

THE SAUGANASH CORONACLE

MARCH 25TH 2020 ISSUE#9



SACCHAROMYCES CEREVISIAE: AN IMPORTANT INGREDIENT FOR YOUR LIFE

By Vince Rinaolo

One of my best friends once told me, "Vince, life is like a doughnut. You're either in the dough or in the hole". At the time I got distracted with the doughnut, mostly because I was in college and was hungry all the time, and I thought, "If life it's like a doughnut, I'm just going to eat it!" Now, though, I think I get it, at least partially. The dough is part of our lives and it has always fascinated me the way it morphs from compact stuff into an edible loaf of bread, delicious cake, doughnut, or whatever pastry you can imagine...

This picture above may not look like much. It is just a hunk of dough, full of millions of little fungi cells, called yeast. These organisms do not cause pandemics or emit deadly toxins. They will never make a headline. Recently I have had the privilege to become acquainted with *Saccharomyces cerevisiae*, a species of yeast, as I attempted to make sourdough bread. It is magical how a small quantity of yeast causes the whole dough to start bubbling and become tasty bread. This is just like the life of prayer. It is not loud or ostentatious, but if you persevere, it changes your life and the lives of many around you. This spring break consider adding the yeast of daily prayer to your own life. It will turn the dough of your confinement into fine bread that you can share with others. It doesn't need to be a lot. - just a small amount of yeast is enough to raise an entire loaf of bread. Start with five minutes every day - tell God about what you did that day, thank him for the things that went well, apologize for anything you messed up, and ask him for help to improve. You'll then get to experience the power of prayer that Our Lord talked about: "*The kingdom of heaven is like yeast that a woman took and mixed with three measures of wheat flour until the whole batch was leavened*" (Matthew 13:33)

LETTER TO THE EDITOR

Dear Editor,

In issue 8 of *The Sauganash Coronacle*, Chief Sauganash claims that the sun is the center of the galaxy, not me. Suspecting fake news, I forwarded the Coronacle to a team of NASA scientists, and they have confirmed that the sun is not the center of the galaxy, it is the center of our solar system. Please issue a correction and provide the honorable Chief Sauganash with a textbook on basic astronomy.

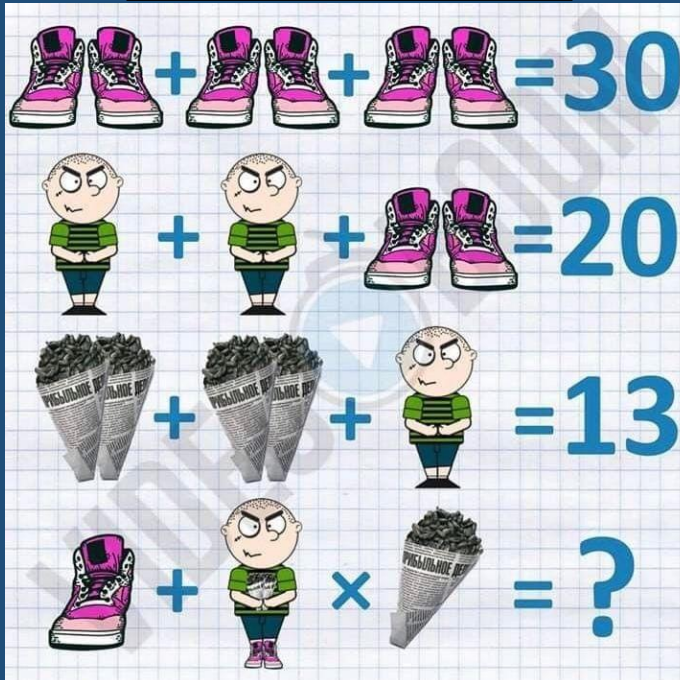
Sincerely,
A Concerned Subscriber

online UPCOMING EVENTS

WEDNESDAY 3/25
7:30 pm
[College Meditation](#)

THURSDAY 3/26
5:00 pm
[High School Meditation](#)

PUZZLE OF THE DAY



Edwin could not figure this out and promises to declare the first person to send in the correct answer without any outside help an Algebraic Genius!

A MESSAGE FROM JULIUS CAESAR V

XT DTZ KNLZWI NY TZY HTSLWFYX LT HMJHP
TZY STTS RFXX FY XFZLFSFXM XYZID HJSYJW
YMJ PJD KTW YTRTWWTBX HNUMJW NX
ANWZX
-PS07

Hint: look for the secret key

MUST WATCH MOVIES LIST




Movies are like dogs, they accompany you. The main difference is that movies actually speak to you. If you were born in the 80's, give thanks to God for your childhood. If not, listen up, these masterpieces will feed your brain with exquisite caviar...

- Indiana Jones
- Back to the Future
- Die Hard
- Stand by Me
- Willow
- The Princess Bride
- The Goonies



Submit your article to
jreckart@sauganashcenter.org



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HAVE CABIN FEVER
BECAUSE THEY
SLEEP AT NIGHT**

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