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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.

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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.

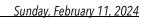


With 10 :31 remaining in the first period, Frosh Andrew Spadaccini blasted a beautiful wrist shot past the Ironman keeper to tie the score at

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