



ANDREW BLODGETT'S PERFORMANCE HELPS CRUSADERS TO A SEASON OF GROWTH AND PROGRESS.

TWIBCS

THIS WEEK IN BERGEN CATHOLIC SPORTS

VARSITY SOCCER STREAKS BY PC TO NORTH NPA SEMIS

OCTOBER 31 - ORADELL, NJ - Fifty-one seconds into play, the Crusaders seemed they would be enjoying a lovely, albeit chilly, day of soccer. Sebastian Ortega drove a shot to the bottom right corner of the net on a penalty shot for a handball in the box to give BC a lead.



No one could have expected that score would remain through the half and well into the second half of the game before BC would break open a 5-0 victory over Paramus Catholic.

Andrew Blodgett and JP Sinagra combined on a shutout in the quarterfinal round of the state tournament. Ortega, scored twice, giving him 23 goals on the season. The Crusaders also got goals from Cosimo Tristani, Luca Nazor and the first career goal from Jorge Espinosa.

TEAM	1	2	FT
#11 Paramus Catholic	0	0	0
#3 Bergen Catholic (15-1-3)	1	4	5



VARSITY SEASON STOPPED SUDDENLY BY PIRATES

NOVEMBER 3 - WEST ORANGE, NJ - Another year, another tough loss to Seton Hall Prep in the state playoffs. Despite the loss, the Crusaders are clearly closing the gap under the direction of Coach Berkanish. It was a fantastic year, BC winning 15 games, losing only two and tying three as a number of players showed great leadership on and off the field.

Sebastian Ortega finished his historic career with two goals against the Pirates. It raised his career number of goals to 39 (tied for 7th overall) and his 25 goals on the season are the sixth most in school history.

He and Ryan Chong each assisted on 12 goals for the season (tied for the ninth best season in school history). Ortega's 22 career assists cracked the Top 10 in school history. Chong made his mark as well, with his 24 career assists tied for 8th all-time, and his 22 career goals ranking him 16th overall.



Andrew Blodgett had a magnificent year, saving 82% of his shots, good for 8th place in the modern era (since 1998). His 76 save rank 17th in that period of time putting into perspective his quality of play and the quality of team defense he led.



Congratulations to the entire soccer program on its continued success. We're looking forward to the completion of the season and great years to come!

TEAM	1	2	OT1	OT2	FT
#3 Bergen Catholic (15-2-3)	0	2	0	0	2
#2 Seton Hall Prep	1	1	0	1	3



CRUSADER RANKINGS

FOOTBALL

NJ - #1
NO. JERSEY BIG 6 - #1
MAXPREPS - #30 in USA
SBLive: NE US - #1
SBLive: NATIONAL #15

<https://scorebooklive.com/football/rankings>

SOCCER

NJ - #5
NORTH JERSEY - #2
BNC UNITED CHAMPS

BASKETBALL TRYOUTS

NOVEMBER 5 - ORADELL, NJ - Basketball tryouts are just around the corner. Interested? Do this:

- FINISH THE TRIMESTER STRONG.** You don't want academic concerns hanging over your head during try-outs.
- SIGN UP ON FAMILY ID** and be sure your physical is submitted here: <https://www.bergencatholic.org/athletics/medical-forms/>
- Contact Coach Armstrong at barmstrong@bergencatholic.org with any questions you may have.
- MONDAY/TUESDAY NOVEMBER 20 AND 21**
 - VARSITY 2:30 pm - 4:30 pm
 - FRESHMEN 4:30 pm - 6:00 pm
 - JUNIOR VARSITY 6:00 pm - 7:30 pm
- WEDNESDAY NOVEMBER 22**
 - FRESHMEN 9:00 am - 10:15 am
 - JUNIOR VARSITY 10:15 am - 11:30 am
 - VARSITY 11:30 am - 1:30 pm
 -

SWIMMING TRYOUTS

MONDAY, NOVEMBER 20TH AND TUESDAY, NOVEMBER 21ST @ THE RIDGEWOOD YMCA FROM 2:30- 3:30 PM. There will be bussing to and from the pool. If you have any questions, please reach out to Coach Kunnapas @ lkunnapas@bergencatholic.org

JAYVEE & FROSH ARE GOING TO THE DANCE!



FOUR SCORES SAYS WILL KIM AS FROSH CRUSADERS ADVANCE

OCTOBER 31 - RIDGEFIELD PARK, NJ - Will Kim recorded a game-high four goals and John Semelsberger added a hat trick and three assists as BC dominated Waldwick 9-0.

Jake Lee scored a goal and added three assists. Ian Kim scored a goal and Luke Lee had an assist and Frank Burns assisted on two goals.

John Coleman was called upon only one time to save a Warrior shot on goal...which he did in splendid fashion.

BC plays on Tuesday at 3:30 at Overpeck (Ridgefield Park) in Round 2 of the tournament.

