

THIS WEEK IN BERGEN CATHOLIC SPORTS



INDOOR TRACK TAKES BNC WITH STRONG PERFORMANCES ACROSS THE LINEUP

DECEMBER 8 - STATEN ISLAND, NY - Andrew Boakye won the 55m and 200m on Monday to get BC off on the right foot in the Big North Conference 2024 Indoor Track Championships at Ocean Breeze.



Brendan O'Rourke picked up the mantle, taking top prize in the 800m and 1600m races. Preston Neal won the 3200 and the Crusaders

4x800m relay team took first. In the field events, Jason Lessieu won the Long and Triple Jump events and Travis Nodelman won the shotput.

As a team, the Crusaders defeated their four conference rivals, scoring

Coach Notes: 8 Golds/1st place finishes.

- **Andrew Jeremiah Boakye** won the short sprints. 55m and 200m and got 2nd in the Long Jump. Both sprints were personal records and top 10 times in NJ! The 55m dash time of 6.48 qualifies him for the national championship.

- **Jason Lessieu** led the team with 24 points. 1st place in the Long and triple. His Long jump was a big personal best of 21' 11". He also got 3rd in the 55 hurdles and high jump.

- **Brendan O'Rourke** won the 800m and 1600m

- **Travis Nodelman** won the shot put with an indoor person best.

- Our 4x800 won the League (**Ed Stoker, John Flynn, Dylan Brown, and Jackson Hermann**)

120 points. Paramus Catholic was second with 86, Don Bosco Prep finished third with 53, DePaul Catholic had 8 and St. Joseph Regional finished with four points.

200 METER DASH

Andrew Jeremiah Boakye	22.46	1st
Ethan Cohall Jr.	23.73	6th
Zion Suitt	24.19	7th

400 METER DASH

Zion Suitt	51.78	2nd
Peter Rogers	54.01	3rd
Peter Gallo	55.11	4th

800 METER RUN

Brendan O'Rourke	02:04.8	1st
Elias Garcia	02:12.2	6th
Jack Falcone	02:21.5	9th

1600 METER RUN

Brendan O'Rourke	04:54.2	1st
Dylan Brown	04:56.8	4th
Elias Garcia	04:58.5	5th

3200 METER RUN

Preston Neal	10:16.3	1st
Daniel Calianese	11:04.4	6th
Luke Schoeler	11:13.0	7th

55 METER HURDLES

Jason Lessieu	8.27	3rd
Sean Tandy	8.32	4th
Tristan Oliver	8.46	5th

4X400 METER RELAY

Relay Team	03:38.4	2nd
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4X800 METER RELAY

Relay Team	09:18.7	1st
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HIGH JUMP

Tristan Oliver	5-10	2nd
Jason Lessieu	5-6	3rd

LONG JUMP

Jason Lessieu	21-11.25	1st
Andrew Jeremiah Boakye	20-4.5	2nd
Aiden Pacheco	18-0	8th

TRIPLE JUMP

Jason Lessieu	43-0	1st
Lawrence Knight	38-7.5	4th
Aiden Pacheco	37-0	6th

SHOT PUT

Travis Nodelman	42-8.25	1st
Teddy Hughes	35-11.75	5th
Ethan Cohall Jr.	34-3.5	6th

Athlete Time Place

55 METER DASH

Andrew Jeremiah Boakye	6.48	1st
Ethan Cohall Jr.	6.79	5th
Peter Gallo	6.87	6th

SENIOR DAY LEADERSHIP HELPS BC TO IMPROVE TO 43-6

JANUARY 8 - HACKENSACK, NJ - John Brignola and company took care of the Spartans from a town away in Paramus with a 7-0 victory at Bowler City. Calvin Villanueva and his ball "Grimmac" rolled a high game of 221. Andy Lee rolled the high series with a 591 and Sean McKechnie rolled a 567 series.

