

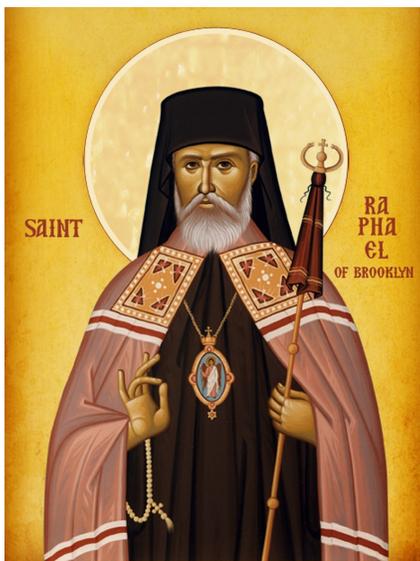
"I can do all things through Christ who strengthens me." *Philippians 4:13*

Visit our Website [here](#)

St. Raphael School Journal



Newsletter
April 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.

A Last Farewell

To the St. Raphael School Community:

First off, thank you. It has been my great honor to not only found this newsletter, but continue as the managing editor over these past two years. I am now moving on to college, but I promise this project will never be far from my heart.

This project would not have been possible without the support of so many people. I would first like to thank Fr. Noah Bushelli for planting the idea of this newsletter and supporting me and the rest of the original team through the first few months of this project. I would also like to thank Mr. Lockridge, Presbytera Maria, and all the St. Raphael instructors and staff that have supported and guided us. To the newsletter team members that have dedicated their time and had the patience to put up with me, thank you. To the past and current newsletter advocates, you are the future of the newsletter! This endeavor could not have been carried out alone, and I ask the forgiveness of anyone whose name I have overlooked. It would not have been possible without you, so thank you.

I am leaving the newsletter in the very capable hands of the new managing editor, Andrea Woolman. She has such a kind heart, her organizational skills surpass even mine, and she is just amazing all-around. I cannot wait to see what she, and all future newsletter team members, do with this project in the coming years. Good luck to you all and may God bless you! Christ is Risen!

With Love,

Elyse Hawkins

St. Raphael School Journal

Prayer List

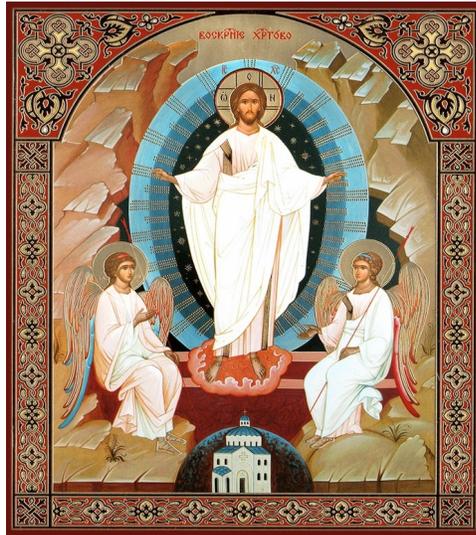
Living

Maria
Judy
Norma
Joy
Viola
Douglas
Dan
Elias
Mary
Luke
Sophie
Peter
Jennifer
Phoebe

Departed

Suzan
Elliot
Timothy

The Holy Resurrection



Having learned the joyful proclamation of the Resurrection from the angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the apostles exultantly: Death is despoiled and Christ God is risen, granting to the world great mercy.

- Troparion, Tone 4

“Jesus said to her, 'I am the resurrection and the life. He who believes Me, though he may die, he shall live.'”

- John 11:25

Feasts of the Month

New Calendar

April 1
St. Mary of Egypt

April 19
Pascha

April 23
St. George

April 19
Pascha

April 25
Holy Apostle and Evangelist Mark

April 27
St. Symeon

April 30
Holy Apostle James

Note From the Editor

Dear St. Raphael Journal readers, thank you for checking out our newsletter! It wouldn't be possible without all the amazing support from SRS teachers and staff. If you would like to see more student submissions, please explore the St. Raphael School Journal Website. To submit names for the prayer list or a student submission, email me [here](#).

