

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

St. Raphael School Journal

Visit our
Website [here](#)

Newsletter
May 2023



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.

Table of Contents

Welcome to the May edition of the newsletter! Inside you will find a some awesome books recommendations, a beautifully written essay, and much more. Christ is Risen! Have a wonderful summer!

The Newsletter is open and ready for submissions!

Do you have questions for a spiritual father, a piece of artwork for the Fine Arts page, or an assignment of which you are proud? Send it on in! We'd love to see what you've got.

Power Time: For When You're Behind and Stressed Out	3
<i>Written by Julia Sheridan</i>	
Predestined or Free?	4
<i>Written by Leeza Sleeper</i>	
To Be Continued.....	5
<i>Written by Mary Kjendal</i>	
A Blast From the Past.....	6
<i>Written by Grace Wagner</i>	
Stump the Priest.....	8
<i>Written by Theodora Ciuca</i>	
Book Recommendation.....	13
<i>Written by Theodora Ciuca</i>	
Poetry Corner.....	14
<i>Written by Natasha Richart and Miriam Helmueller</i>	
Course Spotlight.....	15
<i>Edited by Annalise Dawson</i>	
Meet the Team!.....	16

Prayer List

Living

Fr. Peter
Eleousa
Phyllis
Lynn
Joseph
Linda
Andrew

Departed

Barbara Joy
Suzan
Elliot
Timothy
Fr. Porphyrios
Fr. Abraham
Anna

“We need repentance. You see, repentance is not only going to a priest and confessing. We must free ourselves from the obsession of thoughts. We fall many times during our life, and it is absolutely necessary to reveal everything to a priest who is a witness to our repentance.”

-Elder Thaddeus of Vitovnica

St. Brendan the Voyager



Troparion

The image of God was truly preserved in you, O Father, / for you took up the Cross and followed after Christ. / By so doing you taught us to disregard the flesh for it passes away / but to care instead for the soul, since it is immortal. / Therefore, O Venerable Brendan, your spirit rejoices with the Angels.

Feasts of the Month

May 1

Saint Tamara (Tamar),
Queen of Georgia

May 9

Holy Martyr Christopher

May 12

Our Fathers among the
Saints Epiphanius, bishop
of Cyprus

May 16

St Nicholas Mystikos,
Patriarch of
Constantinople

April 17

Holy Martyr Solochon

April 25

Holy Hieromartyr
Therapon, Bishop of
Cyprus

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 the Newsletter team here.**

Erika Kjendal
Managing Editor & Website Coordinator

Featured Essay

Power Time: For When You're Behind and Stressed Out

By Julia Sheridan

Do you ever have free time? Yeah, me neither. I am graduating this year. In the next thirty days I have two birthdays to celebrate, two speeches to write and present, one graduation ceremony to attend, one language to learn, one trip to pack for, one psalm to memorize (in Russian), one festival to attend, two tests to ace, and three textbooks to complete. Naturally, I'm a bit rushed and it's stressing me out. So, I've begun a sort of crash course in time management. If you really have to get things done, you have to turn normal time, drag time, free time, screen time, and lazy time into Power Time. This means taking a day, or a week, and blocking off all your time for getting real stuff done—and nothing else. I'm chronically late; it's one of my greatest faults. But here is what I'm learning: there are three categories of tasks during power time.

First, create a list of everything you need done (including deadlines). This is everything that counts as “productive,” nothing else counts as productive during this time. This productive category is the first category, and it's what you will be spending the vast majority of your time on.

The second category is a neutral category. Sleep, eating, tidying up the house, and similar tasks that are necessary for survival, but DON'T get you closer to finishing your list of goals are considered neutral tasks. Anything on this list needs to be done fast: no leisurely showers and no going out to eat with friends here.

“... there are three categories of tasks during power time.”

These tasks can, however, be used as respites from intense focus on your “productive” category. Taking the dog for a five-minute walk after struggling through math homework can be the most relaxing, enjoyable thing in your day if you're really committed to the Power Time block you've chosen.

