

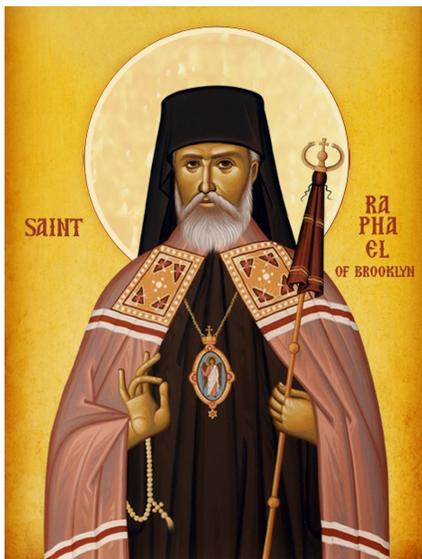
*"I can do all things through Christ who strengthens me." Philippians 4:13*

Visit our Website [here](#)

# St. Raphael School Journal



Newsletter  
January 2020



## **Kontakion of St. Raphael the Bishop of Brooklyn**

You were a guardian and a defender of the Church's teaching; you protected your flock from false doctrines and confirmed them in the true faith. O holy father Raphael, son of Syria and glory of North America, always intercede before the Lord that our souls may be saved.

## Newsletter Updates

**Christ is Born! Glorify Him!**

We need your student submissions! If you, your classmates, or your students are doing work in your classes that you would like to be considered for publication in this newsletter, please take the time to submit those to the newsletter at [raphaelschooljournal@gmail.com](mailto:raphaelschooljournal@gmail.com).

Also, don't forget to follow our website. If you want to see even more excellent student submissions and articles, then you should check out the St. Raphael School Journal's Website. It is frequently updated with the latest submissions and news. You can view the website [here](#).

Thank you!

In Christ,

The SRS Newsletter Team

# St. Raphael School Journal

## Prayer List

*Living*

Jennifer

Douglas

Viola

Daniel

Bethany

Joy

Lincoln

Fr. Isaac & Family

Dave

George

Kim

Ivy Mae

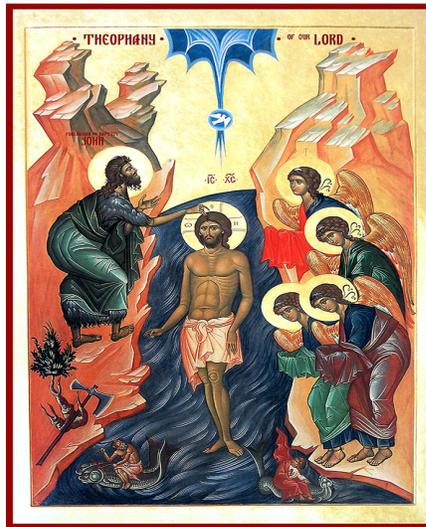
*Departed*

Elliot

Timothy

Mat. Anastasia

## Theophany of Our Lord



On this day Thou hast appeared unto the whole world, and Thy light, O Sovereign Lord, is signed on us who sing Thy praise and chant with knowledge:

Thou hast now come,  
Thou hast appeared,  
O Thou Light unapproachable

- Kontakion, Tone 4

“God rests within gentle hearts. The gentle and merciful shall sit fearless in His regions, and will inherit Heavenly glory.”

- St. John Climacus

## Feasts of the Month

January 1

St. Basil the Great

January 6

The Holy  
Theophany of Our  
Lord

January 10

Holy Father  
Gregory, Bishop of  
Nyssa

January 21

Father Maximos  
the Confessor

January 22

Holy Apostle  
Timothy

January 31

Marcella of Rome

## Note From the Editor

Dear St. Raphael students, parents, and everyone else, thank you for checking out our newsletter. We have been greatly blessed to have such amazing support from SRS teachers and staff. We couldn't have done this without them. Thank you!

Also, if you would like to submit a student submission or names for the prayer list, feel free to [email me](#).

~Elyse Hawkins

# Essay Featured This Month

## True Love and Deceptive Love

By Samantha Woolman – Column Writer

In the Gospel of John, Christ says “A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.”

Love is a central element in the Orthodox faith. It is not merely manifested in affection and a kind thought or action, but includes effort, devotion, patience, and conscious decisions. It is sometimes easy to love someone, such as a friend or a nice sweet, little old lady with a lovely smile. At other times it can be difficult to love a person, such as a sibling who can be troublesome or a stranger who acts rudely towards you. As Christians, we are called to love one another. Additionally, we are called to love our enemies as well as our neighbors.

I have observed there to be two strikingly different types of love in the world. The first is Christ-like love and the second is society’s love. Of course, there are many different kinds of love (e.g. platonic love, romantic love, etc.) that fall within the great umbrella-term of “love”. However, I am referring to the general ideals, actions, emotions, and approaches of each type of love.

