

KAIROS

VOLUME 1 » ISSUE 2 » FEBRUARY 2021

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN

**WITHIN**

YOU ARE  
IMPORTANT.  
*Heaven*  
NEEDS YOU!

**USING  
MODESTY**  
TO SHAPE  
OUR IDENTITY

**The  
Secret**  
to Parenting  
Success

# FAITH

## A PRECIOUS GIFT



# KAIROS

**'For we cannot keep from speaking about what we have seen and heard.'** Acts 4:20

- ▶ 'A special time of grace' from Jesus Youth
- ▶ Publishing Catholic magazines for over two decades
- ▶ Spreading the love and light of Jesus across the world

# BUDS

**'Let the little children come to me.'** Mathew 19:14

- ▶ The new magazine for children between 3 and 12 years
- ▶ Builds and strengthens Faith
- ▶ Shows children how beautiful the Catholic Church is

# MAGAZINE

**'Blessed are those who find wisdom, those who gain understanding.'** Proverbs 3:13

- ▶ For parents to read aloud to kids between 3 and 6 years
- ▶ Also features parenting, health, developing soft skills, Q&A
- ▶ Pull-outs for children's room

# FOR

**'Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.'** Hebrews 13:16

- ▶ Everyone in the family
- ▶ Bringing everyone to Jesus
- ▶ Giving the perfect gift

# CHILDREN

**'I have no greater joy than to hear that my children are walking in the truth.'** 3 John 1:4

- ▶ Will enjoy cartoons of stories from the Bible, saints, families and kids
- ▶ Have fun with faith-based activities - colouring, puzzles, brain games, craft, humour
- ▶ Are encouraged to send their art, stories, poems, articles, testimonies, photography, etc.



## KAIROS BUDS YEARLY SUBSCRIPTION

Within India		Outside India	
One month	30 INR	1 month	4 USD
1 Year	330 INR	1 year	40 USD
2 year	600 INR	2 year	80 USD
3 year	900 INR	3 year	120 USD

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# WITHIN



## CARTOONS

- 08 Parable of the Talents
- 12 Saint Josephine Bakhita
- 28 The New Kid



22

## HONOURING THE TRUST

## ACTIVITIES

- 14 Crown of Grace
- 25 Puzzle: Mustard Seed Faith
- 26 Brain Gym
- 34 Word of Life

Colour Me

31

## COOL CATHOLIC

- 10 You are important. Heaven needs you!
- 11 Transubstantiation

## NOTRE-DAME CATHEDRAL



6

## SMART KIDS

- 07 Using modesty to shape our identity
- 16 Good things take time
- 17 My Canvas
- 35 Happenings

## SMART MIND, HEALTHY BODY



- 20 Luminous Library
- 24 Q & A with Fr. Justin Joseph Panachickal MSFS



- 32 The Secret to Parenting Success
- 27 Let's Laugh



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## EDITORIAL

### A PRECIOUS GIFT

The Kairos Buds team is very excited at the tremendous response for the magazine from around the world. People had indeed been waiting to have something for their children's spiritual growth and Kairos Buds perfectly fulfilled that requirement. The Jesus Youth Kerala Kids Ministry has already written to us for a Malayalam edition and there has also been requests for a Hindi version too.

The magazine is intended primarily for 3 to 12 age group. Initiative and support from parents is essential for smaller kids to make maximum use of the magazine.

We came to know of a few mothers' groups who have ordered multiple copies for starting 'Buds Groups' keeping effective Catholic formation in their mind. This is a welcome move considering several benefits. The active involvement of the JY Kids ministry in different parts of the world in the production and distribution of the magazine will be mutually beneficial to the ministries in the long run.

Kairosbuds@kairos.global is the email id and +91 6238 105 775, the WhatsApp number for the magazine. We suggest saving this number and encourage all to be actively in touch with us. It can be used to submit the magazine activities completed by the children. Also we encourage you to connect with us on the Kairos Buds Instagram page as well.

At Kairos our only intention is spreading the Good News of Jesus Christ to the world through various media ventures. You are welcome to join us. Let's together build the Kingdom of God.



