

# THE ARBORLEA POST

*Prayer. Optimism. Study. Time for Family.*



Dear friends (near and far),

We are so excited to stay in touch with all of you from all around the United States! Our main hope for this newsletter is to facilitate a more uplifting and fun way for us to stay in touch with each other through our "home-base" in Irving, that is Arborlea, during these more challenging times. We were inspired by the "Noticias" that St. Josemaría would write to his sons in Opus Dei while they were all spread out during the Spanish Civil War.

There are many ways that we can make the most of our new situations, however difficult they may be, to serve each other and deepen our fraternal affection for one another. We hope that this first edition of the "Arborlea Post" is one that finds you well and hopefully encourages you to use this time to grow in our "P.O.S.T.," aka: Prayer, Optimism, Study and Time with family!! Sending a big (socially distant) hug to all of you!

Yours truly,

Breck & Christina

*"Live a special communion of saints: and, in the moments of interior struggle just as in the hours of professional work, each of you will feel the joy and strength of not being alone."*

*St. Josemaría Escrivá, The Way pt. 545*

## WHAT'S NEW AT ARBORLEA?!

While many people have gone home to their families, a few remain to hold down the fort. So far, Molly has managed to continue her daily runs and stays calm while living with her obnoxious niece. In addition, Queta is kept busy with her many jewelry projects and phone calls with friends. While working from home, Suzanne has been upstairs while Ms. (Katie) Tweedel makes really fun videos for her fifth and sixth grade students, and even blesses them with her "bloopers" (some of which include being pelted with flowers by Marie and Christina)! These three musketeers have also been on the dinner team and are having a great time!

The others from the center are quarantined in their homes for different reasons but have been "Zooming" in for some get togethers. The house is much more quiet, though, without the hustle-and-bustle of the usual visitors of all ages. But, we all hope this will be a great opportunity for us all to "grow on the inside," yet we still hope to see each other soon, even if only virtually!



## FOOD FOR THOUGHT (AKA PRAYER)

Pope Francis' Urbi et Orbi blessing (and translation in English of homily) can be found at: <https://www.vaticannews.va/en/pope/news/2020-03/urbi-et-orbi-pope-coronavirus-prayer-blessing.html>

Handy options for virtual Mass:

- <https://cicdc.org/sacraments/#mass>
- <https://www.romereports.com/en/2020/03/27/live-popes-mass-at-santa-marta/>
- <https://www.wordonfire.org/daily-mass/>

Lockdown resources:

- <https://www.opusdei.org/en-us/article/strengthen-faith-coronavirus-time/>
- <https://opusdei.org/en-us/article/advice-follow-mass-online/>
- <https://opusdei.org/en-us/article/saint-josemaria-getting-along-family-quarantine/>



### *Spiritual communion:*

*I wish, my Lord, to receive you with the purity, humility and devotion with which your most holy mother received you, with the spirit and the fervor of the saints.*

# OPTIMISM: KEEPING A POSITIVE ATTITUDE

By: Maria Zambrana

Last week I thought I was going to be staying in Dallas over break and the next thing I know my car is all packed up and I'm speeding down I-40 in Tennessee on my way home to Virginia. Despite everything going on, I truly think this is a blessing in disguise for the US. We've become too comfortable living away from our families that we forget that the first "church" we are introduced to is our home (check out @beaheart last post).



Here's what life has looked like being in my home these past few days. I was able to see the cherry blossoms in FULL BLOOM in my front yard!! Normally I always miss them because I'm at school. And wow all the hobbies! I'm playing guitar and watching Gilmore Girls. And we are claiming bananas left and right. ALSO everyone should watch Pandemic on Netflix. Dr. Syra Madad is legendary. I'm praying for y'all!! Keep fighting the good fight!

## Book Review:

"A good book suggestion would be The Betrothed by Alessandro Manzoni. It is arguably one of THE great Catholic novels and is set in Milan during the plague of the 1630's. It deals with conversion, marriage and the providence of God amid disaster."

- Amy Foote

# FINDING YOUR STUDY NOOK

By: Claire Archer  
(featured photo: her study nook!)

## Greetings fellow exiles!

I don't know about you, but this past week I thought of the semester as over! I could not be more wrong. We still have many great books to read, many great papers to write, and many great thoughts to think! One practical study strategy that I have is to break up where I study. I plan to go to my actual classes (through video calls etc.) in my basement, while my desk in my room will be where I do homework.

This will break up my day, keep me from having brain fatigue, and move my body! I also highly recommend Bubly as study juice (perks to being home - it's always in the refrigerator!). Another study tip is I have set up a set time after one of my classes to call another girl who is in that class to discuss the reading further. This is something that I think we all do naturally when we are together walking the mall, and I know that these more casual conversations have been able to give me great insight into the readings and keep me engaged. Finally, making a schedule is always golden advice. A schedule gives me peace that I will get to everything on my to do list and be able to do something fun with my family at the end of the day. Love and prayers to you all!



## *Study challenge:*

19 hours of study per-person,  
per-week to pray for the end of  
the COVID-19 pandemic, united  
to the intentions of the Holy  
Father and the prelate of Opus  
Dei!

# TIME FOR FAMILY!

By: Tricia Davern

Happy quarantine everybody!

