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BERGEN HUSHES DELBARTON

FEBRUARY 5 - HACKENSACK, NJ - BY, ELÍAS GARCÍA - Andy Lee



bowled a high game of 246 and knocked down 668 pins in his series to lead BC to a 7-0 victory over Delbarton School on Monday. After a solid game one of 178, Lee rolled a 246 in his second game. He

didn't exactly drop off in the third game, posting a 244!

Calvin Villanueva broke the 200-pin barrier in game three, rolling a 205. Stephen Paul rolled a 187.3 average to help BC take five of 7 points.

| | | | 0 | | | |
|-------------------|-----|-----|-----|--------|-----|-------|
| PLAYER | G1 | G2 | G3 | SERIES | HG | AVG |
| Calvin Villanueva | 150 | 171 | 205 | 526 | 205 | 175.3 |
| Sean McKechnie | 163 | 167 | 176 | 506 | 176 | 168.6 |
| Stephen Paul | 199 | 197 | 166 | 562 | 199 | 187.3 |
| Andy Lee | 178 | 246 | 244 | 668 | 246 | 222.6 |
| Totals | 690 | 781 | 791 | 2,262 | 246 | 188.5 |
| Delbarton | 685 | 638 | 818 | 2,141 | 247 | 178.4 |

JV ON A ROLL WITH OIL AND VIN... (16-1)

FEBRUARY 5 - HACKENSACK, NJ - BY, DOYEE KIM - Vinny Nobile



was extravagant on Monday. The junior rolled a 576 series and team high of 233 on the well-oiled lanes of Bowler City. His scoring led BC to its eleventh win, continuing the undefeated streak at

Bowler City. His 192.0 average caught an eye. He and classmate Nick

Rossig (186.33 average) provided all the funds needed to send the boys in green back home.

| PLAYER | G1 | G2 | G3 | SERIES | HG | AVG |
|---------------|-----|-----|-----|--------|-----|-------|
| Nick Brignola | 190 | 147 | 134 | 471 | 190 | 157.0 |
| Vinny Nobile | 191 | 152 | 233 | 576 | 233 | 192.0 |
| Rob Reynoso | 137 | 157 | 149 | 443 | 157 | 152.0 |
| Nick Rossig | 206 | 170 | 183 | 559 | 206 | 186.3 |
| Totals: | 724 | 626 | 699 | 2,049 | 233 | 683.0 |
| Delbarton | 547 | 543 | 540 | 1,630 | 184 | 543.3 |

AVENT TOPS BC SCORERS IN BATTLE OF #2 v #8 IN THE STATE

FEBRUARY 6 – ORADELL, NJ – First half points were at a premium, and a difficult second guarter put the Crusaders in a 14-point hole from which

they could not dig out. Don Bosco took the twogame series and the division title, defeating BC 65-52.

Sophomore guard Julius Avent knocked down four three-point shots on his way to a team high 17. Classmate Jaden Brown was all over the court, scoring 10 of his 14 in the second half. It wasn't even as much his fourteen points as it was his hustle and ability to rebound, especially against a 7'1 center inside.



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Catholic. Gentlemen. Leaders

| TEAMS | 1 | 2 | 3 | 4 | FIN |
|------------------------|----|----|----|----|-----|
| Don Bosco Prep (19-3) | 17 | 10 | 19 | 19 | 65 |
| Bergen Catholic (18-6) | 10 | 3 | 18 | 23 | 52 |

(continued)

