

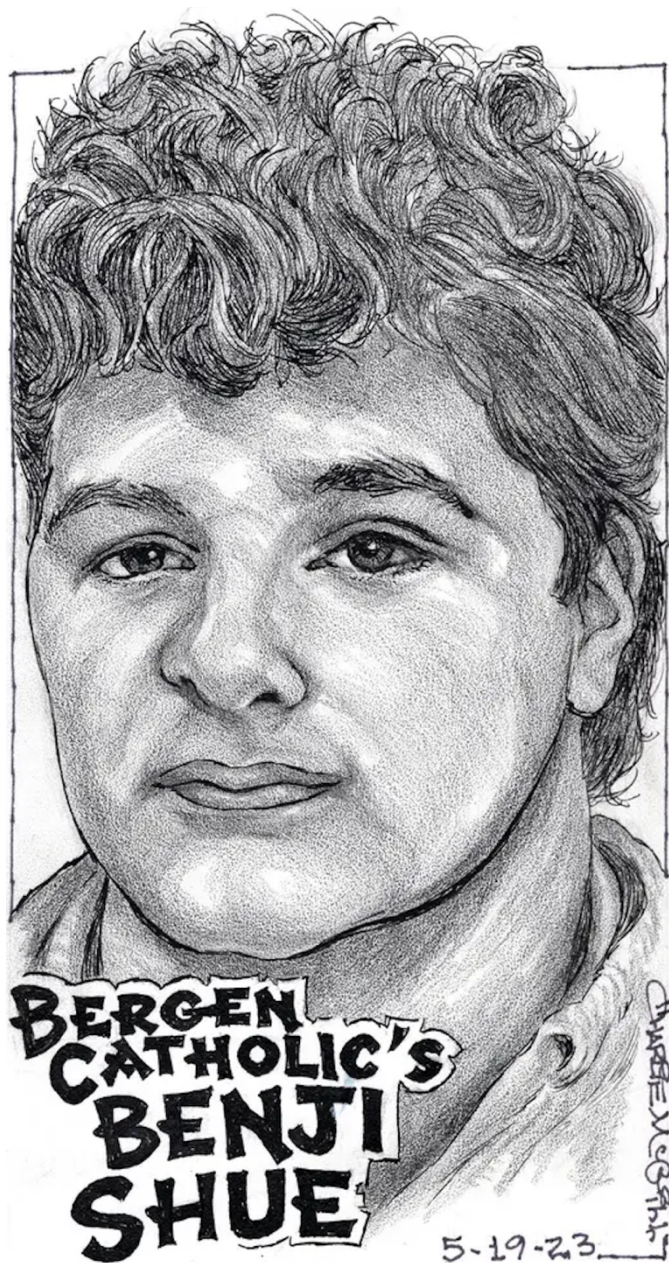
# TWIBCS SPORTS

*God, Family, Academics, Bergen Catholic Sports*



## CRUSADERS WIN 5<sup>TH</sup> STRAIGHT COUNTY TRACK AND FIELD TITLE

**Bergen Catholic** defeated Don Bosco Prep 186-182 to win the group title for .



## SOPHOMORE BEN SHUE EARNS ATHLETE OF THE WEEK HONORS

**Boys Division E: Benji Shue, Bergen Catholic**, (61-9 1/2, shot put); old record, 59-7 by Connor Mathis, Don Bosco, 2019 and Shue, 2021; Shue (199-4, discus); old record, 184-6 by Shue, 2022. Shue was dominant in the County Meet, helping to lead BC to its fifth consecutive group title.

He is the second BC Track and Field AOW recipient this season, following senior javelin thrower, Sean Coll. Earlier this school year, Saeed St.Fleur's accomplishments on the football field in the state final helped him to win North Jersey's Athlete of the Week back in December, 2022.

## VARSITY BASEBALL ADVANCES TO COUNTY FINAL FOUR

**May 21- Wood Ridge, NJ** - The Crusaders defeated Ramapo 5-2 on Sunday morning to advance to this Saturday's County Semifinal.

