

THIS WEEK

IN BERGEN CATHOLIC HIGH SCHOOL



THIS WEEK IN BERGEN CATHOLIC SPORTS

TENNIS VS NO. HIGHLANDS

APRIL 22 - ALLENDALE, NJ - Bergen was edged by the Highlanders 3-2 on Monday. Third Singles Christian Choi won a hard-fought match 6-4, 7-5. Second Doubles team of Daniel Calianese and Jordi Visser were victorious as well.



Singles		SET 1	SET 2	SET 3
1 st	Andrew Song	1-6	2-6	
2 nd	Brian Song	1-6	1-6	
3 rd	Christian Choi	6-4	7-5	
Doubles		SET 1	SET 2	SET 3
1 st	Justin Choi / Ryan Kim	6-4	1-6	4-6
2 nd	Daniel Calianese / Jordi Visser	6-1	6-4	

JV TENNIS VS NORTHERN HIGHLANDS

APRIL 22 - DEMAREST, NJ - Ten volleyers were able to get some work in against Northern Highlands on Monday. Nick Rossig and Matt Kovacs won the most of any BC team on the day, taking 6 of 18 games.



Doubles		SET 1	SET 2	SET 3
1 st	James Gullo / Byron Kwon	1-6	1-6	
2 nd	Matt Morin / Nathan Hwang	1-6	0-6	
3 rd	Nick Rossig / Matt Kovacs	2-6	4-6	
4 th	George Sibani / Alex Tong	2-6	0-6	
5 th	Alex Kim / Dokyun Kim	1-6	4-6	

GOLFERS DRIVE AWAY PC

APRIL 22 - PARAMUS, NJ - The Crusaders remained undefeated with a 160-184 victory over Paramus Catholic at Paramus Golf Course. Ryder Hodgson set the pace at 39. Chris Vrtis followed close behind with a 40.

Golfer	Score
Ryder Hodgson	39
Chris Vrtis	40

Nakhil Sahu	42
Alex Herrera	42
Peter Dente	41
Will Calocino	40

JV GOLF FINISHES DON BOSCO PREP

APRIL 22 - SUFFERN, NY - Michael Giordano's 40 led the Crusader JV golf team to a 171-180 victory over Don Bosco Prep at Spook Rock on Monday.

Golfer	Score
Michael Giordano	40
Owen Smith	42
Tyler Ortiz	43
Jeremy Camayo	48
PJ Guinan	46
Ryan Kim	53

CRUSADER TRACK AND FIELD

APRIL 22 - RAMSEY, NJ - The Crusaders defeated BNC opponents Don Bosco Prep and DePaul Catholic on Tuesday at Don Bosco. Freshman Ben Cha ran a personal best 4:52 - mile as BC swept both meets.

DELLENTASH'S GEM

APRIL 22 - MONTVALE, NJ - Luke Dellentash threw six innings of four-hit baseball, only to yield a pair of unearned runs as St. Joseph Regional defeated BC 2-0 on Monday. Danny Spierer belted a pair of singles and Anthony Tetto, Billy Nichols and Tyler Yoo singled as well.



Teams	1	2	3	4	5	6	7	FIN
BC	0	0	0	0	0	0	0	0
SJR	0	0	0	1	0	1	x	2

TARPINIAN AND JJ DOUBLE UP TO PUT

FROSH BASEBALL ON THE BOARD

APRIL 22 - PARAMUS, NJ - The Freshman baseball team lost to St. Joseph Regional 14-1 at Petruska Park on Monday. Ikaika Moler started the game yielding 1 unearned run in the second. Michael Tarpinian and Jaylen Johnson recorded back-to-back doubles, driving in Tarpinian to tie the score. The frosh nine committed a series of errors that ultimately broke the game open for the Green Knights.



VOLLEYBALL EARNS VICTORY

APRIL 22 - ORADELL, NJ - John Paul Sinagra recorded 12 kills and Anner Hernandez had 2 blocks to lead BC to a 2-0 straight set victory over Newark Vocational.