Andrea Woolman
Managing Editor & Website Coordinator

Essay Featured This Month

Finding Peace in Christ

By Samantha Woolman – Column Writer

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” - Philippians 4: 6-7

As I am certain you all know, the coronavirus has swept across the globe. Along with the viral pandemic, one of fear and anxiety seems to have simultaneously sprung up and traveled with it. Although understandable, I do not think there is much rationality in sudden alarm. Shall we be concerned and prayerful? Yes. Shall we prepare and protect ourselves? Of course. Shall we be fearful and panicked? No, I do not think this is the right reaction.

But why shouldn't we panic when so much of the country seems to be in such upheaval and frenzy? Because we Christians have a much higher comfort in which to place our hopes. In such worrisome times, many people establish their trust in material things, government, or their own abilities. One can imagine what a stressful load that must be! When we are able to place our faith in Christ and the intercessions of the saints, our fears tend to fall away. Through prayer, we are able to communicate with God and tell Him of our concerns, hopes, and desires. Even if His answer isn't what we wish it to be, we must remember that He knows best and will guard us against all harm. Everything that falls to our load to carry - our "lot" in life - has potential to make us more holy and draw us closer to God. Even the unpleasantness, the ugliness, and the sickness have this possibility.

To further this point, we may look to the saints and their lives. We can learn much from their patience and love, even in times of extreme pain and trial. One such saint is Saint Nikephoros the Leper. He endured much suffering because of leprosy but remained joyful throughout his life, glorifying God always. One of my church's hierarchs, Archbishop Kyril of San Francisco, sent a letter regarding the coronavirus. In it, he writes "Already reports are coming in that the Archangel Michael has appeared to many people promising them his powerful help. Also, the newly-glorified Saint Nikephoros the Leper has appeared in Greece to a pious Orthodox serviceman and assured him that he will intercede for all who ask his prayers to be protected and healed from the Coronavirus."

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

Student Submissions

Virtue: Gifts for Redemption

By Linnaea Radley - Level 6

“A virtue is what? A power contrary to vices? An ethical feeling that’s all in your head?” I look up from my book. Across from me at the table is the new girl to church. She always has questions about the faith, so my nickname for her is The Questioner. I guess my face had a blank look because she elaborated saying, “What is a virtue’s most basic form, why do we need them, and how have the saints used them?”

A classic from-the-dictionary definition is that a virtue is a righteous action or deed. A more theological view is that they are gifts from God. Now before you roll your eyes at me and say, “Duh, everything is a gift from God,” let me refine my idea. Virtue is a gift that we have to earn. Say we are confronted with a vice. We react to it. Based on our performance, God rewards us with a little bit of a virtue. Over time our given experience of the virtue has grown. I don’t say, “we will have received the whole virtue.” There is no end to the virtue’s goodness because there is no end to God’s goodness.

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

What is Virtue and Why is it Essential?

By Owen Bender - Level 6

What is virtue? It is questions like these that the most brilliant minds try to answer in full and fail. It’s simple and straightforward, but it addresses something so complex that we could dwell on it for centuries and still have more to think about. This said, these few paragraphs will simply cover a basic outline for the best way to think about virtue.

To begin with, what type of thing is virtue? The well-known Greek philosopher Aristotle, in his book *Nicomachean Ethics*, put it like this; everything involved with the soul is either an emotion, a capacity, or a state of being. Virtue can’t be emotion, because emotions in and of themselves aren’t good or bad - only how they are triggered and how we act on them. They certainly aren’t capacities, since anyone can become capable of doing good or bad things but never do them. So a virtue is a state of being.

This brings up another topic - virtuous action. If we are to continue the metaphor, this is firing an arrow and hitting the target.

