# TISSISSIPPORTS IN BERGEN GATHOLIC SPORTS

# SAFETY DANCE JV FOOTBALL BEATS BOSCO

**SEPTEMBER 25 - ORADELL, NJ -** A safety forced on a blocked punt with just 1:21 remaining in the fourth quarter lifted the BC JV Football Team to an 8-6 victory over the junior Ironmen a the Jack on a misty Monday afternoon.

The first quarter saw some outstanding highlights right from the opening kick off. A little razzle-dazzle was in store for BC's most storied rivals as Max Nizza took a handoff from an impromptu



huddle and sprinted to his right, gaining about 25 yards on the return.

The first Crusader drive did not progress as a couple of young players were asked to step up and fill in for some injured jayveers.



The good news is that the Crusader defense was creating highlights of their own. CJ Edwards and Brandon Wilson combined to sack the QB and terminate an Ironman drive.



On their next drive, the Crusaders started making some yards. The most impressive of plays was freshman Nick Mauro carrying 5 Ironmen on his back for 10 yards, good for an 18 yard gain and a Bergen Catholic first down.



Tight end Jackson Kolomer, Preston Brady (LT), Harold Kang (LG), Travis Nodelman (C), Greg Matute (RG) and Hudson Brennan (RT) worked hard on the offensive line to provide room for BC backs to run.

Holding penalties seemed to snakebite the Crusaders through much of the game and forced that drive to stall.

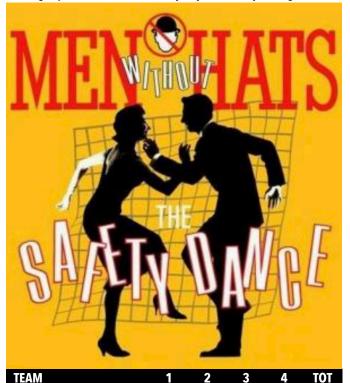
Bergen got the ball moving down the field as freshman QB Jack Woods aired it out to Devin Hasan on a pair of 20+ yard completions. That set up a Mauro 12-yard rush to the Ironman 6. After a 5 yard loss, the Crusaders gained one back before being bitten by the holding bug once again.

The drive stalled and provided just enough time for the Ironmen to carry off the left side for an 81-yard touchdown run, giving them a 6-0 lead at half.

The Crusaders recorded three interceptions, showing some excellent ball-hawking skills. Tim Hogan grabbed two and Steve Copeland picked one and reutrned it 15 yards to the Ironman 38. That was a key pick that set up an opportunity for Woods to hit 50 yard bomb to Devin Hasan.

With 5:46 remaining in the fourth quarter, Faheem Ausbon finally broke the ice for the Crusaders. He punched the ball in with a 12-yard carry around the left end to knot the game at 6.

After stopping DBP, the Crusaders had another chance to drive, stalling around the 10 yard line. The defense answered the call, holding the Ironmen on three downs and forcing a punt. The rest, as they say, is history. Bergen wins!



0

6

0

0

6

Don Bosco Prep

Bergen Catholic

#### TALK ABOUT SPORTSMANSHIP!



# CRUSADER TRAINERS THE BEST AROUND!

Neither snow nor rain nor heat nor gloom of night stays these trainers from the swift attention to the needs of student athletes at BC. Dominic Barbarullo and Mike VanKoppen are the men that can be seen running across field to attend to any injured player wearing any colored jersey.

The conversations they have with concerned parents on facetime are handled with great care and professionalism. BC couldn't hope for better representatives of a Catholic approach to sports medicine and is proud to partner with Trainers Mike and Dom and the Holy Name Hospital Sports Medicine group.

# CDADE BE the Model

As the saying goes, the black eye in the sky never lies. They are referring to the camera, filming the actions at games.

The understanding is that your actions are being recorded and whatever you may want to say happened, the black eye in the sky will tell the story for you.

Whether you are a fan or a student-athlete, don't allow your actions to take the shine off your apple. I still haven't encountered a recruiter who was thrilled with someone's trash-talking or excessive celebrations. Take it from an old ball coach, far better to let your play talk and not your mouth tweet, Instagram, or dances.

