

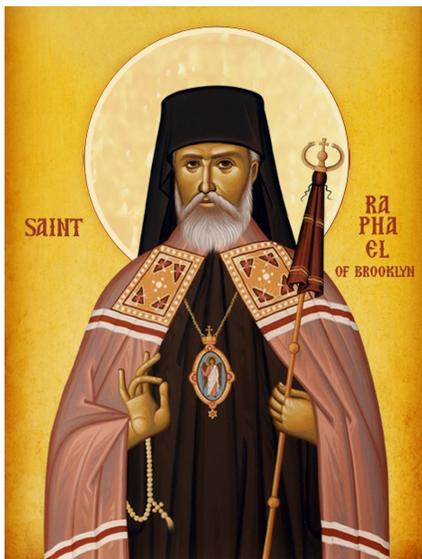
*"I can do all things through Christ who strengthens me." Philippians 4:13*

Visit our Website [here](#)

# St. Raphael School Journal



Newsletter  
March 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.

## **The Devil**

By Samuel Jenkins – Level 4.2

The Devil is quite an intriguing figure because of how he went from living so close to God, to being completely and utterly corrupted by sin. The Devil was of course, at the beginning, an angel. God gave him and all other angels a single choice, to follow God or to reject God and deal with the punishment. The Devil chose to stray from God and to control all power. Of course, this is not feasible for God created everything, yet the Devil does have the influence of sin. The Devil's main hope is to lead everyone away from God even if it does not give him any power whatsoever.

Another name for the Devil is Lucifer which comes from a Hebrew word which means Shining-one, or Light-bearer. All angels have the same choice God gave Lucifer. He gives free will and thus everyone is free to do as they wish, although that does not mean they will not have punishment. God only provides one chance of straying or staying to angels because they have always grasped much more knowledge about God than we ever will. Although God provides angels only one choice, He gives us unlimited choices and forgives us for our sins I think the Devil understands that he can't win against God, so he just attempts to steer us astray from God whenever we are weak...

*You may view the remainder of this essay [here](#).*

# St. Raphael School Journal

## Prayer List

*Living*

David

Lily

Heidy

Zach

Taylor

Katherine

Grant

Will

Ginny

*Departed*

Elliot

Timothy

Mat. Anastasia

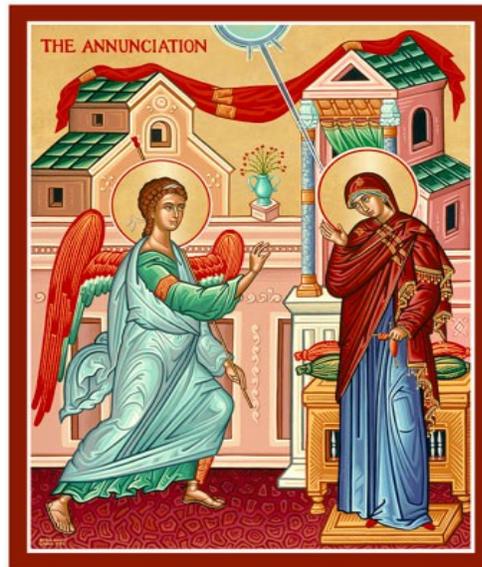
Michael

Deb

Pat

Ernie

## The Annunciation of the Theotokos



To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"  
- Kontakion, Tone 4

"No one in creation is rich but he that fears God; no one is truly poor but he that lacks the truth."  
- St. Ephrem the Syrian

## Feasts of the Month

March 5

St. Mark the Ascetic

March 14

St. Benedict of Nursia

March 17

St. Patrick, Enlightener of Ireland

March 20

St. Photine, the Samaritan Woman

March 25

The Annunciation of Our Most Holy Lady, the Theotokos

## 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

## The Beauty of a Church

By Samantha Woolman – Column Writer

When you first walk into a church, you notice many things. The lovely smell of incense floats around you in light clouds. Your eyes fall upon icons...the beautifully painted images of the holy saints. The priest's and deacon's vestments are inlaid with gold, and perhaps they are different colors. Everywhere there is beauty in one of the best material forms. But why are churches so ornately decorated? Why is so much care and attention to detail poured into the architecture? The brief abbreviated answer (though there are other reasons) is "Because beauty is a reflection of God". God is an all-powerful, all-knowing being who is so bright and beautiful that we (as humans) cannot possibly look directly upon Him. By partaking in the sacraments and engaging our senses in the services, we may experience a small amount of Christ's awesome beauty.