The last category is the unproductive category. For the day, week, or a month wherein you are super-powering your productivity, don't use electronics unless you absolutely need to. I'm talking about TV, phones, and computers that glitch and break and distract. You don't have time for that nonsense. Included in this category is reading books for fun,

hanging out with friends, and cleaning out your closet. It's not that these things aren't good or productive generally speaking, but during your limited Power Time, if they aren't on your list of priorities, they belong in the “unproductive” category, only to be enjoyed AFTER the power day/time block is complete.

This sounds slightly extreme, but remember, this is for a limited amount of time. It allows you to focus solely on a couple of big tasks that are causing you stress and anxiety. After knocking them out, you'll feel better about reading that fun book or going biking because you'll no longer be stressed by looming deadlines and unfinished work.



Predestined or Free?

By Leeza Sleeper

Arguably, one of the most famous novels of the 19th century is “War and Peace”, for many reasons: the vivid descriptions, the intriguing plotline, the controversial ideas. Out of this host of ideas, one stands out and rings true: man is not in control of the world around him, even if he be a charismatic, authoritative, ingenious character, like Napoleon. Of course, nobody would claim that Napoleon caused the (Russian) War of 1812, or that Hitler caused World War II, but dismissing the important role of these figures, as Tolstoy does, seems superfluous to me. According to the author, both the events and the leaders are caused by predestination. To some extent this is true, for the wisest man writes, “The king’s heart is in the hand of the Lord, as the rivers of water: he turneth it whithersoever he will” (Proverbs 21:1), but can Tolstoy’s assertion that most actions are not products of the will, but of preceding circumstances be true? Is free-will possible? In Christ, our wills acquire true freedom, but outside of Christ, we become the slaves of the devil, of sin, and of pride. Entangled by the will of the world, the will of our families, and the will of our passionate bodies, we often cannot even discern what is our true will, as C. S. Lewis points out,

“What I call ‘My wishes’ become merely the desires thrown up by my physical organism or pumped into me by other men’s thoughts or even suggested to me by devils” (Mere Christianity). Tolstoy absolutely agrees.

“To put it in other words, no man knows how weak he is until he has engaged in spiritual battle.”

Furthermore, our wills are extremely weak, making it nearly impossible to fight temptations. “No man knows how bad he is till he has tried very hard to be good. A silly idea is current that good people do not know what temptation means. This is an obvious lie. Only those who try to resist temptation know how strong it is. After all, you find out the strength of... a wind by trying to walk against it, not by lying down... We never find out the strength of the evil impulse until we try to fight it: and Christ, because He was the only man who never yielded to temptation, is also the only man who knows to the full what temptation means.” (Lewis, Mere Christianity)

To put it in other words, no man knows how weak he is until he has engaged in spiritual battle, has dealt with difficult circumstances, has failed to control himself. The knowledge of one’s own weakness, the understanding that one is the chief of sinners is something that comes through experience of continual falls. This is a painful process, and, if we are prideful, can lead to despair. However, we should always remember the words of St. Paul, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.” (2 Corinthians 12:9)

When we renounce our desires, when we mortify our will, when we submit to Christ, through this death of ourselves, our pride, our ego, we become partakers of His resurrection, illumined by His light. Marvelous to say, this Paschal Light reveals our true personalities, our true, unique, God-given purpose. By fulfilling God’s will for us, by becoming the saints He wants us to be, we are even granted power over the world, whether Tolstoy agrees or not.

“I have a single burning desire: to change the world by changing a single person - myself.” St. Sophrony.

...To Be Continued...

A Novel by Lobelia Lacewing

The next day was the 26th. Io knocked on Theo's door in the morning, and he came out of his room rubbing his eyes sleepily. "Hmm?"

"Theo, your cat wants out. He's been scratching at my door."

Theo walked downstairs, still in his pajamas. Io followed behind, wrapped in a red throw blanket. The cat swiped at her legs with his paw. .

"Oh, cat!" Io swatted at him irritably. "You snagged the blanket!"

The white cat had a piece of red yarn from the blanket in his claws. Theo shrugged.

"I guess it'll keep him occupied." He opened the front door and the cat lay down on the porch and purred placidly, playing with the string.

Io and Theo walked around the back of the house towards a rope swing hanging from an oak tree.

"How'd you sleep?" Io asked him.

"Okay, I guess. You?"

