

THIS WEEK

IN BERGEN CATHOLIC SPORTS

SWIMMERS ADVANCE TO SECTION FINAL

FEBRUARY 12 - WAYNE, NJ - The Crusaders took advantage of some psychological benefit of a late, school-day announcement to defeat Pingry in the North Non-Public Semi-final on Monday at PCTI. Bergen took down the Big Blue 108.5-61.5.

The Crusaders won 9 of 11 events enroute to a big win. As a result, they will be facing Seton Hall Prep on Monday, February 19 at Neptune for the North Sectional Championship.

TEAM	SCORE
Pingry (6-3)	61.5
Bergen Catholic (8-2)	108.5

RACE RESULTS

SWIMMER(S)	TIME	PL
200 MEDLEY RELAY		
Ryan Choi, Dimitri Melnikov, Jeremiah Tomioka, Doyee Kim	01:38.6	1
Yuriel Lee, Andy Kwon, Eric Kwon, Kevin Son	01:45.6	3
Nicolas Gomez, Harrison Kazimir, Jack Cummings, Parker Day	02:02.6	6
200 FREE		
Raymond Stelmark	01:44.2	2
Eric Yoo	01:46.6	3
Duncan Skogerson	01:53.1	4
200 IM		
Dimitri Melnikov	01:57.5	1
William Mulder	01:59.5	2
Kevin Son	02:07.3	5
50 FREE		
Doyee Kim	00:22.2	1
Andy Kwon	00:24.7	5
Ricky Wright	00:26.1	6
100 FLY		
Ryan Choi	00:53.0	1
Jeremiah Tomioka	00:54.9	3
Eric Kwon	00:58.7	5
100 FREE		
Eric Yoo	00:49.2	2
Yuriel Lee	00:49.8	3
Duncan Skogerson	00:52.9	5

500 FREE		
Raymond Stelmark	04:51.1	1
Jeremiah Tomioka	04:47.0	2
Kevin Son	05:03.7	4
200 FREE RELAY		
Ryan Choi, Eric Yoo, Raymond Stelmark, William Mulder	01:31.1	1
Ricky Wright, Duncan Skogerson, Andy Kwon, Kevin Son	01:40.1	4
Charles Borkowski, Alexander Tong, Jonas Haro, Alex Herrera	02:03.9	6
100 BACK		
Ryan Choi	00:54.5	2
Yuriel Lee	00:53.7	1
Eric Kwon	00:58.1	5
100 BREAST		
Doyee Kim	00:59.7	2
Dimitri Melnikov	00:58.5	1
William Mulder	01:02.8	3
400 FREE RELAY		
Eric Yoo, Raymond Stelmark, Dimitri Melnikov, Doyee Kim	03:19.9	1
Jeremiah Tomioka, Eric Kwon, Yuriel Lee, William Mulder	03:27.1	3
Nicolas Gomez, Joseph Trione, Daniel Cassella, Harris Kinnear	04:05.6	6

BERGEN ADVANCES IN FIRST EVER STATE BOWLING DUAL

FEBRUARY 14 - HACKENSACK, NJ - Andy Lee. Andy Lee. Andy Lee.



The guy is bowling tremendously, and I wanted to mention his name. There you go. I said it. Another GREAT effort from the senior. Now onto something else.

The Crusaders bowled in a new state tournament format. Rather than all teams bowling at a single event, the NJSIAA has created a 1v1 tournament style sectional bracket. BC took on the Spartans from Sparta HS and defeated them 2-0. While regular season matches were three-point affairs, the state tournament duals are determined by the first team that reaches 2 wins.

OK, back to Andy. Lee's 233 was high game of all 10 bowlers and his 453 pins were more than anyone by more than 40 pins and nearly 200 more than Sparta's top roller.

Another difference between the states and the regular season is that 5 bowlers score, where during the regular season, it comes down to four

scores. Enter Nick Rossig. The Junior bowled an excellent 395 (nearly 40 pins higher than any Spartan), playing a major role in the big win.

Stephen Paul rolled a 230 high game and Sean McKechnie 211 with Calvin Villanueva knocking down 354 pins in two games. The Crusaders advance to a dual with Morris Knolls on the road tomorrow!