	1	2	3	4	5	6	7	R	H	E
Ramapo (14-11)	0	0	0	2	0	0	0	2	0	0
Bergen Catholic (21-4)	2	3	0	0	0	0	0	5	0	0

Senior Christian Charalambous threw 6 $\frac{1}{3}$  innings, allowing no earned runs on two hits, with two walks and nine strikeouts. Senior Jack Duffy picked up the final two outs and the save.

### Bergen Catholic Batting

	AB	R	H	RBI	1B	2B	3B	HR	BB	HBP	SB	AVG	SLG
Harrison Certo	3	0	1	1	1	0	0	0	0	0	0	.333	.333
Luca Reyes	2	1	1	2	0	0	0	1	0	0	0	.500	2.000
Jamie Zee	3	1	1	0	0	1	0	0	0	0	0	.333	.667
Braden Connors	0	0	0	0	0	0	0	0	3	0	1	.000	.000
Aidan Baglino	3	0	0	0	0	0	0	0	0	0	0	.000	.000
Daniel Spierer	3	0	1	1	1	0	0	0	0	0	0	.333	.333
Mike Biskup	2	1	0	0	0	0	0	0	1	0	1	.000	.000
Ryan Marchina	1	1	0	0	0	0	0	0	2	0	0	.000	.000
Dhruv Vengurlekar	3	1	1	1	1	0	0	1	6	0	1	.333	.333
Totals:	20	5	5	5	3	1	0	1	6	0	3	.250	.450
				PIT	IP	H	R	ER	BB	K	HR	ERA	
Christian Charalambous				0	6.1	4	2	0	3	9	0	0.00	
Jack Duffy				0	0.2	1	0	0	0	1	0	0.00	
				Totals:	0	7	5	2	0	3	10	0	0.00

## COUNTY SEMIFINALS

### Saturday, May 27 at Demarest

- (1) Bergen Catholic vs. (4) Old Tappan, 11 a.m.  
(2) Don Bosco vs. (3) St. Joseph, 2 p.m.

## FINAL

### Sunday, May 28 at Demarest

1/4 winner vs. 2/3 winner, noon

## CONNORS GRAND SLAM HELPS CRUSADERS SLAY KNIGHTS 13-0

**May 15 - Ridgefield Park, NJ** - The Crusaders defeated Paterson Kennedy's Knights 13-0 on Monday in just 5 innings. Braedon Connors blasted a grand slam in the bottom of the third in which the Crusaders batted around the order and plated twelve batters.

Chris Charalambous went four innings and struck out 11m, walking one. Dhruv Vengurlekar finished off the fifth quickly for the victors.

	1	2	3	4	5	R	H	E
KNND	0	0	0	0	0	0	2	1
BRGN	1	0	12	0	X	13	10	0

Bergen Catholic	AB	R	H	RBI	BB	SO
H Certo (2B)	1	3	1	1	2	0
A Kero (2B)	1	0	1	0	0	0
L Reyes (CF)	4	1	1	1	0	2
J Zee (SS)	2	2	2	3	1	0
A Mosco (SS)	1	0	0	0	0	0
B Connors (RF)	2	1	1	4	0	0
N Napolitano (RF)	1	0	0	0	0	0
A Baglino (C)	3	0	2	1	0	0
D Spierer (3B)	3	1	2	2	0	0
R Marchina (1B)	1	1	0	0	2	0
M Biskup (LF)	2	1	0	0	1	0
D Vengurlekar (D...)	1	1	0	1	0	0
A Cavegn (DH)	1	0	0	0	0	0
CR: M Del	0	2	0	0	0	0
<b>Totals</b>	<b>23</b>	<b>13</b>	<b>10</b>	<b>13</b>	<b>6</b>	<b>2</b>

**2B:** J Zee 2, A Baglino, D Spierer 2, **HR:** B Connors, **TB:** J Zee 4, H Certo, L Reyes, A Baglino 3, B Connors 4, A Kero, D Spierer 4, **SF:** B Connors, **HBP:** D Vengurlekar, **SB:** J Zee, H Certo 4, R Marchina, **LOB:** 6