SCORING

| CRUSADER | 2PT | 3PT | FT M | FTA | FT% | PTS |
|----------------------|-----|-----|------|-----|------|-----|
| Naiim Parrish | 1 | 0 | - | - | - | 2 |
| AJ Williams | 0 | 1 | - | - | - | 3 |
| Jaylen Robinson | 0 | 1 | - | - | - | 3 |
| Declan Wucherpfennig | 2 | 1 | 1 | 2 | .500 | 8 |
| Julius Avent | 2 | 4 | 1 | 2 | .500 | 17 |
| Jaden Brown | 5 | 1 | 1 | 2 | .500 | 14 |
| Tyler McQuaid | 1 | 1 | - | - | - | 5 |
| TOTALS | 15 | 6 | 9 | 12 | .750 | 52 |
| DON BOSCO PREP | 12 | 13 | 9 | 12 | .750 | 65 |

TEN ANNOUNCE COLLEGE INTENTIONS AT HOEHL GYM

FEBRUARY 7 - ORADELL, NJ - Ten of Bergen Catholic's finest announced their academic and athletic intentions when they graduate in 2024. Here is a quick rundown of the students.

| Student-Athlete | College | Sport |
|--------------------|-----------------------------|----------|
| Michael Del | Union College | Baseball |
| Luke Dellentash | Stonehill College | Baseball |
| Billy Nichols | Colby College | Baseball |
| Michael Delpome | Franklin & Marshall College | Football |
| Owen Fernandez | Union College | Football |
| Christian Gonzalez | Columbia University | Football |
| Anthony Morales | Rutgers University | Football |
| Ryder Hodgson | Rutgers University | Golf |
| Andrew Blodgett | Bucknell University | Soccer |
| Ken Hoang | Vassar College | Soccer |



Their choices demonstrate character and a commitment to their hard work in both the classroom and on the playing surface, whether it be a diamond, gridiron, pitch or course. The schools are some of the most competitive to enter. We thank them and their parents for partnering with BC to help to provide these opportunities for them.

BERGEN TAKES DOWN EAGLES

FEBRUARY 7 - HACKENSACK, NJ - Andy Lee's 683 series and high



game of 234 led BC to a victory against Dwight Morrow HS also known as Englewood HS 7-0. All four bowlers for the Crusaders topped the 200 mark in their high games. Their 2,289 were

enough to beat DM, whose 2,141 was identical to Delbarton's score on Monday afternoon.

| PLAYER | G1 | G2 | G3 | SERIES | HG | AVG |
|-------------------|-----|-----|-----|--------|-----|-------|
| Calvin Villanueva | 219 | 194 | 147 | 560 | 219 | 186.7 |
| Sean McKechnie | 178 | 161 | 201 | 540 | 201 | 180.0 |
| Stephen Paul | 207 | 166 | 133 | 506 | 207 | 168.7 |
| Andy Lee | 234 | 225 | 224 | 683 | 234 | 227.7 |
| Totals | 838 | 746 | 705 | 2,289 | 861 | 190.8 |
| Dwight Morrow | 637 | 644 | 579 | 2,141 | 212 | 178.4 |

JV BOWL A TOUGH ENGLEWOOD SQUAD

FEBRUARY 5 - HACKENSACK, NJ- Keeghan Galligher topped the JV



Crusaders in high game and high series with a 145 and 357 respectively. Steven Kane finished with a 130.0 average and William Smith finished with a 122.5 in two games for Bergen.

| | | - | , | 5 | | |
|------------------|-----|-----|-----|--------|-----|-------|
| PLAYER | G1 | G2 | G3 | SERIES | HG | AVG |
| Steven Kane | 134 | Х | 126 | 260 | 134 | 130.0 |
| Keegan Galligher | 115 | 145 | 97 | 357 | 145 | 119.0 |
| William Smith | 132 | 113 | Х | 245 | 132 | 122.5 |
| Mike Robertelli | 140 | Х | Х | 140 | 140 | 140.0 |
| Shant Cakirdas | Х | 124 | Х | 124 | 124 | 124.0 |
| Matt Kovacs | Х | 117 | Х | 117 | 117 | 117.0 |
| Noah Esposito | Х | Х | 133 | 133 | 133 | 133.0 |
| Matt Pulis | Х | Х | 115 | 115 | 115 | 115.0 |
| TOTALS | 521 | 499 | 471 | 1,491 | 145 | 124.3 |
| ENGLEWOOD | 448 | 541 | 580 | 1,569 | 188 | 130.8 |

YACOBI AND QUINN LEAD BC TO SIXTH COUNTY TITLE!

