldn't make weight. Even the 106 starter, Nathan Braun, had gotten injured in Cali so I had to step in. I was just trying to lock in and know that if I were to lose, I would have to hold them to as little team points as possible."

I then asked him what his thought was after the match, to which he responded with "I thought I wrestled OK. I mean, I lost 13-0 but at the end of the day I think it did help out the team that I didn't get pinned. At 45 seconds left in the match, my opponent was just trying to turn me and get me on my back. But I didn't, and because of that their team would've got 2 more team points for the pin, which would've tied the match at 28-28 if Wallace still won his so I thought it was a crucial moment even though I lost."

He then went on to say this "With the match tied at 28-28 with everyone else winning their match after mine, it would've come down to criteria and I think Paramus Catholic would've had the edge over us there. I think because the fact

I only got majored instead of pinned, it did help out in the long run."

CRUSADERS QUIET GREEN KNIGHTS

January 10 - Montvale, NJ- The Crusader Basketball Team squelched St. Joseph's potent offense on Tuesday night, earning a 62-43 victory.



Terry Copeland scored 13 points led BC with Austin Spencer and Chidi Nwigwe each adding 9. Brandon Benjamin and Jaylen Robinson each scored eight in a well-balanced attack.

Team	1	2	3	4	TOT
Bergen Catholic (8-3)	11	13	21	17	62
St. Joseph Regional (9-3)	5	10	11	17	43

Scoring	FG	3pt	FT	TOT
Terry Copeland	6	0	1	13
Austin Spencer	3	1	0	9
Chidi Nwigwe	4	0	1	9
Brandon Benjamin	3	0	2	8
Jaylen Robinson	2	1	1	8
Tyler McQuaid	0	2	0	6
Naiim Parrish	2	0	0	4
David Munro	1	0	1	3
Declan Wucherpennig	1	0	0	2

MATTERS PIN DEPAUL

January 11 - Wayne, NJ- The Wrestling team increased its current winning streak to 15 matches with a 65-18 victory over the Spartans at DePaul Catholic on Wednesday. AJ Fricchione won quickest BC pin of the day with 1:03. Noah Kochman, Joey Canova, and Benji Shue also pinned opponents in under two minutes.



WT	Wrestler	Result	BC	D
106	Thomas Pfleging-Howes	L-Pin 2:55	0	6
113	FORFEIT		0	12
120	Nick Pallitto	W-Forfeit	6	12
126	Daniel Washburn	L-Pin 4:49	6	18

132	Noah Kochman	W-Pin 1:51	12	18
138	Riley Halal	W-Forfeit	18	18
144	Joey Canova	W-Pin 1:59	24	18
150	Christopher Bacchioni	W-Forfeit	30	18
157	Aidan Wallace	W-TF (15-0) 2:09	35	18
165	Eric Broadie	W-Forfeit	41	18
175	Justin Onello	W-Forfeit	47	18
190	Pantaleo Varga	W-Pin 2:55	53	18
215	AJ Fricchione	W-Pin 1:03	59	18
285	Benjamin Shue	W-Pin 1:40	65	18

SPENCER'S BAKERS DOZEN & BENJAMIN'S BOARDS

NOT ENOUGH ON THURSDAY

January 12 - Oradell, NJ- A four-game winning streak was snapped at home on Thursday evening as Don Bosco Prep defeated the varsity Basketball Team 72-50.



Austin Spencer recorded a team-high 13 points for BC and Brandon Benjamin grabbed a dozen boards with eight points.

Team	1	2	3	4	TOT
Don Bosco Prep (12-1)	18	12	21	21	72
Bergen Catholic (8-4)	13	16	13	8	50

Scoring	FG	3pt	FTM	FTA	TOT
Austin Spencer	3	2	1	3	13
Terry Copeland	4	0	1	2	9
Chidi Nwigwe	0	2	2	4	8
Brandon Benjamin	4	0	0	0	8
Jaylen Robinson	2	0	0	0	4
Naiim Parrish	2	0	0	0	4
Mikai Klintman	0	0	2	2	2
David Munro	1	0	0	0	2
Tyler McQuaid	0	0	0	0	0
Shawn Spencer	0	0	0	0	0

#14 BERGEN CATHOLIC KNOCKS OFF #12 PCTI

January 11 - Wayne, NJ - by, Harris Kinnear '24 - The



Bergen Catholic Swim Team secured a victory against the higher-ranked PCTI on Tuesday by a score of 100-70.