**Adv. Johnson Jose**  
EDITOR-IN-CHIEF

# FEEDBACK

**RIYA MARIA GEORGE**  
Kairos Buds is gift wrapped with love from Jesus to kids as their spiritual guide. It helps to build personal relationship with Jesus through interesting stories, activities, colouring, etc. It has stories of the saints who will lead little ones to Jesus, stories to build character, etc. And the most interesting thing is that most of the articles are written by kids from around the globe.  
Thank you for the wonderful gift in the New Year.  
- Kanjirapally, India

**JOHNSY FERNANDEZ**

It's perfect. Both my kids, aged 7 and 12 enjoy the magazine. The team has put in everything they can in one magazine - from a page for Mother Mary, Bible verses, activities, messages, Bible comics - the list keeps going. It's truly amazing. The only problem was that my elder daughter finished it in one day. It was too late to stop her! She is now waiting for the next copy. I told her that at least for that, if she reads one section a day, it would last the month!  
-Chennai, India

**FR. SHIBU OCD**

My heart is elated going through the Kairos Buds magazine. It has kept high standards in every sense of the word. The content, methodology, creative space for children, participation of the children, are all superlative!  
- Kochi, India

**JYOTHI JOSE**

The magazine is really good. Quality and content are both outstanding, especially the testimony by kids - this is something kids can relate to.  
-Peerumade, India

**SANEESH DIVAKARAN**

The Kairos Buds magazine has surpassed my expectations. The output is tremendous. It is very well done, especially the design, colour theme, paper quality, etc. This just cannot be called an ordinary magazine. Quality is supreme! With a bit more creativity in content, this magazine will do wonders.  
- Muvattupuzha, India

# Notre-Dame Cathedral

- SERENA DSOUZA » MUMBAI, INDIA

**N**otre-Dame de Paris is a world-renowned minor basilica in Paris dedicated to the Virgin Mary. The name Notre-Dame de Paris means Our Lady of Paris. It is the most famous of Gothic cathedrals of the Middle Ages. In 1160, Maurice de Sully, the bishop of Paris conceived the idea of converting the ruins of the two earlier basilicas into a single, large cathedral. During the French revolution in 1789 till 1801, Notre-Dame suffered desecration;

much of its religious imagery was damaged or destroyed. In 1801, an agreement was signed between Napoleon Bonaparte (a French statesman and a military leader) and Pope Pius VII which solidified the Roman Catholic Church as the majority church of France and led to restoration of the Notre-Dame to the Catholic Church. However, the church was in a very bad shape and King Louis Phillipe in 1844 ordered its renovation which was completed by 1963!

The Notre-Dame houses some of the most important relics in Christendom - the Crown of Thorns, a piece of the True Cross and one of the nails used in the Crucifixion. It also has several sculptures including the tempting of Eve by Satan, Last judgement, etc. During an ongoing renovation, the roof of Notre-Dame caught fire on 15th April 2019 causing major damage to the cathedral. The firefighters took almost 3 hours to put out the fire! The govt of France hopes to complete the reconstruction by 2024 in time for the Summer Olympics in Paris.

## SOME FACTS

- ✦ Building work began on the Notre-Dame Cathedral in Paris in the 12th century, it was not until some 300 years later construction finally came to an end.
- ✦ As of June 2020, the Notre-Dame Cathedral is 857 years old.
- ✦ Many of the grotesque gargoyles of Notre-Dame reflect 19th-century ideas about human nature.
- ✦ Pope Pius X beatified Joan of Arc in the cathedral in 1909.
- ✦ Approximately 13 million people visit Notre-Dame annually ◦



## MY STORY

**I**n the current culture, fashion is robbing a person's true identity and dignity. Society sends the message that attractive clothes are revealing ones. Sadly, many young people are taking this message into heart. However, it is stated in 1 Peter 3:3-4, *your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.* Just so, as followers of Christ, it is our duty to point our fellow citizens to God. We need to honour God

with our clothing choices. The way we dress can be used as an important tool to fulfil this duty. Media has taken the role of plaguing the hearts of young lives, giving us a detrimental view that modesty is not in the picture. As an 11th grader living in the midst of this magnetic pull of media, sometimes it's hard to go against the flow.