FEBRUARY 7 - WAYNE, NJ - Goaltender Erez Yacobi turned away 41 Ironman shots and Declan Quinn wrapped around a second period power-play goal as the Crusaders defeated the defending champion Ironmen for the 2024 BCCA Championship 3-0.

After a scoreless first period, the two teams battled for another 11:15 in the second period before Quinn took the puck behind the Ironman goal. He swept quickly and wrapped the puck inside the near pipe before

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the Ironman keeper was able to get from pipe-to-pipe.

A 1-0 lead is never safe, especially when a team out-shoots you 41-20. Sophomore Rohan Ogden must have known it was his time to score his first goal as a Crusader! Just 2:03 into the final period, he did it in a peculiar way. Ogden shot the puck, which sailed over the goal and hit the glass. As it rebounded, it hit the top of the goal and off the back of the Ironman goalie and the puck went into the net. Alex Frassetto and Quinn Scribner assisted on the unlikely play. Finally, with 1:06 remaining in the game, Max Wright scored an empty netter and the rest, as they say, is history.



GOALS: Declan Quinn (1, 8), Rohan Ogden (1, 1), Max Wright (1, 6) ASSISTS: Alex Frassetto (1, 11) and Quinn Scribner (1, 5) SAVES/GA/SAV%: Erez Yacobi (41/0/1.000) – season (264/26/.910)

JOHNSON AND JV HOCKEY GIVE IRONMEN ALL THEY CAN HANDLE

FEBRUARY 9 – HACKENSACK, NJ – The JV Hockey team may have fallen on Friday night to the Ironmen, but there is no doubt about how proud Crusader Nation is of their effort and sportsmanship. Down 3-1, they closed the gap to 3-2 with 16.8 remaining in the second, before playing a scoreless third period with their guests.

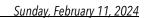


With 10 :31 remaining in the first period, Frosh Andrew Spadaccini blasted a beautiful wrist shot past the Ironman keeper to tie the score at

1. Spadaccini made an impression on me as to his sportsmanship. Later, in the second period, he skated into the Ironman keeper. He made a nice gesture to help the young man up, a quality not often seen in hockey games. Photos: Right #4 Cameron Jaffe getting off a shot. #7 Liam Malara speeding up the ice. #35 Kenny Johnson ready to make a save. #16 Brayden Kane beating his man to the outside.



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Above, #12 Will Olear handling the puck. Below, #14 Jack Pelzar letting one fly. Right, #33 Paul Rutigliano taking the puck up ice and #8 Cooper Carver attacking the Ironmen as #18 Charlie Carcich balances out the ice.





SKIERS PLACE TENTH IN GIANT SLALOM

FEBRUARY 9 - VERNON, NJ - Nate Park placed 11th overall, leading the Crusaders to a 10th place team finish with an overall time of 8:30.37.

| Name | Run 1 | Run 2 | Result |
|-----------------|--------------|--------------|--------------|
| Nathan Park | 48.13 (10) | 49.75 (13) | 1:37.88 (11) |
| Harry Williams | 58.84 (44) | 59.69 (45) | 1:58.53 (44) |
| Blake Young | 1:04.58 (61) | 1:03.08 (54) | 2:07.66 (55) |
| GHOST TIME | 1:00.00 (47) | 1:46.30 (69) | 2:46.30(67) |
| Matt Montgomery | 1:09.62 (68) | DNF | |



JV AND FROSH HOOPS COUNTY DREAMS DASHED IN SEMIS

FEBRUARY 10-11 – MONTVALE, NJ – The Crusader JV and Frosh Basketball teams were both defeated in the semifinal rounds of their respective county tournaments. All games were played at St. Joseph Regional. The JV lost on Saturday morning to Pascack Valley 80-69.