"Well, I kept getting up and looking in my brother's crib, making sure he was still there, you know? I missed him for so long, now I can't, like, ever let him go." Io wiped her eyes with the back of her hand.

The two of them heard a door slam across the street. They looked at each other, and Io raised her eyebrows.

"Somebody woke up on the wrong side of bed, I guess," she laughed. Theo grinned.

"I'm gonna go inside and grab a bite to eat. You want anything?"

Io shook her head. Theo ran up the back steps and went into the house. Io walked around the front of the house and leaned against the fence. Across the street, she saw a man walk briskly down his drive. He was about to pass by her on his way toward downtown, when she waved to him.

"Good morning, sir!" Io waved and smiled. The man grunted in response and kept walking. Just two steps later, though, he spun on his heel.

"You!" he barked. Io took a step back from the fence, startled.

"H-how can I help you?"

He came closer to the fence between them. "You're Io, aren't you? Io Keimi."

"Maybe?" Io shrunk back.

"Don't you realize," he snarled, "that the deportation of you — you foreigners was necessary. It was safe. It was right. Who are you to question it?"

"What? I don't understand!"

"It was an order!" he barked. "A military order!"

Io was close to tears. "I don't understand! Who are you? Did you kill my parents? Did you do something to them?" The man was obviously confused. "No, of course not. They died in the hospital. The night the order was given. You didn't know?"

"How would I have known?" Io whispered. "I was running away from people like you. We're not foreigners. We're Americans. I don't understand. My parents would've gone, anyway. If whatever happened to them didn't happen."

Before the man could speak again, Theo and the Wrights came up behind Io. Mr. Wright demanded to know who the man was.

"I'm Col. Adam Tucker. It came to my attention that a young woman was evading the deportation of the Japanese. She should be in a concentration camp."

Mrs. Wright raised her eyebrows. "Sir, this young woman is under our protection. She isn't leaving us, regardless of you. She is part of our family." She put her arm around Io protectively.

Col. Tucker crossed his arms. "Well, there must've been a misunderstanding. There's a missing ad in the paper for her. The War Relocation office is looking for her."

Mr. Wright shook his head. "We placed that ad in the paper. Our son works at the office, and he promised to keep an eye out for her."

Io looked at Col. Tucker, then she looked to Mr. Wright. Col. Tucker stood confrontationally, his face angry. Mr. Wright stood with his hand on Theo's shoulder, set on protecting the children.

"Go inside, Io and Theodore." Mr. Wright said quietly. They slipped inside and sat in the front room, glancing through the gap in the curtains.

It began to rain, and the sky became so overcast it was dark. The children soon saw the two men shake hands, and Col. Tucker walked away slowly toward his unlit house.

The Wrights hurried in, shaking the rain off their coats. The white cat slipped in the door after them. All of them came into the kitchen, and they stood in front of the fire. Io ran upstairs and brought Emil down, and they sat quietly around the table.

"Well," started Mrs. Wright, beaming at her husband, the children, and the cat.

"We're a family," finished Io, hugging her little brother tight.

... TO BE CONTINUED ...

Current Events

A Blast from the Past: Reflections from Graduating Seniors

By Grace Wagner

For a final (and fantabulous) Current Events Column for the year, the graduating SRS Newsletter team members answered a series of questions reflecting on their past experiences with SRS and looking towards the future.

Julia Sheridan

What was your childhood dream job, and has it changed?

Professional tree climber, and it has only changed slightly. I'm still going to climb trees but apparently you can't get paid for it unless you cut them down. So, it looks like I'm not going to be getting paid much for my skills in that department.

What words of wisdom would you share with younger students?

"Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours." We are all made in the image and likeness of Christ. If someone wrote an "icon" (maybe picture is better word) of you, what three components would reflect a life goal or aspiration you have, something essential to who you are, and a challenge you faced and overcame during your high school years?

A pen/paintbrush is my aspiration item, a scroll is my essential item, and a cross to represent my challenges.

What is your favorite Bible verse, and literary quote, and why?

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

If you could pick one song to encompass your high school years, which one would you choose?

Pompeii by Bastille (Sophomore and Junior year) and Born For This by Mandisa (Freshman and Senior year).