Dressing differently from what the world expects from us. Nonetheless, God has made us in his image and likeness. By dressing as the world tells us, our dignity and our identity are ripped from us. As the children of God, the Divine Creator and King of heaven and earth, we are

royalty and as royalty we have class, value, and dignity. However, we should not wait for the world to accept us. We need to accept ourselves first. From being that one fish that goes against the flow to being one of the few people in school/community wearing modest clothing, to being the person we want everyone to see. Not our body, not our eye or hair color, but our heart. We are, my brothers and sisters, Children of God, our Father. Dress like it. Act like it. We have every right to keep our dignity and our value though modest dressing. Do not be afraid to be that one modest fish. The world will in its time accept us ◦

## USING MODESTY TO SHAPE OUR IDENTITY

- ALISHA KURIAN » 16 YRS » MICHIGAN, USA

**Saint Agnes is the patron saint of chastity, and can be a great intercessor in this battle for modesty.**

Readers can send in their articles and art to the WhatsApp number +91 6238 105 775 or to the mail id [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global)



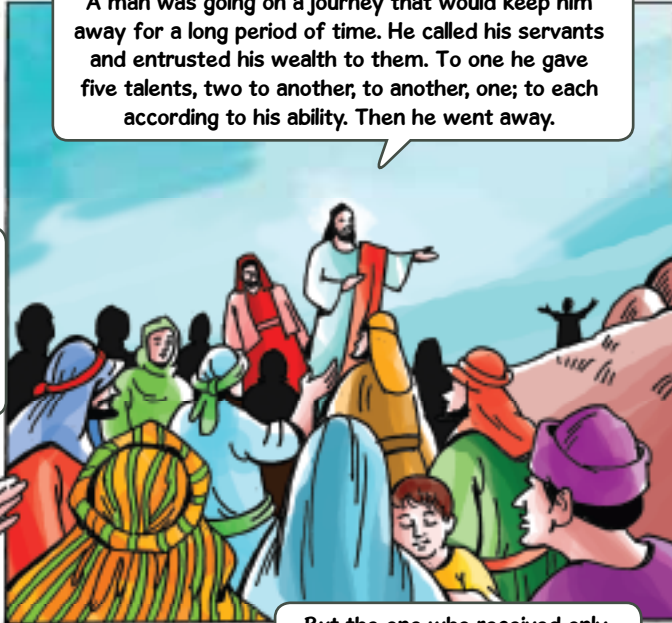


# PARABLE OF THE TALENTS



While Jesus was teaching about the kingdom of heaven, he told them this parable of the Talents.

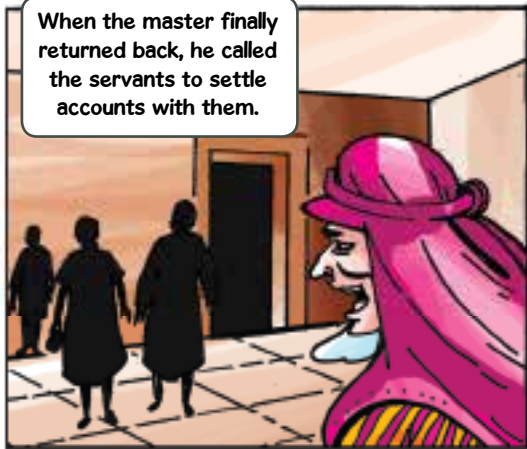
A man was going on a journey that would keep him away for a long period of time. He called his servants and entrusted his wealth to them. To one he gave five talents, two to another, to another, one; to each according to his ability. Then he went away.



The man who had received five talents went immediately and traded with them and made five more. The one who was given two talents also made two more.



When the master finally returned back, he called the servants to settle accounts with them.



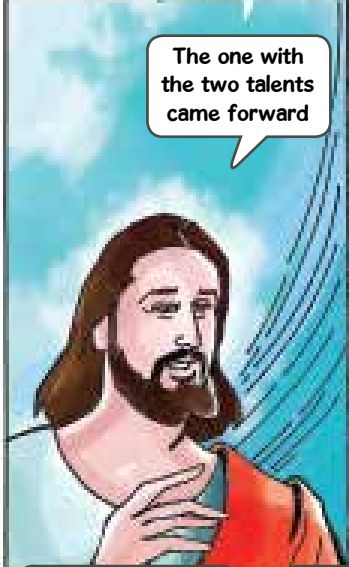
But the one who received only one talent went off to the fields, dug a hole in the ground and hid his master's money.