Bergen Cathc	IP	H	R	ER	BB	SO	HR
C Charalam...	4.0	2	0	0	1	11	0
D Vengurlek...	1.0	0	0	0	0	1	0
<b>Totals</b>	<b>5.0</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>12</b>	<b>0</b>

**W:** C Charalambous, **P-S:** D Vengurlekar 11-7, C Charalambous 58-42, **WP:** C Charalambous, **BF:** D Vengurlekar 3, C Charalambous 15

## VARSITY BASEBALL TAMES BULLDOGS 10-0

**May 16 - Palisades Park, NJ** - The Crusaders defeated Dwight Englewood's Bulldogs 10-0 on Tuesday.

	1	2	3	4	5	6	7	R	H	E
Dwight-Englewood (14-9)	0	0	0	0	0	0	X	0	4	3
Bergen Catholic (21-4)	2	3	2	0	0	3	X	10	9	0

The top of the order blew things open right away as lead-off batter, Harrison Certo set the table, going 2-for-2 with a walk and scoring three runs. Luca Reyes blasted a homerun and Jamie Zee drove in four runs with a triple and a base hit.

Braden Connors and Aidan Baglino each singled to drive in a run and Mike Biskup went 1-for-2 with a walk and two runs scored.

Luke Dellantash earned with win, going four innings and fanning 10. Paulie Warburton closed the game out with two scoreless innings.

	AB	R	H	RBI	1B	2B	3B	HR	BB	HBP	SB	AVG	SLG
Harrison Certo	2	3	2	0	2	0	0	0	1	0	0	1.000	1.000
Luca Reyes	3	1	0	0	0	0	0	1	1	0	0	.000	1.333
Jamie Zee	4	1	2	4	1	0	1	0	0	0	0	.500	1.000
Braden Connors	4	1	1	1	1	0	0	0	0	0	0	.250	.250
Aidan Baglino	3	0	1	1	1	0	0	0	0	0	0	.333	.333
Daniel Spierer	3	0	0	0	0	0	0	0	0	0	0	.000	.000
Mike Biskup	2	2	1	0	1	0	0	0	1	0	1	.500	.500
Ryan Marchina	3	0	2	2	2	0	0	0	0	0	1	.667	.667
Dhruv Vengurlekar	3	0	0	0	0	0	0	0	0	0	0	.000	.000
<b>Totals:</b>	<b>27</b>	<b>8</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>0</b>	<b>2</b>	<b>.333</b>	<b>.556</b>

	PIT	IP	H	R	ER	BB	K	HB	ERA
Luke Dellantash (WP)	71	4	2	0	0	1	10	0	0.00
Paulie Warburton	33	2	2	0	0	1	0	0	0.00
<b>Totals:</b>	<b>104</b>	<b>6</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>10</b>	<b>0</b>	<b>0.00</b>

## VARSITY BASEBALL WINS 20<sup>th</sup>

**May 17 - Hackensack, NJ** - BC scored two runs apiece in the first two innings as the Crusaders downed Bergen Tech, 4-0, in Hackensack on Wednesday.

Luca Reyes hit a solo home run for Bergen Catholic (20-4) while Braden Connors, Aidan Baglino, and Dan Spierer all drove in a run.



The Crusaders used five pitchers with Stanley Moreno earning the victory on the mound.

## REYES THREE-RUN HOMER PUTS BC IN COUNTY FINAL WITH 3-2 VICTORY OVER NVOT

**May 27- Demarest, NJ** - BC found themselves down 2-1 in the sixth inning when Luca Reyes stepped to the plate with two on. Earlier in the game, Reyes found himself with a 2-out, bases loaded scenario in which he grounded out to end the inning, but he returned to the batter's box with unmitigated confidence in the sixth. Luca (3 HR's in 2023 and 6 in his career) blasted a pitch over the outfield wall against a Vanderbilt-commit from NVOT to give BC a lead that Jack Duffy would not surrender.

