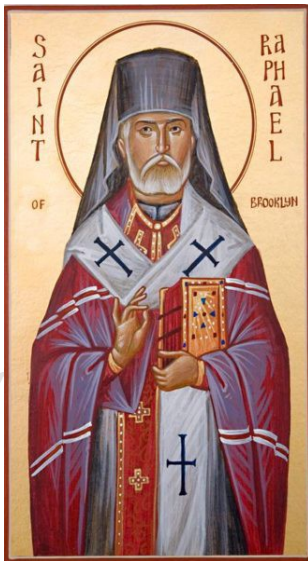


*"I can do all things through Christ
who strengthens me." Philippians 4:13*

St. Raphael School Journal

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Website [here](#)

Newsletter
March 2024



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 March edition of the newsletter. As we make our preparations for Lent, please enjoy some wonderful essays on the blessed saints and martyrs of our church and a variety of lovely spring poems! Have a blessed Lent!

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 you are proud of? Send it on in! We'd love to see what you've got.

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St. Raphael School Journal

Praying List

Living

Fr. Peter

Eleousa

Phyllis

Lynn

Joseph

Linda

Andrew

Departed

Barbara Joy

Suzan

Elliot

Timothy

Fr.

Porphyrios

Fr. Abraham

Anna

“...the Lord does not seek the monk or the layperson, the scholar or the simpleton, the rich man or the pauper, but only the heart that thirsts for God, full of a sincere desire to be true to Him and His commandments!”

VENERABLE EPHRAIM THE SYRIAN

SUNDAY OF THE PRODIGAL SON



Kontakion

I have recklessly forgotten Your glory, O Father; / and among sinners I have scattered the riches which You had given me. / Therefore, I cry to You like the Prodigal: / “I have sinned before You, O compassionate Father; / receive me a penitent and make me as one of Your hired servants.”

Feasts of the Month

March 3

Sunday of the Prodigal Son

March 10

Meat Fare Sunday

March 17

Forgiveness Sunday

March 18

Great Lent begins

March 24

Sunday Of Orthodoxy

March 31

Sunday of St. Gregory Palamas

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.*

Gen Bell
Managing Editor & Website Coordinator

Reflection Of The Month

The Romanov Royal Martyrs

By Georgia Knowles

Dear reader, just a couple days ago, I started reading the book The Romanov Royal martyrs. Never have I encountered personalities quite like the holy tsar Nicholas and his family. Since reading this, I've felt like I have gained these Saints as true and lifelong friends and examples. The tsar had a completely different and beautiful view of life and priorities. Unlike most rulers of great nations, Tsar Nicholas delighted not so much in making a sensation or gaining a reputation among his subjects. Rather, for him, beauty hid itself in simplicity. When he married the tsarina Alexandra, his attraction to her was not for her physical beauty or her high position but for her simple and strong faith, her loyalty to God, morality, and to himself, and for the purity with which she loved him. Consequently, they raised their children with the same love of simplicity and purity that they shared. Emulating his father, the tsar raised his royal children without luxury; They were only allowed one room out of the multitude of rooms in the palace, and slept on army cots. The children took a cold bath every morning and as a family, they ate simply, ignoring their imperial position.

As the children grew, they turned into the most remarkable and beautiful people, despite this, they in no way advertised their virtue or paraded themselves about with Pharisaical pride, but rather were content to be silent. They felt that their virtue and spiritual life was something only between them and God, humbling themselves for their love of Christ. Like their mother, the girls had a certain sweet quietness about them, and each of their tender hearts burned with love of God and each other.

“Rather, for him, beauty hid itself in simplicity.”

Countless heartfelt letters were written by the girls to their parents, especially their mother when she suffered from her illness. This is a letter written by Tatiana, the second eldest to her sick mother when she was suffering especially: *“Would you not try to put this piece of fur on your cheek? Olga... gave it to me when I too was suffering from headaches. It was from the grave of [Saint] Semyon Vurkhotursky. Try it, maybe it will help you. If not, then return it tomorrow. I hope that the Lord will help you, and that all will be well with you.”*

May God bless you. 1000 kisses from your very own daughter, Tatiana”
Such innocent and simple love was cultivated in the hearts of the children by their holy parents even through the hardest part of their suffering. Tsaritsa Alexandra related that on the day of her coronation, she suddenly felt as though she was the mother of all Russia, and truly, the Russians felt the same way, for the Tsar Nicholas, they called ‘Batiushka’ and gave the name ‘Matushka’ to Alexandra. Just as their mother and father were Mother and Father to the Russian nation, the Holy princesses took on the role of the elder sisters of their people, giving their own lives in Christlike sacrifice for their subjects.