The Crusaders set the tone early, with the relay team of Doyee Kim, Dimitri Melnikov, Gavin Perez, and Rhyse Ruffy winning in the 200 Medley Relay. The Crusaders continued that momentum early, with Raymond Stelmark and Gavin Perez getting 1st and 2nd in the 200 Freestyle.

First Place was the name of the game for the Crusaders, as they took home 1st place in all 11 events, proving crucial in securing their victory. Race winners included Jeremiah Tomioka (100 Fly), Raymond Stelmark (500 Free), 100 Back (Doyee Kim), and 100 Breaststroke (Dimitri Melnikov).

It certainly was a statement victory for the team, and they look to carry that momentum heading into next week's matchup against Bridgewater.

#14 Bergen Catholic (7-0) 100

#12 PCTI (6-1) 70

200 MR (yards)

PI	Swimmers	Time
1	Doyee Kim, Dimtri Melnikov, Gavin Perez, Rhyse Ruffy	01:37.81
3	Eric Kwon, Benjamin Vester, Jeremiah Tomioka, Matthew Semelsberger	01:46.83
6	Joseph Trione, Enzo Yuen, Jack Cummings, Christopher Kaufman	02:11.42

200 Free (yards)

1	Raymond Stelmark	01:44.88
2	Gavin Perez	01:48.22
4	Matt Semelsberger	01:58.17

200 IM (yards)

1	Doyee Kim	1:57.20
2	Dimtri Melnikov	1:58.24
6	Harris Kinnear	02:22.10



50 Free (yards)

2	Rhyse Ruffy	23.37
5	Ryan Kwon	24.74
6	Enzo Yuen	26.81

100 Fly (yards)

1	Jeremiah Tomioka	0:55.91
4	Benjamin Vester	0:58.22
5	Eric Kwon	0:58.48



100 Free (yards)

1	Gavin Perez	0:50.94
5	Ryan Kwon	0:55.98
6	Enzo Yuen	1:02.72

500 Free (yards)

1	Raymond Stelmark	4:49.93
3	Jeremiah Tomioka	4:56.82
6	Harris Kinnear	6:01.08

200 FR (yards)

1	Gavin Perez, Jeremiah Tomioka, Raymond Stelmark, Rhyse Ruffy	1:33.75
5	Jack Cummings, Enzo Yuen, Harris Kinnear, Ryan Kwon	1:43.86

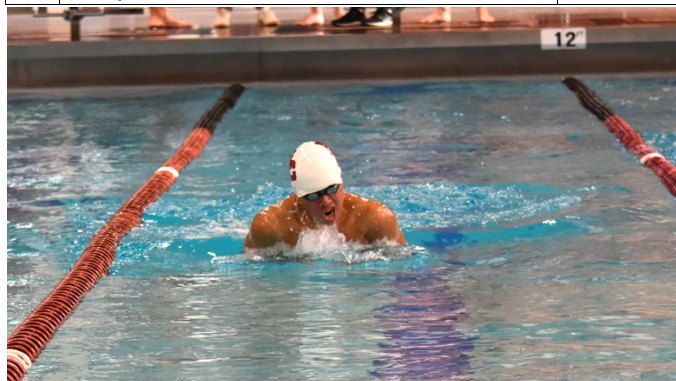
6	Parker Day, Jonas Haro, Macklin Hernandez, Alexander Herrera	2:15.28
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100 Back (yards)

1	Doyee Kim	0:54.76
3	Eric Kwon	0:58.04
4	Matt Semelsberger	0:58.21

100 Breast (yards)

1	Dimtri Melnikov	0:58.98
2	Rhyse Ruffy	1:04.17
4	Benjamin Vester	1:07.07

**400 FR (yards)**

1	Eric Kwon, Raymond Stelmark, Dimtri Melnikov, Doyee Kim	3:23.43
4	Harris Kinneer, Ryan Kwon, Jack Cummings, Matthew Semelsberger	3:49.50
6	Parker Day, Alexander Herrera, Christopher Kaufman, Joseph Trione	4:44.70

