

THE SAUGANASH CORONACLE

MARCH 15TH 2020 ISSUE #1



GROWING INSIDE

By Justin Reckart

Day 1 of the coronavirus lockdown. Schools throughout the country are closed, offices are closed, churches are closed, Sauganash is closed. This unprecedented nationwide lockdown is the first of a lifetime for many people, and hopefully, it will be a once in a lifetime experience for us. But will you make it a once in a lifetime opportunity?

In the late 1930s, Spain went through a violent civil war that killed many people. St. Josemaria hid in several places to avoid being killed, one of which was the consulate of Honduras in Madrid. He, along with a few of the first members of Opus Dei, hid in a tiny room there for seven months. If they left the building, they risked being killed. So St. Josemaria decided to turn their forced inactivity into an opportunity. He made a schedule that included daily exercise, study, prayer, and get-togethers. The time trapped in the consulate turned into an opportunity for everyone there to grow, they became better friends with each other, they learned to be optimistic, they developed a deeper friendship with God.

You right now are in a similar situation. You may have been looking forward to hanging out with your friends at school, but now you're trapped at home. You may have been excited for the baseball or lacrosse season, but now you can't even watch March Madness. You may have had an exciting trip for spring break, but now you'll be lucky if you can just buy toilet paper at Walmart. *The Coronacle* is a way for all of us to help each other turn this lockdown into an opportunity. Although in-person activities at Sauganash are not happening, we'll be continuing several of them digitally. You can find the schedule of activities for the week in *The Coronacle* every day. You can share stories, pictures, videos, and suggestions that will help all of us to find the opportunity buried under the lockdown.

For the rest of your life, people are going to ask you what you did during the coronavirus lockdown. What will you say? A few years after being trapped in the consulate of Honduras during the civil war, St. Josemaria, remembering those months, wrote: *The plants lay hidden under the snow. And the farmer, the owner of the land, observed with satisfaction: 'Now they are growing on the inside.' I thought of you: of your forced inactivity... Tell me: are you too growing 'on the inside'?*



TEETH OUT!
An Interview by Edwin Carbajal

Vince had his wisdom teeth removed on Friday. I asked him about his experience.

Why were your wisdom teeth removed?

One of my wisdom teeth was growing sideways. It looked disturbing on the x-ray of my mouth. There wasn't enough room for the other three wisdom teeth in my mouth.

How painful was it?

I got local anesthesia. The most painful part was when they stabbed my gums in various parts to inject the painkiller. It was weird. I couldn't feel anything, but I could hear what they were doing and I felt the pushing and pulling in my jaw. The dentist removed two of my teeth by drilling them into pieces. I could hear and feel them hacking away.

What were you thinking while it happened?

A combination of fear and revulsion. I did my best to stay calm and not faint. I tried to offer it up for the Pope. It was the anniversary of his election that day (Friday, March 13). I do not recommend the experience.

MAKE YOUR SCHEDULE

[click here](#) to find a template

online

UPCOMING EVENTS

TUESDAY 3/17

Virtue Talk

WEDNESDAY 3/18

Meditation

THURSDAY 3/19

Becoming a man of culture during Coronavirus,
by Dr. Civantos, MD

SATURDAY 3/21

Movie Discussion



Submit your article to

jreckart@sauganashcenter.org



**REMEMBER MY SON,
NO VIRUS IS MORE
DEADLY THAN
WASTING TIME**

**WORDS OF WISDOM
from Chief Sauganash**

10 TIPS FOR FACING QUARANTINE

The uncertainty and the necessary break during these days can easily bring about discouragement, boredom, apprehension and fear...
Here is an adaptation of the advice Saint Josemaria offered when he and others were besieged by war: maybe it can help you cope better during the days ahead.

1 BE OPTIMISTIC

God is allowing this situation for something, so to try to approach it with supernatural outlook, good humor and hope.

2 HAVE A SCHEDULE

Make a schedule to make better use of your time. Don't miss out on days that could be very enriching.

3 DON'T WASTE TIME

Avoid overusing technology to "pass the time."

4 LEARN SOMETHING NEW

Today could be a good day to practice a new language, try out a recipe or start an online course that's been pending for a time.

5 PRACTICE HOBBIES

Take the opportunity to practice a hobby: music, reading, writing, sports [better outdoors].

6 PRAY WITH MORE CALM

Moments of physical break can become moments of great inner growth, if we want them to be.

God never leaves us alone!

7 HAVE GOOD CONVERSATIONS

With those who are near, or –thanks to phone and video conferencing– with those who are far away.

8 BE A SUPPORT

Support those around you: fear and boredom are great temptations. Try to notice the needs of others who are more vulnerable than you.

9 KEEP CALM

Try not to focus on the negative side of things, and be grateful for all the good around you.

10 SAY YOU'RE SORRY

Living together with others under quarantine is often complicated, so make sure to make amends with others when frictions arise.