We decorate our Churches so beautifully for several reasons. Firstly, we want to reflect God's own beauty in His place of worship. By placing icons around the building, we are not only remembering and honoring the saints, but also adorning God's house with lovely images of His servants that are pleasant to the eye. When we look upon them, they make us happy...they recall a feeling of peace and joy. Or perhaps, depending on the saint, a feeling of melancholy or thoughtfulness ensues. Ultimately, however, every one brings us a sense of joy because we know that the saint is now dwelling in the presence of our Creator. And this is what we humans strive for.

Seeing and experiencing the unique beauty of Church brings us out of the secular world and into another, different place. It's quite obvious how this 'place' is different, but it is also difficult to explain in words. I think every one of us knows this feeling...the feeling of walking into a church and being able to forget our worldly cares and trials. To be able to let go and fully take part in the glorious services. Just like a certain scent or sound can trigger memories, the decoration, smell, and architecture of Church places us in a specific mindset. This mindset is the one that draws us to truly love and worship God in the proper way. Everything in the Church directs us to God. He is wonderfully complex and has allowed us to observe, in a small way, His greatness and beauty. Let us give thanks to Him!

# Student Submissions

## The Princess and the Goblin

By Mary Kjendal – Level 4.2

Curdie went down through a hole,  
Irene went up on a stair.  
Then the two of them met,  
And together traversed the lair.

The goblins there were scary,  
The creatures were grotesque.  
They snuck 'round and stole a shoe,  
And wove round like an Arabesque!

Then their story ended.  
After all that they were safe.  
There was much more, though, in  
between;  
A story for another poem, I think!

## Wart's Final Transformation

By Anders Kjendal – Level 5.2

Wart was lounging about the castle, playing video games on his Wii, a gift from Merlyn.

“What are you doing?” A voice shouted. Wart jumped, and there was Merlyn striding into the room, a look of fury on his face. “It is a beautiful day in the neighborhood, as my old friend Mr. Rogers used to say, and here you are sitting here playing STAR WARS!”

“But I like it!” Wart protested. “And anyways, you gave it to me.”

“If you like STAR WARS so much,” Merlyn huffed, “then you might as well LEARN something.” He proceeded to chant an incantation. Just before he ended he said, “Beware of men in armor and of those with yellow eyes or red swords.” POOF! Wart felt the sun blind him and sand whipped at his face. A young man stared at him and then said, “Are you o-o-one of th-th-those Jedi Knights I’ve been hearin’ so much about?”

Wart Perked up. ‘Knight? There are knights around here? I’ve never heard of a Jedi knight, but maybe it’s a new kind. May you take me to one of their castles?’ At that instant, a cloaked figure appeared over a sand dune.

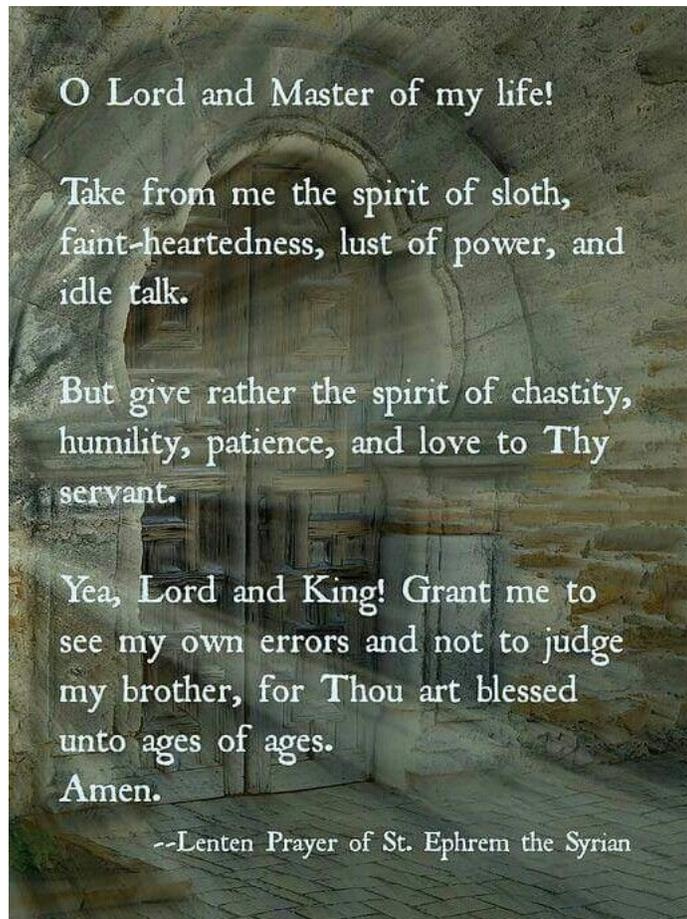
*You may view the remainder of this story [here](#).*