BOWLER	G1	G2	G3	TOTAL
John Brignola	186	161	189	536
Sean McKechnie	174	199	194	567
Calvin Villanueva	162	221	182	555
Andy Lee	214	184	193	591
BERGEN CATHOLIC	726	765	758	2,249
PARAMUS	598	563	581	1,742

CRUSADER NOBILE-ITY SHOWS CLASS OVER SPARTANS

JANUARY 8 - HACKENSACK, NJ - Vinny Nobile rolled a high game (190) and high series (512) to lead BC to a 1,645-1,205, 5-0 victory over Paramus High School. Rob Reynoso rolled a 465 series; Steven Kane rolled three games over 100.

BOWLER	G1	G2	G3	TOTAL
Steven Kane	158	114	100	372
Shant Cakirdas	91	90	115	296
Vinny Nobile	169	190	153	512
Rob Reynoso	107	178	180	465
BERGEN CATHOLIC	525	572	548	1,645
PARAMUS	389	386	430	1,205

THE MIGHTY QUINN LIFTS BC OVER PORTLEDGE 5-2

JANUARY 8 - HACKENSACK, NJ - Declan "DQ" Quinn recorded a hat trick, scoring the first goal of each three periods to lead BC to a 5-2 victory over the Portledge School of Locust Valley, NY. Will Schlechtweg and the amazing Nick Frassetto recorded BC's final two goals in the third period to provide all the insurance Erez Yacobi would ever need to earn the win in the pipes.

The hat trick was Quinn's first of his BC career. The senior now has 17 goals and 39 assists in his time on the Crusader varsity.

TEAM	1	2	3	FIN
Portledge (NY) (3-2)	1	1	0	2
#7 Bergen Catholic (7-4)	1	1	3	5

GOALS: Declan Quinn (3, 5) Will Schlechtweg (1, 6), Nick Frassetto (1).

ASSISTS: Matt Maglio (3, 11), Max Wright (3, 7), Schlechtweg (1, 8), George Wiener (1), Alex Frassetto (1, 9).

SAVES/GA/SAV%: Erez Yacobi (W) (19/2/.905) - season (114/13/.898)

VARSITY HOCKEY SEASON STATS

AS OF JANUARY 8, 2024

NAME	G	A	PTS
Matt Maglio	10	11	21
Alex Frassetto	6	9	15
Will Schlechtweg	6	8	14
Declan Quinn	5	7	12
Max Wright	3	7	10
Harrison Udis	2	4	6
Jacob Carver	2	3	5
Nick Frassetto	1	4	5
Thomas Keough	4	0	4
Carter Edmunds	1	3	4
Quinn Scribner	0	4	4
Colin Higgins	1	2	3
Braydon Kayne	1	2	3
George Wiener	1	1	2
Kyle Brooks	1	0	1
Totals	44	65	109

GOALIES	GP	GA	SAV	SAV%	SO
Alessandro Capano	5	10	140	.933	3
Erez Yacobi	5	13	114	.898	0
Totals	10	23	254	.833	3

BC HANDLES DEPAUL 61-16

JANUARY 10 - ORADELL, NJ - The Crusaders took care of business quickly and efficiently on Wednesday night, defeating the Spartans of DePaul Catholic 61-16. Chad Sadaka (132 lbs.), Daniel Washburn (144), Jayden Iznaga (150), Logan Cantone (165) and Mason Marck (215) all earned pins. Chris Nucifora won a 19-4 technical fall and both Alex Kavallieratos and Benji Shue earned major decisions.

SCORING IN A WRESTLING MATCH:

- ☐ Decision = 3 points = defeat your opponent by 1-7 points
- ☐ Major Decision = 4 points = defeat your opponent by 8-14
- ☐ Technical Fall = 5 points = defeat your opponent by 15+ and match is stopped
- ☐ Pin Fall = 6 points = opponent's shoulders both held on the mat for 1 second simultaneously
- ☐ Forfeit or Disqualification = 6 points
- ☐ Unsportsmanlike conduct after a bout ends = -1 team point (or more)