# VARSITY SOCCER CONTINUES STREAK VERSUS SPARTANS

SEPTEMBER 26 - WAYNE, NJ - A critical Big North

Conference United game between the

Crusaders and Spartans of DePaul Catholic

took place on Tuesday night. BC won its fifth consecultive

game of the 2023 season and continued another streak, against DePaul, in the process.

Luca Nazor (2<sup>nd</sup>) and Sebastian Ortega (13<sup>th</sup>) each scored goal to lead BC to a 2-1 victory over the home team. Ryan Chong (7<sup>th</sup>) assisted once, to continue his role as the team's top set-up man.

Andrew Blodgett turned away seven shots to earn the victory and keep Bergen undefeated through seven contests.

The Crusaders have now won 20 of their last 21 versus the Spartans with the only blemish being a 2015 tie 4-4. You have to go back to September 11, 2013 to find the last loss for the Crusaders against DePaul; a 1-0 decision dropped in Wayne.

TEAM	1	2	TOT
#12 Bergen Catholic (6-0-2)	1	1	2
DePaul Catholic	0	1	1

#### **JV SOCCER BLANKS SPARTANS**

SEPTEMBER 26 - RIDGEFIELD PARK, NJ - The JV Soccer

Team won its fifth game of the season and shut out its fourth opponent of the season to improve to 5-3 wiwth a 6-0 victory over DePaul Catholic.

Kieran Farley led BC with two goals and teammates William Vozzolo, Jace Morales, PJ Sorrentino and Quinn Caufield each pitched in a goal apiece. Christian Roche assisted on a goal as did Vozzolo, Max Lahoud, D'Angelo Tavarez and Matt Moya actually assisted on a pair.

The goalie dynamic duo of Thomas Harmke (8 saves) and Nate Johnston (6 saves) were excellent in combining to shut out their Passaic County counterparts.

TEAM	1	2	TOT
DePaul Catholic	0	0	0
Bergen Catholic	3	3	6

# FROSH SOCCER DEFEATS A STRONG NORHTERN HIGHLANDS SQUAD

SEPTEMBER 26 - ALLENDALE, NJ - The Freshman Soccer



Team defeated the Highlanders on the road on Tuesday. The

team is now 7-0 following the 6-2 victory.

John Semelsberger scored a pair of goals and recorded three assists to kick-start a smoking hot Crusader offense. Jake Lee scored the highlight goal of the day, a 35-yard banger to the top corner off his right foot. He was set up by his brother, Luke Lee, to give BC a 4-1 lead at half.

Ian Kim scored an unassisted goal from the box to the bottom right in the second half He also had an assist on the day. Luke Lee finished the scoring for the young Crusaders against a talented the home team.

TEAM	1	2	TOT
Bergen Catholic	4	2	6
Northern Highlands	1	1	2

## **BERGEN 5 - BOSCO 2**



**SEPTEMBER 28 - ORADELL, NJ -** The Crusaders continue to climb in the polls as they defeated Don Bosco Prep 5-2 on Thursday at the Jack. It was the Crusaders seventh consecutive win after staring the season 0-0-2.



Cosimo Tristani opened the scoring with his first career goal for BC in the first half. Nico Angione knocked in a shot off a centered pass and the Crusaders had a 2-0 lead at half.

Junior Danny DeBono opened the scoring in the second half and BC had a 3-0 lead, but the Ironmen were not ready



to lie down. Bosco scored a goal off a rebound to cut BC's lead to 3-1 and then a penalty shot closed the gap to 3-2.



It was time for Bergen to answer and that's just what Sebastian Ortega did, scoring on the north end of the field under 10 minutes remaining in the match. Graham Ewers closed out the scoring on the afternoon and supported the outstanding 5-save effort by goal keeper Andrew Blodgett.



The win gives BC a strong position in the BNC United with a 4-0-1 record in division and 3 games left to play vs. St. Joseph Regional, Paramus Catholic and a tough DePaul Catholic squad.