Later in the afternoon the freshmen defeated River Dell 61-46 in the quarterfinal round of their tournament to advance to the semis on Sunday morning. Unfortunately, their journey ended there as they suffered a 78-52 defeat at the hands of the Green Raiders of Ramapo High School.

LEE IS PERFECT, BC+AHA WIN, VILLANUEVA ROLLS 690 SERIES

FEBRUARY 10 - HACKENSACK, NJ - In one of two Super Bowl Tournaments in NJ, the combined co-ed team of BC and the Academy of the Holy Angels won the Bowler City (north) Tournament.



Co-ed teams of four competed. Two boys and two girls were on each squad. Each bowled three games in the qualifying round and then there was a playoff bracket to determine the champion.

The combined team BC/AHA defeated Dumont in the final round which featured a best of three competition. Dumont won Game 1, 782-



766, but BC/HA won Game 2, 752-688, and Game 3, 880-732, to win the tournament.

The Crusaders and Angels earned the top seed in the prelims, knocking down 2,329 pins. Andy Lee rolled his perfect game (300) in Game 2 and finished with a 657 series. Calvin Villanueva rolled the high series with a 690.

BC/HA also topped Northern Highlands in the single game semifinals, 770-621.

Here are the top games and top series in Crusader Bowling History.

| 300 Game | Date |
|---------------|-----------|
| Pete Mylenki | 20-Feb-61 |
| Mike Russo | 7-Jan-85 |
| Robert Grippo | 14-Jan-09 |
| Nick Corvelli | 26-Jan-09 |
| Simon Lezaja | 12-Jan-12 |
| Andy Lee | 10-Feb-24 |
| 800 Sories | Data |

| 800 Series | Date |
|------------------|-----------|
| Mike Russo (801) | 7-Jan-85 |
| Tad Jones (805) | 5-Feb-97 |
| Tad Jones (803) | 13-Feb-99 |

CRUSADERS FALL TO RAIDERS IN BERGEN COUNTY JAMBOREE

FEBRUARY 10 - HACKENSACK, NJ - BY, JOSEPH LEE '24 - Looking



MAPO to return to the Bergen County Jamboree, the #2 Crusaders took on the #3 Ramapo in a highly anticipated game. Naiim Parrish led the team with 14 points. Jaden Brown dropped in a

dozen and was followed by Declan Wucherpfennig and Julius Avent who both had 11. However, this wasn't enough as three Ramapo players each went for 20+ points, which proved to be enough for the Raiders to defeat the Crusaders.

| TEAMS | | 1 | 2 | 3 | 4 | FIN |
|----------------------|-----|-----|------|-----|-------|-----|
| Bergen Catholic (19 | -7) | 16 | 12 | 10 | 19 | 57 |
| Ramapo (18-7) | | 15 | 16 | 23 | 15 | 69 |
| SCORING | | | | | | |
| CRUSADER | 2PT | 3PT | FT M | FTA | FT% | PTS |
| Naiim Parrish | 5 | 1 | 1 | 2 | .500 | 14 |
| AJ Williams | 0 | 1 | 0 | 0 | - | 3 |
| Nehemiah Snell | 1 | 0 | 0 | 0 | - | 2 |
| Declan Wucherpfennig | 5 | 0 | 1 | 1 | 1.000 | 11 |
| Julius Avent | 1 | 3 | 0 | 1 | .000 | 11 |
| Jaden Brown | 3 | 1 | 3 | 4 | .750 | 12 |
| Tyler McQuaid | 0 | 0 | 4 | 4 | 1.000 | 4 |
| TOTALS | 15 | 6 | 9 | 12 | .750 | 57 |
| RAMAPO | 12 | 13 | 9 | 12 | .750 | 69 |



Sunday, February 11, 2024

BOAKYE RUNS PUTS TOGETHER STRONG RUNS AT INVITATIONAL

FEBRUARY 5 - STATEN ISLAND, NY - Andrew Boakye placed second in the 55 M Dash last weekend, running a 6.44. His 21.77 in the 200 M may have been even more impressive as both were comparable to some of the finest runs by Crusader athletes over the years.