	1	2	3	4	5	6	7	R	H	E
NVOT	1	0	0	1	0	0	0	2	7	2
BRGN	0	0	0	0	1	3	X	4	8	0

The Crusaders were actually down 2-0 heading into the bottom of the fifth. That was until catcher Aiden Baglino drove in Nick Napolitano to cut the deficit in half.

Duffy earned the victory, going two and two thirds innings of shut-out baseball. He relived Christian Charamblous who struck out eight Golden Knights, yielded 2 earned runs over four and a third innings.

Bergen Catholic	AB	R	H	RBI	BB	SO
H Certo (2B)	4	1	1	0	0	0
L Reyes (CF)	3	1	1	3	1	0
J Zee (SS)	4	0	2	0	0	1
N Napolitano	0	1	0	0	0	0
B Connors (RF)	3	0	0	0	0	2
D Spierer (3B)	3	0	0	0	0	1
A Baglino (C)	3	0	1	1	0	1
M Biskup (LF)	3	0	2	0	0	0
R Marchina (1B)	2	0	1	0	1	0
M Del (1B)	0	1	0	0	0	0
D Vengurlekar (DH)	2	0	0	0	1	1
<b>Totals</b>	<b>27</b>	<b>4</b>	<b>8</b>	<b>4</b>	<b>3</b>	<b>6</b>

**2B:** A Baglino, **HR:** L Reyes, **TB:** R Marchina, J Zee 2, L Reyes 4, H Certo, M Biskup 2, A Baglino 2, **HBP:** B Connors, **SB:** L Reyes, **LOB:** 9

Bergen Cathc	IP	H	R	ER	BB	SO	HR
C Charalam...	4.1	5	2	2	0	8	1
J Duffy	2.2	2	0	0	0	1	0
<b>Totals</b>	<b>7.0</b>	<b>7</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>9</b>	<b>1</b>

**W:** J Duffy, **P-S:** C Charalambous 74-53, J Duffy 24-20, **WP:** C Charalambous, **BF:** C Charalambous 18, J Duffy 9

## JV BASEBALL BEAT MARAUDERS 8-5

**May 16 - Lyndhurst, NJ** - Allan Stanbury got the win and he pitched 4 innings and struck out 4 guys. Heydon Hernandez got the save by pitching 3 innings and striking out 3. Bert Maxim was 2-2 with a walk, 1 Double, 1 RBI, 1 Stolen Base, and scored 3 Runs. Nick Issa was 1-2 with a double and 2 RBI's.

## JV BASEBALL 11 OLD TAPPAN 0

**May 18 - Haworth, NJ** - Gavin Grageda threw 6 scoreless innings with 5 K's for the win. Noah Sim went 2-2 with 2 RBI's. Alex Reese had a 2 RBI Double. Bert Maxim was 2-3 scored twice and stole a base.

## FROSH BASEBALL PUTS UP 45 RUNS IN JUST THREE GAMES

**May 16 - Jersey City, NJ** - The Crusaders defeated St. Peter's Prep 18-5 at Lincoln Park.

**May 17 - Paramus, NJ** - BC's neighbors allowed them to use Petruska Park in order to play the Black Knights of Bergen Tech. The Crusaders blanked BT 15-0.

**May 18 - Montvale, NJ** - The Frosh won their quarterfinal county tournament game with a 12-1 victory over the Broncos of Pascack Hills.

The combined scores 45-6 translated on a 15-2 margin of victory on average. GOOD JOB GUYS!

# BRIAN SONG AND DANIEL SONG WIN BERGEN COUNTY DOUBLES

The First Doubles team for BC Tennis has been outstanding all season and performed exceptionally well, winning the BCCA County Doubles title and helping BC to a strong 5<sup>th</sup> place finish with 6 total points.