TEAM	DEC	MAJ	TECH	PIN	FIN
DePaul Catholic	0	1	0	2	16
Bergen Catholic	0	2	1	5	61

CRUSADERS STRIKE AND CRUSH RAMAPO BOWLING

JANUARY 11 - OAKLAND, NJ - BY, CALVIN VILLANUEVA '24 -



Stephen Paul bowled a 206 average and the two-hander Sean McKechnie averaged 190 to lead BC to a 7-0 victory over the Ramapo Raiders. The away Crusaders bowled an

outstanding 764 in Game 1, handing the Raiders with a Game 1 score of 577. The high game was rolled with a 237 from the junior superstar Stephen Paul. Who has had an outstanding season and planning to place highly throughout the county.

BOWLER	G1	G2	G3	TOTAL
Calvin Villanueva	157	175	154	486
Sean McKechnie	200	194	177	571
Stephen Paul	207	173	237	617
Andy Lee	200	184	167	551
BERGEN CATHOLIC	764	726	735	2,225
RAMAPO	577	636	596	1,802

NICK ROSSIG DOMINATES RAMAPO

JANUARY 11 - OAKLAND, NJ - BY, CALVIN VILLANUEVA '24 - Nick



Rossig has great games all day in Oakland and helps lead BC with a strong foot to earn all 7 points from Ramapo on Thursday. Rossig has been thriving all season and is at the peak of his game.

Nick in addition to having the high series, beating out varsity starters he had the high game with a 205, an impressive score for all calibers of play.

BOWLER	G1	G2	G3	TOTAL
John Brignola	189	152	188	529
Nick Brignola	159	175	161	495
Keegan Galligher	163	127	113	403
Nick Rossig	205	189	191	585
Mike Robierari	103	96	107	305
BERGEN CATHOLIC	716	643	653	2012
RAMAPO	411	466	450	1,327

JOHNSON SAVES 32; EDMUNDS SCORES A PAIR

JANUARY 11 - HACKENSACK, NJ - Freshman goalie Kenneth



Johnson saved 32 Green Wave shots and Carter Edmunds scored two goals at the Ice House overlooking the Hackensack River. Delbarton scored an empty netter as the Crusaders were working to tie the score, ultimately earning a 5-3 victory. Cam Jaffe also score a goal for the Crusaders.

JV CRUSADERS COME CLOSE IN RAMSEY

JANUARY 10 - RAMSEY, NJ - BY, JAMES MELIA '26 - Bergen



Catholic started off slow against rivals Don Bosco Prep, but they grew into the game as it went on. Bergen pushed to the very end outscoring Bosco in the 4th quarter. Although this effort turned out to be too little, too late.

The Freshman Marcus Brown was the stand out player for the Crusaders yet again scoring a team high of 16 points throughout the contest. Right from the start the freshman showed his talents scoring 7 points for the Crusaders in the first quarter. Devin Hasan also kept the Crusaders in a close race with the Ironmen until the end by scoring 9 points.

TEAM	1	2	3	4	FIN
Bergen Catholic	9	6	10	22	47
Don Bosco Prep	14	9	17	19	59

BC SHOWS GRIT IN STRONG SECOND AND THIRD PERIODS

JANUARY 11 - RAMSEY, NJ -- Bergen Catholic welcomed the



Ramapo Raiders to a packed Hoehl Gymnasium on Tuesday, January 2. The Crusaders improved to a 6-2 record after defeating the #10 ranked team, Ramapo High School. The matchup lived up to the hype between two top 10 powerhouse teams in New Jersey. The Crusaders and Raiders were very to continue their strong start to this season with a win against Paramus Catholic on Thursday, January 4th.