What is the biggest takeaway you gleaned from your SRS classes that will help propel you forward in the next chapter of your life?

If you're not ahead, you're behind.



Leeza Sleeper

What was your childhood dream job, and has it changed?

I never had a dream job, but I always liked to sing and make noise, which explains why I will be pursuing a music major.

What words of wisdom would you share with younger students?

Do not be afraid of hardships. Do not be afraid of the future. Never think that what you're doing currently is a waste of time. Every experience, whether trivial or important, whether joyous or sorrowful, whether sinful or virtuous, is sent from God for our salvation. If you feel disoriented, lost, remember that this is an excellent opportunity to grow in faith. Do not let this opportunity slip by.

We are all made in the image and likeness of Christ. If someone wrote an "icon" (maybe picture is better word) of you, what three components would reflect a life goal or aspiration you have, something essential to who you are, and a challenge you faced and overcame during your high school years?

I have often thought about this question actually, but I haven't really come to an answer. Hopefully, there are still many more years ahead, in which God will reveal and use my talents. For now, I think that I could be depicted with a book, symbolizing the love of knowledge, an instrument, symbolizing love of music, and a candle, symbolizing the desire to burn for Christ.

What is your favorite Bible verse, and literary quote, and why?

2 Corinthians 12:9-10 (NKJV) "And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."

(Continued on page 9)

Current Events

Reflections from Graduating Seniors:

~Continued~

By Grace Wagner

.....

Mere Christianity, C. S. Lewis “He wants you to know Him: wants to give you Himself. And He and you are two things of such a kind that if you really get into any kind of touch with Him you will, in fact, be humble – delightedly humble..”

If you could pick one song to encompass your high school years, which one would you choose?

I don't know if this counts, but the whole Lord of the Rings and Hobbit soundtrack would define my highschool years.

What is the biggest takeaway you gleaned from your SRS classes that will help propel you forward in the next chapter of your life?

I would like to thank former Principal Adam Lockridge, who taught me how to approach difficult texts, how to ask questions, and how to discover meaning through discussion. I would also like to thank Fr. Noah Bushelli, who made me aware of the Spiritual warfare, and through whom the faith of my parents became my own.



Erika Kjendal

What was your childhood dream job, and has it changed?

When I was younger, I wanted to be a nun. I also really wanted to be a mom and a teacher... I've realized since then, that I can't be all three at once! Those are all still options for my future for sure, and I've also thought about doing missionary teaching work. Currently, I am planning to go to school on the path of becoming a classical teacher, and staying open to whatever God has in store for me.

What words of wisdom would you share with younger students?

Goodness, I don't know if I have much in the way of words of wisdom... I've learned over the past couple of years that I really need to trust in God completely because He holds all things in His hands and knowing He is in control is so much better than thinking I am. And when things seem to go wrong, there's a reason, even if it's simply that He is giving us a chance to strengthen our relationship with Him.

We are all made in the image and likeness of Christ. If someone wrote an "icon" (maybe picture is better word) of you, what three components would reflect a life goal or aspiration you have, something essential to who you are, and a challenge you faced and overcame during your high school years?

Maybe a candle, rose, and book. A candle to mean that I should always be striving to be a little light of Christ. A rose because I love "stopping to smell the roses," and I think beauty plays a crucial role in our lives and our salvation. And a book because I read a lot of them during my high school years, and I learned to actually appreciate and enjoy the long, hard ones that I might have dismissed as boring four years ago.

What is your favorite Bible verse, and literary quote, and why?

My favorite Bible quote is from John ch.16: These things I have spoken unto you, that in me you might have peace. In the world you shall have tribulation: but be of good cheer; I have overcome the world. One of my favorite literary quote is "It is not our part to master all the tides of the world, but to do what is in us for the succour of those years wherein we are set, uprooting the evil in the fields that we know, so that those who live after may have clean earth to till. What weather they shall have is not ours to rule." (The Return of the King).

If you could pick one song to encompass your high school years, which one would you choose?

The Cave or Guiding Light (both Mumford and Sons).