Then one with five talents brought another five and said, 'Master, I have made five more talents.'



'Well done, good and trustworthy servant, as you have been faithful in a few things, I will put you in charge of many things, enter into the joy of your master.'



The one with the two talents came forward



'Master, you handed me two talents, see I have made two more.'

Well done, you have been faithful with a few things, I will make you responsible for many more.

Then the man who had received one talent came.

'Master, I know you are a harsh man, so I was afraid and hid your money in the ground. Here is what is yours.'



You wicked and lazy servant! You knew, that I reap where I did not sow, and gather where I did not scatter. Why then did you not put my money in the bank? Then I could have collected it with interest.

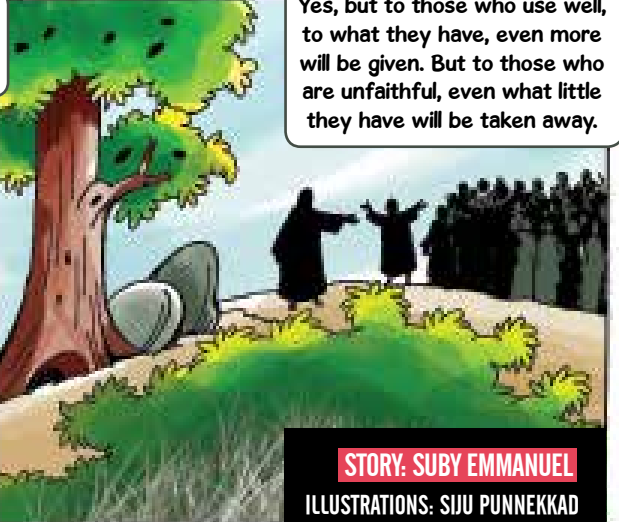


So take the talent from him and give to the one with ten. And throw this worthless servant outside, where there will be weeping and gnashing of teeth.

'But, Master,' 'the servant has enough already.'



Yes, but to those who use well, to what they have, even more will be given. But to those who are unfaithful, even what little they have will be taken away.



STORY: SUBY EMMANUEL  
ILLUSTRATIONS: SIJU PUNNEKAD





YOU ARE IMPORTANT.  
**Heaven  
 NEEDS YOU!**

- DR. SUNNY GEORGE » KANJIRAPALLY, INDIA

**H**ow blessed is the kingdom of God by your presence. Each one of you is a joy to Jesus and our Blessed Mother. It is very important to know Jesus because he loves you very much. Jesus wants to bring you safely to heaven - your real home, where you will live forever. Many people forget about heaven and think earth is their only home. This is not true. We need to earn our place in heaven through our living holy lives on earth.

Mary is our Heavenly Mother and she helps us to get to

heaven. She helps us to learn about Jesus and to love him. You can simply say, 'Mother, help me to be good.' She will help you immediately. In this way you will have someone who loves you, understands you and will always look out for you.

Our Blessed Mother wants to protect you from harm. She can see difficulties even before you come upon them. The only thing we need to do is ask for her help. Mother Mary has said, 'Pray until prayer becomes a joy for you.' Please pray the Rosary every day because the powers attached to this beautiful prayer will protect you. Through these Rosaries the Blessed Mother binds you to her Immaculate Heart in an unbreakable bond, through which she will keep you and our loved ones attached to heaven. The world will try to pull you but because the Blessed Mother is firmly linked to you, you cannot be pulled away. She will also help you to see the world with the heavenly light that exposes sin.

When you wake up in the morning you must tell Jesus you love him and say, 'Jesus, I offer you my day.' If you do this, then Jesus will take every part of your work and play, your eating and sleeping, and he will use it to bring others to heaven. When you think of Jesus, say a prayer. It can be simply, 'Jesus, I love you.' The saints in heaven were prayerful people who loved Jesus more than anything in the world and lived for him alone. You can be a saint, too, and that is what Jesus and Mary want from you. Look at the saints and you will see that with one soul, Jesus can topple a whole empire of evil.

