

Happy Easter!

BC TRACKS DOWN DBP

April 3 - Ramsey, NJ - The Crusaders began the 2023 spring season with a very nice dual meet win 108-32 over rivals Don Bosco Prep. Bergen won 13 of 16 events and swept (1st, 2nd and 3rd) in 7 of 15 events. Teams can't sweep the 4x400m, but BC won.

NOTABLE POINT SCORERS

1ST PLACE EVENTS WINNERS:

400 Intermediate Hurdles: Tristan Oliver

100m: Kaj Sanders

1600m: Tommy Rogers

400m: Joe Griffith

110 High Hurdles: Tristan Oliver

200m: Allan Hilton Clarke

4x400 Relay: Zion Suitt, CJ Edwards, Joe Griffith, and Brendan O'Rourke



Shot Put: Benji Shue

Long Jump: Aaron Sylvester

Discus: Benji Shue

Triple Jump: Jason Lessieu

Pole Vault: Deven Karandikar



Javelin: Nick Barra

High Jump: Tristan Oliver

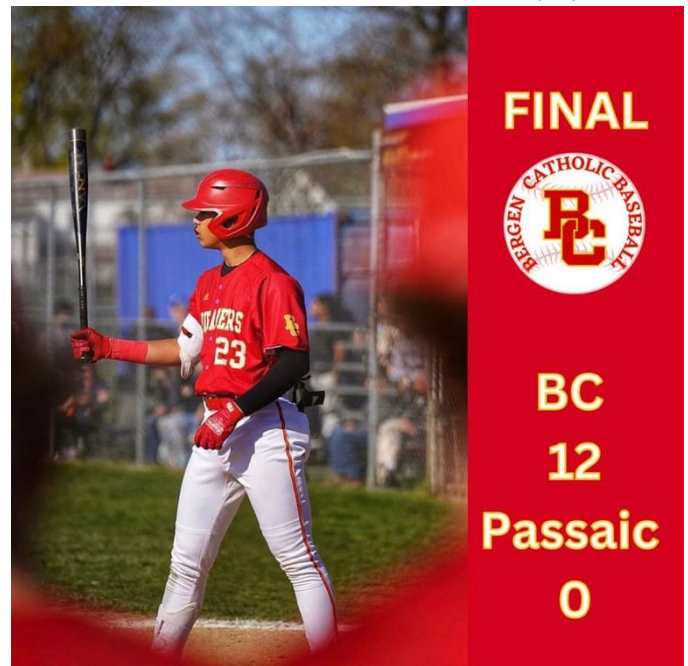
Tristan Oliver led the team with 15 points. 3 1st place finishes.

Behind Benji Shue and Joe Griffith with 10 Points each.



CRUSADERS NO-HIT PASSAIC ON OPENING DAY!

April 3- Passaic NJ- Orlando Frau '23, Alex Cavegn '23, Aiden Hickey '23, Jason Smith '23 - BC no-hit Passaic High School, winning 12-0 on opening day. Christian Charalambous started the game for the Crusaders, throwing three innings and striking out seven batters. Jack Duffy came in relief for two innings, shutting down Passaic's lineup to complete the no-hitter.



Offensively, Billy Nichols hit a Grand Slam for the Crusaders and Harrison Certo hit a home run as well. Dhruv Vengurlekar added two hits and three RBIs on the day. The Crusaders invoked the mercy rule (leading by 12 or more runs) against Passaic High School in five innings!

Team	1	2	3	4	5	R	H	E
Bergen Catholic (1-0)	1	0	4	0	7	12	11	0
Passaic (0-1)	0	0	0	0	0	0	0	1

BEARDSLEY ERA BEGINS WITH BIG WIN!

April 3 - Oradell, NJ - BC played St. Joseph Collegiate Institute for the first time in both schools' history and the fast-paced action of Coach Beardsley's play translated into a 17-13 victory.

Richie Reid played LARGE in the midfield, recording a team high seven-points, while Luke Macejka and Joe Marinaccio each pitched in 4 goals. Jake Taromina had a hat trick and an assist.

TEAM	1	2	3	4	T
SJCI (2-1)	5	4	3	1	13
BC (1-0)	7	2	3	5	17

PLAYER	GOALS	ASSISTS	POINTS
Reid	4	3	7
Taromina	3	1	4
Macejka	4	1	5

Tenaglia	1	1	2
Shepard	1	0	1
Loughlin	0	1	1
Marinaccio	4	0	4
GOALIE	SAVES	GA	SAV %
Day (W 2-0)	11	13	45.8%

TENNIS DROPS OPENER

April 3 - Clarkstown, NJ - The Crusader Tennis team dropped their season opener to a strong Clarkstown South squad 4-1.