TEAMS	1	2	3	FINAL
Bergen Catholic (6-7)	25	25	-	2
Newark Vocational (4-6)	11	8	-	0

SCORING

CRUSADER	KILLS	BLKS	DIGS	ASST	SP	ACES
George Azrumelashvili	2	0	5	0	5	1
Colin Daly	0	0	0	12	0	0
Johnpaul Sinagra	12	1	0	1	2	3
Jeongsoo Park	0	0	2	0	1	0
Jaden Brown	1	2	0	0	0	0
Anner Hernandez	0	2	1	0	3	1
TOTALS	32	1	35	18	18	14

LACROSSE SCORES NINE UNANSWERED AS TAROMINA REACHES MILESTONE

APRIL 23 - ORADELL, NJ - The Crusaders defeated Ramapo 11-4 after falling into a 4-2 hole. The team responded to the challenge as Jake Taromina scored four goals to lead BC to an 11-4 victory on Tuesday at the Jack.

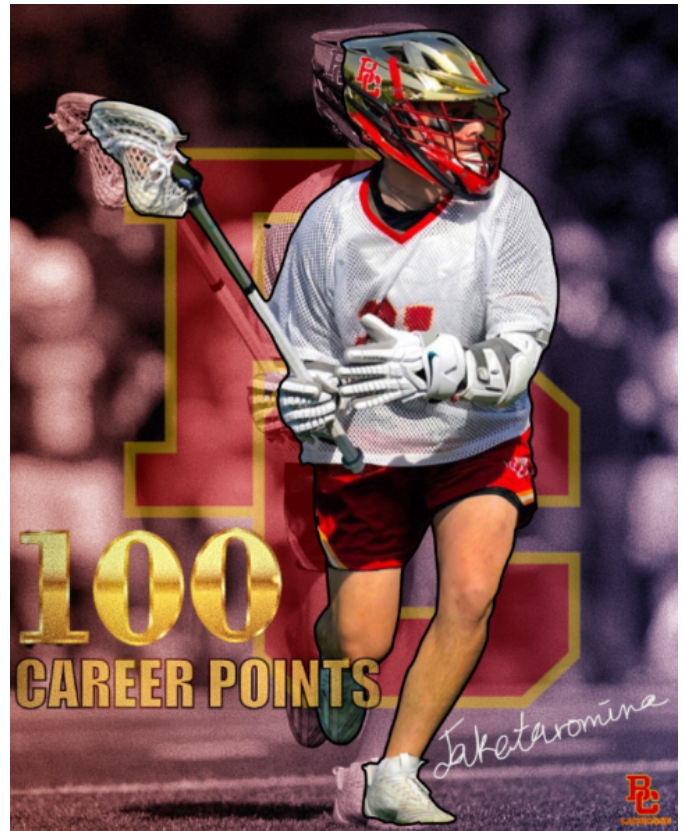


Jimmy Carey recorded two goals and an assist and Eamonn Twomey pitched in a pair of goals to pace the Crusaders. Jack Walker won 8 of 14 face offs and led BC in ground balls with 7. Sean Irving stepped up the defense in front of Parker Day (6 Saves, 4 GA) and Tyler Larson (1 Save) who held the Green Raiders at bay.

Teams	1	2	3	4	FIN
Ramapo	2	2	0	0	4
Bergen Catholic	1	3	2	5	11

PLAYER	G	A	P	GB	FO	FOW	W%
Jake Taromina	4	0	4	1			
Jimmy Carey	2	1	3	0			
Eamonn Twomey	2	0	2	1			
Anderson Chang	1	1	2	2	4	1	.250
Peter Gallo	1	2	3	4			
Matt Reilly	1	0	1	0			
Jack Tenaglia	0	3	3	0			
Sean Irving	0	1	1	3			
Jack Walker	0	0	0	7	14	8	.571
Nicholas Angeli	0	0	0	1			
Parker Day	0	0	0	1			
Chris Riccardi	0	0	0	1			
Ethan Han	0	0	0	0	1	0	.000
TOTALS	11	8	19	21	19	9	.474

ARTWORK BY DOYEE KIM '24, SPORTS MEDIA INTERNS



JV BIT BY OVERTIME BUG

APRIL 23 - ORADELL, NJ - The JV Lacrosse Team fell to Ramapo's Green Raiders 4-3 in OT. Miles Taylor popped off the crease, received a pass and executed a quick split dodge to his right, and rocketing a shot past the goalie to tie the game at 1.

Ramapo quickly regained the lead, but William Borg did not let that stand very long knotting the game at 2, still in the third. After grabbing a 3-2 lead, the Raiders tied the game late, and we were off to overtime.