TEAM	1	2	FT
Waldwick	0	0	0
Bergen Catholic	7	2	9

BERGEN LEVIES TKO ON BERGEN TECH TO ADVANCE TO COUNTY FINAL

NOVEMBER 3- ORADELL, NJ - John Semelsberger recorded four goals and Burns, Will Kim and Tambi each added a pair as the Crusaders surged to the County Finals, defeating the Black Knights 12-2. Ian Kim scored a goal as Luke Lee (4 assists), Jake Lee (3 assists), Tambi (2 assists) and Burns (1 assist), each scored. John Coleman turned away two shots on goal, while only yielding three goals.

TEAM	1	2	FT
Bergen Tech	1	2	3
Bergen Catholic	4	8	12

JOHNSTON SOLID IN GOAL AS EWERS LIFTS CRUSADERS BY COMETS

NOVEMBER 1 - ORADELL, NJ - The Crusader JV Soccer Team advanced in the Bergen County JV Soccer Tournament, in dramatic fashion defeating Hackensack 1-0 at the Jack on Wednesday. Kieran Ewers' header late in the second half provided all the offense.

Goalkeepers Nate Johnston needed as he posted the shut out the Comets. Johnston saved 17 shots.

The Crusader will play Paramus in the BCCA Semifinal at the Jack on Saturday.

TEAM	1	2	FT
Hackensack	0	0	0
Bergen Catholic	0	1	1

PRESSURE ON PARAMUS PUSHES BC TO FINAL

NOVEMBER 4 - ORADELL, NJ - Owen McCauley, Kieran Ewers, Matt Moya, Max Lahoud and Ben Calderon peppered the Paramus protector with shots and ultimately Calderon and D'Angelo Tavaréz broke the goal line to propel BC past Paramus and onto the County Final on Wednesday at BC.

Goalie Nate Johnston turned away 11 shots on goal, leading Hogan's Heroes to their fifteenth win of the season.

TEAM	1	2	FT
Paramus	0	1	1
Bergen Catholic	1	1	2

2023 NJSIAA NPA FOOTBALL PREPARES FOR PVI IN QUARTERS

NOVEMBER 5 - ORADELL, NJ - The Crusaders have secured the #1 seed in the NJSIAA Non-Public "A" Tournament for the 2023 season. The Crusaders are pursuing championship #20 in the school's 65-year football history.

Eighth-seeded Paul VI of Haddonfield defeated #9 seed, Notre Dame of Lawrence 51-41 on Friday, night. That sets the stage for this week's 1:00pm Quarterfinal battle at the Jack. The Crusaders and Eagles have met only once before: in the 2014 State Quarterfinals. Bergen emerged from that contest with a 49-20 victory.

TOP HALF OF THE BRACKET

(8) Paul VI @ (1) **Bergen Catholic**

(5) St. Augustine Prep @ (4) Donovan Catholic

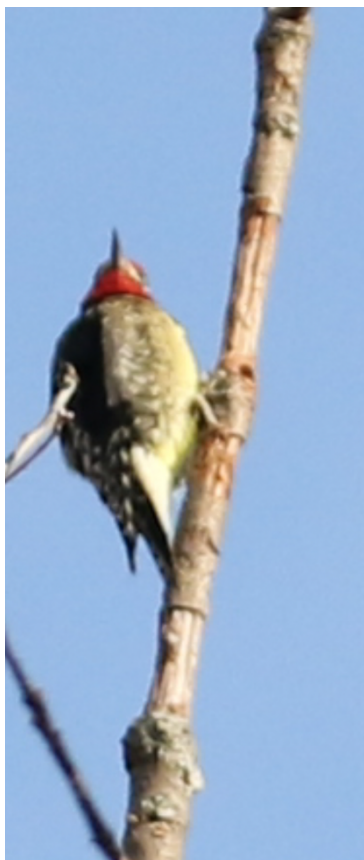
BOTTOM HALF OF THE BRACKET

(10) Don Bosco Prep @ (2) Delbarton

(11) Seton Hall Prep @ (3) St. Joseph Regional

BIRD OF THE WEEK YELLOW-BELLIED SAPSUCKER

NOVEMBER 5 - CROTON-ON-HUDSON, NY - I had an enjoyable



afternoon birding with Brother Fagan on Saturday, observing 47 species including a white-winged scoter at Croton-Point Park in Westchester County, NY. We started the day with some Northern Juncos and Robins before we encountered a Merlin posing high atop a tree. A red-tailed hawk could be seen nearby in a tree, but we were in search of a couple of juvenile Red-Headed Woodpeckers.

Sad to say, we were unable to locate those bird, but I did enjoy seeing this yellow-bellied sapsucker. When I heard one first thing this morning at school, I knew it was the bird I was meant to write about.

SAPSUCKER CHALLENGE:

How many woodpeckers can you name that breed regularly in Bergen County?

jhaemmerle@bergencatholic.org - Winner at random wins a free lunch!

LBJS: We had a couple of entries in last week's BOTW Contest:

LBJs (Little Brown Jobs). The answers:

1 - SAVANNAH; 2 - FOX; 3 - WHITE-THROATED; 4 - SWAMP

Congratulations to Kaden Blount who got 3 of 4 correct. While not good enough for a lunch (looking for 4!) a prize awaits in Room 16. See Mr. H.

SOCCER SHOTS HIGHLIGHTS FROM JV AND FROSH







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

The Golden Rule

Love one another as I have loved you.

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 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 sunshine 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