# Reflection of the Month

## Lent Upon Us

By John Dye

It's that time of year again. Like waves at a crystal shore, it is unavoidable. Lent is upon us. The church robes itself in purple, we toss away our meat and dairy, for the season of repentance has begun. Worldwide, men and women participate in the forty day fast preceded by two weeks of preparation and abstinence. Because of the seemingly endless fast, one could think it easy to forget the true meaning of Lent. As always, however, the church is swift to remind us. The verses seep of mourning over our sins, and the services become longer with the days. As we get nearer to Holy Week, it is almost as if each liturgy, vespers, akathist, and so on seem to become more and more doleful. However, laced into the mass of Stichera and psalmody, we hear trickles of anticipation for the coming day. They seem to well up into a flowing river as we make our way into Holy Week. Before we reach this river though, we must pass through the desert so to speak. We must become like the ascetics before us, and soldier through this season, all while training ourselves to be godly.



O Lord and Master of my life!

Take from me the spirit of sloth,  
faint-heartedness, lust of power, and  
idle talk.

But give rather the spirit of chastity,  
humility, patience, and love to Thy  
servant.

Yea, Lord and King! Grant me to  
see my own errors and not to judge  
my brother, for Thou art blessed  
unto ages of ages.

Amen.

--Lenten Prayer of St. Ephrem the Syrian

# Nature Observation of the Month

## November Nature Observation

By Mary Kjendal - Level 4.2

November Nature



-OBSERVATION-

This has been an eventful November...weather-wise. There has been snow, rain (lots!), cold spells, warm spells, days with no sun, and days when you can't hide from the sun. There has not been much snow, but I can assure you that I will have my fill of snow when I go to New Hampshire for Thanksgiving!

Another thing that has happened this November is that geese are already flying south! That, to me, is surely a foreshadowing of winter. During the past few classes I have almost always seen a "V" of geese fly past. When I do, I feel happy and sad: happy that winter is coming, sad that fall is ending.

It is true, in part, that November's skies are almost always grey. Sometimes I think that, too...on a grey day! November helps me to realize that the sun and sunny days are not to be taken for granted.



# Poetry Column

## An Ode to Winter

By Andrew Swehla – Level 5

*Ice designs start to grow on windowpanes,  
Gluing the windows shut and all the doors too.  
Amazing work of art no man could make,  
With white that makes the world start looking new.*

*Few animals are out looking for food,  
Most are hidden in their hibernation.  
And I fell trapped here in great solitude,  
Like the only living in creation.*

*World's former state promises to return.  
When it happens my loneliness will end,  
About my worries I will be unconcerned,  
My sorrow will melt away and I'll mend.*

*Then the sun will shine and make the world glad.  
But for now, I'll be in this dark abyss,  
No light occurs and world becomes sad.  
Until summer comes along with all its bliss.*

# School News

## March Highlights

Collected and Edited by Erika Kjendal

### Level 3.5 Literature

In February, Level 3.5 (along with level 4) have had a lot of discussions on the sea and its fascinating creatures. For nature studies they are finishing up their unit on ocean life. And for literature we are reading Galen and the Gateway to Medicine, which is an interesting non-fiction book.

*Contributed by Nicholas Kjendal*

### Level 4 Literature

This last month Lev 4 students have started to read Galen and the Gateway to Medicine. They have all enjoyed it, and they have had great discussions and activities. They have also been writing an essay about a sea animal they found interesting for nature studies. In addition, they have been reading poems and discussing them.

*Contributed by True Jones.*

### Level 5 Literature

At the beginning of February, the students in Level 5 British Classics read Our Island Saints, a book that gives the story of twelve saints from Great Britain. This book was assigned and discussed symposium style, which meant each student only had to read about one saint and then give a mini presentation on him or her to the class. This was the first time Presb. Maria has presented the book in this way, and it was met with much enthusiasm: students were glad to only read one chapter and loved that they could go deeper into their saint's life. After that book was finished, they finished up their culminating activity for the previous book (The Sword and the Stone) and began reading Don Quixote. We will continue reading that book after February break.

*Contributed by Erika Kjendal*

### Level 6 Literature

February has been a busy month for the Level 6 Literature students! After completing their political campaigns for their Roman politician of choice, the students have recently begun to read the Aeneid by Virgil. Class discussions have centered around the main characteristics of epic poetry and identifying those characteristics in the Aeneid. The classmates have also recently been studying and analyzing the triangle of communication.