PLAYER	G1	G2	SERIES	HG	AVG
Nick Rossig	194	201	395	201	197.5
Calvin Villanueva	186	168	354	186	177.0
Sean McKechnie	190	211	401	211	200.5
Stephen Paul	230	182	412	230	206.0
Andy Lee	233	220	453	233	226.5
TOTALS	1,033	982	2,015	246	201.5
SPARTA	675	731	1,406	179	140.6

INDOOR TRACK WINS 12TH COUNTY CHAMPIONSHIP

FEBRUARY 14 - NEW YORK, NY - The Bergen Catholic Indoor Track Team won its twelfth Bergen County Coaches Association Indoor Championship recording the most 1st places in the county.

Andrew Jeremiah Boakye won 1st in the both the 55m Dash and the 200m Dash. He also 3rd place in the Long Jump. Jason Lessieu won 1st place in the Long Jump and got 2nd in the triple Jump. Jason also took 5th place in the 55m Hurdles.

Zion Suitt took 4th Place in 400m. Brendan O'Rourke took 6th place in 1600m and Aiden Pacheco finished 6th in Pentathlon.

Bryan Porter raised some eyebrows on Wednesday as well. The Freshman linebacker for the football team took 1st place in FROSH 200m.

Congratulations to all of the young men that helped BC realize this goal!

BERGEN COUNTY INDOOR TRACK CHAMPIONSHIPS: 1986, 1991, 1994, 1995, 1996, 2002, 2015, 2016, 2017, 2018, 2019, 2024



ATHLETE	RESULT	PLACE	HEAT
55 METER DASH			
Andrew Jeremiah Boakye	1st	6.58	Prelims H1
Andrew Jeremiah Boakye	1st	6.59	Finals H1
Nicholas Shortridge	2nd	6.73	Prelims H7
Nicholas Shortridge	7th	6.77	Finals H1
Ethan Cohall Jr.	11th	6.84	Prelims H18
Peter Gallo	26th	6.95	Prelims H17
Bryan Porter	27th	6.96	Prelims H15
Jonah Flournoy	29th	6.96	Prelims H8
Brandon Michael	33rd	6.98	SB Prelims H13
Luke Bohen	53rd	7.08	SB Prelims H18
Thomas McAnulty	79th	7.24	Prelims H3

Francis Dooley	87th	7.27		Prelims H1
Anthony Morales	96th	7.31	SB	Prelims H20
Christian Choi	114th	7.45	SB	Prelims H1
Mitchel Boateng	119th	7.48	SB	Prelims H8
Alejandro Castro-D'Albenzio	125th	7.57		Prelims H4
Sean O'Brien	140th	7.79	SB	Prelims H14

200 METER DASH

Andrew Jeremiah Boakye	1st	22.26		Finals H1
Ethan Cohall Jr.	7th	23.26	SB	Finals H1
Zion Suitt	9th	23.36		Finals H3
Peter Rogers	24th	23.87	SB	Finals H9
Peter Gallo	31st	24.04		Finals H10
Bryan Porter	1st	24.24	SB	Finals H1
Thomas McAnulty	53rd	24.5	SB	Finals H12
Francis Dooley	62nd	24.75	SB	Finals H10
Luke Bohen	79th	25.09		Finals H15
Christian Choi	102nd	25.57		Finals H11
Steven Copeland II	106th	25.75		Finals H12
Sean O'Brien	41st	27.07	SB	Finals H8
Ian Kim	20th	27.33	SB	Finals H7
Riaan Vora	21st	27.34		Finals H7
Anthony Morales	137th	27.59		Finals H12
Joseph Rogers	32nd	27.97		Finals H6
Lukas Neblung	36th	28.39		Finals H9
Walter Suh	39th	28.49		Finals H9
Joshua Luna	44th	28.67		Finals H4
Ashton DiBella	47th	28.82	SB	Finals H9
Charlton Park	51st	29.2		Finals H6
Sean Anderson	54th	29.46		Finals H8
Lucas Machado	77th	29.6		Finals H11
Joseph Angiulli	62nd	30.41		Finals H8
Aiden Tencza	67th	31.39	SB	Finals H11
Hayden Whitaker-currie	68th	31.85		Finals H11
Joseph LoBue	72nd	33.25		Finals H10

400 METER DASH

Zion Suitt	4th	51.47	SB	Finals H1
Alejandro Castro-D'Albenzio	52nd	58.01	SB	Finals H8
Ed Stoker	57th	58.42	SB	Finals H8

600 METER RUN

Peter Rogers	17th	01:31.1		Finals H2
Thomas Santos	28th	01:43.4		Finals H3

800 METER RUN

Elias Garcia	11th	02:08.1	SB	Finals H1
Dylan Brown	12th	02:08.3	SB	Finals H1
Sean Keating	47th	02:31.9	SB	Finals H1