TEAM	1	2	3	4	FIN
Bergen Catholic (7-3, 1-1)	10	17	11	8	46
Don Bosco Prep (10-3, 3-0)	21	12	5	22	60

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	2	2	0	0	-	10
AJ Williams	1	1	4	5	.800	9
Tyler McQuaid	0	1	-	-	-	3
Declan Wucherpfennig	2	1	-	-	-	7

Julius Avent	4	1	3	4	-	11
Jaden Brown	1	-	2	2	1.000	4
Nehemiah Snell	1	-	-	-	-	2
TOTALS	11	6	6	7	.857	46
Don Bosco Prep	12	7	15	17	.882	60

FORD, VARGA AND SHUE PIN DOWN WINS FOR BC

JANUARY 12 - ORADELL, NJ - Ryan Ford, Leo Varga and Benji Shue each earned pins on Friday night, but it was not enough to overcome the 8 victories earned by #11 St. John Vianney.



Jayden Iznaga earned the first BC victory of the night with a 9-3 decision, followed by Ford's first-period pin. Genti Idrizi wrestled a fantastic bout but fell 7-5 as his opponent picked up points late in the third period. Varga, and Shue pinned their opponents around a Mason Marck Major Decision, but with two bouts remaining, time was short for the Crusaders.

With the match 31-25, Chris Nucifora gave the Crusaders a chance, earning a decision. As the bout ended, the Lancer wrestler pushed Nucifora and exposed the team, as the score was now 30-28.

Brian Melamud gave a terrific effort against the nation's #1-ranked wrestler at 126 pounds, Anthony Knox. Knox is also the #1-ranked wrestler in NJ pound-for-pound.

TEAM	DEC	MAJ	TECH	PIN	FIN
St. John Vianney	3	2	1	2	33
Bergen Catholic	2	1	0	3	28

CRUSADERS DEFEAT PIRATES AT GREGORY MEMORIAL

JANUARY 13 - CALDWELL, NJ - The Crusaders defeated Essex County rival, Seton Hall Prep 59-45 at the Dennis Gregory Memorial High School Boys Basketball Shootout. Declan Wucherpfennig's nine field goals helped him to a team-high twenty points. Naiim Parrish (13 points) and Julius Avent (11 points) each hit double-digits for the Crusaders who built a 27-14 halftime lead.



TEAM	1	2	3	4	FIN
Seton Hall Prep	8	6	16	15	45
Bergen Catholic (6-3, 1-1)	14	13	21	11	59

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	4	1	2	2	1.000	13
AJ Williams	2	-	-	-	-	4
Tyler McQuaid	0	2	-	-	-	6
Declan Wucherpfennig	9	-	2	2	1.000	20
Julius Avent	5	-	1	2	.500	11
Jaden Brown	1	1	0	2	0.000	5
TOTALS	21	4	5	8	.857	46

BC BITTEN BY TERRIER TREYS

JANUARY 14 - BRONX, NY - The Crusaders travelled across the GWB to visit Mount St. Michael's Academy, host of an annual HS basketball classic. St. Francis Prep's Terriers were on the menu for the Crusaders. After opening up a 16-10 first-quarter lead, the dogs chewed, but Bergen held onto a 31-28 lead at half. The constant gnawing would ultimately tear up a very good effort by the Crusaders and handed them 57-52 defeat.



Dylan Wucherpfennig was, as usual, outstanding scoring 21 points and adding 12 rebounds and 3 blocked shots. Point guard Naiim Parrish scored 13 for the second game in a row and added a couple of steals, two blocks and a rebound to his resume. Julius Avent did not have his best night shooting, but he grabbed 6 defensive boards in the effort.

TEAM	1	2	3	4	FIN
Bergen Catholic (8-4)	16	15	10	11	52
St. Francis Prep (NY)	10	18	14	16	57

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	4	1	2	2	1.000	13
AJ Williams	1	0	-	-	-	2
Tyler McQuaid	4	0	1	2	.500	9
Declan Wucherpfennig	7	1	6	8	.750	21
Julius Avent	0	0	-	-	-	0
Nehemiah Snell	0	0	-	-	-	0
Jaden Brown	2	1	-	-	-	7
TOTALS	18	3	9	12	.750	52

WRESTLERS MAKE THE MOST OF THEIR HOLIDAY!

JANUARY 15 - ORADELL, NJ - Wrestlers celebrate Martin Luther King, Junior's 100th birthday with three big wins over Catholic schools from across the state.