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

Poetry Column

"He's Always a Knight-Errant"

By Erika Kjendal - Level 5

By Sancho

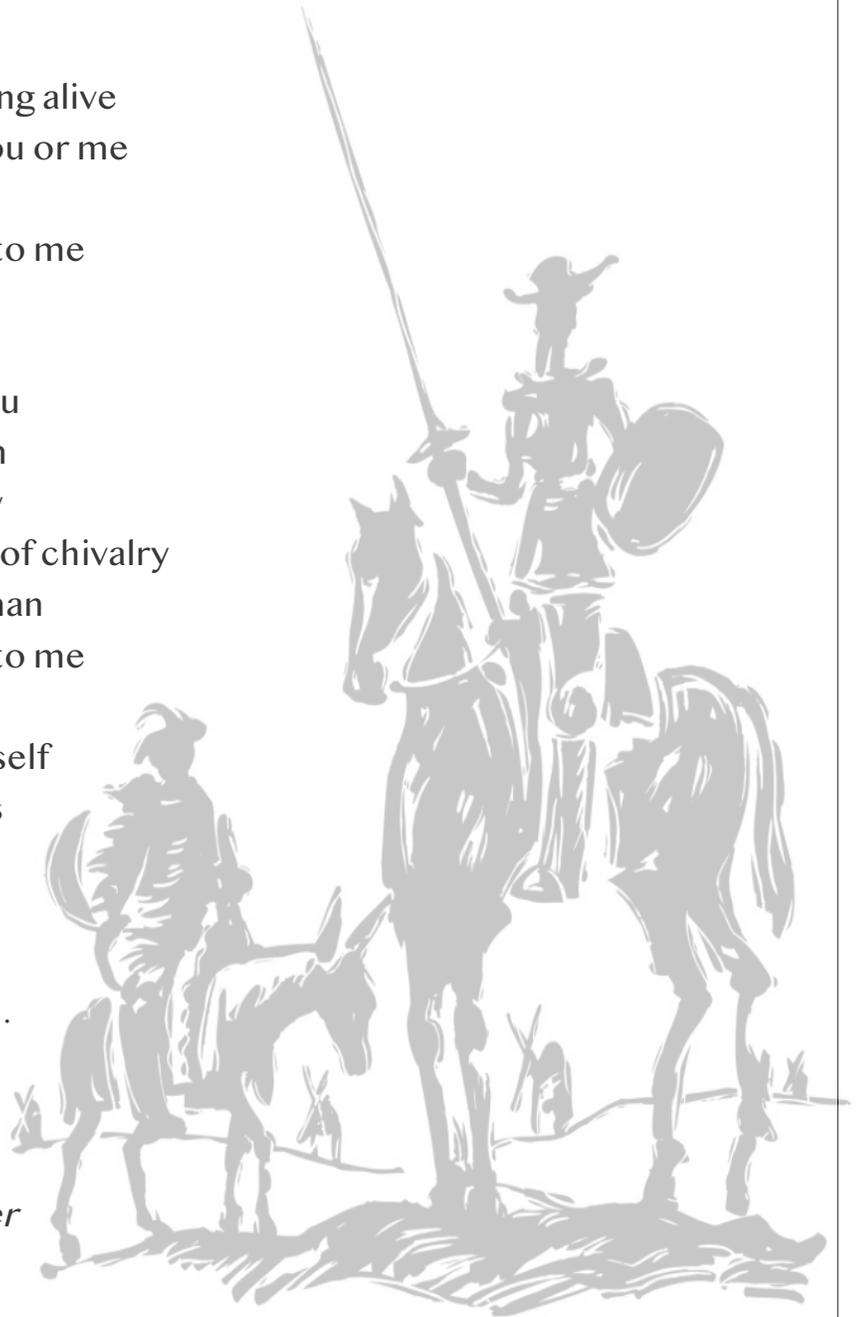
**TO THE TUNE OF "SHE'S ALWAYS A WOMAN"
BY BILLY JOEL**

He can kill with a deed
That's meant to be kind
He can ruin your chances of staying alive
And he sees it all different from you or me
His heart's like a child
But he's always a knight-errant to me

He can lead you to danger
He can save you or leave you
He can say he's found truth
But it's insane in your view
He'll take what he wants in the name of chivalry
Yeah, he steals like a gentleman
But he's always a knight-errant to me

Oh, he can't take care of himself
But he thinks he's the boss
He's behind on the time
Oh, and he never gives in
And he never gives out
He just changes his mind...