Then with about 2:45 remaining in the first four-minute period, Ramapo scored to put the game in the books.

Teams	1	2	3	4	OT	FIN
Ramapo	1	0	1	1	1	4
Bergen Catholic	0	0	2	1	0	3

USATINE SCORES GOLDEN GOAL AS FROSH LAX TAMES RAMAPO 6-5 OT

APRIL 23 - FRANKLIN LAKES, NJ - Dylan Usatine scored a hat trick



including the game winner off the over-time fast-break pass from face-off specialist Jack Kiernan to give BC a 6-5 victory under the lights.

Trey Taromina was 1 and 1 and Cole Bielen scored a pair of goals. It was Bielen's first time back on the field in 9 months after an injury kept him sidelined.

Sean Woods earned the win in the goal and Joe "JD" Adamek recorded ground balls. When asked if he scored any goals, his only response was, "I play defense." Eamonn Errity also played solid defense as Kiernan and Alex Tsay dominated the face off x.

OH SCORES LOW TO BEAT THUNDERBIRDS

APRIL 23 - EMERSON, NJ - Benjamin Oh shot a low 38 to lead BC to a



161-196 victory over Mahwah on Tuesday at Hackensack Golf Club. The Crusaders are now 11-0 on the season. Alex Amitsis, Nakhil Sahu and John Keyes shot 41, just

behind Oh, to secure the victory.

Golfer	Score
Benjamin Oh	38
Alex Amitsis	41
Nakhil Sahu	41
John Keyes	41
David Han	42
Alex Vrtis	43

TENNIS DEPTH BESTS DBP

APRIL 23 - DEMAREST, NJ - Depth ultimately helped the Crusaders



defeat the Ironmen 3-2 on Tuesday. After falling short in first and second singles, the Crusaders, Christian Choi won in straight sets as did the two doubles pairs for BC. The

Crusaders are now 6-3 on the season and 2-0 in the BNC United Division.

Singles	SET 1	SET 2	SET 3
1 st Andrew Song	0-6	2-6	
2 nd Brian Song	1-6	3-6	
3 rd Christian Choi	6-0	6-3	
Doubles	SET 1	SET 2	SET 3
1 st Justin Choi / Ryan Kim	6-4	6-2	
2 nd Daniel Calianese / Jordi Visser	6-0	6-1	

JV TENNIS DEFEATS BOSCO

APRIL 23 - WASHINGTON TOWNSHIP - The JV Tennis team enjoyed a solid victory over Don Bosco Prep, defeating the Ironmen 3-1.

Singles	SET 1	SET 2	SET 3
1 st Ghando Lee	2-10		
2 nd James Gullo	10-3		
Doubles	SET 1	SET 2	SET 3
1 st Dokyun Kim / Michael Kornett	10-5		
2 nd Nick Rossig / Byron Kwon	10-9		

JV NINE NEVER SAY DIE

APRIL 24 - PARAMUS, NJ - The JV team fell 10-9 to SJR after a rough



first inning going down 7 runs on a couple walks, a line drive in the sun and an error.

The team battled back, chipping away at the lead each inning and actually had the tying run on third and winning run on second in the last inning. The game ended after BC missed an extra-base hit that just went foul, before the final out.

Player highlights: Lockton Walker 2 for 3, 2 RBIs 2 runs scored. Owen Rose 1 hit 2RBI and 1 Run scored. Alex Reese 1 for 3 with 2 RBIs. Chris Fernandez 1 for 3 with 2 runs scored and Stephen Critelli pitched 3 scoreless innings with 3 Ks to keep BC in it.

TENNIS SWEEPS PCTI

APRIL 24 - WAYNE, NJ - The Crusaders travelled to Passaic County



Technical Institute and swept the Bulldogs 5-0. Brian Song's first set was the most exiting of the day, with Brian outlasting his opponent 8-6 in the thirteenth game of the set.

Singles	SET 1	SET 2	SET 3
1 st Andrew Song	7-5	6-2	
2 nd Brian Song	7-6 (8-6)	6-2	
3 rd Christian Choi	6-1	6-0	
Doubles	SET 1	SET 2	SET 3
1 st Justin Choi / Ryan Kim	6-3	6-2	
2 nd Daniel Calianese / Jordi Visser	6-1	6-1	

JV TENNIS FALLS 4-1 TO PCTI

APRIL 24 - DEMAREST, NJ - In perhaps the teams closest match of the season, BC fell to Passaic County Tech 4-1. The dynamic duo of Nick Rossig and Shant Cakirdas won a laughter 6-0 first set and then worked to earn a well-deserved 11-9 decision to win the second set 7-6 and sweep the match.