1000 METER RUN

Aiden Pacheco	6th	03:00.7	SB	Finals H1
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1600 METER RUN

Brendan O'Rourke	6th	04:39.6	SB	Finals H1
Jackson Hermann	31st	04:57.6	SB	Finals H1
William Saracino	44th	05:07.0	SB	Finals H3
Andrew Byrnes	57th	05:18.6		Finals H3
Luke Schoeler	70th	05:28.1	SB	Finals H1
James Gullo	72nd	05:29.1		Finals H3
Benjamin Cha	73rd	05:29.1		Finals H3

Ricardo Tejada-Arango	75th	05:32.3	SB	Finals H3
Michael Tuohy, Jr.	77th	05:37.3	SB	Finals H4
Lorenzo Lee	79th	05:40.5	SB	Finals H4
3200 METER RUN				
Preston Neal	8th	10:27.7		Finals H1
Daniel Calianese	17th	10:55.6	SB	Finals H1
55 METER HURDLES				
Jason Lessieu	5th	8.04	SB	Finals H1
Sean Tandy	5th	8.27	SB	Prelims H10
Jason Lessieu	6th	8.32		Prelims H5
Sean Tandy	8th	8.35		Finals H1
Aiden Pacheco	6th	9.38	SB	Finals H2
4X400 METER RELAY				
Relay Team	11th	04:23.5		Finals H1
HIGH JUMP				
Aiden Pacheco	3rd	4-11.75		Finals H1
LONG JUMP				
Jason Lessieu	1st	21-9.25		Finals H2
Andrew Jeremiah Boakye	3rd	21-7.75		Finals H2
Aiden Pacheco	2nd	19-0.75		Finals H1
TRIPLE JUMP				
Jason Lessieu	2nd	43-0		Finals H2
Lawrence Knight	16th	37-9.5		Finals H1
SHOT PUT				
Travis Nodelman	9th	42-10.5		Finals H2
Aiden Pacheco	4th	28-2.5		Finals H1
PENTATHLON				
Aiden Pacheco	6th	2536		Finals H1

ROSSIG'S 200 LEADS BOWLERS TO NJSIAA NORTH SEMIFINALS

FEBRUARY 15 - ROCKAWAY, NJ - JAMES MELIA '26 AND MR.



HAEMMERLE - Bergen continued to dominate the Garden State, defeating Morris Knolls 2-1 in their mission to bring home another state championship. BC

won games 1 and 3 in the race to earn 2 victories.

Nick Rossig's first game of 200 was the high game of the day for either team as they bowled on some very unfriendly lanes in Rockaway. The Crusaders improved to a 17-2 record after the victory.

PLAYER	G1	G2	G3	SERIES	HG	AVG
Nick Rossig	200	119	0	319	200	159.5
Sean McKechnie	192	169	190	551	190	183.7
Stephen Paul	183	162	169	514	183	171.3
Calvin Villanueva	169	149	158	476	169	158.7
Andy Lee	143	186	161	490	186	163.3
John Brignola	0	0	160	160	160	160.0
TOTALS	887	785	838	2,510	200	167.3
MORRIS KNOLLS	814	803	812	2,429	197	161.9

WRESTLERS DOMINATE DISTRICT IX WRESTLING

FEBRUARY 16 - ORADELL, NJ - The Crusader Wrestling Team returned



to the mats with a brand-new mat for the District IX Championships.

Eight teams from three counties competed in the

event that began with 8:00 am weigh-ins and 9:30 am wrestling, beginning with the quarterfinal round. For the thirty-fifth consecutive year, BC reigned supreme, winning the district title.

The Crusaders 298 points were 99 more than next nearest Caldwell HS (199) and a cool two hundred ahead of North Bergen (98). Schools competing in the event, which is one of 32 from around the state included: Becton Regional/Wood-Ridge, Bergen Catholic, Caldwell, Cliffside Park/Ridgefield Memorial, Hoboken, North Bergen, Rutherford, Secaucus, Union City and, Weehawken high schools.

The top three finishers in each weight class will advance to the Region 3 Tournament in West Orange HS. That is one of 8 regional tournaments whose top three finishers will earn a trip to Atlantic City for the individual state wrestling championships.

CRUSADER CHAMPIONS:

113 lbs. - Nathan Braun returned after a long recovery from injury to win his first three bouts in months. This district title is the second in two tries for the sophomore who finished second in the state as a freshman.

120 lbs. - Senior Chris Nucifora pinned his way to a district title in his final three bouts at Hoehl Gymnasium. It was the senior's third district title.