CLARKE LIFTS BC TO BIG NORTH UNITED TITLE

January 11 - Staten Island, NY - The Crusader Indoor



Track Team won the League Title in 2023, behind outstanding efforts from Allan Hilton-Clarke, Logan Casey and Andrew Boakye (who swept the top three places in the 55m). Casey took the 200m and

Clarke won the High Jump and Triple Jump.

Jason Lessieu took gold in the Long Jump. Oliver Lopez was a gold medalist in the Pole Vault and Justin King was the king of the ring in the Shot Put.

The Big North Conference's United Division is comprised of: Bergen, DePaul Catholic, Don Bosco Prep, Paramus Catholic and St. Joseph Regional.

55m

1	Allan Hilton Clarke	6.61
2	Logan Casey	6.66
3	Andrew Boakye	6.72

200m

1	Logan Casey	22.54
3	Allan Hilton Clarke	23.02
7	Andrew Boakye	23.49

400m

2	Joseph Griffith	53.39
4	Tristan Oliver	54.33
5	Ryan Phelan	55.64

800m

4	Thomas Rogers	2:06.16
5	Brendan O'Rourke	2:09.43
8	Markus White	2:17.37

1600m

2	Thomas Rogers	4:36.13
4	James Hughes	4:56.70
5	Brendan O'Rourke	5:00.05

3200m

2	Thomas Rogers	9:57.94
5	Markus White	11:08.99
6	Jacob Rodman	11:10.88

55H

3	Tristan Oliver	8.24
5	Gabriel Beidleman	9.06
6	Jason Lessieu	9.20

4x400m Relay

2		3:40.75
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4x800m Relay

2		8:59.19
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High Jump

1	Allan Hilton Clarke	6-00
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2	Tristan Oliver	5-10
Long Jump		
1	Jason Lessieu	20-05.00
3	Gabriel Beidleman	20-00.25
4	Aiden Pacheco	18-10.25
Triple Jump		
1	Allan Hilton Clarke	41-08.00
2	Jason Lessieu	41-03.00
7	Gabriel Beidleman	36-08.00
Pole Vault		
1	Oliver Lopez	10-00.00
Shot Put		
1	Justin King	44-01.00
4	Sean Coll	41-03.00
5	Jorge Pogue	41-00.25

HOCKEY ICES THE HUN

January 12 - Hackensack, NJ - The Varsity Hockey Team



defeated the Hun School of Princeton by a final score of 2-1.

Declan Quinn scored with 4:30 remaining in the first period, assisted by Niko Smilovic and Eddie Brown, giving the Crusaders an early lead. Mike Maglio scored unassisted in the third period giving BC insurance as the Crusaders won their third game of the season.

Ryan Henry earned the win for Bergen, stopping 21 of 22 shots on goal.

SCORING	1	2	3	FIN
Hun School (6-8)	0	0	1	1
#8 Bergen Catholic (3-7)	1	0	1	2

MAGLIO CONTINUES SCORING STREAK

January 13 - Hackensack, NJ - Mike Maglio scored a goal



in the third consecutive game for the Crusaders, but it was not enough as the visitors fell to

Summit High School's Hilltoppers 5-2.

Declan Quinn scored with 4:30 remaining in the first period, assisted by Niko Smilovic and Eddie Brown, giving the Crusaders an early lead. Mike Maglio scored unassisted in the third period giving BC insurance as the Crusaders won their third game of the season.

Erich Breuckmann scored a goal and an assist and Thomas Keough, Nicholas Frassetto and Ethan Leja added assists. Goalie, Erez Yacobi saved 29 of 34 shots on goal.