# Transubstantiation

'The more Eucharist we receive, the more we will become like Jesus.'

- FR. DR. JOBY PULIKKAN » BANGALORE, INDIA

Dear friends,

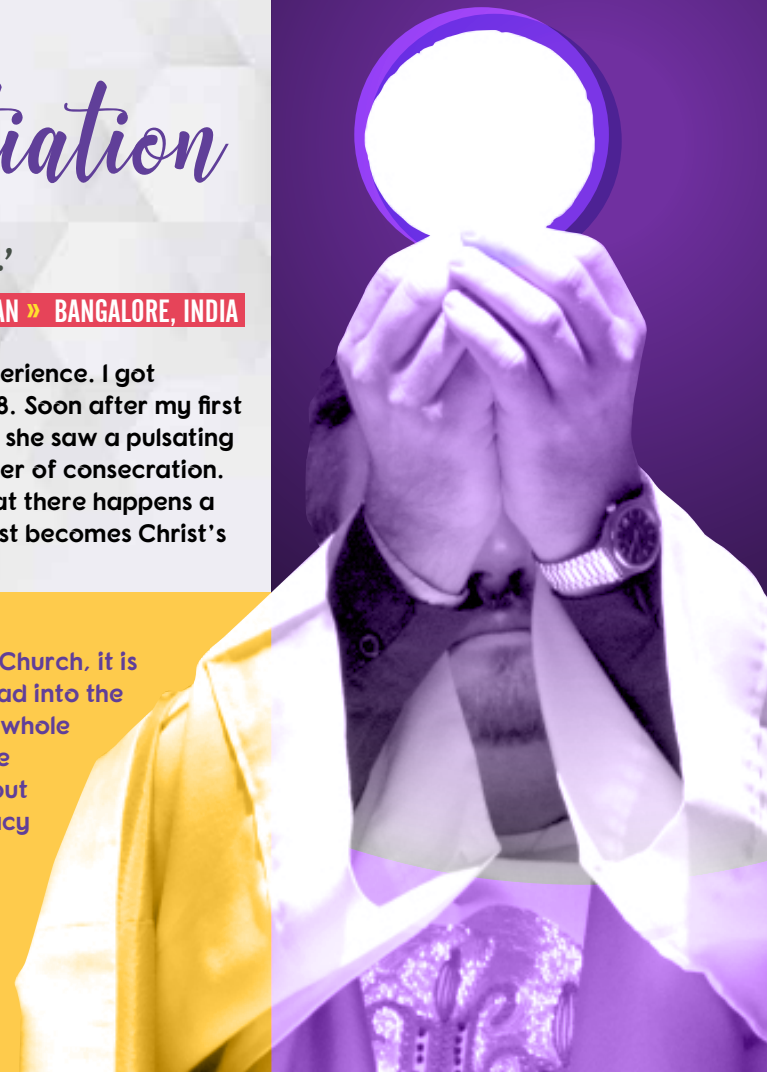
Let me share with you a very personal experience. I got ordained as a priest on December 30, 2008. Soon after my first Mass, a lady approached me and said that she saw a pulsating piece of flesh on the paten during the prayer of consecration. It was a humbling experience to realise that there happens a literal transubstantiation when the Eucharist becomes Christ's body and blood.

## What is transubstantiation?

According to the teaching of the Catholic Church, it is 'the change of the whole substance of bread into the substance of the Body of Christ and of the whole substance of wine into the substance of the Blood of Christ. This change is brought about in the Eucharistic prayer through the efficacy of the Word of Christ and by the action of the Holy Spirit. However, the outward characteristics of bread and wine, remain unaltered.' The manner in which change occurs is a mystery. No science can explain it. Nevertheless, there are evidences that change occurs.

Scientists have proven existence of human tissue in many Eucharistic miracles. The scientific investigation of a Eucharistic miracle in Poland recently confirmed that it came from human tissue 'most similar to heart muscle ... under the strain of agony'. In Buenos Aires, Argentina, another Eucharistic miracle was reported. A consecrated host was found on the ground and when placed in a glass of water to dissolve, it turned into blood and flesh. After three years, a Bolivian neurophysiologist, Dr. Castanon, was entrusted to study the sample scientifically. He took it to the San Francisco Forensic Institute without revealing the origin of the sample. It was found that the sample constituted heart muscle and the blood was human with human DNA and of the rare AB+ type, the same as found on the Shroud of Turin where Jesus was buried. When the same sample was further examined by another cardiologist, he was amazed to see it pulsating like a living, beating heart.