The Crusader wrestling team defeated St. Benedict's Prep (65-15), Pope John XXIII of Sparta (52-24)

and St. Augustine Prep (39-21) on Monday. In addition, the team celebrated Senior Day and all of their seniors wrestled strong. Congratulations to the Class of 2024!!!!

RYAN FORD **JAYDEN IZNAGA**
NOAH KOCHMAN **BRIAN MELAMUD**
CHRIS NUCIFORA **AIDAN POJANI**
LEO VARGA

BIRD OF THE WEEK

LEUCISTIC RED TAILED HAWK



JANUARY 13 - PISCATAWAY, NJ - I travelled to Rutgers on Saturday morning to attend the annual New Jersey Lacrosse Coaches Clinic and as I arrived on campus I saw something I have been hoping to see for the past few years.

A leucistic red-tailed hawk was posed atop an evergreen tree as we came around the exit ramp onto the Busch Campus. It flew before I was able to get a photo, but it was an unmistakable bird and one I hoped to see. I've used a photo of the bird taken by a Mr. Pat Gaines on Flickr.

This particular bird has been reported on campus since 2010! Leucistic birds are not albinos. They do not have pale eyes and there is some pigmentation in some of their feathers. This particular bird happens to be quite white, as you can imagine.

FOTY: FIRST OF THE YEAR BIRDS

JANUARY 15 - ORADELL, NJ - Birding is comparable to collecting baseball cards in that the collector is always creating lists. In addition to a life list, location lists like state lists, county lists and even backyard lists can be kept. Want to get more granular? Start keeping yearly and monthly lists. E-bird, the site maintained by Cornell University's School of Ornithology (the study of birds) helps to maintain all of these lists for you if you're interested.

I was able to get out with Br. Fagan this weekend and pick up a number of FOTYs including a bird I did not get in 2023, a Lesser Black-backed Gull.

As of January 14, 2024, here is where I stand nationwide:

NO	SPECIES	DATE	LOCATION
51	Turkey Vulture	14-Jan	Rockleigh Golf Course US-NJ
50	Lesser Scaup	14-Jan	Rockleigh Golf Course US-NJ
49	Ring-necked Duck	14-Jan	Crystal Lake Park US-NJ
48	Common Grackle	14-Jan	Read Wildlife Sanctuary NY
47	Red-winged Blackbird	14-Jan	Read Wildlife Sanctuary NY