SCORING	1	2	3	FIN
#8 Bergen Catholic (3-8)	0	1	1	2
#18 Summit (4-3-5)	1	0	4	5

GRAPPLERS TAKE THE HIGH ROAD

January 13 - Allendale, NJ - by Dylan Carrick '25 -



Despite being down six varsity wrestlers, the BC Crusaders were feeling confident when they entered Northern Highlands'

Corcoran Gymnasium. With a contingent of vocal Crusaders fans behind them the Crusaders, ranked second in the state, dominated Northern Highlands.

To start the match, the Crusaders spotted the Highlanders twelve points when it had to forfeit at 106 and 113 weight classes. The Crusaders then scored the next 66 points, beginning with a win by forfeit by freshman Chad Sadaka.

The Crusaders were led by seniors Aidan Wallace, Nick Bernick, and Justin Onello. Wallace, ranked third in the 157 weight class, secured an early second period fall after dominating his opponent in the first period. Nick Bernick and Justin Onello followed with back-to-back technical falls after dominating their opponents with ease.

Another star of the day was freshman Joey Canova, wrestling in the 144 weight class. After getting two quick points for a takedown, he pinned his opponent in twenty seconds. In the following match, junior Ryan Ford, Ranked #3 in the 144 weight class, wrestled up in the 150 weight class. He started the match with six takedowns in the first period alone. He then followed with four three more takedowns and six near fall points for yet another BC technical fall win.

Other wins included pins for freshman Nicholas Pallitto, and senior Riley Halal, and a 9-3 victory for senior Ethan Washburn over William Clasen. To finish the day, Benjamin Shue and AJ Fricchione won by forfeit for BC's last twelve points in a 66-12 win.

This continues BC's current match win-streak of 16 since 22-38 loss to Blair Academy, last year January 14, 2022.

WT	Wrestler	Result	BC	D
106	FORFEIT		0	6
113	FORFEIT		0	12
120	Chad Sadaka	W-Forfeit	6	12
126	Nicholas Pallitto	W-Pin 3:22	12	12
132	Ethan Washburn	W-D 9-3	15	12
138	Riley Halal	W-Pin 0:40	21	12
144	Joey Canova	W-Pin 0:22	27	12
150	Ryan Ford	W-TF (23-7)	32	12
157	Aidan Wallace	W-Pin 3:04	38	12
165	Nick Bernick	W-TF (15-0)	43	12
175	Justin Onello	W-TF (15-0)	48	12
190	Pantaleo Varga	W-Pin 1:05	54	12
215	AJ Fricchione	W-Forfeit	60	12
285	Benjamin Shue	W-Forfeit	66	12

A NEW MAYOR IN ROCKLEIGH!

January 4 - Rockleigh, NJ - Rockleigh Mayor and Council attorney, Robert Regan BC Class of '69 swears in James Pontone as the new Mayor of Rockleigh with son, Carter BC Class of '23, assisting. Congratulations!



BIRD OF THE WEEK FALSE ALARM



January 14 - Lyndhurst, NJ - It happens. People make mistakes. No harm, no foul.

As I was attending a lacrosse clinic at Rutgers University on Saturday, an alert came across the Bergen County Groupme: ORANGE-CROWNED SPARROW. It would have been a lifer and an amazing find in Bergen County NEW JERSEY! This is a bird that lives primarily in California, so it would certainly be a rare bird in Jersey.

I looked forward to seeing it as I returned from Piscataway. Unfortunately, as I arrived, a second text came out: False Alarm. Turns out, it was just a female Red-winged blackbird.

Female RWBBs often make me wonder as you think they might be something different. They look so different from the male and are a little smaller which makes a guy like me think it could be some kind of sparrow. Alas, they never are.

MURPHY HOUSE TAKES LEAD



January 15 - Oradell, NJ - The first House Cup lead change at the top has occurred! Murphy House surpassed Keane and the 800 point mark in this third week of the New Year! Beyer House topped 700 points and Jensen made a huge jump (nearly 50 points).

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.