What is the biggest takeaway you gleaned from your SRS classes that will help propel you forward in the next chapter of your life? (If you would like to share any future plans you have, feel free to do so. :)

My biggest takeaway from my SRS classes is the importance of hard work. If you intentionally stay engaged and put in the effort to work hard, you can do more than you might think you are capable of, and you might find that you have gained some really special rewards. Also, high school classes are a really great opportunity to explore new things and find you really love a topic or subject you would never have thought of before! **To continue reading click [here!](#)**

Stump the Priest!

Answered by Fr. Timothy Hojnicky

*Q. Why does the priest say the dreaded judgment seat of Christ, when God is so loving?
- Kästen Archer*

Q. Why don't the Orthodox have instruments in Church services? - Millie Benson

A. In the Orthodox Church we, generally speaking, do not use instruments in our worship. Granted in some African tribes drums are used, as part of the culture, and in many places of Slavic descent bells are utilized often. However, in general, we don't use instruments in worship.

The reason for this is that the greatest gift we can offer to God is our own voice, and so we offer that together with other believers in worship. Whether it is Byzantine chant, or Russian polyphony, the idea is the same: we offer our God-given voices as our pure offering in worship. I'll just say, when it is done well, it is glorious!

A. The Judgement Seat of Christ is called "dreaded" in many places, but I think the more accurate translation is "Awesome". It will be "full of awe" where every knee will bow before Him, as He appears in glory. Now for many, the appearance of such an event will strike dread if the life we were given was wasted in vain pursuits. However, in Orthodox fashion, every week we experience this in some small way. Every Saturday we make vigil for Christ in Vespers and Matins (whether in the evening or morning), and every Sunday we encounter Christ in His Word and in the Eucharist. The question is also asked: are we ready to meet Him? Are we prepared? When that last day comes (Lord, come quickly!), in love the Lord will judge the world – but not like you or I judge things. His ways are unknowable and as great is His majesty, so too is His mercy. We trust in the mercy of God, but never presume it.

Student Submissions

Advertisement



WOULD YOU BE
INTERESTED IN
BEING A CLASS
ADVOCATE 2023-24?

email
raphaelschooljournal@gmail.com to
learn more

Graphics by

Mary
Kjendal



Graphics
by
Theodora
Cuica



Happy
Summer

From the Saint Raphael School
Journal,
we pray that you have a blessed
summer!

See you in the fall!



Student Submissions

Student Submission

"Hello, Dear one. Why are you scared?"

"I'm scared a lot. I'm anxious and easily frightened."

"Why?"

"I don't know. I'm having a hard time with it."

"Do you believe God created you?"

"Yes."

"Would you take time to create something, to love it with your whole heart, but not protect it?"

"Well, no... But bad things happen to good people all the time! Why?"

"God works all things together for the good of those who love Him. He IS Love. He cannot act outside of Love. Satan hates you for this, Dear one. He hates God's Love for you because he is jealous. He IS jealousy and pride. He tries to attack you with bad things, bad situations, because he wants to bring you down to his level of misery. But God uses it for good. God is not the author of evil."