When Dr. Castanon first came across the miracle in 1999, he was an atheist and today he is a Catholic. Although flesh and blood are not always visible as in the cases of Eucharistic miracles, the presence of the Body of Christ is certain through the eyes of faith. Beyond science and reason are the ways of the Lord. Let us seek his grace so that we accept in faith the transubstantiation that takes place every day during the Eucharistic celebration we attend.



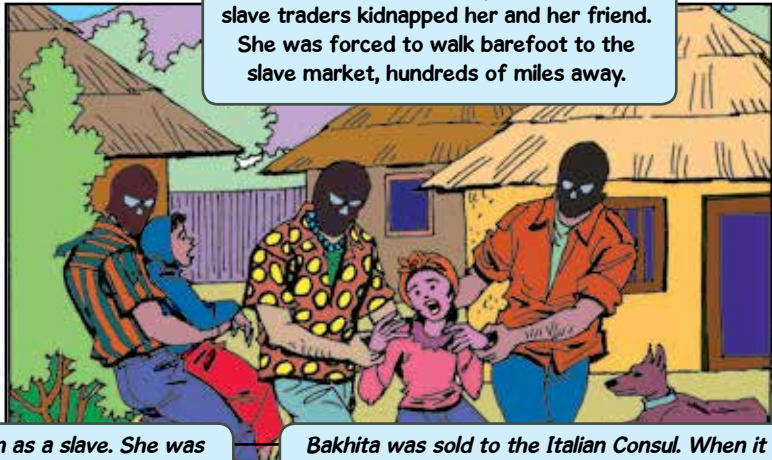




# SAINT JOSEPHINE BAKHITA

Bakhita was living in Sudan as a slave. She was sold and given away many times. Her owners often treated her cruelly, beating her up so bad that she had many scars on her body.

When Bakhita was nine-years-old, Arab slave traders kidnapped her and her friend. She was forced to walk barefoot to the slave market, hundreds of miles away.



Bakhita was sold to the Italian Consul. When it was time for him to return, she begged to be taken along to Italy. There she was gifted to another family.



When her new mistress was going abroad, she left Bakhita in the convent of the Canossian sisters in Venice. They treated her with great kindness.



God, how beautiful are the stars tonight. I want to serve the 'Master of all things'



God created the universe and we all are children of God.



Who created these stars and the moon?

In the eyes of God you are so valuable. We are slaves too. We are servants of Jesus and through him to all the people.



But how can God love a slave?

When her mistress returned back from her travels, Bakhita refused to leave the convent.



I aspire for a religious life.

Bakhita, what you will do, if you see your cruel masters again?



I will kneel and kiss their hands.

I thank my kidnapers and have already forgiven them. It was because of them I came to know Jesus.



STORY: LIYA MATHEW  
ILLUSTRATIONS: MADHU S



# Crown of Grace

- DIVYA IMMANUEL » MUMBAI, INDIA

## Materials required

1. Clay/ play dough/ moulding dough
2. Toothpicks
3. Star-shaped or flower-shaped stickers/ paper stars or flowers / ribbon flowers
4. Cardboard/ placemat

## Procedure

1. Roll the play dough around 15 inches long. Roll each colour separately if play dough is of different colours.
2. Lay them parallel to each other, keeping the second over first, third over second and first as shown in the picture.
3. Hold the tips together and gently roll them to form a rope like design.
4. Join the ends by gently pressing one to the other.



## Activity:

1. Self reflect - Every time you do something wrong poke a toothpick into the crown
2. Every time you do something good, stick a star onto the toothpick
3. Wait for Holy Week and the next issue of Kairos Buds to know more.



## Tips

1. Using the cardboard or placemat to make the crown will help you to keep the crown intact and moving it from one place to another will be easier.
2. Roll the dough with one hand, moving your hands either to the right or left. This will give a smooth finish and also prevent the dough from breaking while you roll.
3. You may use handmade flowers or stars and stick them to the toothpick with glue.