*Contributed by Andrea Woolman.*

*Cont. on the Next Page*

# More School News

## March Highlights Cont.

Collected and Edited by Erika Kjendal

### Level 4 Catechism

Through February, the Catechism Level 4.2 students have been learning about the meaning of the following words: art, beautiful, beauty, chaos, destruction, faith; the Greek words: pistis, pistevo, pistos, symbol, symmetrical, ugliness, and ugly. The class focused on the word beautiful for several weeks and discussed it in great detail. Each student created their own synonyms for beauty and gave them to Fr. Nikolai Meyers (the teacher). The class also focused on the word faith and discussed how faith is a gift from God that we can choose to use. They discussed how faith resides in the heart and how humans believe from the heart rather than the mind.

*Contributed by Samuel Jenkins.*

### Level 5 Catechism

In Catechism 5, the classmates have finally completed their study of King David. They finished it off with a discussion of the relationship between Saul and David. They have now moved on to his son Solomon. They have discussed Solomon's wisdom, judgment, and his visit from the Queen of Sheba. They also had a long discussion about why we should marry within the faith and where Solomon went wrong in that respect. They have had a good month, with many well thought-out questions and ideas.

*Contributed by Aislinn Hawkins.*

### Level 6 Catechism

The students of Catechism Level 6 continue to read Unseen Warfare. The most recent chapters have been centered around how to approach the virtues, how to progress in them, and what "progress" is in this context. Not irrelevantly, they are also now in the drafting stage of their fourth essay of the year on the topic: "What Is Virtue and Why Is it Essential". The final drafts will be turned in February 28th.

*Contributed by Owen Bender.*

### Level 7 Catechism

Catechism VII is continuing to read through Book 4 of The Exact Exposition of the Orthodox Faith. They are currently finishing up their essay for the month of February and will soon begin working on their end-of-semester paper.

*Contributed by Elyse Hawkins.*

*Cont. on the Next Page*

# More School News

## March Highlights Cont.

Collected and Edited by Erika Kjendal

### Russian 1

In Russian 1, the students are preparing for another unit test as well as having just completed their vocabulary test. They are continuing to learn vocabulary as well as some conjugations. At this point they should be able to decline six different verbs in present and past conjugation.

*Contributed by Thea Frederick.*

### Greek 1

In Greek 1, students have continued to memorize their latest Bible verse (Revelation 1:8). The classmates have finished off the hymn “In Your Baptism in the Jordan River O Lord” (The Apolytikion of Theophany), and have begun “The Presentation of the Lord in the Temple.” In their books, the students are learning about first declension nouns that end in alpha and how to parse and diagram words.

*Contributed by Aislinn Hawkins.*

### Greek 2

In Greek 2 we have moved on to some more specific studying focused on the more challenging concepts for the one student in Greek 2. In addition to that, we (or Mrs. Stripling and the one student, Thea) continue through the workbook and finish with a test each week.

*Contributed by Thea Frederick.*

### Byzantine Chant 2

In Byzantine Chant II, they have studied 3rd mode and have begun to study Grave mode (plagal 3rd). They are going through the Matins service in Grave mode and have to turn in recordings of themselves singing the Anavathmi (Songs of Ascent) and Prokeimenon from the Matins service in Grave mode. They have also begun to study the Triodion and the hymns of Lent.

*Contributed by Katherine Frederick.*

### Introduction to Iconography

In Introduction to Iconography, the classmates are painting the Icon of the Sinai Christ. The Sinai Christ is one of the oldest surviving icons. It was originally created using hot wax, but the classmates instead are using egg tempera. Painting with egg tempera is done by using a mixture of egg, vinegar, and water; as well as pigments made of various materials. The classmates have finished the basic outline of the icon and have also finished painting the base layers. Even though the students are only in the beginning stages of the icon, they have greatly enjoyed seeing it take shape.

*Contributed by Aislinn Hawkins.*

# Recipe of the Month

## Homemade Ausie Bites

By Ghea Frederick

### Ingredients:

- 1 cup rolled oats
- ½ cup cooked quinoa
- ½ cup shredded unsweetened coconut
- ¼ cup raw sunflower seeds
- ¼ cup flax meal
- 2 tbs. Chia seeds
- 1/3 cup maple syrup
- ½ cup dried apricots
- ¼ cup raisins

### Directions:

- Preheat oven to 350
- In a food processor, combine the oats, quinoa, coconut, sunflower seeds, flax meal, and chia seeds.
- Add syrup, blend.
- Add apricots and raisins, blend.
- Grease mini muffin pan.
- Spoon the mixture in and press it down.
- Bake for 10-12 minutes.
- Let cool.

Yields 20 bites | 10 min. prep time | 10 min. cook time

Recipe from [mywholefoodlife.com](http://mywholefoodlife.com)

# 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