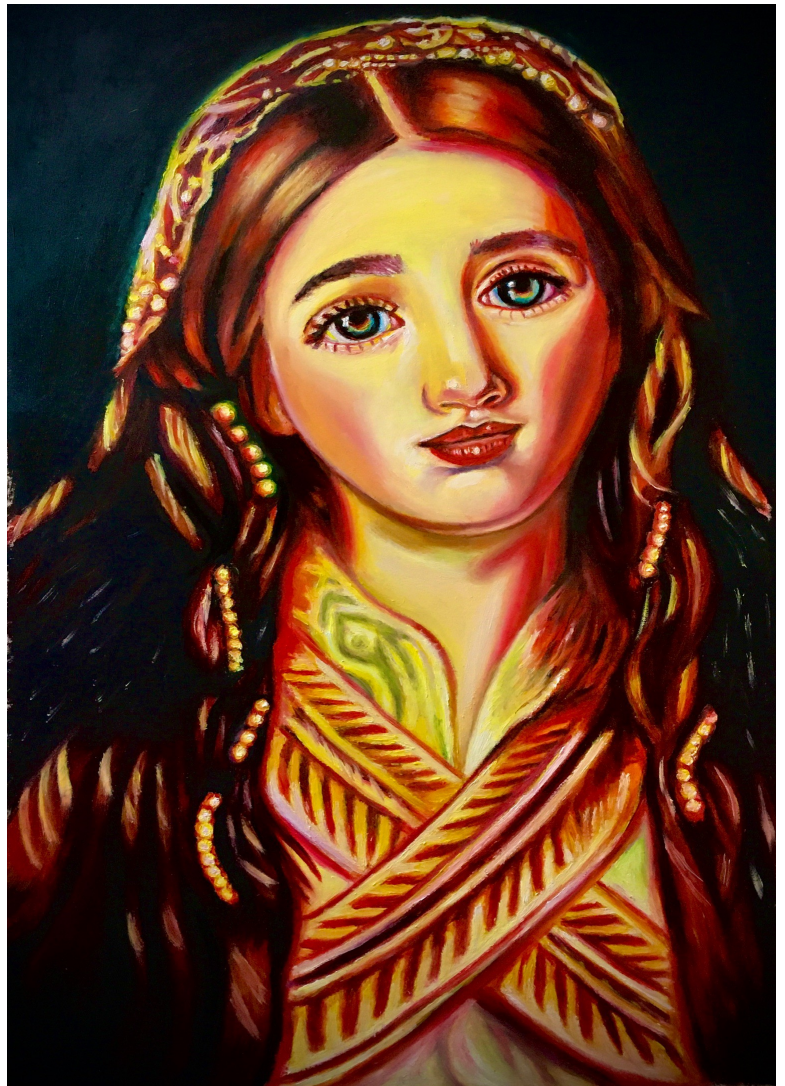
"Why not just stop him? I mean, God loves us so much, so why not keep us from harm?"

"Do you really believe that would be the best for you? Or anyone?"

"Hmm... Maybe not."

"Why not?"

"Well, it'd be hard to get stronger. If you never had anything to push you farther than you thought you could go."



- By Millie Benson

Student Submissions

Student Submission

"You would never grow in virtue. Christ suffered, and to be the closest you can to him, you must be like Him, you must suffer as well. He suffered because you suffer, to give you a reward for your suffering - can you imagine the beauty and glory of single crown in his kingdom? He offers it to you, every time you suffer, patiently, without complaining, for Him. It is not in vain."

"But what about when I'm scared? What do I do then?"

"Pray. Ask for courage, bravery. That does not mean you will never be scared. It means doing what you must do, what is right, whether you are scared or not, and trusting that God will take care of you no matter what. Do you understand,

Dear one?"

"I think so."

"Remember what I've told you whenever you are scared. Remember you are loved by the source of Love Himself. You are not alone."

And with that, the Angel disappeared.

- By Ahineesa Perry

James Car

James was laying on his big, comfortable, black couch reading. Just then, his big, wooden, grandfather clock struck 1:00. James looked up at the clock and when he saw what time it was, he jumped up off the couch. Then he quickly ran to his front door. Where he grabbed his best coat from his coat rack stand. A coat rack stand looks like a metal tree. Then he opened the door and quickly put on his best shoes. Next, he ran to his black 1950 Volkswagen Beetle and quickly drove down his smooth driveway toward his friend Nicolas and his wife Tatiana's house,

for they had invited him over for a late lunch. Their house was about a thirty-minute drive away driving.

When he was about half way there his car suddenly stopped moving and turned off! James quickly tried to turn his car on again, but it **WOULD NOT** turn on! He then reached for his phone, it was not in the car's door pocket. Next, James looked in the center console, but his phone was not there either. Suddenly, he remembered that he had put it in his pocket! So, James put his hand into his pocket and pulled out his phone. But when he tried to turn his phone on it would not turn on.

Just then he saw the mechanic driving toward him! James quickly put his hand out of the car and waved. When the mechanic reached him, it stopped.

"What happened?" asked the mechanic, whose name was Peter.

"My car **WILL NOT** turn on!" James answered sadly.

"Don't be sad! I will help you fix your car!"

Peter said quickly. "Thank you so much!"

James said thankfully.

Peter then got out of his car and went to the front of James's car. Then Peter opened James's car's hood. First, Peter checked how much gas there was in the engine.