106	THOMAS PFLEGGING-HOWES		
	Quarterfinal	Semifinal	Final
	LP 0:58		
113	NATHAN BRAUN		
	Quarterfinal	Semifinal	Final
	WP 0:25	WMD 19-7	WP 4:39
120	CHRIS NUCIFORA		
	Quarterfinal	Semifinal	Final
	WP 0:17	WP 1:16	WP 4:34

132 lbs. - Sophomore Chad Sadako pinned his way to a district title. It is the young man's first district championship.

138 lbs. - Senior Noah Kochman spent the most time of any Crusader who pinned three on his way to a district title. Hoehl Gymnasium. Kochman now is among the group of 43 BC wrestlers with 3 district titles.

150 lbs. - Senior Jayden Iznaga proved that focus and determination will produce results. Iznaga won his first district title with an impressive run, pinning three opponents in an average of 1:47.

157 lbs. – Senior Ryan Ford proved himself once again, winning his third district title in three tries. The powerhouse earned a quarterfinal round forfeit before pinning his next two opponents.



126	NICK ONELLO		
Quarterfinal	Semifinal	Final	
LTF 5:46 (17-2)			
132	CHAD SADAKA		
Quarterfinal	Semifinal	Final	
WP 3:05	WP 0:39	WP 2:19	
138	NOAH KOCHMAN		
Quarterfinal	Semifinal	Final	
WP 3:34	WP 4:46	WP 3:37	
144	DANIEL WASHBURN		
Quarterfinal	Semifinal	Final	
WD 6-0	WD 10-5	LD 7-5	
150	JAYDEN IZNAGA		
Quarterfinal	Semifinal	Final	
WP 0:13	WP 1:27	PW 3:27	
157	RYAN FORD		
Quarterfinal	Semifinal	Final	
W-FORFEIT	WP 0:57	WP 4:25	

165 lbs. – Genti Idrizi once again demonstrated what a powerhouse athlete he is. A young wrestler at a higher weight, Idrizi demonstrated athleticism with balance and explosiveness on his way to his first district title.

175 lbs. – Logan Cantone pinned a pair of wrestlers and earned an injury default which led to a wrestler being ejected to go on to his first district title wearing the scarlet and gold.

190 lbs. – If committing to Franklin and Marshall wasn't enough good news, Leo Varga won his second district title with one second-period and two, first-period pins.



215 lbs. – Sophomore Mason Marck did his Superman impression, raising eyebrows with a 7-1 decision in the 215 final. The win was Marck's first district title.

285 lbs. – Benjamin Shue recorded his second District championship at 285. His quarterfinal round pin at 10 seconds was the Crusaders' fastest of the day.

165	GENTI IDRIZI		
Quarterfinal	Semifinal	Final	
WP 0:53	WP 5:10	WMD 13-4	
175	LOGAN CANTONE		
Quarterfinal	Semifinal	Final	
WP 0:11	INJURY DEFAULT	WP 3:48	
190	PANTALEO VARGA		
Quarterfinal	Semifinal	Final	
WP 3:13	WP 1:18	WP 1:12	
215	MASON MARCK		
Quarterfinal	Semifinal	Final	
W-FORFEIT	W INJ DEFAULT	WD 7-1	
285	BENJAMIN SHUE		
Quarterfinal	Semifinal	Final	
WP 0:10	WP 0:49	WP 0:47	

A MORNING AT THE RACES! Nathan Braun (113) set the bar for Crusader wrestlers his quarterfinal round pin at 25 seconds! There were 12 wrestlers to go, who would finish with the quickest pin?

Senior Chris Nucifora wasted no time erasing Braun's mark, flattening his opponent in just 17 seconds at 120 pounds. It would not be until five bouts later that Jayden Iznaga would record a 13 second fall at 150 pounds. Surely, that's as fast as BC can do. NO?!?!?

Sorry Ford. Forfeits don't count as ZERO and Genti Idrizi's 53 second pin...not today. Step up Logan Cantone at 175 pounds. Cantone recorded a quick pin of just 11 seconds. The fourth person to beat Braun's 25 second pin and BC's 7th pin of the quarterfinals (they would finish with 9 in the round).

Enter Shue Man. Benji walked up to the line and pinned his man in 10 seconds, shaving a second off Cantone's time. In total, Shue wrestled for 106 seconds, the least of the members of the Crusader Pinning Machine in his three bouts on Saturday.