#### **CAREER LEADER CHARTS**

#9 Bergen Catholic (7-0-2)

**CAREER GOALS:** #12 Sebastian Ortega '24 (28) passes Kevin O'Hara '88 (25).

5

#### **MOYA - OH BOYA!**

SEPTEMBER 28 - RAMSEY, NJ - The JV Soccer Team fell to

Don Bosco Prep on Thursday, but Matt Moya continued his scoring assault on opposing goals. Assisted by Christian Roche, Moya scored the only Crusader goal on a soggy afternoon in Ridgefield Park.

TEAM	1	2	TOT
Don Bosco Prep	-	-	3
Bergen Catholic	-	-	1

# FROSH KNOCK RED RAIDERS OFF THE CLIFFSIDE

Team took care of business once again with John Coleman pitching a shut out, his 4<sup>th</sup> of the season. The final score 8-0 matched the team's perfect record in 2023 and sweeps the season series with BC's top rival.

Will Kim recorded a hat trick and Luke Lee scored two goals and two assists to pace the Crusader offense. John Semelsberger and Ian Kim (1G and 1A each) and Frank Burns scored a goal.

John Stephenson and Arcen Tambi each assisted on a goal.

TEAM	1	2	TOT
Bergen Catholic	4	4	8
Don Bosco Prep	0	0	0

# HARRIERS ENJOY HEAVY WORK WEEK TO PREPARE FOR HILLS OF HOLMDEL

**SEPTEMBER 30 - HOLMDEL, NJ -** The Bergen Cross Country program ran a series of half-mile hills to help prepare for this year's New Balance Shore Coaches Invitational at Holmdel County Park. This difficult course is also the home course for state championship meets, so gaining experience and confidence there is essential in the world of NJ Cross Country.

The Crusaders' best effort in the 3.1 mile course was in 1982 by John Gaudio '83 (16:24). Markus White (FR) and Tom Rogers were tops at Holmdel last year. Who will it be for BC in 2023? READ ON!

#### **VARSITY HARRIERS TOP DOZEN**

Senior Brendan O'Rourke led the Crusaders placing 23<sup>rd</sup> with a time of 18:04.41 finish in the 5000-meter race. Bergen finished 12<sup>th</sup> overall in the 22-team, 169-runner event.

PLACE	RUNNER	TIME	PTS	
23	Brendan O'Rourke	18:04	20	
61	Daniel Calianese	19:44	57	
69	Aidan Pacheco	20:00	65	
72	Elias Garcia	20:03	68	
82	Luke Schoeler	20:19	77	
93	Will Saracino	20:35	88	

#### JV HARRIERS FINISH

**SEPTEMBER 30 - HOLMDEL, NJ -** Bergen finished the JV "E" 5000 meters 16<sup>th</sup> overall in the 27-team, 305-runner event.

61	Dylan Brown	21:00	52	
95	Max Yoo	21:37	80	
105	Sean Keating	21:51	87	
129	Liam McDevitt	22:23	104	
207	Matthew Valencia	24:09	148	
266	Joe Cabanita	25:54	160	

#### FROSH HARRIERS PLACE THIRD

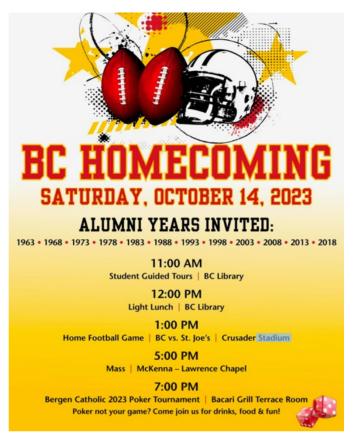
**SEPTEMBER 30 - HOLMDEL, NJ -** The 2-mile course provided a challenge for the talented BC frosh, but they ran hard despite the weather placing 3<sup>rd</sup> overall in the 14-team, 189-athlete "C" Division race. The Collegiate School and Lawrenceville were the only teams to place ahead of BC.

Jackson Hermann, Easton Tedesco and and Ayden Mendez placed 9, 10 and 12 respectively to lead a strong team effort.