The school record for the 55M is 6.32 set by Fabian France in 2022. Boakye was just .12 hundredths of a second behind that time. It was even a slimmer margin between his 21.77 two-hundred and Rahmir Johnson's 21.68 time in 2019. Just nine hundredths of a second separate those times.

| ATHLETE | RESULT | PLACE | HEAT | | | | | |
|----------------------------|--------|------------------|-----------------|--|--|--|--|--|
| OVERALL INDOOR PENTATHALON | | | | | | | | |
| Jason Lessieu | 2,887 | 9 th | Varsity Red | | | | | |
| Aiden Pacheco | 2,424 | 10 th | Varsity White | | | | | |
| 55 METER HURDLE | | | | | | | | |
| Larry Knight | 10.70 | 63 rd | Varsity | | | | | |
| 55 METER DASH | | | | | | | | |
| Andrew Boakye | 6.44 | 2 nd | Varsity Red | | | | | |
| Nick Shortridge | 6.70 | 8 th | Varsity Red | | | | | |
| Peter Gallo | 6.86 | 6 th | Varsity White | | | | | |
| Peter Rogers | 7.09 | 56 th | Varsity White | | | | | |
| Francis Dooley | 7.31 | 23 rd | Varsity Blue | | | | | |
| Anthony Morales | 7.38 | 37 th | Varsity Blue | | | | | |
| Steven Copeland | 7.50 | 54 th | Varsity Blue | | | | | |
| Christian Choi | 7.50 | 55 th | Varsity Blue | | | | | |
| Mitchell Boateng | 7.65 | 69 th | Varsity Blue | | | | | |
| Sean O'Brien | 7.83 | 80 th | Varsity Blue | | | | | |
| Luke Bohen | 7.17 | 28 th | Var Blue-Prelim | | | | | |
| Lucas Machado | 8.25 | 40 th | Soph White | | | | | |
| Brian Porter | 6.93 | 3 rd | Frosh Red | | | | | |
| Jonah Flournoy | 6.97 | 5 th | Frosh Red | | | | | |
| Mark Butler | 7.74 | 40 th | Fr Red-Prelim | | | | | |
| Walter Suh | 7.76 | 15 th | Frosh White | | | | | |
| Riaan Vora | 7.81 | 18 th | Frosh White | | | | | |
| lan Kim | 7.88 | 23 rd | Frosh White | | | | | |
| Charlton Park | 8.03 | 32 nd | Frosh White | | | | | |
| Ashton DiBella | 8:05 | 33 rd | Frosh White | | | | | |
| Lukas Neblung | 8.15 | 37 th | Frosh White | | | | | |
| Sean Anderson | 8.16 | 38 th | Frosh White | | | | | |