"You are **TOTALLY** out of gas!" Peter said as soon as he saw the engine. "No wonder your car wouldn't start!"

Peter then got some gas out of his car and then put it in James's car. James paid Peter and said goodbye.

In about fifteen minutes James arrived at Nicolas and Tatiana's house. Then, they enjoyed an excellent lunch.

The End

-By Mary Haggard

Student Submissions

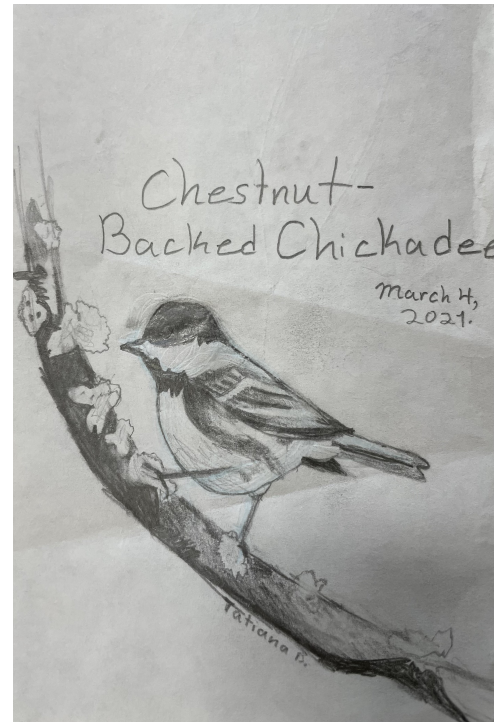
Student Submissions

Rain Shaped Like Music Notes

Pattering rain shaped like music notes,
Fall on my window, a rhythmic beat.
I shrug on my coat,
But I walk with bare feet.
I sing along with the rain.
Tree branches weep music note tears,
My umbrella catches each one,
And with each one a harmony I hear.
I write the words down on a maple leaf,
Perfect words to match the melody.
Please don't ask me what they are,
The rain is very secretive,
I always hide the notes in a jar.
And on days when I am feeling lonely,
And on days when I miss the rain,
I open my jar and it washes away the pain.



- Created by
Genevieve Bell



-Drawn by Tatiana



- Painted by Annalise
Dawson

Theosis Through the Arts

Book Recommendation

By Theodora Ciuca

Good morning! Good Afternoon! Good Evening! And welcome to the Column "Theosis Through The Arts"! We are nearly at the end of the year. Only a few more weeks left! When I think of summer break, I always think of reading so I thought writing a short summary for a few books as a summer reading suggestion sounded interesting. The three books I chose were books that I have read before in my SRS Catechism Levels. I have learned so much from these books as well as Fr. Nikolai, Fr. Noah, and Fr. Timothy. I would recommend taking a Catechism class next year! Anyway, the three books I chose were *Unseen Warfare* by Lorenzo Scupoli and *The Truth Of Our Faith, Part 1 and Part 2*, by Father Cleopa of Romania. All three books are extremely insightful and are perfect for those who have questions on the Orthodox Christian Faith.

Here are our Summaries:

Unseen Warfare by Lorenzo Scupoli:

The book discusses various spiritual disciplines and practices, including prayer, fasting, meditation, self-control, and humility, as well as the importance of vigilant self-examination and resistance against temptations and distractions. It emphasizes the need for cultivating virtues such as faith, love, and detachment from worldly desires.

Unseen Warfare also dives into the nature of spiritual warfare, highlighting the battle against evil forces and the importance of discernment in recognizing and resisting spiritual attacks. It emphasizes the need for developing a deep relationship with God through prayer and contemplation, and the importance of spiritual guidance.

The Truth Of Our Faith, Part 1 and Part 2 by Father Cleopa of Romania:

In "The Truth of Our Faith, Part 1," Father Cleopa discusses fundamental aspects of Orthodox Christian theology, including the nature of God, the Holy Trinity, the creation of the world, the fall of man, and the incarnation of Jesus Christ. He delves into the Orthodox understanding of the sacraments, the role of the Church, and the importance of living a virtuous and righteous life.