GOLF TAKES SIXTH STRAIGHT

April 3 - Haworth, NJ - Ryan Applin, Ryder Hodson and Liam White all shot 39 and Adam Sincavage shot a 40 to lead BC 157-183 over Paramus Catholic on Monday. Chris Vrtis (42) and John Keyes (43) also shot well for the Crusaders.

SEVENTH HEAVEN

April 4 - Haworth, NJ - Liam White led the Crusaders with a 35 and Ryder Hodson followed up with a 36 as BC defeated Bergen Tech 154-196. Ryan Applin shot 41 and Andrew Lama and Adam Sincavage followed up with a 42. Jeremy Cammayo shot 50 for BC as well.

TENNIS BLANKS SJR 5-0

April 5 - Montvale, NJ - The Crusader Tennis team rebounded to defeat the Green Knights in the Big North United Season Opener 5-0 on Wednesday.

Event	Player(s)	Set 1	Set 2	Set 3	W/L
1 st SING	Andrew Song	6-1	6-1		W
2 nd SING	Philip Saint Cyrus	6-3	6-0		W
3 rd SING	Daniel Song	6-0	6-0		W
1 st DOUB	Brian Song/Jordi Visser	6-0	6-0		W
2 nd DOUB	Markus Kim/Christian Marchisio	6-2	6-2		W

MARINO'S CGSO EARNS NEIGHBORLY WIN OVER PHS

April 6- Lyndhurst, NJ- Senior southpaw, Stanley Marino was masterful in striking out 11 Spartans and pitching a complete game, 3-hit shut-out over the visitors from Paramus HS on Thursday.



Aidan Baglino's RBI double in the second provided the only offense Marino would need to lead BC to its second win in two attempts in 2023.

Team	1	2	3	4	5	6	7	R	H	E
Paramus HS (0-1)	0	0	0	0	0	0	0	0	0	0
Bergen Catholic (2-0)	0	1	0	0	0	0	X	1	0	0

JV BASEBALL SCORCHES OPPONENTS

April 3, 6 - The JV Baseball teams scorched its opening two foes, putting 30 runs on the board. First was a 17-0 win over Passaic on Monday. It was followed up by a 13-1 victory over Paramus on Thursday.

FROSH 9 TAKE FIRST THREE

April 3, 4, 6 - The newest Crusader ball players showed some mid-season bats, opening with wins over West Milford (15-0), Newark Eastside (12-1) and Scotch Plains-Fanwood (9-0). Upcoming foes of Ramapo and Ridgewood will certainly provide more competition for BC.

VOLLEYERS SPIKED BY KNIGHTS

April 3 - Hackensack, NJ - The Crusaders opened 2023 against one of Bergen County's strongest volleyball squads, Bergen Tech. Despite a valiant effort, BC fell in straight sets



TEAM	1	2	3	FINAL
BC (0-1)	14	14	-	0
BERGEN TECH (1-0)	25	25	-	2

OROCHENA KILLS IT FOR VOLLEYBALL

April 6 - Jefferson Township, NJ - Matteo Orochena



recorded a pair of kills, leading BC vs. the Falcons. Tom Cusick had 5 digs, two service points and an ace as well. Unfortunately, it was not enough as the Crusaders fell in straight sets.

TEAM	1		2		3		FINAL
BC (0-2)	17		6		-		0
JEFFERSON (2-1)	25		25		-		2
Player	Kills	Blocks	Digs	Assists	Serv Pts	Aces	
Matteo Orochen	2	0	0	0	0	0	
Thomas Cusick	0	0	5	0	2	1	
Jeongsoo Park	0	0	4	1	1	0	
George Azrumelashvili	0	0	1	0	2	0	
Ian Walls	1	0	2	1	0	0	
John Paul Sinagra	0	0	1	0	2	0	
Jackson Vonderhost	0	0	1	0	0	0	
Yuanzhe Li	0	1	0	0	0	0	

LAX KNOCKS DOWN #9 WALL

April 8 - Wall Twp, NJ - The Crusader Varsity Lacrosse



Team earned its second consecutive victory of the new season under Coach Ric Beardsley. Holy Saturday's win was over Wall Township. The

Crusaders opened a 4-2 lead in the first quarter and held a 6-5 advantage over the Knights going into the half.