PLACE	RUNNER	TIME	PTS
2	Jackson Hermann	12:25	5
4	Easton Tedesco	12:25	6
5	Ayden Mendez	12:39	7

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ļ	57	Jack Falcone	14:25	41
(	60	James Gullo	14:28	43
(	61	Michael Tuohy, Jr.	14:30	44
(	62	Lorenzo Lee	14:30	45
(	68	Tristan Ruffino	14:50	
(	99	Jonah Griffith	15:56	
	114	Byron Kwon	16:21	
	119	Dylan Brady	16:34	

**CORRECTION:** Benjamin Cha placed 7<sup>th</sup> with a time of 11:12.19 at the Six Flags Wild Safari Invitational on Saturday, September 23<sup>rd</sup>. His time and place was in error because his tag were incorrectly reported to NJ.MILESPLIT.COM.



# BERGEN-DEPAUL CATHOLIC SENIOR DAY

**SEPTEMBER 30 - ORADELL, NJ -** When will the rain stop? This question and many more were answered on Saturday as the Crusaders celebrated Senior Day at the Jack with a 31-13 victory over DePaul Catholic stopping a 4-game visiting team winning streak in this rivalry that dates back to BC Varsity

Football Game #5 in 1958. It was actually the Crusaders first ever victory (25-0). In similar fashion, the Crusaders dominated the scoreboard, though a very dangerous Spartan squad showed how talented they are in the "Brother's Bowl II." (Head Coaches Vito and Nick Camapanile are among the five outstanding Campanile Coaches including dad, Mike who coaches BC's freshman team.)

The Crusader defense yielded a first down, but then held tough. They stopped DePaul, who fumbled on fourth down, giving BC possession at the DePaul 17 yard line.

Unable to move the ball 10 yards in three downs, the Crusaders entrusted their first scoring opportunity to Guytano Bartolomeo who drove his fifth field goal attempt of the season directly through the uprights to give BC a 3-0 lead.



Three big plays helped the Crusader to their first score on their next drive. The first was a 22-yard strike from Dominic Campanile to Quincy Porter on 3<sup>rd</sup> and 11. Mu Russell did the rest of the work, picking up 11 yards and then bursting 21 yards into the endzone for the Crusaders first score.

On the ensuing drive, sophomore Jemaine Kinsler put the Spartans in a hole, sacking the passer for a 4 yard loss. Bergen would once again stop the visitors and force a punt.

After a drive that would eat the remaining time in the first quarter, Brandon Arpacillar was called on to punt. He sailed

a beauty which was downed at the five yard line, giving DePaul an insurmountable task against the BC defense...

Or so you would think.

Due to a number of good plays and some self-inflicted wounds in the form of penalties, BC found themselves with their backs against the wall. DePaul was first and goal at the Crusader two approaching the Oradell Ave side of the field. The defensive line got into their **root-hog-or-die** mentality (see root-hog-or-die songs after the Bird of the Week) and stuffed the DePaul line. Ethan Cohall and David Matesic were instrumental in tackling and stripping the DePaul running back and Matesic returned the ball out of the endzone to the 7 yard line.

Sophomore runner Dante Kain got the Crusaders out of a hole, with carries of 3, 15 and 21. While the drive stalled, mission was accomplished and provided the opportunity for Apacillar to work his magic once again. He punted and pinned the Spartans at the 13 yard line.

That is perhaps where the greatest disparity between the two teams was emphasized as the Spartans punted back to BC who took over at the 45 with 0:51 remaining in the half.

Everyone seemed to know what was coming, but there was just no stopping it... Campanile hit Porter in the back left corner of the endzone (away from Oradell Ave) just 18 seconds later and BC would go into the half with a 17-0 lead.



Former Giants Super Bowl Champion Plaxico Burress' son, Elijah made one of a number of outstanding catches for touchdowns and the Spartans closed the lead to 17-6



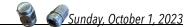
(following a missed PAT).