*You may view the remainder
of this poem here.*



Reflection of the Month

Pandemic, Panic, and Lent

By John Dye – Column Writer

You see it in the news, you hear it from your friends, it is seemingly inescapable. We are all tired of hearing and speaking of the Coronavirus, but while this is likely true, we cannot simply ignore it. Obviously the Church has taken steps to prevent the spread, just as the government continues to do, and both parties are doing so for the better. Even though this is true, however, we cannot deny that with this virus comes a sense of dread. While it is ridiculous to run to the store and buy all the toilet paper and hand sanitizer we can, the sheer numbers of cases, deaths, and likelihoods can easily frighten us. While it is alright to be afraid, this is no time to panic. Throughout history, the whole world has surpassed greater trials than this, and the Church stands by our side. “The Lord is with me; I will not be afraid” (Psalm 118:6).

With all this turmoil, one may feel like Lent isn't so... Lenten! We have to watch the services on our phones or computers, and we can no longer attend the services exclusive to this time of repentance, so where is the Lent in 2020? Yes, we cannot go to Church on a weekly basis, but this doesn't mean we cannot travel the path of holiness at home. Besides, if one only prays at Church, or if one only thinks of God when he or she is at the Divine Liturgy, what is the point of going at all? Take this time to continue in your fast, read the words of the saints, and most importantly, to pray. In 1st Thessalonians, St. Paul exhorts the Thessalonians to “Pray always.” This is especially true now. Please, pray for the world, pray for the Church, pray for the sick, and pray for your brothers and sisters in Christ.

School News

Month Highlights

Collected and Edited by Erika Kjendal

Level 3.5 Literature

During February, Level 3.5 Literature finished up *The Story of the Romans* and started to read *Keeper of Light St. Macrina the Elder, Grandmother of Saints*. In nature studies, the class started the month by finishing up their ocean animal research project. And now they have begun their unit on birds. (Someone in 4.1 even owns two birds!)

Contributed by Nicholas Kjendal.

Level 4 Literature

Level 4 students this last month have been reading *The Story of the Romans* and have been working on their culminating activities. They have been having very interesting and fun discussions on ancient Rome and their way of life. Many of the culminating activities were done on Julius Caesar's assassination. One of the students said that they found Julius Caesar's assassination thought-provoking because he was killed by twenty-three people. In Level Four Nature studies, they are finishing their studies on the ocean and sea animals. They are also beginning new studies on birds and their species. They read an article on how to recognize and identify birds based on shape, size, and behavior. In poetry, they are also reading poems on the ocean and finding and recognizing the imagery and alliteration in them. Two of the ocean poems were called "Apostrophe to the Ocean" by George Gordon Byron and "The Sound Of The Sea" by Henry Wadsworth Longfellow. One of the most discussed lines in "The Sound Of The Sea" was 'The sea awoke at midnight from its sleep.' The poet was referring almost as if the sea was a being, which everyone found very poetic and captivating.

Contributed by Genevieve Bell.

Level 5 Literature

Students in British Classics have continued to read *Don Quixote* in March, but due to general consensus that the book was a bit belaboring to read, the students only read the first twenty-five chapters. Despite some misgivings about the book itself, the class had many thoughtful and fruitful discussions about the book and focused especially on the dichotomies found in it. Everyone also did a very nice job on their culminating activities and seemed to put a lot of effort into their work. Now the class has just started another very famous classic: *Hamlet*.

