

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Lent 2023

TRACK NEWS

WEEK OF MARCH 6TH - Boston, MA - The team competed at the New Balance National championship last weekend. Here is a complete listing of the Crusader athletes who competed:

- CJ- Edwards - Frosh 400m
- Markus White - Frosh 800m
- Tristan Oliver - Rising Star High Jump
- James Hughes - Rising Star DMR 1200m leg
- Joe Griffith - Rising Star DMR 400m Leg
- Brendan O'Rourke - Rising Star 800m Leg
- Tommy Rogers - Rising Star DMR 1600m Leg
- Allan Hilton Clarke - Championship 4x200 Leadoff Leg, Rising star 60m, Rising Star High Jump, Rising Star Triple Jump
- Nick Shortridge - Championship 4x200 Alternate
- Ethan Cohall Jr. - Championship 4x200 Alternate
- Kaj Sanders - Championship 4x200 2nd Leg,
- Andrew Jerimiah Boakye - Championship 4x200 3rd Leg
- Logan Casey - Championship 4x200 Anchor Leg, Championship 60m Dash, Championship 200m Dash
- Justin King - Rising Star Shot Put

Here are some notable performances:

Day 1: CJ Edwards ran personal record in the frosh 400m dash with a time of 53.74

Day 2: Tristan Oliver high jumped a pr of 6ft 1.25 inches placing 9th overall in the rising star division.

The 4x200 (Allan Hilton Clarke, Kaj Sanders, Andrew Boakye and Logan Casey) broke the school record with a time of 1:29.80

The Distance Medley Relay (James Hughes, Joe Griffith, Brendan O'Rourke, and Tommy Rogers) placed 11th overall in the Rising star Division.

Day 3: Logan Casey competed in the Championship division in both the 60m and 200m dash. Allan Hilton Clarke competed in the rising star division in the 60m dash. Justin King competed in the rising star division for the shot put.

Day 4: Markus White competed in the frosh 800z

At the Nike Nationals:

Jason Lessieu competed in the rising star division for triple jump.

WRESTLERS EARN

ALL-NORTH JERSEY HONORS

FIRST TEAM

106 lbs – Nathan Braun
138 lbs – Joey Canova
157 lbs – Aidan Wallace

SECOND TEAM

126 lbs – Noah Kochman
144 lbs – Ryan Ford
150 lbs – Chris Bacchioni

CREWSADERS

GROWING IN NUMBERS



LACROSSE SHARES LOVE OF THE GAME WITH CITYLAX

March 20 - Oradell, NJ - BC lax boys volunteering today at the JACK on behalf of CityLax! Coach Beardsley and his staff did a great job! Over 70 kids today visited BC all for a great training day! The future is bright at BC Lax



MARK DEROSA WINS FIRST GAME AS TEAM USA MANAGER

The USA is now 3-0 and has reached the final of the World Baseball Classic in Miami, FL. DeRosa, a Class of 1993 BC alum, led the Crusaders to a state football championship in 1992. He went on to UPenn and led the Quakers to 2 Ivy

League titles in football and one in baseball (the school's only Ivy League title). Mark played for a number of teams in the MLB, mostly with the Atlanta Braves, but played on the SF Giants World Series Team. He currently is a baseball analyst on MLB Network.

BIRD OF THE WEEK: PILEATED WOODPECKER

March 10 - Oradell, NJ - Thanks to Mr. Ferriola for sharing this photo of a red-tailed hawk on campus. This bird is a regular at BC, often found on the goal post or fences or stadium bleachers at the field. He's a meat eater, looking for rodents, etc. to feast upon. You can notice them circling high in the sky with their white underbody, a brown "belt" and the famous red-tail.



COUNT 100!

THIS is a great time to start keeping a list for 2023! Wintering ducks are still here and moving out and song birds are starting to arrive. They will be doing so in significant numbers through much of May.

DOWNLOAD the **e-bird app** on your cell phone and record the birds you see. If you don't know what it is, the **MERLIN app** can be a big help. Still unsure? Take a picture and share it with me at jhaemmerle@bergencatholic.org. I'm happy to help you work through it.

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

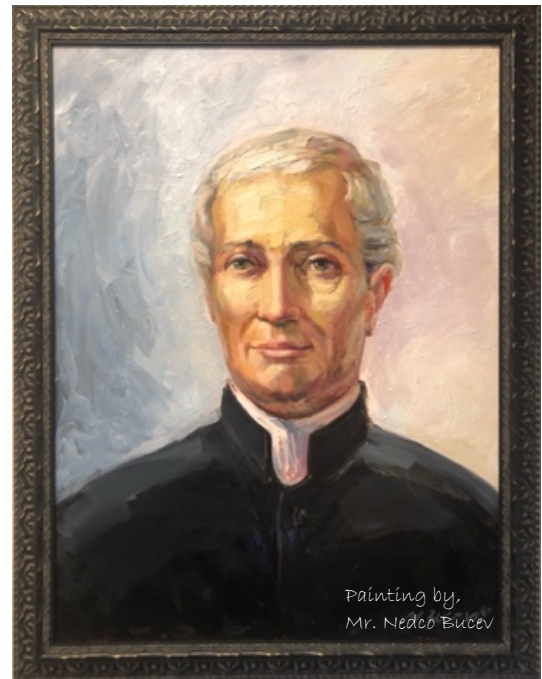
God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.
 Amen.

The Jesus Prayer

Lord Jesus Christ, Son of God,
 have mercy on me, a sinner.

Blessed Edmund Rice

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.



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 and 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.

make me a channel of your peace (prayer of st. francis)

¶1 Make me a channel of your peace
Where there is hatred let me so your love
Where there is injury, your pardon Lord
And where there's doubt true faith in You.
¶2 Make me a channel of your peace
Where there's despair in life let me bring hope
Where there is darkness only light
And where there's sadness ever joy.
¶3 Oh, Master grant that I may never seek
So much to be consoled as to console.
To be understood as to understand.
To be loved as to love with all my soul.
¶4 Make me a channel of your peace.
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life.
¶3
¶2

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 in Her
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.
Duh, Duh, Duh, Duh, Dum.

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.

LITURGICAL CALENDAR 2023

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

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.

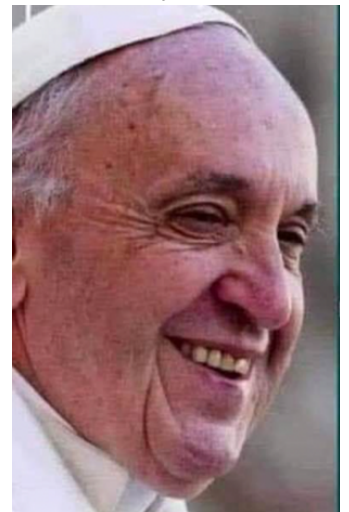
I don't understand why, when I needed You the most,
You would leave me."

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."

*"Rivers do not drink
their own water, trees do
not eat their own fruit,
the sun does not shine on
itself and flowers do not
spread their fragrance for
themselves. Living for
others is a rule of nature.
We are all born to help
each other. No matter
how difficult it is, life is a
good when you are
happy, but much better
when others are happy because of you."*

Pope Francis



The Ten Commandments

I am the Lord your God: you shall not
have strange gods before me.

You shall not take the name of the Lord
your God in vain.

Keep holy the Lord's Day.

Honor your father and mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against
your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.