NO	SPECIES	DATE	LOCATION
46	Killdeer	14-Jan	Read Wildlife Sanctuary NY
45	Bufflehead	14-Jan	Read Wildlife Sanctuary NY
44	Greater Scaup	14-Jan	Read Wildlife Sanctuary NY
43	American Robin	14-Jan	Sherwood Isl. State Park CT
42	Common Loon	14-Jan	Sherwood Isl. State Park CT
41	Lesser Black-backed Gull	14-Jan	Sherwood Isl. State Park CT
40	Great Black-backed Gull	14-Jan	Sherwood Isl. State Park CT
39	Herring Gull	14-Jan	Sherwood Isl. State Park CT
38	Dunlin	14-Jan	Sherwood Isl. State Park CT
37	Rock Pigeon	14-Jan	Sherwood Isl. State Park CT
36	Red-breasted Merganser	14-Jan	Sherwood Isl. State Park CT
35	Common Goldeneye	14-Jan	Sherwood Isl. State Park CT
34	Long-tailed Duck	14-Jan	Sherwood Isl. State Park CT
33	Brant	14-Jan	Sherwood Isl. State Park CT
32	Red-tailed Hawk (leucistic)	13-Jan	Rutgers - Busch Campus
31	Hooded Merganser	7-Jan	Rockleigh Golf Course US-NJ
30	Green-winged Teal	7-Jan	Rockleigh Golf Course US-NJ
29	Northern Pintail	7-Jan	Rockleigh Golf Course US-NJ
28	Song Sparrow	7-Jan	Home - backyard
27	Purple Finch	7-Jan	Home - backyard
26	Black-capped Chickadee	7-Jan	Home - backyard
25	Winter Wren	6-Jan	Rockleigh Golf Course US-NJ
24	American Black Duck	6-Jan	Rockleigh Golf Course US-NJ
23	Pink-footed Goose	6-Jan	Rockleigh Golf Course US-NJ
22	Ring-billed Gull	6-Jan	Lake Tappan US-NJ
21	Common Merganser	6-Jan	Lake Tappan US-NJ
20	White-throated Sparrow	6-Jan	Rockleigh Golf Course US-NJ
19	Northern Mockingbird	6-Jan	Rockleigh Golf Course US-NJ
18	Carolina Wren	6-Jan	Rockleigh Golf Course US-NJ
17	Tufted Titmouse	6-Jan	Rockleigh Golf Course US-NJ
16	Common Raven	6-Jan	Rockleigh Golf Course US-NJ
15	Bald Eagle	6-Jan	Rockleigh Golf Course US-NJ
14	Mallard	6-Jan	Rockleigh Golf Course US-NJ
13	Canada Goose	6-Jan	Rockleigh Golf Course US-NJ
12	American Crow	5-Jan	The Celery Farm US-NJ
11	Northern Cardinal	1-Jan	Home - backyard
10	Dark-eyed Junco	1-Jan	Home - backyard
9	House Finch	1-Jan	Home - backyard
8	House Sparrow	1-Jan	Home - backyard
7	European Starling	1-Jan	Home - backyard
6	White-breasted Nuthatch	1-Jan	Home - backyard
5	Blue Jay	1-Jan	Home - backyard
4	Hairy Woodpecker	1-Jan	Home - backyard
3	Downy Woodpecker	1-Jan	Home - backyard
2	Red-bellied Woodpecker	1-Jan	Home - backyard
1	Mourning Dove	1-Jan	Home - backyard

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

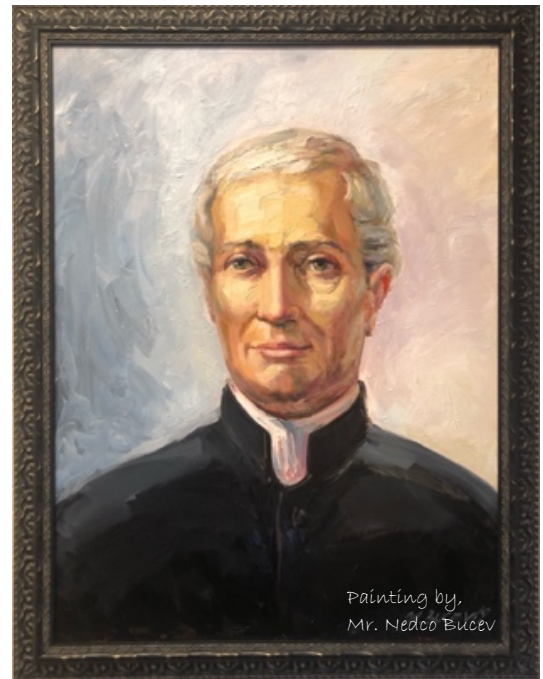
God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.
 Amen.

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

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.

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.

LITURGICAL CALENDAR 2023-24

- ☐ ADVENT (Dec 3 – Dec 24)
- ☐ CHRISTMAS (Dec 25 – Jan 8, 2024)
- ☒ ORDINARY TIME (Jan 9-Feb 13)
- ☐ ASH WEDNESDAY (Feb 14) LENT
- ☐ HOLY WEEK (Mar 25-29)
- ☐ HOLY THURSDAY (Mar 28)
- ☐ GOOD FRIDAY (Mar 29)
- ☐ EASTER (Mar 31)
- ☐ ASCENSION (May 9)
- ☐ PENTECOST (May 19)
- ☐ ORDINARY TIME (May 20 – Nov 30)

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 Golden Rule

Love one another as I have loved you.