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## Bergen County Meet of Champs

May 19, 2023

**Live Now**

**3:55** Boys 4x400 Meter Relay Heat 2

**Boys**

16 of 16 event(s)

1	Bergen Catholic HS	54
2	NV - Demarest HS	49.5
3	NV - Old Tappan HS	44

## Boys 100m - Finals

Bergen County Meet of Champs | M... **FAT**

Results
Prelims
Heat Sheets
Entries
Rec

Filter Results ▾

1	<b>Kaj Sanders</b>	<b>11.01</b>
	Bergen Catholic HS	
	+10pts • H1 • Yr: 11	

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## Boys 200m

Bergen County Meet of Champs | M... **FAT**

Results
Heat Sheets
Entries
Records

Filter Results ▾

1	<b>Joshua Narcisse</b>	<b>22.26</b>
	Paramus Catholic HS	
	+10pts • H3 • Yr: 12	
2	<b>Michael Samarro</b>	<b>22.45</b>
	Ramapo HS	
	+8pts • H3 • Yr: 11	
3	<b>Alex Caba</b>	<b>22.49</b>
	Teaneck HS	
	+6pts • H3 • Yr: 12	
4	<b>Andrew Jeremiah Boakye</b>	<b>22.89</b>
	Bergen Catholic HS	
	+4pts • H2 • Yr: 10	

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## Boys Shot Put

Bergen County Meet of Champs | M... **FAT**

Results
Field Series
Flights
Entries
Reco

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1	<b>Benjamin Shue</b>	<b>64-00.00</b>
	Bergen Catholic HS	19.51m
	<b>New '23 US #16</b> • +10pts • F1 • Yr: 10	
2	<b>Jack Small</b>	<b>55-01.50</b>
	NV - Old Tappan HS	16.80m
	+8pts • F1 • Yr: 11	
3	<b>Justin King</b>	<b>54-11.50</b>
	Bergen Catholic HS	16.75m
	+6pts • F1 • Yr: 12	



**Boys 1600m**

Bergen County Meet of Champs | M...

**FAT**

3	<b>Ryan LoCicero</b> Don Bosco Prep +6pts • H1 • Yr: 11	4:24.88
4	<b>Brandon Barreto</b> Dumont HS +4pts • H1 • Yr: 12	4:27.30
5	<b>Ian Bajraktari</b> Ridgewood HS +2pts • H1 • Yr: 12	4:29.89
6	<b>DJ Murphy</b> Ridgewood HS +1pts • H1 • Yr: 11	4:30.27
7	<b>Patrick Kurtz</b> Pascack Valley HS H1 • Yr: 11	4:32.37
8	<b>Daniel Phillips</b> Indian Hills HS H1 • Yr: 11	4:33.47
9	<b>Trevor Kane</b> Ridgewood HS H1 • Yr: 10	4:36.13
10	<b>James Hughes</b> Bergen Catholic HS H1 • Yr: 12	4:36.21

**Boys 4x400**

Bergen County Meet of Champs | M...

**FAT**

Results	Splits	Heats	Entries	Records
Filter Results ▾				
1	<b>Paramus Catholic HS</b> 'A' • +10pts • H2	3:21.82		
2	<b>NV - Demarest HS</b> 'A' • +8pts • H2	3:21.86		
3	<b>Bergen County Tech</b> 'A' • +6pts • H2	3:24.03		
4	<b>Hackensack HS</b> 'A' • +4pts • H2	3:25.04		
5	<b>NV - Old Tappan HS</b> 'A' • +2pts • H2	3:28.28		
6	<b>Dumont HS</b> 'A' • +1pts • H1	3:28.36		
7	<b>Bergen Catholic HS</b> 'A' • H2	3:29.37		

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**Boys Long Jump**

Bergen County Meet of Champs | M...

