

# THE ARBORLEA POST

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



## WHAT'S NEW AT ARBORLEA?

Hello friends!

We hope that this newsletter finds you well! This post-Easter time has been looking more hopeful, as churches and more essential businesses are starting to slowly open up around Texas! Here at Arborlea, we are continuing to keep up with John Krasinski's "Some Good News" channel, listening to the Hamilton soundtrack, doing fun craft nights and watching classic movies on the weekends! We were glad to have hosted our high school leadership program this past weekend with a talk given by the producer of the new podcast "Corona: Use it, Don't Lose it!" Also, since the beginning of May we have organized "virtual pilgrimages" to do with our friends and family to celebrate this month of our Lady! We miss you all and can't wait to see everyone again soon! Meanwhile, here are some more updates to keep your spirits lifted, as we all continue to grow in our P.O.S.T. (prayer, optimism, study and time for family).

Sincerely,

*Christina and Breck*



# *The Greatest Love Poetry Ever Written*

By Amy Foote

**In one of his videos, Bishop Robert Barron talks about how the Mass is a love song, it is a call and response between Christ and His Mystical Body. In the Mass, Christ speaks to us in an intimate way during the Liturgy of the Word and the Liturgy of the Eucharist, and we collectively respond to Him. The Mass is the most beautiful and divine piece of love poetry that ever has existed, and ever will exist! Even more, it is a piece of love poetry that is directed specifically to each one of us.**

**Some days, especially days that I feel stressed about work or preoccupied with other things, I find myself sitting through the Mass on autopilot, especially during this time of streaming Mass from home. It is truly difficult watching the Mass take place on a screen and not being able to physically receive the Eucharist. But while we are not physically present in Church, we can most certainly be spiritually present. No matter if we are physically present in the Mass, or if we are forced to stream the Mass from home, the Mass remains the greatest form of love poetry ever written, and it culminates in the personal reception of Christ into the very depths of our being during communion or spiritual communion.**

**Finally, Don Fernando Ocariz once said to an Italian audience that the Church does not give us an idea or a philosopher, she gives us a person. Our life is meaningless if we are not living it for a Person. I think the same is true for the Mass. The Mass is not some weird philosophical gathering, it is a PERSONAL encounter with Our Lord, and even though we cannot be physically present during these difficult days, streaming Mass is still our foremost way of encountering the person of Jesus Christ.**

# READY, SET

## study

By: Breck Giltner and Christina Kilmer

Right now, each of us is faced with the situation of completing our studies away from campus and our normal school day routine. This situation, like any, poses its own challenges as well as unique opportunities for growth. Those challenges and opportunities differ for each person, and the situations we face do as well.

Finishing the year strong (with finals coming up soon!) requires deliberate thought and planning, and we all need motivation from time to time! We thought we'd share some basic tips that we've personally found to be helpful during these weeks.

1

### Plan your breaks wisely.

Taking breaks while studying is a must--studies have proven that short, **10 minute breaks between 1 hour studying intervals** helps you maintain focus and delve into the material you're working on.

2

### Phone-less = focus.

We've all been faced with the temptation of responding to that. one. message. or scrolling through instagram for a couple more minutes--but putting the phone away for later makes for better, more intense study. Its especially hard when our phones are our #1 means of communication with the outside world right now, but we can create "study hours" with our friends to help us maintain accountability (and check in with each other during breaks!).

3

### Have a list of intentions.

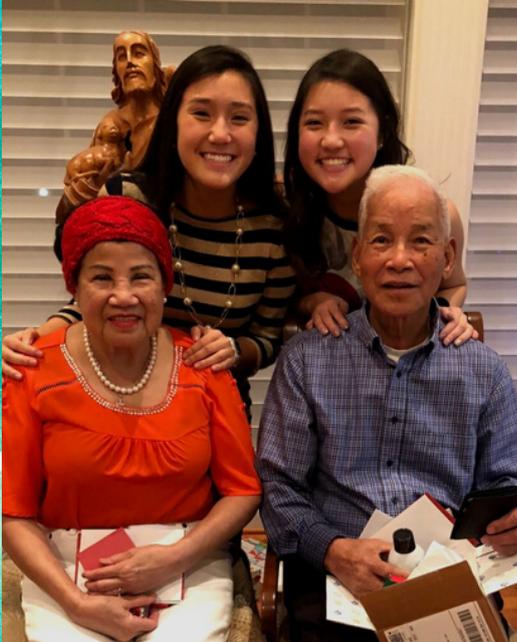
What better motivation to work well than to offer our study for offering our study for our friends, family, and those who need it most right now?