| . Leaders | DNESDAY | Sunday, Feb | <u>ruary 11, 2024</u> |
|------------------------|---------|-------------------|-----------------------|
| Joseph Angiulli | 8.45 | 44 th | Frosh White |
| Joseph Rogers | 8.48 | 46 th | Frosh White |
| Hayden Whitaker-Currie | 8.48 | 47 th | Frosh White |
| Joseph LoBue | 8.61 | 48 th | Frosh White |
| Aiden Tencza | 8.70 | 50 th | Frosh White |
| 800 METER RUN | | | |
| Elias Garcia | 2:08.69 | 47 th | Varsity White |
| Ed Stoker | 2:21.25 | 70 th | Varsity Blue |
| 200 METER DASH | | | , |
| Andrew Boakye | 21.77 | 2 nd | Var Red-Prelim |
| Zion Suitt | 26.16 | 45 th | Var Red-Prelim |
| Peter Gallo | 23.99 | 76 th | Var Red-Prelim |
| Peter Rogers | 24.08 | 77 th | Varsity White |
| Ed Stoker | 26.16 | 192 nd | Varsity White |
| Francis Dooley | 24.83 | 17 th | Varsity Blue |
| Christian Choi | 25.52 | 60 th | Varsity Blue |
| Steven Copeland, II | 25.61 | 67 th | Varsity Blue |
| Anthony Morales | 25.95 | 82 nd | Varsity Blue |
| Sean Tandy | 26.93 | 133 rd | Varsity Blue |
| Mitchel Boateng | 26.94 | 134 th | Varsity Blue |
| Sean O'Brien | 27.63 | 147 th | Varsity Blue |
| Luke Bohen | 24.86 | 20 th | Soph White |
| Lucas Machado | 28.75 | 103 rd | Soph White |
| Sean Anderson | 26.09 | 19 th | Frosh White |
| Riaan Vora | 26.62 | 33 rd | Frosh White |
| Marc Butler | 27.06 | 43 rd | Frosh White |
| Walter Suh | 27.35 | 46 th | Frosh White |
| Joseph Rogers | 27.36 | 47 th | Frosh White |
| lan Kim | 27.67 | 51 st | Frosh White |
| Joshua Luna | 27.82 | 54 th | Frosh White |
| Charlton Park | 28.25 | 58 th | Frosh White |
| Lukas Neblung | 28.38 | 61 st | Frosh White |
| Joseph Angiulli | 30.35 | 78 th | Frosh White |
| Aiden Tencza | 31.62 | 84 th | Frosh White |
| Hayden Whitaker-Currie | 31.73 | 86 th | Frosh White |
| Joseph LoBue | 31.99 | 90 th | Frosh White |







| LONG JUMP | 17-2.25 | 31 | Versity White |
|--------------------------|---------|---|---------------|
| Lawrence Knight SHOT PUT | 17-2.23 | 31 | Varsity White |
| Justin Choi | 28-4 | 10 | Frosh Red |
| John O'Rourke | 34-3 | 10 | Soph Red |
| Gavin Harris | 21-1.50 | 32 | Soph Red |
| PENTATHLON #1 55 M HUF | | | |
| Jason Lessieu | 8.42 | 6 | Varsity Red |
| Aiden Pacheco | 9.95 | 11 | Varsity White |
| PENTATHLON #2 LONG JUN | | · · · | |
| Jason Lessieu | 6.31m | 4 | Varsity Red |
| Aiden Pacheco | 0.0111 | 1 · · · · · · · · · · · · · · · · · · · | |
| | 5.80m | 3 | Varsity White |

| PENTATHLON #3 SHOT PUT | | | | | | |
|-------------------------|--------|----|---------------|--|--|--|
| Jason Lessieu | 10.38m | 5 | Varsity Red | | | |
| Aiden Pacheco | 8.42m | 9 | Varsity White | | | |
| PENTATHLON #4 HIGH JUMP | | | | | | |
| Jason Lessieu | 1.60m | 13 | Varsity Red | | | |
| Aiden Pacheco | 1.57m | 7 | Varsity White | | | |

Special thank you to Mr. Paul Clarke for the photos from last weekend's meet!



BOTW: HOODED MERGANSER

FEBRAURY 5 – HILLSDALE, NJ – My son Jack's favorite duck-like bird, "hoodies" are great divers and love to eat invertebrates and small fish. This drake (male duck) is showing off with his white hood up. It folds down in the back as well...





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.

Sereníty 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 Ríce

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 Spírít

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

The Ten Commandments

I am the Aord your God: you shall not have strange gods before me. You shall not take the name of the Aord your God in vain. Keep holy the Aord'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.

Brotherhood