The home team took the lead (10-9), scoring five goals in the third quarter, creating a challenge for the Crusaders character. The team passed with flying colors, containing Wall to two goals in the final stanza, while ripping off 5 goals of their own for a 14-12 victory.

Once again, midfielder Richie Reid had a big day scoring four goals. Jake Taromina had a hat trick and tallied 7 points on the day. Luke Macejka also demonstrated some selflessness, leading the squad with six assists and seven points overall. Crease attackman Joe Marinaccio recorded 4 goals and an assist for good measure.

TEAM	1	2	3	4	T
BC (2-0)	4	2	3	5	14
WALL (2-1)	2	3	5	2	12

PLAYER	GOALS	ASSISTS	POINTS
Reid	4	0	4
Taromina	3	4	7
Macejka	1	6	7
Tenaglia	1	0	1
Ford	1	0	1
Carey	0	1	1
Marinaccio	4	1	5
GOALIE	SAVES	GA	SAV %
Day (W 2-0)	11	12	47.8%

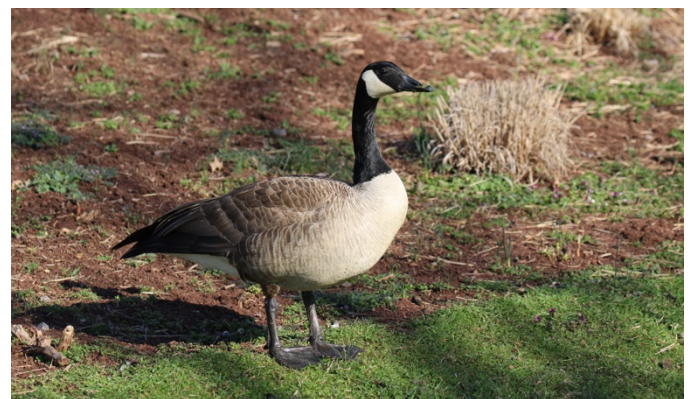
BIRD OF THE WEEK: NO HE DI UNT...

April 9 - Bergen County, NJ - Yes, he did. This week's bird is the Canada (NOT CANADIAN) Goose.

But Why?

Well, they can be attractive and they are part of God's creation, but I also thought I could help you if you are experiencing that spring invasion. You know, the one where these buggers are all over your lawn and they leave little packages of joy behind to let you know they were there.

Well it turns out, you can rid yourself of this nuisance and the answer is...wait for it...



FOX URINE! You read it right. Best yet you don't have to gather it yourself. Just go to a local Gardening Center and you can purchase a small bottle. Place some in small containers (for sale also) around your yard and voila! No more geese visiting!

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

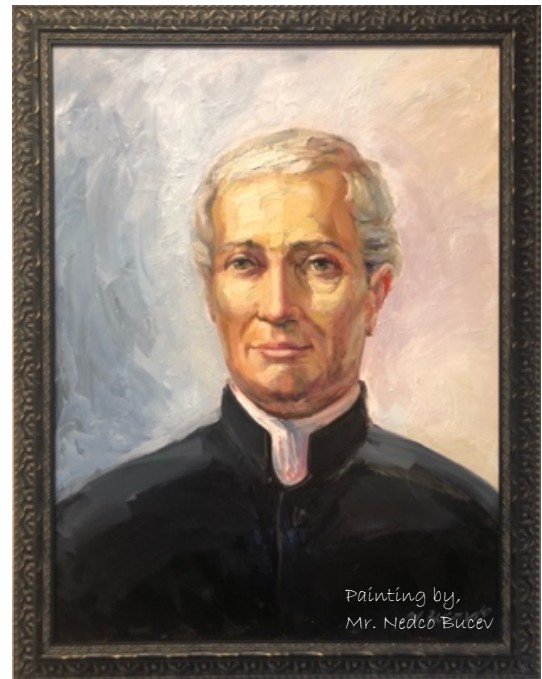
God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.
 Amen.

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
- HOLY WEEK (Apr 2-8)
- HOLY THURSDAY (Apr 6)
- GOOD FRIDAY (Apr 7)
- 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.

TWIBCS WEEKLY CALENDAR

**RECOMMENDING YOU VISIT BC
WEBSITE AS WE ARE ON BREAK
AND THERE IS LIKELY TO BE
CHANGES**

**(THERE ALREADY ARE)
THAT WILL OUTDATE THIS
PUBLICATION
AND
RIGHT
QUICK!**

HAPPY EASTER!!!