It took two plays for the Crusader to respond. With standout runner Kaj Sanders on the field, he carried for 8 yards to set up a  $2^{nd}$  and 2 from the BC 28.

After taking the handoff, Sanders hit the hole between seniors C-Marcus Linder and LG-Owen Fernandez. He made one quick cut to his left and sprinted 72 yards for BC's longest TD run of the season.



Luca Cutitta scored his second TD in two weeks on a pass from Campanile in the fourth quarter and after Guy Bartolomeo's 4<sup>th</sup> extra point of the day, the Crusaders held a 31-6 lead.



TEAM	1	2	3	4	TOT
#3 DePaul Catholic	0	0	6	7	13
#1 Bergen Catholic (4-1)	10	7	7	7	31

#### **PASSING**

NAME	CMP	ATT	YDS	TD	INT	LNG
Dominic Campanile/BC	9	16	138	2	0	39
DEPAUL CATHOLIC	23	35	239	1	2	40

#### RUSHING

NAME	ATT	YDS	TDS	LONG
Kaj Sanders	10	125	1	72T
Kaden Irby-Mason	4	38	0	16
Dante Kain	6	49	0	21
Mu Russell	10	43	1	21T
TOTALS	30	255	2	72T
DEPAUL CATHOLIC	27	27	1	11

#### RECEIVING

NAME	REC	YDS	TDS	LONG
Quincy Porter	4	83	1	39
Anthony Perrotti	3	12	0	7
Naiim Parrish	1	38	0	38
Luca Cuttita	1	5	1	5T

#### **DEEFENSE**

NAME	TOT	SOLO	ASST	STFL	ATFL	SSACK	ASACK
Kaj Sanders	5	0	5	-	-	-	-
Naiim Parrish	5	1	4	-	-	-	-
Ethan Cohall	9	3	6	1	-	-	-
Elijah Kinsler	5	1	4	1	1	1	1
Dave Matesic	4	2	2	-	-	-	-
Christian Gonzalez	7	3	4	1	-	-	
Brandon Gomez	2	2	0		-	-	-
Kaden Irby-Mason	8	6	2	2	0	2	
Anthony Morales	3	1	2	1	1	0	1
Ryan Sarkar	1	0	1	-	1	-	
Jordan Thomas	5	4	1	-	-	-	-
Mu Russell	1	0	1	-	-	-	
CJ Zayas	1	0	1		-	-	-
Guy Bartolomeo	1	0	1	-	-	-	
Christian Cirillo	2	1	1		-	-	-
Mason Marck	1	0	1	-	-	-	
Youssef Ouda	2	1	1	-	-	-	-
Mitchell Boateng	1	0	1	-	-	-	-
Jermaine Kinsler	1	0	1	0	1	0	1
Brandon Wilson	1	0	1	-	-		
Ben Carey	4	2	2	-	-	-	-
Delaney Fludd	3	0	3	-	-	-	-

#### TAKEAWAYS/PASSES DEFENDED

NAME	INT	FF	YDS	TDS	PD
Ethan Cohall	1	1	13	0	0
Naiim Parrish	1	0	17	0	1
David Matesic	0	RECOV	7	0	1

#### **PUNTS**

NAME	NO	YDS	LONG	NET	AVG	IN 20
Brandon Arpacillar	3	122	51	40.7	40.7	3

#### **KICKING**

NAME	EXPTA	EXPT	FGA	FG	КО	TB
Guy Bartolomeo	4	4	1	1	6	2

#### RECORD BREAKERS

#### **CAREER TOUCHDOWN RECEPTIONS:**

Quincy Porter (22) The junior receiver broke Aaron Martin's '99 career record of 19 and continues to set new marks with each TD.



#### **TOP TEN CHARTS**

**CAREER TOUCHDOWN PASSES:** #8 Dominic Campanile '25 (30) passes state champion QB Bob Murray '83 and his mark of 29 TD passes.

**CAREER TOTAL TOUCHDOWNS:** #8 Dominic Campanile '25 (33) passes two state championship QBs, Brad Hartung '05 and Bob Murray '83 (31).