Once Upon A Time

By Mary Kjendal

Once upon a time, there was a princess, by the name of Dymphna, whose father was a pagan king of Ireland. Her mother, the queen, was secretly a Christian, and she had her daughter baptized secretly as well. When the princess was only fourteen, her mother died. In the face of this tragedy, Dymphna's father went mad in grief, and, seeing his daughter's resemblance to his late wife, he sought to take her hand in marriage. Repelled by her father's immoral advances, the princess fled Ireland with her father confessor, Fr. Gerebernus. They ran to Belgium, and in the village of Gheel they lived in a local chapel. However, Dymphna's father found them. When he and his soldiers confronted the two of them, he immediately had Fr. Gerebernus beheaded. Once again, he tried to convince his daughter to marry him. When she remained firm in refusing him, he, enraged, beheaded her as well. As tradition goes, she was only 15 at the time of her martyrdom.

Dymphna was canonized as a saint in 1247, as her tomb was the site of many healings. St. Dymphna is the patron saint of the mentally ill, victims of incest and domestic abuse, and runaways.

O Martyr of Christ, intercede on our behalf!



Student Submissions

Advertisement



Student Submission

THE SAINT RAPHAEL NEWSLETTER IS CALLING FOR: STUDENT SUBMISSIONS SEND YOUR POETRY, PHOTOGRAPHY, ARTWORK, AND WRITING TO BE PUBLISHED IN THE NEWSLETTER!

Please Send It To Our Team's
Email: raphaelschooljournal@gmail.com

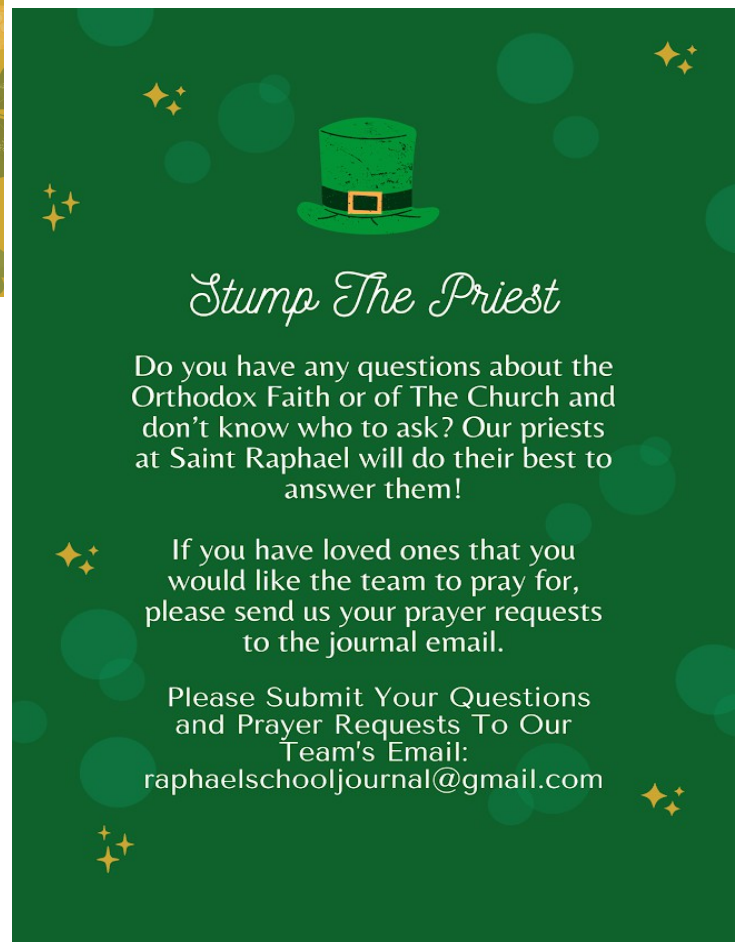
Graphics by:

Mary
Kjendal,

Sevastiane
Archer

&

Theodora
Ciuca



Stump The Priest

Do you have any questions about the Orthodox Faith or of The Church and don't know who to ask? Our priests at Saint Raphael will do their best to answer them!

If you have loved ones that you would like the team to pray for, please send us your prayer requests to the journal email.

Please Submit Your Questions and Prayer Requests To Our Team's Email:
raphaelschooljournal@gmail.com

Advertisement

CLASS ADVOCATE POSITIONS

If you are in a language class: Greek, Russian or Arabic, any level:

If you are in any language class, we would love for you to send in a paragraph about your class to be published in April's newsletter.

Email Mary Kjendal at karymjendal@gmail.com ASAP! All you need to do is write one paragraph and submit it to Mary Kjendal by the end of March. Thank you for your time and participation!