After having been home for exactly two weeks now, I have many thoughts about our strange new reality as transplanted college students. Although coming home this time is different, it seems to me that every time I come back home a similar trajectory occurs. First, there is what one can think of as the “honeymoon home” period. It begins when you first hug your family and drive up to your home, and at this time it is easy to be content with everyone and you appreciate all the little gifts of being home. I don’t know about you, but for me this phase wears off at a certain point, and with quarantine, online classes, and stay-at-home orders, it is making it harder to enjoy life at home. One thing I have noticed that helps me stay cheerful is the ability to laugh at yourself and with your family. It is easy to get defensive and offended with family, but this only results in less joy, hilarity, and laughter. For instance, my older sister does a great job of bringing laughter to everyone when she tells us hilarious stories about the eight year old twins she babysits which then make the whole family die of laughter; and she is also able to laugh at herself when I tease her. It is also important to laugh at yourself when you have made a mistake— how did I accidentally watch an hour of carpool karaoke again?— because if you take yourself too seriously and dwell on your imperfection you take away time to actually work on them. I have found that a few of the rewards for not being uptight and not taking yourself too seriously are copious inside jokes, positive teasing, less fighting, and overall a much more cheerful home.



**DO YOU WASH YOUR HANDS  
BEFORE MEALS?**



**‘CUZ I DO!**

# HEALTH & WELLNESS TIPS

By: Emma Kate Callahan

Dear friends,

Hello! For those of you who don't know me, my name is Emma Kate – I'm a current Junior at UD. And...I am a runner. Yep, not only do I run long distances...but I enjoy it. Throughout these past few weeks, not only have I had more time to run, but I've been reminded of the importance of running (and exercise). And hey, I get it, we're not all runners; we don't all have a nagging in the depths of our souls to increase our heart rate dramatically and start sweating profusely; to pound our feet against hard pavement and pump our arms wildly in the air. But during this time of isolation and quarantine, I urge you to become ever more aware of the importance of some form of exercise in your daily life. On the days I can't get outside, I love doing body weights around the house - I love seeing the smiles and hearing the giggles erupt from my family watching me make a fool of myself as I do some cardio workouts (i.e.: stairs/burpees, push-ups, a plank, some squats, and [of course] stretching!).

While being uprooted from my friends and normal schedule has made it tough to find a new balance and routine, I have also been strengthened by my family members. My brother is a fellow runner, and it's been a great bonding experience for us as we hold each other accountable. My parents and siblings have also made an effort to take daily walks or do yoga (even jumping jacks and stairs get the job done!). So, I encourage you, not only to work out individually, but to find an accountability partner – workout with a family member, stay in touch with a friend concerning exercise, or even workout with a friend via Skype. Though we are physically absent from our close friends, challenge each other to find creative ways to exercise and keep your mind, body and spirit healthy!

## *Easy oatmeal recipe!*

"There was a New York Times recipe that I modified for a stove-top one-minute oats version. I just followed the oatmeal recipe on the container but added 1/4 cup of nut butter to the boiling water, plus cinnamon and salt and it was ready in less than a minute!"

- Suzanne Ouyang





## PERSON OF INTEREST

So, this semester I came to Spain for my exchange, which is very exciting because I have always always always wanted to live in Spain and this was kind of my first opportunity to live that dream. I had plans to travel, my big plan was to learn Spanish, and then coronavirus came and that changed a lot of things. I ended up cancelling a trip to London, a trip to Rome, and ended up cancelling other trips. Which is disappointing, but, you know, you roll with the times. It's actually turned out to be really awesome because canceling those trips meant (or, means) that now, I am spending more time with those I live with (by the way, I'm living in a residence called Goroabe at the University of Navarra and most of the girls went home, but there are still a few of us left). Because I cancelled those trips, I am in the residence with fewer girls, which means more one-on-one conversations, which is very helpful for my Spanish, and we're lucky because although everyone here is in quarantine (we're really not supposed to leave unless we really need to) it's a big residence, we can go outside, we have a priest who comes to celebrate Mass every day and we can go to confession, and there's also enough people so that we're not all stuck in a small place with the same people everyday...it's been very good, my Spanish is definitely improving, I've taken up working out--these days in quarantine have been really good! It's also been a really good lesson in detachment because basically everything I thought I was going to do this semester has not happened, and yet, the change has been really good and I've definitely gotten a lot out of this time.

-Monica Ottenbreit, Canada



## CREATIVE CORNER!

A poem by Catherine Reilly  
(friend of Christina's from Spain)

### The World has Gone Mad

The toilet paper has all gone missing.  
I sneezed and a stranger cried.  
My fingers are wrinkled from constant  
washing;  
Each handshake has been denied.  
Old ladies are febrezing the air,  
while everyone's stuck inside.  
The media is glaring at the wet markets,  
but China can now see the sky!  
The world is on a forced-global retreat.  
The animals must think we've died.  
Thank you.

P.S. I came to the U.S., from Pamplona.  
Now I'm in my room, all alone-a.  
And who do I blame? Virus corona.



### Tips for Staying Connected with your community:

- Try to Facetime one friend each day
- Reach out to the elderly in your neighborhood or in your extended family
- Limit your time on social media so you can have more intentional conversations
- Donate cans of food to food pantries since they are running out!!!
- Send in ideas/creative articles for future editions of the Arborlea Post to:  
[ckilmer@udallas.edu](mailto:ckilmer@udallas.edu)

*Stay tuned!*