Doubles	SET 1	SET 2	SET 3
1 st James Gullo / Ghando Lee	4-6	2-6	
2 nd Matt Kovacs / Dokyun Kim	3-6	4-6	
3 rd Matt Morin / Nathan Hwang	2-6	0-6	

4 th	Nick Rossig / Shant Cakirdas	6-0	7-6 (11-9)	
5 th	Alex Kim / George Sibani (alt. Alex Tong)	3-6	3-6	

BC BEATS 'PO BY A STROKE

APRIL 24 - MAHWAH, NJ - BC took to the hills, scoring a victory at Darlington Golf Course on a beautiful Wednesday afternoon. The team defeated Ramapo in a nailbiter 162-163 to remain undefeated 12-0.

Golfer	Score
Ryder Hodgson	38
Chris Vrtis	41
Benjamin Oh	43
Alex Amitsis	44
Nakhil Sahu	40
David Han	43

CAMAYO AND GUINAN SHOOT SMARTLY TO VICTORY OVER DON BOSCO PREP

APRIL 24 - SUFFERN, NY - Jeremy Camayo took 10 strokes off his Monday card and PJ Guinan erased 5 to lead BC to their second straight victory over the Ironmen at Spook Rock, this time 166-192.

Golfer	Score
Jeremy Camayo	38
PJ Guinan	41
Peter Dente	42
Will Calocino	45
Will Saracino	47
Jack Driscoll	48

VOLLEYBALL WINS IN THE HILLS

APRIL 25 - OAKLAND, NJ - John Paul Sinagra and George Azrumelashvili led a well-balanced attack with 8 kills apiece to lead BC to a victory over Indian Hills in straight sets. Colin Daly assisted on 20 kills and added a service point for the Crusaders. Jaden Brown recorded 5 kills and 2.5 blocks.



TEAMS	1	2	3	FINAL
Bergen Catholic (7-7)	25	25	-	2
Indian Hills (0-7)	17	18	-	0

SCORING

CRUSADER	KILLS	BLKS	DIGS	ASST	SP	ACES
George Azrumelashvili	8	.5	7	0	2	1
Colin Daly	0	0	0	20	1	0
Johnpaul Sinagra	8	0	3	1	4	2
Jeongsoo Park	0	0	8	1	1	0
Jaden Brown	5	2.5	0	0	0	0
Anner Hernandez	1	5.5	0	0	0	0
TOTALS	32	1	35	18	18	14

TENNIS DEFEATS DEMAREST

APRIL 25 - DEMAREST, NJ - The Crusaders improve to 8-3, defeating Northern Valley Demarest on Friday 4-1. Andrew Song fell in his first set before regrouping to win the second set and a 10-8 tie breaker.



Singles		SET 1	SET 2	SET 3
1 st	Andrew Song	5-7	6-0	10-8
2 nd	Brian Song	4-6	5-7	
3 rd	Christian Choi	6-2	6-0	
Doubles		SET 1	SET 2	SET 3
1 st	Justin Choi / Ryan Kim	6-0	7-6 (7-5)	
2 nd	Daniel Calianese / Jordi Visser	6-0	6-0	

JV TENNIS FALLS TO DEMAREST 5-0

APRIL 25 - DEMAREST, NJ - Byron Kwon and Matt Morin won a 7-5 set, before falling two sets to one in a tough match with the Norsemen.

Doubles		SET 1	SET 2	SET 3
1 st	Matt Kovacs / Ghando Lee	1-6	1-6	
2 nd	Nathan Hwang / James Gullo	2-6	2-6	
3 rd	Nick Rossig / Dokyun Kim	4-6	0-6	
4 th	Byron Kwon / Matt Morin	1-6	7-5	4-10
5 th	Alex Tong / Elvyn Lim / George Sibani	0-6	6-4	5-10

BC DEFEATS RIDGEWOOD

APRIL 24 - HAWORTH, NJ - BC travelled to neighboring Haworth CC and defeated Ridgewood 145-160 to earn lucky win #13.