**CAREER PASSING YARDS:** #10 Dominic Campanile '25 (2,307) edges former Seattle Seahawk Tanner McEvoy '11 (2,305).

**CAREER RECEIVING YARDS:** #5 Quincy Porter (1,200) passes former University of Maryland and Arizona Cardinal receiver Isaiah Williams '05 (1,126 yards).

**CAREER RECEPTIONS:** #7 Quincy Porter '25 (61) passes John Feaster '13 (60).

**SINGLE SEASON TOUCHDOWN RECEPTIONS:** #6 Quincy Porter '25 (11) ties his 2022 mark and John Tsimis '13 who scored 11 TDs in 2011.

**CAREER INTERCEPTIONS:** #8 Naiim Parrish '25 (7) ties Jed Hoban '85, Joe Rinaldi '87, Greg Darienzo '88, Mike Cerullo '91, Chuck Mazzarone '95 and Charles Wingate '12.

**CAREER KICKING POINTS:** #8 Guytano Bartolomeo '25 (97) ties Mike Halligan '10.

**CAREER FIELD GOALS:** #3 Guytano Bartolomeo '25 (7) ties Mike Halligan '10 and Giancarlo Carbonaro '22.

**SINGLE SEASON FIELD GOALS:** #T4 Guytano Bartolomeo '25 (5) one behind Chris Hanly '03, Dave Kuncio '07 and Michael Kearney '19 for school record.

#### **FAHEEM THE DREAM**

**September 30 - WAYNE, NJ -** Faheem Ausbon was challenged. A week after focusing only on defense against Don Bosco Prep and seeing him and his teammates fall short

to the Ironmen 14-0, he decided to step up his commitment and encourage his teammates to do the same. Ausbon scored three touchdowns and an extra point. Here's a quick recap.

After yielding a TD on the opening drive, the Crusader Frosh stopped the PAT. Enter Ausbon. Faheem took the ensuing kick-off and returned it toward the left hash 85 yards for a touchdown. After a solid drive, Ausbon scored his second touchdown off right end to make the score 12–6.

Learning from BC, the Spartans saw returning the kick-off following a touchdown might be a terrific opportunity. Just like that, the score once again was tied at 12.

QB Aidan Talley hit Austin Busso on a post pattern, deep down the middle of the field, good for a 62-yard touchdown strike.

Liam Erickson made an interception, giving BC great field position right before the half. The Talley-to-Busso combination struck again. This time, it was a fade route down left sideline for a 30 yard touchdown. Ausbon took the ball over left tackle for the two-point conversion and BC led 26-20 at half.

As the third quarter began, the Crusaders found themselves backed up at their own 5 yard line. Enter Faheem. He hit the corner and sprinted to daylight for a 55 yard gain. He would later finish the job on a 3<sup>rd</sup> and 9 from the 10 yard-line as he took a direct snap in the Wildcat formation over right tackle for a touchdown.

The Crusaders got solid blocking from the offensive line, Connor Long, Alex Kavallieteratos, Thomas Esposito, Kenneth Hackney and Marlon Williams.

The defense also played well with Tristan Herring, Che Patrick and Jalen Johnson as well as Long, Kavallieteratos, Hackney, Williams and Ausbon.

TEAM	1	2	3	4	TOT
Bergen Catholic	6	20	6	-	32
DePaul Catholic	6	14	-	-	20

# CROSS COUNTRY SEASON VARSITY LEADERS

BEST FINISH:	Brendan O'Rourke	5 <sup>th</sup>
3.1 MI - DARLINGTON:	Brendan O'Rourke	17:09
5K - SIX FLAGS:	Brendan O'Rourke	17:55.17

# VARSITY SOCCER SEASON LEADERS

POINTS:	Sebastian Ortega	32
GOALS:	Sebastian Ortega	14
ASSISTS:	Ryan Chong	8
SAVES:	Andrew Blodgett	28
<b>SAVE PCT:</b>	JP Sinagra	.833