**FAT**

4	<b>Jordan Morrell</b> Pascack Hills HS +4pts • F1 • Yr: 11	19-08.25 6.00m
5	<b>Joseph Perriello</b> Mahwah HS +2pts • F1 • Yr: 11	19-07.75 5.99m
6	<b>Kyle Dickson</b> Ridgewood HS +1pts • F2 • Yr: 10	19-07.50 5.98m
7	<b>Alexander McElkenny</b> Ramapo HS F1 • Yr: 12	19-07.00 5.97m
8	<b>Thomas Scott</b> NV - Old Tappan HS F2 • Yr: 12	19-06.50 5.96m
9	<b>Jason Lessieu</b> Bergen Catholic HS F2 • Yr: 11	19-05.50 5.93m
10	<b>Devran Ozkan</b> River Dell HS F2 • Yr: 12	19-04.25 5.90m
11	<b>Aaron Sylvester</b> Bergen Catholic HS F1 • Yr: 12	19-00.50 5.80m

**Boys Discus Throw**

Bergen County Meet of Champs | M...

**FAT**

Results	Field Series	Flights	Entries	Reco
Filter Results ▾				
1	<b>Benjamin Shue</b> Bergen Catholic HS New '23 US #33 • +10pts • F2 • Yr: 10	187-05 57.12m		

**Boys Triple Jump**

Bergen County Meet of Champs | M...

**FAT**

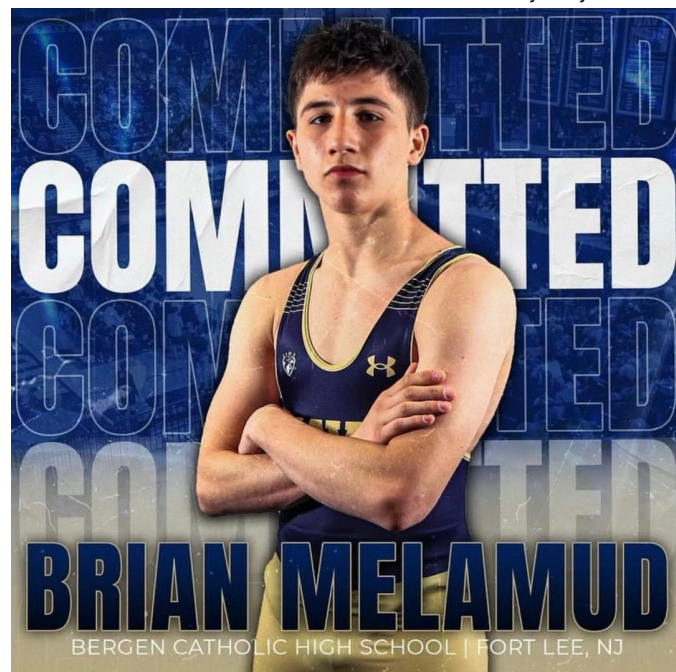
Results	Field Series	Flights	Entries	Reco
Filter Results ▾				
<b>1</b>	<b>Bobby Mays</b>	<b>46-03.25</b>		
	Don Bosco Prep	14.10m		
	+10pts • F2 • Yr: 11			
<b>2</b>	<b>Liam Paneque</b>	<b>45-09.75</b>		
	NV - Demarest HS	13.96m		
	+8pts • F2 • Yr: 10			
<b>3</b>	<b>Jorden Enigam</b>	<b>44-00.00</b>		
	Lodi HS	13.41m		
	+6pts • F2 • Yr: 12			
<b>4</b>	<b>Jason Lessieu</b>	<b>42-02.50</b>		
	Bergen Catholic HS	12.87m		
	+4pts • F2 • Yr: 11			

**Boys Javelin Throw**

Bergen County Meet of Champs | M...