# TIME FOR FAMILY

Are you feeling isolated and alone? Is completing schoolwork difficult since you're at your kitchen table rather than in the periodicals surrounded by a multitude of independent thinkers? Do you feel like you're going NUTS for not being able to see friends on the Mall every day? You're not alone; I'm struggling too! It's tough these days for youngsters like us. However, there is one person in my family who is struggling most with this quarantine shenanigans, yet she conceals her true emotions with a smile!

This beloved and fun-loving human is my grandma! Ba Ngoai, as we call her in Vietnamese, has been trying to come up with different ways to keep herself occupied (since we're all stuck at home).



An, her sister, and their grandparents!

A few things she does daily is “unintentionally” walk in on Zoom lectures and meetings, call every contact in her phone and initiate a conversation with them, as well as cook. Not only has my tummy been full of delicious foods, but my heart has also been as well. Over the past month and a half, I am blessed with my grandma's presence and am so grateful to be spending this time with her.

She makes me laugh without trying to be funny. She runs into my room three times a day, asking how to do certain things on her phone--such as how to forward pictures from her friend to my mom. She even adds emojis to her texts! My grandma is not just an average grandma; she's a cool grandma. There have been numerous times during this experience when my grandma has told me how happy she is to be loved by me and everyone in my life. She appreciates getting texts and calls from loved ones checking in on her. We all love to be loved, therefore, if you haven't called your grandparents yet I highly suggest you do. Your call or text may be the highlight of their day!

# From Rome, Italy to Simonton, Texas

By Clare Cosgray



Hi ladies, My name is Clare Cosgray. I was part of this Spring's Rome class. I was so excited for the opportunity to travel the world. I had planned to travel to various places to connect with far away family and friends. However, as I found myself back in Simonton, Texas within the span of two short days, I realized God had plans for me to connect with those closest to me instead. Despite its challenge, I found Mother Teresa's quote, "if you want to change the world, go home and love your family", particularly relevant during this time. Although the semester was nothing like I had planned, I have found hidden joys in living a simple life with my family again.

I have nine siblings - six sisters and three brothers. We live on twelve acres, on somewhat of a farm with cattle, chickens, and as of lately, a pretty impressive vegetable garden (thanks to my Grandma).

Since I have been home, I have reconnected with my love of cooking as a special way to serve my family. One of the first days after my arrival, I decided to bring a little bit of Italy to my family. I cooked an authentic four-course Italian meal which highlighted an Aperitivo of prosecco and olives, an Antipasti, a Primi of homemade gnocchi, a Contorni of beef, and of course, finished with limoncello. I always cook while listening to my favorite Frank Sinatra playlist. I have found cooking for my family to be a therapeutic outlet and a great way to make evenings together a little more special for us all during the quarantine.

## Playlist: Cooking with Frank Sinatra





# carbonara

a delicious Italian pasta recipe made with egg, bacon, peas, and parmigiano-reggiano.



## **Spaghetti alla Carbonara**

Get Spaghetti alla Carbonara Recipe from Food Network

By Aimee Giltner

I love making this super simple, delicious recipe to share with my family. Pasta Carbonara was a favorite of mine (and my go-to order) during my semester abroad in Rome. When I came home, I wanted to share a bit of my experience--and this quickly became a family favorite! This recipe is simple and makes good use of already-in-the pantry ingredients.

# *Buon Appetito!*

# *Creativity Corner*

## **Watercolor Memories**

By Maria Kaiser

**I've been water coloring "postcards" to surprise my friends, finding inspiration from fun times and pictures they've sent me. It's fun having something to do for others while also enjoying the memories and process of water coloring. It's also great cus I can work on them while watching tv w my fam so I'm still doing something productive. I'll take any requests if you have any!**



### *Want to Learn?*

Try this video to create your own masterpiece!