Student Submissions

Poetry Page

Written By: Anonymous

March

In March's grasp, the earth
awakes,
From winter's deep and silent
slumber,
A burst of life, a dance, it takes,
In fields and woods, a hopeful
number.

The winds of change, they softly
blow,
Through budding trees and
thawing ground,
A promise whispered, gentle,
low,
Of warmth and light that will
abound.

March strides in with a lion's
roar,
Yet leaves with lamb-like
gentleness,
A month of contrasts, that's for
sure,
A bridge from winter's cold to
spring's caress.

Written By: Theodora C.

Saint Patrick's Day

Green as the emerald isle's
rolling hills,
March brings Saint Patrick's day
with cheer,
A time for dancing, singing, and
thrills,
A day when everyone feels Irish,
near or far.

In shades of shamrock, the
world is dressed,
With laughter, music, and tales
so grand,
A celebration of Ireland's best,
In every corner of the land.

Raise a glass, to Saint Patrick's
name,
To luck, to joy, to friendship
true,
In every heart, the Irish flame,
Burns bright on this day, in all
we do.

March Regrows

By Natasha Richart

The snow is melted on the ground,

The air is soft and warm.

Daffodils peek up from the earth.

Nests have little eggs.

Chirp Chirp Chirp!

Peas are ripe for planting.

Skies are ocean blue.

Clouds are fluffy and white

Trees gain back their stolen

leaves.

And birds fly back from the South.

March is a time of regrowth,

A time of looking and admiring,

The beautiful world that God has

given,

To us, grievous sinners.

The Life of Saint Patrick

By Sophia Gheorghe

Christ is in our midst! As it's Saint Patrick's day this month, I thought of sharing a little bit about his life, as he's originally an Orthodox saint. Here's a little bit about his life from an online synaxarion:

“Saint Patrick, the Apostle of the Irish, was seized from his native Britain by Irish marauders when he was sixteen years old. Though the son of a deacon and a grandson of a priest, it was not until his captivity that he sought out the Lord with his whole heart. In his Confession, the testament he wrote towards the end of his life, he says, "After I came to Ireland - every day I had to tend sheep, and many times a day I prayed - the love of God and His fear came to me more and more, and my faith was strengthened. And my spirit was so moved that in a single day, I would say as many as a hundred prayers, and almost as many at night, and this even when I was staying in the woods and on the mountain; and I would rise for prayer before daylight, through snow, through frost, through rain, and I felt no harm." After six years of slavery in Ireland, he was guided by God to make his escape, and afterwards struggled in the monastic life at Auxerre in Gaul, under the guidance of the holy Bishop Germanus. Many years later, he was ordained bishop and sent to Ireland once again, about the year 432, to convert the Irish to Christ. His arduous labors bore so much fruit that within seven years, three bishops were sent from Gaul to help him shepherd his flock, "my brethren and sons whom I have baptized in the Lord - so many thousands of people," he says in his Confession. His apostolic work was not accomplished without much "weariness and painfulness," long journeys through difficult countries, and many perils; he says his very life was in danger twelve times. When he came to Ireland as its enlightener, it was a pagan country; when he ended his earthly life some thirty years later, about 461, the Faith of Christ was established in every corner.”

Course Spotlight On Arts And Theater

Collected by Mary Kjendal

Iconography
Apprenticeship written
by Julia Stone

This Iconography program has been so much fun and such a blessing! Learning to paint and to understand the theology of churches, icons, and other things has been an incredible experience. Mrs. Sider Rose is the most amazing instructor; she has such a gift for iconography and explains everything perfectly. I am honestly eager for her to post another assignment every week! I have to work on several small icons since I'm always tempted to finish the one we do in class. I'm so thankful I found my passion! I couldn't ask for a better teacher or school, in my opinion!

Meet the Newsletter Team!

Theodora Ciuca



Assistant Editor

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

Mary Kjendal



Column Writer

*"Success is not final, failure is not fatal: it is the courage to continue that counts."
Winston S. Churchill*

Sophia Gheorghe



"To honor is saint it to imitate a saint."-St. John Chrysostom

Georgia Knowles



Column Writer

*"If you don't come back, sir, then I shan't, that's for certain."
-Samwise Gamgee*

Genevieve Bell



Managing Editor
Website Coordinator

*"To the world you may be one person, but to one person you may be the world."
- Dr. Seuss*

Thomas Bean



Column Writer

*"A generation which ignores history has no past and no future."
Robert A. Heinlein*

Anastasia Fahey



Column Writer

*"God can't give us peace and happiness apart from Himself because there is no such thing."
C.S. Lewis*

Natasha Richart



Column Writer

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

Sevastiane Archer



Secretary

*"Prayer is the place of refuge for every worry, a foundation of cheerfulness, a source of constant happiness, a protection against sadness."
-St. John Chrysostom*