Golfer	Score
Ryder Hodgson	34
Alex Amitsis	36
John Keyes	43
Benjamin Oh	36
David Han	39
Nakhil Sahu	40

JV GOLF DEFEATS GLEN ROCK

APRIL 25 - PARAMUS, NJ - Peter Dente's 39 led the Crusaders to a 164-203 victory over Glen Rock on Thursday at Paramus Golf Course.

Golfer	Score
Peter Dente	39
Owen Smith	42
Mike Giordano	41
Will Saracino	43
Tyler Ortiz	42
Danny O'Neill	46

KANG HOMERS, LEADS JV OVER RIDGEWOOD

APRIL 26 - RIDGEWOOD, NJ - Lockton Walker threw four strong innings and Evan Soto came in for an inning giving up no runs to help BC over the Maroons on Friday. Michael Kang hit a solo homerun to provide some emotion on offense. Alexander Reese was solid at first base all day.



SHUE: TOP AMERICAN ONCE AGAIN AT PENN RELAYS

APRIL 26 - PHILADELPHIA, PA - JIM LAMBERT -- Benjamin Shue shouldn't ever have a problem knowing what time it is. For the second time in his career, Shue earned a prestigious gold watch for finishing as the top American finisher in the discus at Friday's 128th Penn Relays at Franklin Field.

Shue, a junior at [Bergen Catholic](#), unloaded a 201-11, his best throw in the competition, on his second throw in the final round to briefly take the lead. But Chad Hendricks of Munro College in Jamaica threw bombs of 207-0 and 217-1 on his last two attempts to secure the win.



Shue also earned a gold watch here when he placed third overall and was the top American as a freshman in 2022 and he placed fourth here last year.

"He (Hendricks) threw great today," said the University of Texas-bound Shue. "I would have liked to have thrown further and gotten a new PR, but throwing over 200 and getting second here is a good result. My biggest goal is the state record (218-4 set by Olympian Sam Mattis of East Brunswick in 2012). I know I have some really big throws in me and they are coming. I just have to keep working hard, lifting, and working on my technique. I'm going to work as hard as possible to get that record."

<https://nj.milesplit.com/articles/347255/shue-second-overall-and-top-american-in-discus-at-penn-relays-2024>

PENN RELAYS RESULTS

PLACE	ATHLETE	RESULT	1ST	2ND	3RD	4TH	5TH	6TH	BIB	POS
1	Chad Hendricks Munro College (JAM)	66.17 217-1	X	56.60 185-8 Pl: 3	58.87 193-1 Pl: 1	X	63.11 207-0 Pl: 1	66.17 217-1 Pl: 1	2	17
2	Benjamin Shue Bergen Catholic (NJ)	61.55 201-11	55.97 183-7 Pl: 2	58.38 191-6 Pl: 2	58.67 192-6 Pl: 2	60.37 198-0 Pl: 1	61.55 201-11 Pl: 2	60.47 198-4 Pl: 2	1	18

Bergen Catholic (NJ) 4x400

*Nicholas Shortridge, Andrew Jeremiah-Boakye, Xavier Jackson, Ethan Cohall

42.96 (42.957)
25th overall
3/1000 of a second behind PC

Bergen Catholic (NJ) 4x400

*Brian Porter, Zion Suitt, Peter Rogers, Brandan O'Rourke

3:29.09
10th overall

Jason Lessieu Long Jump

Bergen Catholic (NJ)

6.37
20-10 ¾
14th overall

"COOPER SQUARED" WINS BIG ON THE COOPER RIVER

APRIL 27 - CHERRY HILL, NJ - BY, MR. SAUNDERS - Congratulations



to the BC Crew team who raced 6 boats in the Garden State Championship on Saturday, April 27th. The Regatta took place on the Cooper River in Camden County. Four of the six boats qualified to compete in the

Finals of the Competition.

The Men's HS Novice Double of Michael Cooper and Cooper Carver ("Cooper Squared") took the Gold Medal by winning their final race by 12 seconds over second place Ridgewood. Shane Roberts and Dylan Stiles also finished 5th in the event.

Ronan Howell also took the Bronze Medal in the Men's HS Jr. Singles event. The Men's HS Novice Quad of Nick Brady, Andy Kwon, Lucas Machado and Marcos Previzi also placed 5th in their race.