Contributed by Erika Kjendal.

Cont. on the Next Page

Month Highlights Cont.

Collected and Edited by Erika Kjendal

Level 6 Literature

March was both a busy and a productive month for the Level 6 Literature students. The first part of the month was dedicated to reading the *Aeneid* and analyzing the speeches found in it. Upon finishing the epic poem, Mr. Lockridge assigned to each student the task of writing a full speech analysis essay. The students are wrapping up March by beginning *On the Good Life* by Cicero

Contributed by Andrea Woolman.

Level 4 Catechism

In Catechism Level 4, students learned about the word love and what love does and does not do. They were taught about how love has four different meanings -- in Greek they are *Stergo*, which means a feeling of affection for a thing; *Philia*, which means friendship; *Eros*, which means a romantic and passionate love; and *Agape*, which means unconditional love. They also gained information about the word purity. They learned about what true purity was and meant. Students were also taught about ordination. They learned that in Greek *Diakonein* means deacon, *Cheipas* means hand, *Cheirotoneo* means appointed (The word ordained is equivalent to the word appointed), and *Episkopos* means bishop or overseer. Students asked questions about the different types of ordinations and the differences between them. The timeline was as follows: 313 - Edict of Milan; 325 - First Ecumenical Council which was held in Nicea; 330 - the founding of Constantinople; 1453 - the fall of Constantinople; 343 - the death of St. Nicholas of Myre; 356 - the death of St. Anthony the Great.

Contributed by Samuel Jenkins.

Level 5 Catechism

This month has been a contemplative one for Catechism 5 students. They spent two weeks on the prophecies of Isaiah, discussing, learning, and asking questions. The students then moved on to the book of Daniel. They read about the fall of Babylon to king Nebuchadnezzar, and the presentation of Daniel, Hanania, Azariah, and Mishael (aka Belteshazzar, Shadrach, Meshach, and Abednego) before the former. They also read about King Nebuchadnezzar's dream; Daniel's interpretation of that dream, and all the events leading up to Daniel in the lion's den. They then had a short discussion about how Christians in the world today can use the example of Shadrach, Meshach, and Abednego's unhesitating faith.

Contributed by Aislinn Hawkins.

Cont. on the Next Page

Month Highlights Cont.

Collected and Edited by Erika Kjendal

Level 6 Catechism

Since publication of the last newsletter, students of Catechism Level 6 have finished their fourth essay and have begun their fifth. This essay is centered on the focus of the last few chapters in Part 1 of Unseen Warfare: prayer. Namely, in this case, how it benefits the success of our inner battles. As students have just begun drafting, and all else remains the same, there is not much else to be said. Final essays will be turned in on March 27th.

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 March. This last week, they presented their topics for their end-of-semester paper. Some of the topics include the Theotokos, Christ's Natures, etc. They are to write these papers as if they were explaining the subject to someone who had never heard the idea before. These papers are due in May.

Contributed by Elyse Hawkins.

Russian 1

In Russian One, the students have been moving onto some new and harder Russian grammar. They have been learning about the accusative and prepositional endings. On top of this they continue to have lots of vocabulary words to memorize. They are now on unit four in their textbooks.

Contributed by Thea Frederick..

Greek 1

This month has been busy in Greek 1. The students are learning the hymn "The Annunciation of the Theotokos" for the feast of the Annunciation (celebrated on March 25). They are memorizing the Greek and English version of the song and the tune to go with each. They are also learning the meanings of the Greek words in the hymn. The students will continue studying their hymns for the remainder of the school year. Additionally, they will say the Prayer of St. Ephraim in Greek at the beginning of each class for the rest of Lent. Along with all that they will continue working through the textbook.

Contributed by Aislinn Hawkins.

Cont. on the Next Page.

Month Highlights Cont.