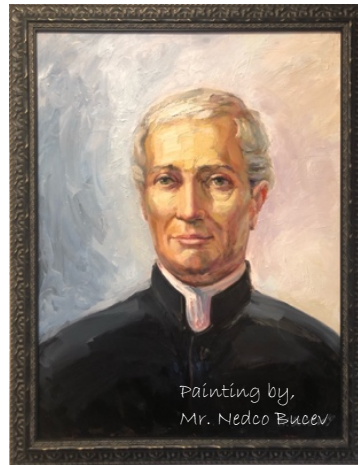
Serenity Prayer

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 FOR RUSSIA AND UKRAINE)

Lord Jesus Christ, who are called
the Prince of Peace, who are
yourself our peace and
reconciliation, who so often said,
"Peace to you," grant us peace.
Make all men and women witnesses
of truth, justice, and brotherly love.

Banish from their hearts whatever might endanger
peace. Enlighten our rulers that they may guarantee
and defend the great gift of peace. May all peoples on
the earth become as brothers and sisters. May longed
for peace blossom forth and reign always over us all.

Amen

- Pope Saint John Paul II



an irish Blessing

May the road rise up to meet you.
May the wind be always at your back.
May the 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.



Footprints in the Sand

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.

For each scene,
I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you,
You'd walk with me all the way.
But I noticed that during the saddest and most
troublesome times of my life,
there was only one set of footprints.
I don't understand why, when I needed You the most,
You would leave me."

He whispered, "My precious child, I love you and will
never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you."

LITURGICAL CALENDAR 2023

- **ORDINARY TIME (Jan 6-Feb 21)**
- **ASH WEDNESDAY (Feb 22)**
- **EASTER (Apr 9)**
- **PENTECOST (May 28)**
- **ORDINARY TIME (Jun 4- Dec 2)**
- **ADVENT (Dec 3 – Dec 24)**
- **CHRISTMAS (Dec 25 – Jan 7, 2024)**

THIS UPCOMING WEEK IN BC SPORTS

Monday, January 16, 2023

INDOORTRK	4:30 PM	Garfield Shot/High Jump	N	Garfield High School
WRESTLING	11:00 AM	MLK DAY QUAD	H	Hoehl Gymnasium
		Northern Burlington, Pope John XXIII, St. Augustine Prep		
BOWL	4:00 PM	Hackensack	A	Bowler City

Tuesday, January 17, 2023

BOWL	4:00 PM	Cliffside Park	N	Bowler City
VBKB	7:00 PM	DePaul Catholic	H	Hoehl Gymnasium
JVBKB	5:30 PM	DePaul Catholic	H	Hoehl Gymnasium
FRBKB	4:00 PM	DePaul Catholic	H	Hoehl Gymnasium

Wednesday, January 18, 2023

VHOCK	6:50 PM	Pope John XXIII	A	Skylands
INDOORTRK	TBA	Big North Frosh/Novice Meet	N	Armory, NYC
WREST	7:00 PM	Don Bosco Prep	H	Hoehl Gymnasium

Thursday, January 19, 2023

SWIM	3:30 PM	Bridgewater Raritan	A	Bridgewater YMCA
VBKB	4:00 PM	Millard North	N	Quincy, IL
JVBKB	5:30 PM	Paterson Kennedy	H	Hoehl Gymnasium
FRBKB	4:00 PM	Paterson Kennedy	H	Hoehl Gymnasium
VHOCK	5:00 PM	Notre Dame (CT)	A	Sacred Heart University
BOWL	4:00 PM	Ridgefield Park	N	Bowler City

Friday, January 20, 2023

VBKB	4:30 PM	Wasach Academy	N	Quincy, IL
WRESTLING	7:00 PM	PCTI	A	PCTI

Saturday, January 21, 2023

SWIM	TBA	Bergen County Championships	N	Felix Festa (NY)
FRBKB	9:00 AM	Roselle Catholic	H	Hoehl Gymnasium
WRESTLING	TBD	CBA	A	CBA

Sunday, January 22, 2023

SWIM	TBA	Bergen County Championships	N	Felix Festa (NY)
WRESTLING	TBD	Bergen County Championships	N	TBA
FR/SO TRK	4:00 PM	NJ Fr/Soph Championships	N	Bennet Center, Toms River, NJ

Be sure to check www.bergencatholic.org for any possible changes in scheduling throughout the week.