CRUSADERS FINISH TOP 10

APRIL 24 - RINGOES, NJ - The Crusaders finished in ninth place shooting 321 at the Red Devil Tournament at Heron Glen Golf Course. Ryder Hodgson led BC shooting 78 and finishing 22nd overall.

Golfer	Score	Place
Ryder Hodgson	78	22
Benjamin Oh	80	33
Alex Amitsis	80	33
David Han	83	51
Chris Vrtis	84	60

BROTHERS CUP REMAINS IN NEW ROCHELLE

APRIL 25 - ORADELL, NJ - The Brother's Cup Trophy remains in New Rochelle for another year after Iona Prep defeated BC 16-6 on Thursday. Freshman Thomas Fobare led the Crusaders with a pair of goals. Jake Taromina, Anderson Chang, Peter Gallo and Jack Walker all tallied goals as well.



Teams	1	2	3	4	FIN
Iona Prep	5	8	1	2	16
Bergen Catholic	1	3	0	2	6

PLAYER	G	A	P	GB	FO	FOW	W%
Thomas Fobare	2	0	2	1	2	0	.000
Jake Taromina	1	0	1	0			
Anderson Chang	1	0	1	0	8	1	.125
Peter Gallo	1	0	1	0			
Jack Walker	1	0	1	2	13	1	.080
Jack Tenaglia	0	2	2	0			
Matt Reilly	0	1	1	0			
Parker Day	0	0	0	0			
Sean Irving	0	0	0	4			
Joseph Angelli	0	0	0	3	2	1	.500
Frank Dooley	0	0	0	2			
Dylan Mayo	0	0	0	2			
Nico Martino	0	0	0	2			
Nick Angelli	0	0	0	1			
Jimmy Carey	0	0	0	1			
Luke Bohlen	0	0	0	1			
Ian Homes	0	0	0	1			
TOTALS	6	3	9	16	25	3	.120

GOALIE	SAV	GA	PCT
Parker Day	14	14	.500
Rocco Venezia	1	2	.333
TOTALS	15	16	.484

WALKER, REILLY AND TENAGLIA COME THROUGH IN THE CLUTCH

APRIL 27 - ALLENDALE, NJ - The Crusaders were up 5-3 after three quarters but yielded three fourth quarter goals to fall behind 6-4 with 1:53 remaining in the game.



Despite Highlands winning the vast majority of draws at the face off x, Jack Walker took the last two draws and won both. That allowed Jack Tenaglia to find Matt Reilly who buried the game-tying shot at 1:34 and the game winner at 0:11 for the victory.

Teams	1	2	3	4	FIN
Bergen Catholic	2	2	1	2	7
Northern Highlands	1	0	2	3	6

PLAYER	G	A	P	GB	FO	FOW	W%
Matt Reilly	2	1	3	0			
Jack Tenaglia	1	3	3	0			
Eamonn Twomey	1	2	3	0			
Jake Taromina	1	0	1	1			
Anderson Chang	1	0	1	2	4	1	.250
Luke Bohlen	1	0	1	0			
Peter Gallo	0	1	1	3			
Jack Walker	0	0	0	9	10	4	.400
Parker Day	0	0	0	4			
Thomas Fobare	0	0	0	2			
Chris Riccardi	0	0	0	1			
Joseph Angelli	0	0	0	0			
TOTALS	11	8	19	17	14	5	.290

GOALIE	SAV	GA	PCT
Parker Day	7	6	.538
Rocco Venezia	0	0	-
TOTALS	7	6	.538

USATINE SCORED 4 IN FROSH LAX

APRIL 27 - RAMSEY, NJ - The Freshman Lacrosse team dropped a 12-6 decision to Don Bosco Prep on Saturday. Despite Jack Kiernan and Alex Tsay winning a majority of the faceoffs, BC was unable to hold down the Ironman attack. Dylan Usatine recorded 4 goals and an assist and



Trey Taromina scored two.

OTHER JV AND FROSH LACROSSE RESULTS

- 4/25 JV vs. IONA PREP W 5-4 (OT)
- 4/25 FR vs. DELBARTON L 6-4
- 4/27 JV vs. NORTHERN HIGHLANDS L 8-7 (2OT)

THE CRUSADERS GET REVENGE

APRIL 28 - RAMSEY, NJ - BY, SEAN WRENN '24 - Our Bergen



Catholic rugby team had its second road game of the season. Sunday's opponent was Don Bosco Prep. It was a hot day for rugby and despite that the Crusaders still got the job done.