**FAT**

<b>4</b>	<b>Brian Winge</b>	<b>164-07</b>		
	River Dell HS	50.17m		
	+4pts • F1 • Yr: 11			
<b>5</b>	<b>Damitrius Hester</b>	<b>160-06</b>		
	Mahwah HS	48.92m		
	+2pts • F2 • Yr: 12			
<b>6</b>	<b>Colin Krause</b>	<b>160-03</b>		
	Pascack Valley HS	48.84m		
	+1pts • F1 • Yr: 10			
<b>7</b>	<b>Tyler Cappadona</b>	<b>160-00</b>		
	Hasbrouck Heights HS	48.77m		
	F1 • Yr: 11			
<b>8</b>	<b>James Alati</b>	<b>156-05</b>		
	Rutherford HS	47.68m		
	F1 • Yr: 11			
<b>9</b>	<b>Yunte Trattner</b>	<b>154-09</b>		
	Ridgewood HS	47.17m		
	F2 • Yr: 11			
<b>10</b>	<b>Sean Coll</b>	<b>150-08</b>		
	Bergen Catholic HS	45.92m		
	F2 • Yr: 12			
<b>11</b>	<b>Nick Barra</b>	<b>150-04</b>		
	Bergen Catholic HS	45.82m		
	F1 • Yr: 12			



## CRUSADER JV GOLFERS TAKE PLAYOFF OVER BOSCO BY ONE STROKE







## LACROSSE WINS FINAL TWO GIBBS DIVISION GAMES AS CRUSADERS PREPARE FOR STATE TOURNAMENT

The Crusaders defeated Northern Highlands for a second time and finished their regular season off by defeating Ramapo. The two wins certainly are helping BC to build momentum heading into the NJSIAA tournament which opens on Tuesday, May 30 at 4:15pm at the Jack against CBA of Lincroft.

### BC 9 - NORTHERN HIGHLANDS 7

	G	A	P	GB	FOS-Taken	FOS-Won	FOS-Win%
Jake Taromina	1	0	1	0	0	0	0
Richie Reid	2	1	3	1	0	0	0
Joseph Marinaccio	3	2	5	0	0	0	0
Jack Tenaglia	2	2	4	5	0	0	0
Luke Macejka	0	2	2	2	0	0	0
Joseph Angeli	1	0	1	0	0	0	0
Dan Sheppard	0	0	0	3	0	0	0
Anderson Chang	0	0	0	1	12	9	0.75
Patrick Cece	0	0	0	1	8	3	0.38
Nico Martino	0	0	0	1	0	0	0
Nicholas Angeli	0	0	0	1	0	0	0
Hayden Walmsley	0	0	0	1	0	0	0
Parker Day	0	0	0	4	0	0	0
<b>Totals:</b>	<b>9</b>	<b>7</b>	<b>16</b>	<b>20</b>	<b>20</b>	<b>12</b>	<b>0.6</b>

#### Bergen Catholic Goalie

	Saves	GA
Parker Day (W)	11	7
<b>Totals:</b>	<b>11</b>	<b>7</b>

### BC 9 - RAMAPO 3

	G	A	P	GB	FOS-Taken	FOS-Won	FOS-Win%
Jack Tenaglia	1	1	2	2	0	0	0
Joseph Marinaccio	2	2	4	0	0	0	0
Jake Taromina	0	1	1	0	0	0	0
Richie Reid	1	0	1	2	0	0	0
Luke Macejka	3	2	5	0	0	0	0
Anderson Chang	2	0	2	1	0	0	0
Jimmy Carey	1	1	2	0	0	0	0
Parker Day	0	0	0	5	0	0	0
Ryan Ford	0	0	0	2	0	0	0
Noah Spencer	0	0	0	1	0	0	0
Sean Irving	0	0	0	1	0	0	0
Patrick Cece	0	0	0	2	8	4	0.5
Hayden Walmsley	0	0	0	1	0	0	0
Dan Sheppard	0	0	0	0	9	8	0.89
<b>Totals:</b>	<b>10</b>	<b>7</b>	<b>17</b>	<b>17</b>	<b>17</b>	<b>12</b>	<b>0.71</b>

	Saves	GA
Parker Day (W)	7	3
<b>Totals:</b>	<b>7</b>	<b>3</b>

## HONK FOR HOUNDS: A GREAT SUCCESS

Just a quick note to let you know how proud I am of our BC boys. We had about 30 or so students volunteer both last night and today for the "Honk for Hounds" animal rescue/adoption event. Our students were true gentleman, providing assistance, direction, and a helpful hand for anything and everything that was needed.

