

THE SAUGANASH CORONACLE

MARCH 24TH 2020 ISSUE#8



LIGHTENING THE LOAD

By Matt Kelly

"Freedom cannot be understood as a license to *do absolutely anything*; it means a gift of self. Even more: it means an *interior discipline of the gift*." These words from one of the greatest saints in history, Pope John Paul II, call people to a greater life, not about acting against oneself, but about aspiring for things greater than passing pleasures.

With words like "freedom", "self", and "discipline", I get pretty pumped up. This freedom thing sounds very awesome, and I would totally want to live it, not for myself, but for others! But how other than by trying to live my life close to God and others, and by trying to be the best in all that I do?

One thing that I have discovered is that my smartphone is a formidable obstacle to my freedom. If I want to study really well for fifty minutes before I go to bed, I often (and by often I mean reeealllly often) go to *Snapchat* or *Disney Plus* to chat with friends or watch *Clone War* still I pass out. If I just want to have some really good conversation and laughter with family, I often feel drawn to just go in the other room and check *Instagram* and *Snapchat* until its dinnertime. If I want to just do something different for once and make something creative, or read an amazing book, or play a good game, or pray a little bit longer than I planned to, or try really hard in a certain school subject, I often coop myself up in my room for hours... on my phone.

It is exhausting. Yet it is normal. Why would I change it? How could I change it? Do I even want to change it? That would be really hard. The reality is, I know it hurts me. It hurts my personality, my relationships, my health, my attention span, my sense of satisfaction with life. Or maybe worse than hurting them, it stops them in their tracks from growing into something greater... I know this in my heart, yet still I do nothing.

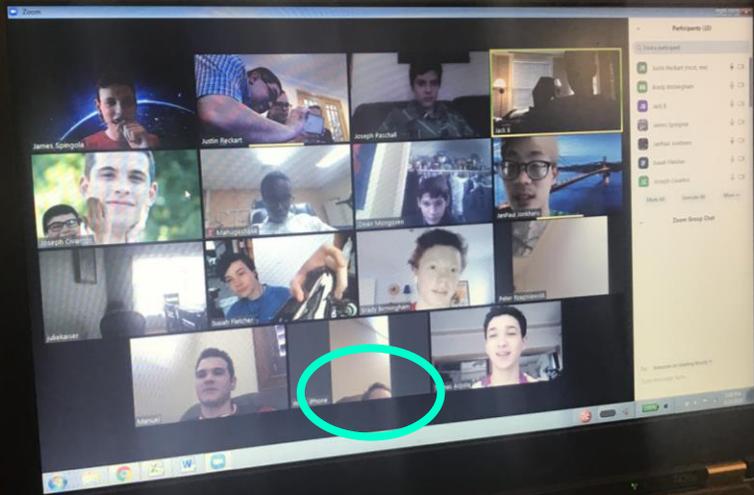
There may be some of you who have been able to manage this issue well (if you exist), that's awesome! You are a light (hehe) to the rest of us. But for those who see themselves in this writing, listen to this next part.

Hitting a bit of a low, about 6 months ago, I bought "The Light Phone" from, you've guessed it, *The Light Phone Company* based in Brooklyn, NY. It is designed to be used as little as possible; to give its users a choice as to how they want to spend their time, rather than being spoon-fed the ad-infused, loud, colorful interfaces that companies invest billions into just to try to take that choice away. The Light Phone mission is stated pretty well in the following few phrases:

*"It is about prioritizing and making a conscious choice as to how you want to spend your days because that is how you will spend your life. Give it your best self, excuse-free, and love it deeply. Going light is whatever you want it to be: Spending time with your kids, spending time with your craft, listening closely to your favorite album, reading that book you've been meaning to, learning something that you've always wanted to learn but somehow never had the time to pick up... **Going light is a choice.** How will you choose to experience your life today?"*

The phone was a bit glitchy, as I received my phone from one of the first shipments, the reaction time for buttons was slow, and it was rather difficult to text; but the 4G LTE calling was great and fast, and updates for *Spotify* and *Google Maps* or some navigational service are anticipated within the year. But more than the specs, I found it incredible that there are many others in this modern world that have these same thoughts and were willing to do something about it.

If not the light phone, at least give the idea of simplifying your life by lessening your exposure to the internet a chance. Discuss the idea with others, and while you're at it, go ahead and read [this article](#) by the producers.



FIRST CYBER MAFIA EVER!