TWELVE CRUSADERS ADVANCE TO THE REGIONAL TOURNAMENT

113 – Nathan Braun (1 st)	157 – Ryan Ford (1 st)
120 – Chris Nucifora (1 st)	165 – Genti Idrizi (1 st)
132 – Chad Sadaka (1 st)	175 – Logan Cantone (1 st)
138 – Noah Kochman (1 st)	190 – Leo Varga (1 st)
144 – Daniel Washburn (2 nd)	215 – Mason Marck (1 st)
150 – Jayden Iznaga (1 st)	285 – Benji Shue (1 st)

CRUSADER WIN 20th IN REGULAR SEASON FINALE

FEBRUARY 15 - MONTVALE, NJ – The Crusader Basketball Team won their 20th game of the season topping St. Joseph Regional 61-55 on Thursday evening.

Declan Wucherpennig finished with a game-high 19 points to lead a three-headed monster including himself, Naiim Parrish (14 points) and AJ Williams (13 points). The victory helped BC to a 6-2 United Division record in the Big North Conference, finishing second to DBP.

TEAMS	1	2	3	4	FIN
Bergen Catholic (20-7)	16	13	13	19	61
St. Joseph Regional (15-9)	11	11	14	19	55

(continued)

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	5	1	1	2	.500	14
Nehemiah Snell	1	0	-	-	-	2
AJ Williams	3	2	1	2	.500	13
Jaylen Robinson	1	0	-	-	-	2
Declan Wucherpennig	7	1	2	2	1.000	19
Julius Avent	1	0	1	2	.500	3
Jaden Brown	2	1	1	2	.500	8
TOTALS	20	5	6	10	.600	61
ST. JOSEPH REG.	10	10	5	9	.556	55



BIRD OF THE WEEK: SURF SCOTER

FEBRAURY 16 - BARNEGAT LIGHT, NJ – Ducks and winter time. Here's one of my favorite, strange-looking sea ducks: the surf scoter.

The black-and-white patches on the heads of male Surf Scoters prompted this sea duck's nickname "old skunkhead," although the big, sloping orange bill is at least as distinctive. In winter, look for these dark-bodied ducks (and the browner females) near to shore, defying ocean waves with a quick dive just before they break. They breed in far northern Canada and Alaska, where the boreal forest gives way to open tundra.



Along sea coasts, Surf Scoters prey on benthic invertebrates—creatures near or on the sea floor. Small mollusks, especially mussels and clams, form a large part of the diet, as well as marine snails, small crabs, sea squirts, hydrozoans (related to jellyfish), various marine worms, and (particularly in the Pacific) herring spawn. They also consume aquatic vegetation. During the breeding period, adults and ducklings eat freshwater invertebrates, including insects, and some plant matter.

On crowded lakes, young Surf Scoters often switch from one brood to another. Because the mother provides no parental care other than guarding the chicks, evolutionary selection against such mix-ups may not be very strong.

Some Surf Scoters (mainly immatures) skip the summer trip north to breeding grounds and hang around bays and estuaries southward to Baja California or New Jersey.

The oldest recorded Surf Scoter was a male, at least 19 years, 7 months old when he was found in British Columbia in 2020. He was originally banded there in 2003.

From: https://www.allaboutbirds.org/guide/Surf_Scoter/overview#
Photo – Joe Haemmerle 2024

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

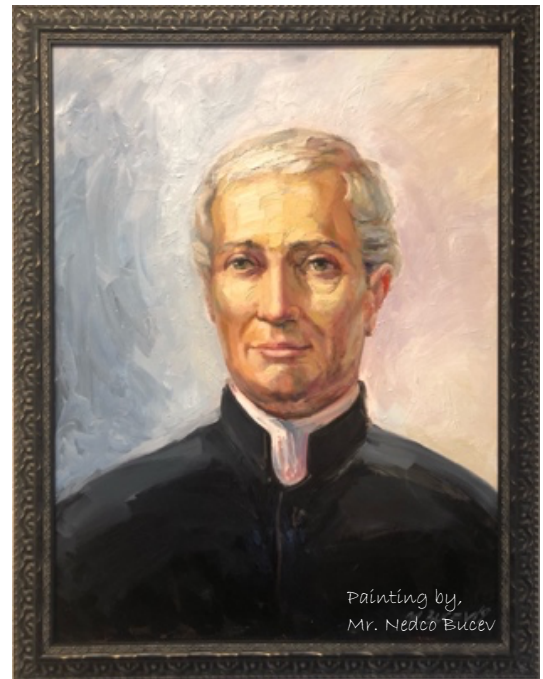
God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.
 Amen.

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.

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.

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)

The Brotherhood