Christ-like love is as it sounds. It imitates the selfless, wholesome love that Christ showed the human race through the Incarnation. It is unconditional, persistent, and natural. One of the most important elements of Christ-like love is that the lover wishes good upon the loved. In my history/philosophy class last year, the class discussed the terms “friend” and “enemy” and attempted to define them. It came to the conclusion that a friend was one who wished good upon another: your pain was his pain and your pleasure was his pleasure. Friendship was defined as the community of pleasure and pain. An enemy was one who wished evil upon another: your pleasure was his pain and your pain was his pleasure. Enmity was defined as the conflict of pleasures and pains.

True, genuine, Christ-like love allows us to grow and better ourselves in various ways. This occurs because this kind of love can appear abrasive...sometimes referred to as “tough love”. Just as a parent allows a child to learn a lesson on his own or administers discipline to the child, Christ allows us to learn our own lessons. Occasionally this results painfully, but we learn from our mistakes and are ultimately much better off because of it...

*Cont. on the Next Page*

# Essay Featured This Month

## Cont. True Love and Deceptive Love

By Samantha Woolman – Column Writer

...This kind of love meets us wherever we are in our lives, but eventually raises us up in order to glorify God and love Him more perfectly.

Society often defines its love as “complete and utter acceptance without any offering of chastisement, correction, or guidance”. Seemingly pleasant and harmless, I think this “love” attracts people quickly but then disappoints them because it doesn’t have their true interests at heart. Initially disallowing its followers to experience discomfort, it ultimately harms a society and the people within it. This kind of love meets us where we are in our lives, yes, but it doesn’t carry us farther towards truth. Rather, it can obscure the distinctions between good and evil, leading us backwards down a pathway of retrogression, decline, and deterioration. From what I’ve observed of it, society’s “love” convinces people that good and evil do not truly exist, and that everyone may act in accordance with what they as individuals feel is acceptable, not following any true guidelines of what is good and bad. In a way, it prohibits the growth of people because it shrouds truth and goodness from view.

To end happily, let us look to the numerous saints of the Church, and to Christ Himself, to direct us in the ways we may truly love. Their kindness, patience, and strong uprightness demonstrate how to desire good for others. Let us rejoice together in others’ happiness!



# A Reflection

## Reflection on Adoption

By Thea Frederick

### The Morris Adoption

My family adopted a little boy, now my brother, one year ago. It has been an incredible experience for me and my family. It has taught us many things about ourselves and has given us the opportunity to see deep grief on a closer scale and try to help ease the pain of feeling rejected and unloved. I think adoption gives people the chance to love others to a greater extent. Also, often times these children struggle with deep sadness and loss and trying to deal with and help them can be stressful, difficult, and it can be easy to lose patience. So, if you try, you can grow in patience, love, and other virtues-not to mention you get a larger perspective on suffering outside of your home. Also, these experiences can help make you appreciate the loving family you were blessed with.

Many adopt and currently the Morris family is doing so. They are a family in our parish who, during the summer, participated in the “Open Hearts and Homes Program” (an organization that allows you to host orphan children from another country, <http://www.openheartsandhomes.org/>). The Morris family hosted three Ukrainian children whom they fell in love with and are now trying to adopt (there are four in total in the sibling group that they want to adopt). The adoption is going to cost them \$50,000, and they would greatly appreciate any help you are willing to offer!

I have had nothing but good experiences and interactions with the Morris family. The whole family is very loving and sweet. They are one of the best families I could think of in our parish to go through an adoption. I hope you will support the Morris family, if you are able, in their endeavor to provide these wonderful children a wonderful loving family and home of their own!

Go [here](#) to view their gofundme account and support them.