In "The Truth of Our Faith, Part 2," Elder Cleopa Ilie further expounds on Orthodox Christian doctrine, covering topics such as the mystery of salvation, the importance of repentance and confession, the significance of the Cross and Resurrection, and the teachings on the last judgment, heaven, hell, and the angels.

Thank you for reading and I pray you all have a blessed summer full of fun and rest. See you guys next year!

If you would like to read these books, the ISBN, along with the name and author are below.

Unseen Warfare by Lorenzo Scupoli, ISBN: 0913836524

The Truth Of Our Faith, Part 1 by Father Cleopa of Romania, ISBN: 1639410007

The Truth Of Our Faith, Part 2 by Father Cleopa of Romania, ISBN: 9608677823

The Mixed Memories of May

By Natasha Richart and Miriam Helmueller

A Sticky Sweet Treat
The day was bright and sunny
With many a chocolate bunny.

Which is as warm and sticky as honey.

One Forgotten Easter Egg
The sun is shining with glee,
Upon a forgotten egg in a tree.
Oh! Will anyone ever find thee?

Disregarded Days
But alas, Easter is soon dismissed
By the knowledge that it will still exist,
And will very soon be looked back upon and
missed.

Rain's Darkness
The flowers bloom,
The strong rain is their doom
Rinsing out their fragrant perfect plume.

Looking Ahead
Summer vacation
is a great celebration
until we miss our education

May's Melodious Entrance
Then May comes along
With its sweet, mellow song,
As it enters the year strong.

May's Marvelous Magic
It brushes away the previous days,
With gorgeous blooms and jubilant rays.
April can't challenge what May displays.

Course Spotlight on Christian Theatrical Arts

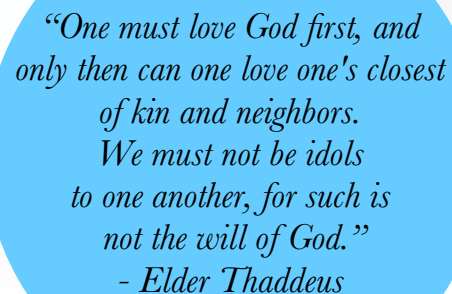
Collected and Edited by Annalise Dawson

Christian Theatrical Arts

In Christian Theatrical Arts: Writing and Acting, Mr. Diamond introduces students to theater arts, focusing on playwriting. During the first semester, students learned how to write one act plays. Currently, they are working on a collaborative writing project where all the students work on one cohesive script together, which will be presented to other students and teachers at the end of the year. The students also learn about various theater techniques and schools of thought, in order to increase their "tool kit" they can utilize in their own writing. So far, they have learned about the theatre viewpoints, Aristotle's poetics, and 12 steps of script analysis used to write play reviews.

Many writing exercises are used to develop and expand the students' knowledge and experience. Mr. Diamond's aim is that the students will leave the class with an expanded "tool kit" to apply as they work on their own plays, and a love and appreciation for the theater arts.

-Contributed by Sophia Spanos



*“One must love God first, and only then can one love one's closest of kin and neighbors. We must not be idols to one another, for such is not the will of God.”
- Elder Thaddeus*

Meet the Newsletter Team!

Leeza Sleeper



Column Writer

"The things that transcend one's thought are always more than those one thinks that one has grasped." -St. Athanasius.

Theodora Ciuca



Column Writer

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

Natasha Richart



Column Writer

"All grown-ups were once children...but only a few of them remember it."
- The Little Prince

Annalise Dawson



Assistant Editor

"To love beauty is to see light"
-Victor Hugo

Erika Kjendal



Managing Editor
Website Coordinator

"My grace is sufficient for you, my power is made perfect in weakness."
- 2 Cor. 12:9

Genevieve Bell



Column Writer

"Poetry is when an emotion has found its thoughts and the thought has found words."
- Robert Frost

Grace Wagner



Column Writer

"You can never get a cup of tea large enough or a book long enough to suit me."
- C.S. Lewis

Julia Sheridan



Column Writer

"Is there any pleasure on earth as great as a circle of Christian friends by a good fire?"
-C.S. Lewis

Mary Kjendal



Column Writer

"Kindness is the language the deaf can hear and the blind can see."
- Mark Twain