The game started close. Going into the second half, BC was down 12-5. In the second half, Bergen held the Ironmen to 1 try the whole half, while putting up 31 points. The final result of the match was 36-19.

Bergen Catholic put up 6 tries in the entirety of the match. All tries were scored by seniors. Aaron Perez had 2, William Micholas had 2, Omar Lopez had 1, and Matthew Avalone had 1.

The "Man of the Match" goes to William Micholas. Will had 2 tries with 1 of them being a big 80 meter try (about 88 yards). The Crusaders are now on a three-game win streak. BC will be back on the road against St. Joe's by the Sea, NY on Saturday in Staten Island.

BERGEN COUNTY LACROSSE TOURNAMENT

APRIL 28 - MAHWAH, NJ - The Crusaders earned a first-round bye as the #3 seed in the BCCA Tournament which begins Saturday, May 4th. Bergen's first game will be on Tuesday, May 7th at home versus the winner of #6 Ramapo vs. #11 St. Joseph Regional.

Below is the seeding and matchups for the 2024 Bergen County Varsity Lacrosse Tournaments.

- #1 Seed - Ridgewood - will host winner of NH/Mah on 5/7
- #2 Seed - Don Bosco Prep - will host the winner of Rams/GR on 5/7
- #3 Seed - Bergen Catholic - will host winner of SJR/RPO on 5/7
- #4 Seed - Pascack Valley - will host winner of RD/Ten on 5/7

GAMES TO BE PLAYED ON SATURDAY MAY 4

- Championship Bracket - Round 1
 - #12 - River Dell @ #5 Tenafly
 - #11 - St. Joes Regional @ #6-Ramapo
 - #10 - Ramsey @ #7- Glen Rock
 - #9 - Mahwah @ #8 - Northern Highlands
 - Winners move to Championship Bracket at higher seeds 5/7
 - Losers move onto BIT Quarters and host on 5/7

BIRD OF THE WEEK

PINE WARBLER



APRIL 21 - ALLENDALE, NJ - The Celery Farm on Franklin Turnpike is a great place to see warblers during spring migration. There are many species of birds that you can see there, but this is the "little yellow bird" time of year.

Warblers are the "gems" of birding and sorting through the great variety that passes through New Jersey to their breeding sites is one of the great challenges and pleasures of the activity. Finding these birds not only demands a keen eye, but often a better ear and knowledge of bird behavior and environments in which they thrive.

What details can you share about this "early" warbler. I say early because it is among the first to pass through Bergen County, along with Palm and Yellow-rumped warblers.

- SIZE
- BILL
- FACE
- THROAT
- FLANKS
- BELLY
- WINGS
- TAIL

While far better birders than I might be more detailed, I would describe this bird this way. This bird is about 4-5 inches in length with a thin, black pointed bill. It has a black eye with a yellow eye ring and greyish cheeks. This bird has a bright yellow throat and streaking along the flanks and belly. Its wings have black with white bars. It has a longer tail that is notched at the end.

WORLD SERIES OF BIRDING

MAY 11, 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

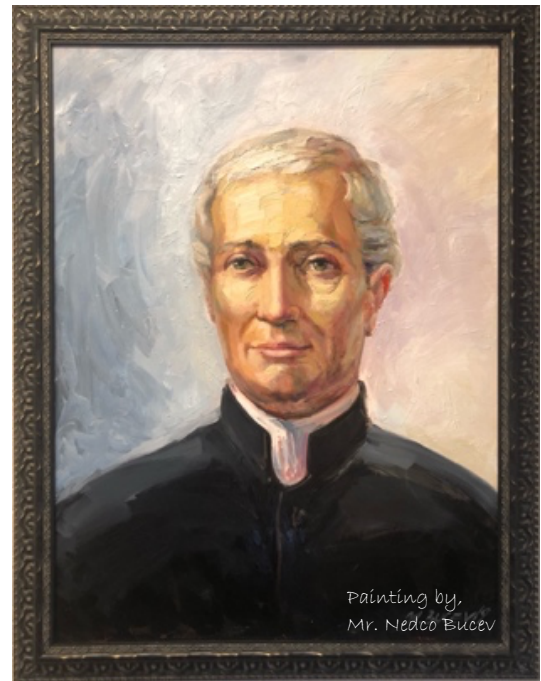
God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.
 Amen.

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