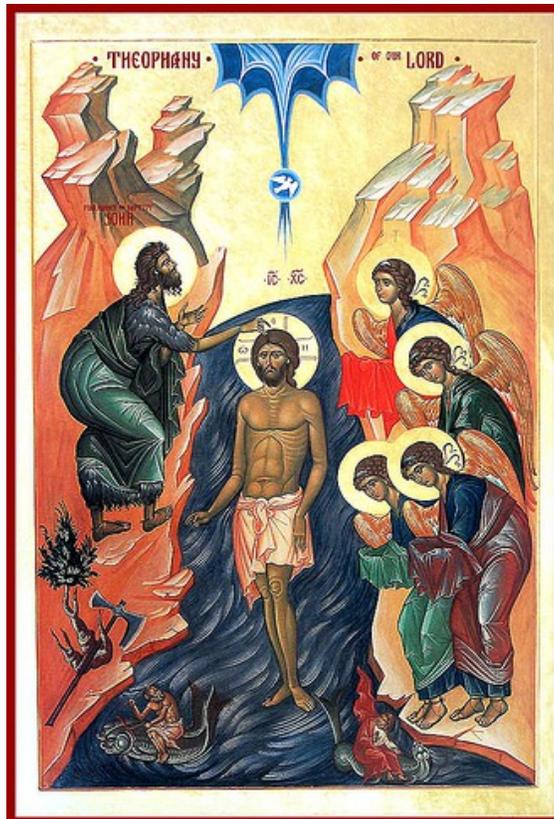
# Reflection of the Month

## Theophany

By John Dye

Often, the days following significant holidays are filled with a dry sense of despondent tedium. This is especially true after Christmas, considering it seems the hype for the holiday season grows with every year. This is not true for us Orthodox though, considering the twelve days subsequent to the Nativity lead to another, debatably more important feast. This holy day is the feast of Theophany, or the baptism of Christ. This day is held in high esteem, not only because of the relevance of Christ, the creator of the universe, being baptized, but also because of the distinct revealing of the Trinity.

The Trinitarian presence can clearly be seen in the icon of the feast. Near the bottom, we see Christ, flanked by St. John the Baptist and the angels and various symbolic items and beings. At the top, we see a blue semi-circle. This represents God the Father. In between the Father and His Son, the Holy Spirit is depicted as a dove, as it is described in the Gospels. It is no accident that the complete Trinity is shown in the center of the icon.



## January Highlights

Collected and Edited by Andrea Woolman

### Level 4 Literature

Since the beginning of the semester, the Level 4 Literature class has read *Where the Red Ferns Grow*, *The Aeneid for Boys and Girls*, *Story of the Greeks*, *Archimedes and the Door of Science*, and is just now starting *A Christmas Carol*. On Tuesdays, the class has nature studies. During nature studies, the students read *The Storybook of Science* and have fun and interactive discussions. On Thursdays, the students attend poetry. In poetry class, the students read poems and search for deeper meanings hidden within them.

*Contributed by True Jones.*

### Level 5 Literature

This December the Level 5 Literature class read *Sir Gawain and the Green Knight*. The students discussed the prevalent symbolism in the story, which was very interesting. For their culminating activity, students had a debate on chivalry. The question was whether chivalry should be brought back, not be brought back, or should evolve for our current times. Everyone really outdid themselves in presenting strong arguments!

During the first semester, the class read five books – *Watership Down*, *Beowulf*, *Song of Roland*, *An Island Story*, and *Sir Gawain and the Green Knight*. After the first book (*Watership Down*) the students began working through British History, an experience enriched by their weekly poetry classes. The class has truly had a great first semester!

*Contributed by Erika Kjendal*

### Level 6 Literature

Throughout the first semester the Level 6 Literature class has read several books: *Works and Days and Theogony* by Hesiod, *Greek Tragedies 1*, *Selected Dialogues of Plato*, *Nicomachean Ethics* by Aristotle, and *The Early History of Rome* by Livy. Due to the large amount of reading contained in these books, the class has only read a portion of each one. Currently, the students are making their way through several of Plutarch's Roman lives. The class discussions have centered around dissecting the actions of the person discussed in the reading.

*Contributed by Andrea Woolman*

*Cont. on the Next Page*

# More School News

## January Highlights Cont.

Collected and Edited by Andrea Woolman

### Level 4 Catechism

This December, the Level 4 Catechism class learned about several words: creed, macedonianism, apollianarianism, heresies, and catholic. The students learned how the creed defines their beliefs in God the Father, the Son, and the Holy Spirit and in one holy and catholic and apostolic church. The class learned that the word 'catholic' does not relate to the catholic church but that catholic means whole/complete. This means that the church is complete and does not need anything else. The students also learned that macedonianism is the word for denying the divinity of the Holy Spirit. Apollianarianism is the word for denying that Jesus had a human mind and instead saying that he had a divine mind and thus was never fully man. The class also learned that 'heresies' means opinion. The students learned two dates for the timeline: the 1st Ecumenical Council held in Nicea in the Year 325 AD and the 2nd Ecumenical Council Held in Constantinople in 381 AD.

*Contributed by Samuel Jenkins.*

### Level 5 Catechism

Over the past months in Catechism 5: God's Presence in the Saints the students have learned about almost everyone from Adam and Eve to Joshua. On their final assignment they will be quizzed on all that they have learned so far, answering questions with short paragraphs. The class has learned a great deal from the people in the bible, including what characteristics they should follow, and those they should avoid.