It was a blast! Joe Civantos' background was literally a killer and the mafia annihilated a rather confused village... Honorable mention to James Spingola, it looks he's coming back from Mars, but hopefully he will land on this planet before it's too late. Will Barrett says he's recovering from a strenuous break and that next time he'll try to make eye contact (take it easy bro). And just a question: Are Brady and Tomas being abducted by some alien or what?

VIRAL VIDEO OF THE DAY

Your family members may need to blow off steam during quarantine. Follow the example of [these four-year-old twins](#), and make time to talk to your family and have a good time in a difficult situation.

POEM OF THE DAY

From one of our readers

We're in lockdown because of a virus
 So I'm putting pen to papyrus
 To write a few lines
 About difficult times
 And the fact that they sometimes inspire us.

Write your own poem or short story this week.



Send your submission to

jreckart@sauganashcenter.org

online UPCOMING EVENTS

TUESDAY 3/24 - 7:30 pm

Virtue Talk

Freshmen - [Contact Justin](#)

Sophomores - [Contact Pat](#)

Juniors - [Contact Vince](#)

Seniors - [Contact Edwin](#)

WEDNESDAY 3/25 - 7:30 pm

[College Meditation](#)

THURSDAY 3/26 - 5:00 pm

[High School Meditation](#)

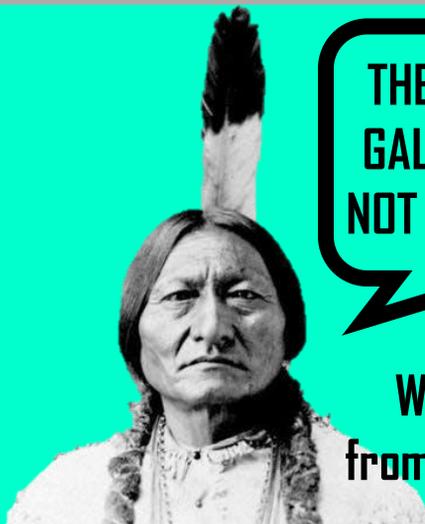


HOLY MASS
 At Sauganash
 12:00

EVERY WEEKDAY

[click here](#)

THE CENTER OF THE
 GALAXY IS THE SUN,
 NOT YOU, YOUNG MAN



WORDS OF WISDOM
 from Chief Sauganash

AN INTERVIEW WITH MATT ANTHONY



Matt Anthony was the director of Sauganash until 2015. He now lives in Rome and works with the Prelate of Opus Dei, Msgr. Fernando Ocariz (who many of you met in Chicago last summer). As part of his job, Matt helps centers like Sauganash all over the world to organize activities for students. Italy has been one of the countries hardest hit by coronavirus. More people have died there than in China from the virus. He shares his perspective on the current situation from Italy.

What is it like being in Rome right now? Right now is a unique time in Rome, as in many other cities around the world. Being the capital of Italy and a big city, Rome usually has a lot of life and action, and it attracts *tons* of tourists. All of that is completely on halt. The streets are totally empty, and virtually everything is closed. But the most special thing about Rome, of course, is having the Holy Father here, and thankfully he has not caught the virus. He is encouraging everyone to pray a lot for those who are suffering because of the current crisis.

What kinds of things are other centers around the world doing right now? Centers like Sauganash around the world are offering all kinds of activities and materials to help people keep growing closer to God and deepening their friendships during this period: organizing circles, talks and meditations online; scheduling times to hang out in a group video chat; sharing ideas on how to use all the extra time well and help out your family, you name it. I have to say that, from what I have seen, Sauganash is on the cutting edge of what a center can do. *The Coronacle* is a first-rate source of news and knowledge!

What do you recommend that the Sauganash guys do while they are quarantined? I would say that the two key things that Sauganash guys should do while they are quarantined are 1) write down a simple schedule every day and try to follow it and 2) follow the Words of Wisdom from Chief Sauganash in *The Coronacle*!

What is the Prelate of Opus Dei encouraging high school guys to do while they're locked down? The Father is encouraging high school guys to use this period to grow in friendship with Jesus Christ, with their family and with their peers. It is a time that bring extra challenges, but also opportunities. You can put more effort into living your plan of life and daily times of prayer, especially keeping in mind the sick and suffering. You can help out your parents doing more chores at home. You can organize some fun things to do with your brothers and sisters, even if those activities aren't your personal favorites. And of course it is a great time to stay in contact with your friends from all over, share news about what each of you is doing, and encourage each other to make the most of the crisis.

What do you miss most about Chicago? Of the many things that I miss about Chicago, at the top of the list are Chicago-style hotdogs. To be more specific, I have a hard time not being able to frequent my two favorite Chicago eateries, which are - in order of preference - Wolfy's and Superdawg.