# VARSITY FOOTBALL SEASON LEADERS

POINTS:	Quincy Porter	66
KICKING POINTS:	Guy Bartolomeo	40
TDs:	<b>Quincy Porter</b>	11
TD PASSES:	Dominic Campanile	16
COMP %	Dominic Campanile	61.3
PASSING YDS:	Dominic Campanile	1,126
RECEVING YDS:	Quincy Porter	537
RECEPTIONS:	Quincy Porter	22
RUSHING YDS:	Kaj Sanders	361
TACKLES:	Christian Gonzalez	38
SOLO TACKLES:	Jordan Thomas	20
SACKS:	Elijah Kinsler	3
	Kaden Irby-Mason	3
INTERCEPTIONS:	Jordan Thomas	3
PUNT LONG:	Brandon Arpacilar	57
PUNT YDS AVG:	Brandon Arpacilar	37.9



## CRUSADER RANKINGS FOOTBALL

OUIDAL

N.J - #1

NORTHERN NJ BIG 6 - #1 MAXPREPS - #31 in USA

SBLive: NORTHEAST US - #1
SBLive: NATIONAL #19

https://scorebooklive.com/football/rankings

#### **SOCCER**

NJ - #9

**BCCA TOURNAMENT #1 SEED** 

#### **CELEBRATING SENIOR DAY**



#### **SINGING THE ALMA MATER**



# BIRD OF THE WEEK FERAL PIGEON



FEBRUARY, 2021 - EDGEWATER, NJ - As I tried to think of a "hog-

like" bird, the only thing I could think of was the PIGeon. When you look at them, they're actually pretty birds, so hear are some words about the pigeon.

- The feral pigeon is a descendant of domestic pigeons which have escaped and racing pigeons which were too exhausted to continue flying. Plumage can be of many colors due to fresh selectively bred birds constantly escaping and joining the feral population
- made famous by Bert (of Ernie and Bert fame) in the name of his famous song and dance, Doing the Pigeon
- **Feral** means "an animal (usually) in a wild state after escape from captivity or domestication. (often cats)

#### **ROOT HOG OR DIE**

If you're a football lover, you must've heard the term Root Hog or Die. That said, if you're a football lover, you probably have NO IDEA where it comes from or what it refers to. Actually, there are a few different ones. I'm kind of partial to the 1856 version and as a descendent of the Pike family, I think I like the 1858 song as well.

#### "Root Hog or Die" (c. 1854)

Several songs of unknown authorship were published before the Civil War, including patriotic and minstrel songs. A patriotic version opens with:

I'll tell you a story that happened long ago, When the English came to America, I s'pose you all know, They could'nt whip the Yankees, I'll tell you the reason why, Uncle Sam made 'em Root Hog or Die.

#### "Root, Hog, or Die" (1856)

The most popular song of the era was a minstrel song variously titled "Root, Hog, Or Die" or "Do Jog Along", sometimes credited to George W.H. Griffin, which was first copyrighted in 1856. Many variations exist—a common first verse is:

I'm right from old Virginny wid my pocket full ob news, I'm worth twenty shillings right square in my shoes. 'It doesn't make a bit of difference to neither you nor I Big pig or little pig, Root, hog, or die.

#### "Root Hog or Die" (1858)

A song from the gold field camps on the front range of the Rockies written by A. O. McGrew in 1858 addressed the hardships of gold miners. It was first sung at a Christmas party near present-day Denver. The first verse:

> Way out upon the Platte near Pike's Peak we were told There by a little digging we could get a pile of gold, So we bundled up our clothing, resolved at least to try And tempt old Madam Fortune, root hog or die.

#### Newer versions have also been recorded.

**June Carter Cash** had a minor hit in **1950** with her version, now available on **YouTube** with quitar by **Chet Atkins**. The first verse is:

From Wikipedia

(https://en.wikipedia.org/wiki/Root\_hog\_or\_die)



#### 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.

## The Golden Rule

Love one another as I have loved you.

#### 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

#### Philippians 4:13

I can do all things through Christ who strengthens me.



## 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 YULT - 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.



#### 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, SNAP, SNAP.
Duh, duh, duh, SNAP, SNAP.
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