*Contributed by Aislinn Hawkins.*

### Level 6 Catechism

There are two major things involved in wrapping up this semester for Catechism Level 6. The first is that each student was required to organize a "service project" - i.e. helping out with something around their Church or a charity. The second is the final essay covering everything they have learned so far. This one, however, is unique. Fr. Noah Bushelli has encouraged students to be as creative as possible. For example, one student wrote hers as a lesson to be taught in Sunday school. Another wrote a biography of someone who did the wrong things with his life and learned from his mistakes. Yet another wrote a parable comparing each human to a gardener and his or her soul the garden in their care.

*Contributed by Owen Bender.*

*Cont. on the Next Page*

# More School News

## January Highlights Cont.

Collected and Edited by Andrea Woolman

### Level 7 Catechism

As Catechism 7 finishes up the school semester, they are in the process of finishing up their December essay. By the last day of school, the class will hopefully be finishing up Book 3 of An Exact Exposition of the Orthodox Faith by St. John of Damascus. This would mark the halfway point of this book and be the perfect ending point for the school semester!

*Contributed by Elyse Hawkins*

### Russian 1

In Russian One the students have taken their second vocabulary quiz of the year and have just finished learning the Our Father in Russian. They are now memorizing it for their next oral quiz. The students are also learning some Russian songs, such as 'Tonkaya Ryabina' which is about a rowan tree which will never be able to leave her place, even though there is an oak tree across the road which she would rather be with. The class is about to take their third exam to finish up the semester.

*Contributed by Thea Frederick*

### Greek 1

In the past semester, Greek 1 students have learned a lot. Mrs. Stripling has taught the students seven different hymns including: "You Bless the Crown of the Year", "Glory to You", "The Trisagion Hymn", and "The Virgin Cometh Today." The class has learned forty vocabulary words, as well as three memory verses (John 1:1, John 14:6, and 1 Corinthians 13:13)

*Contributed by Aislinn Hawkins.*

### Greek 2

In Greek 2 the students are learning The Virgin Cometh Today for their monthly hymn, along with doing their weekly workbook and tests. All else has remained pretty much the same.

*Contributed by Thea Fredericks.*

### Byzantine Chant 2

In Byzantine Chant 2 the students have been preparing for an end of semester paper in which they each pick a part of the Nativity service and then go through the music in detail, discussing the hymns in detail (what mode it's in, who the hymnographer (of the hymn) is, who the composer (of the music) is, and any special effects the composer uses, etc.).

They have also been continuing our study of the modes and have just begun to look at the 4th mode. As an overview, this first semester the class has looked at the 1st, 4th, plagal 4th, and plagal 1st modes, studied the structure of Orthros and the canon, the theory of isokratima, the history of notation and early church music, and the classical repertoire (and what that means in byzantine chant).

*Contributed by Katherine Frederick.*

# Recipe of the Month

## Cinnamon Roll Cake

By Thea Frederick

3 cups flour  
½ tsp. salt  
1 cup sugar  
4 tsp. Baking powder  
1 ½ cups milk  
2 eggs  
2 tsp. vanilla  
½ cup butter, melted  
¾ cup butter, softened  
1 cup brown sugar  
2 TB flour  
1 TB cinnamon

### Glaze:

2 cups powdered sugar  
5 TB milk  
1 teaspoon vanilla

### Directions:

- Mix flour, salt, sugar, baking powder, milk, eggs and vanilla together.
- Stir in melted butter, slowly. Pour into greased 9x13 pan.
- Mix topping ingredients ( ¾ cup butter softened, brown sugar, flour and cinnamon). Drop over cake mixture evenly.
- Swirl your topping and cake mixture with a knife going up and down the length of the pan (but only inserting it in the cake mix a little - not all the way).
- Bake at 350 for 28 – 32 minutes
- Top with the glaze which is made by mixing 2 cups powdered sugar, 5 TB milk and one tsp. vanilla. Drizzle over the cake while it's still warm. Enjoy!

Recipe by Lil' Luna at <https://lilluna.com/cinnamon-roll-cake-recipe/>

# Meet the Newsletter Team!

Samantha Woolman



Column Writer

*"And so let us be glad and bear with patience everything the world throws at us, secure in the knowledge that it is then that we are most in the mind of God."*

- St. Basil the Great

John Dye



Column Writer

*"Behold, I have commanded you. Be strong and courageous. Do not be cowardly or fearful, for the Lord your God is with you in all things, wherever you go."*

- Joshua 1:9

Elyse Hawkins



Managing Editor  
Website Coordinator

*"Acquire the Spirit of Peace and a thousand souls around you shall be saved."*

- St. Seraphim of Sarov

Andrea Woolman



Column Writer

*"...and music is before all other arts the awakening of the heart."*

- Baroness Marenholz-Bulow

Thea Frederick



Column Writer

*"If you have the strength to be thankful in troubles then that is when the Holy Spirit shines through you."*

- Elder Arsenie