Collected and Edited by Erika Kjendal

Greek 2

In Greek Two, the class is about to start working on “To Thee the Champion Leader” for their hymn of the month. On top of that, the class continues to learn more grammar and to take a test each week. The class also studies the Gospel reading of any major feast within the month.

Contributed by Thea Frederick.

Introduction to Iconography

Introduction to Iconography students have been doing an amazing job this month. They have finished almost all of the highlights and dark lines of the face. The face is the most important element in an icon. The students have spent three classes studying the face and trying to place the highlights and shadows exactly as they see them. Every person sees pictures differently and has a different style, which is why no handmade icon will ever look exactly the same. In the next class they will move on to clothing.

Contributed by Aislinn Hawkins.

A Book Report: *My Antonia*

By Thea Frederick – Column Writer

My Antonia, written by Willa Cather, is a novel that takes place in Nebraska during the late 1800's and early 1900's. It is a book which follows the life of Jim Burden as he travels from his former home in Virginia after his parent's death to live with his grandparents on their farm in Nebraska at age ten. There, he meets a bohemian girl who is four years older than him by the name of Antonia. They quickly create a close relationship and grow up together as good friends and neighbors.

Throughout their lives, many people come and go. Events play out which take them away from each other, or brings them together. They fight, they move, they love, they live their lives, but no matter what happens, they never forget each other. Their dedication to each when they are young creates a foundation for their relationship through the years.

This lovely novel takes you on a journey through the Nebraskan prairies. Willa Cather is a master of descriptions of nature and life. There is such realism in her writing portraying the hardships and joys of life during that time but written so simply that you fall in love with the places and people. You feel at home in with Jim and his family, you sorrow with Antonia's hardships, you cheer on their loving friendship. To Jim, Antonia becomes symbolism of the pioneer life in Nebraska. She is symbolism of everything that was meaningful in his experience: the land, the work, the culture.

This novel is a beautiful painting of life. Struggle, fear, love, joy, all mingled together in this tale of the life of a Bohemian girl and Nebraskan boy. Lover's of the pioneer life, realism, and the determination of man to thrive would enjoy this book. I would highly recommend it. It is a masterpiece of literature, examining the strengths and weaknesses of people, the highs and lows of life, and the strength of a pure love.

Meet the Newsletter Team!

Samantha Woolman

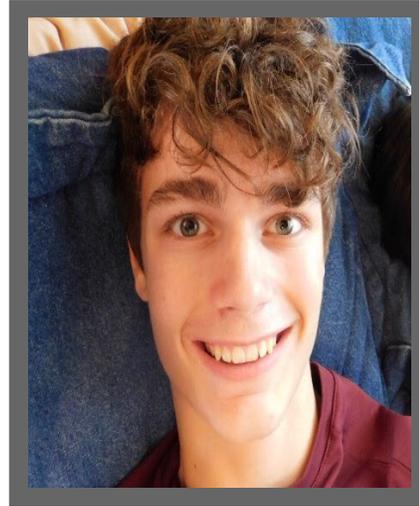


Column Writer

"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

Erika Kjendal



Column Writer

"Any soul that seriously and constantly desires joy will never miss it. Those who seek find. To those who knock it is opened."

- C.S. Lewis

Andrea Woolman

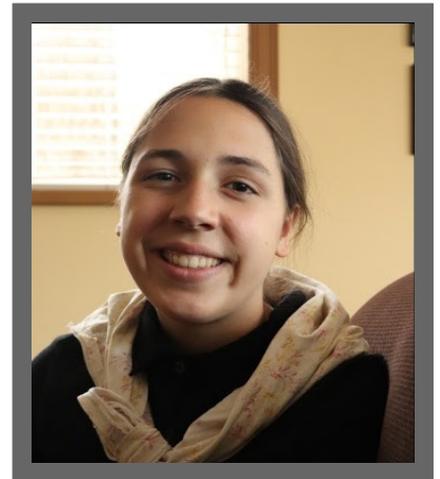


Managing Editor
Website Coordinator

"...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