As a bonus, 11 out of 17 dogs received applications 🎉







# VOLLEYBALL DEFEATS NEWARK VOCATIONAL

Fri, May 19, 2023, 4:15pm

	1	2	3	Final
Bergen Catholic (5-17)	25	25	0	2
Newark Vocational (2-14)	6	17	0	0

## Player Stats

Bergen Catholic	Kills	Blocks	Digs	Assists	Service Points	Aces
Thomas Cusick	0	0	5	0	1	2
Jeongsoo Park	4	0	3	4	4	2
George Azrumelashvili	1	0	15	0	5	1
Ian Walls	2	0	4	10	6	1
JohnPaul Sinagra	7	0	3	1	8	4
Enzo Yuen	3	1	2	0	0	2
Yuanzhe Li	1	0	6	0	2	1
Totals:	18	1	38	15	26	13

JV VOLLEYBALL TOOK 2 FROM NEWARK VOCATIONAL AND DWIGHT MORROW AS WELL TO CLOSE OUT THE SEASON!

## 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

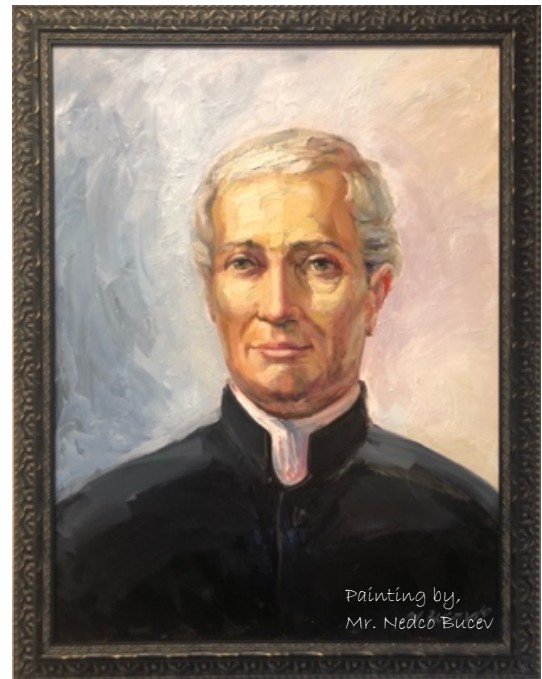
God, grant me the  
**Serenity** to accept the things I cannot change,  
**Courage** to change the things I can and  
**Wisdom** to know the difference.  
 Amen.

## 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."

## 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.

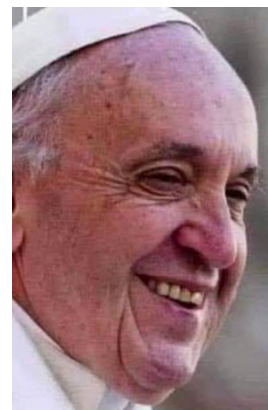
You shall not bear false witness against your  
 neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.

*"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**



## Prayer to Our Lady of Perpetual Help



Mother of Perpetual Help, you have been blessed and favored by God.

You became not only the Mother of the Redeemer, but the Mother of the redeemed as well. We come to you today as you are loving children.

Watch over us and take care of us.

As you held the child Jesus in your loving arms, so take us in your arms.

Be a mother ready at every moment to help us. Our greatest fear is that in time of temptation, we may fail to call out to you, and become lost children. Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance, and the grace always to call upon you.

*Mother of Perpetual Help. Pray for us!*

*Amen.*

**Share Catholic**  
[www.ShareCatholic.com](http://www.ShareCatholic.com)

### *How can we honor Mary in the month of May?*

May crownings are one of the most popular ways to celebrate the month of Mary. Make a crown of flowers for your Mary statue and adorn your indoor and outdoor Mary statues with fresh blooming flowers this month. Add a candle too for an extra touch. If you don't have a Mary statue, now would be a good time to get one.