# GOOD THINGS take time

ONE AFTERNOON, Suzy and her best friend Amelia went out to the park to play. They both went to their favourite rides. Suzy went to the merry-go-round first. Then Amelia went to the swing and swung there fifteen times. After that Suzy went to buy an ice-lolly. Amelia went to the storytelling tent and got herself a face paint of a bunny. Then they both went to have a delicious scoop of chocolate ice cream.

'Yum! This tastes so delicious,' they both joyfully agreed.

After filling their tummies with the delicious dessert, Suzy asked Amelia, 'How about we go on that humungous rollercoaster?'

Excited Amelia agreed. But when they reached there, they saw that the entire ride was occupied.

'Oh no...' Amelia said disappointed.

'It's okay,' consoled Suzy, 'we'll go for some other ride and come back here.'

'Okay I guess?' said Amelia.

They went looking for a better ride than what they saw before. After a few minutes Suzy found bumper cars. But oh boy! Guess what? That one was just about to close. There was no choice but to go and wait for the roller coaster. By now, Amelia was stamping on the ground with fury.

She grew angry waiting and then shouted, 'I CAN'T TAKE THIS ANY LONGER!'

Suzy calmly said to Amelia, 'Patience... Patience is what you need for a good life just as Jesus taught us.'

'What is patience?' Amelia asked.

Suzy said,

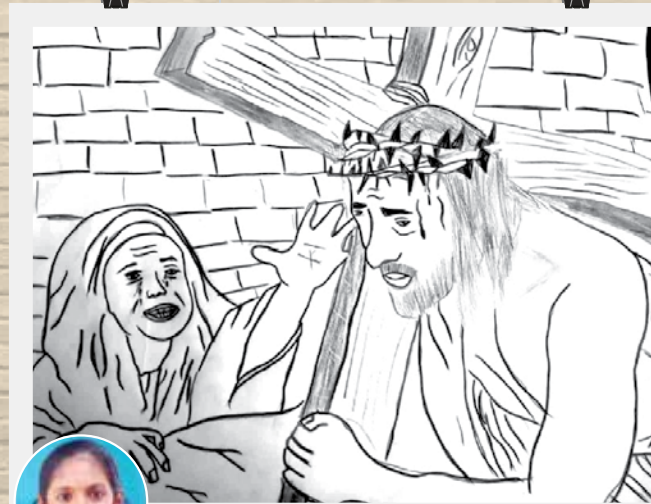
**'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God as in Philippians 4:16.'**

So Amelia calmed herself and prayed to God and felt her annoyance abate. She inhaled and exhaled and waited. The ride was complete. Now it was their turn to go. 'Yippee!' she screamed as she enjoyed the ride.

- TESS JOSE » 10 YRS » ABU DHABI, UAE



## MY CANVAS



- NOVA SEBASTIAN » 10 YRS » KOTTAYAM, INDIA



- RYAN JENTO ARAKKAL » 10 YRS » VICTORIA, AUSTRALIA



- JEWEL THERES JAIS » 9 YRS » SHARJAH, UAE

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He is Risen!



04 APR. **S** EASTER SUNDAY

03 APR. **S** HOLY SATURDAY

02 APR. **F** GOOD FRIDAY

01 APR. **T** MONDY THURSDAY

31 APR. **W**

30 MAR. **T**

29 MAR. **M**

28 MAR. **S** PALM SUNDAY

27 MAR. **S**

26 MAR. **F**

25 MAR. **T**

24 MAR. **W**

23 MAR. **T**

22 MAR. **M**

21 MAR. **S**

20 MAR. **S**

19 MAR. **F**

18 MAR. **T**

17 MAR. **W**

16 MAR. **T**

15 MAR. **M**

14 MAR. **S**

13 MAR. **S**

12 MAR. **F**

11 MAR. **T**

10 MAR. **W**

09 MAR. **T**

08 MAR. **M**

07 MAR. **S**

06 MAR. **S**

05 MAR. **F**

04 MAR. **T**

03 MAR. **W**

02 MAR. **T**

01 MAR. **M**

28 FEB. **S**

27 FEB. **S**

26 FEB. **F**

25 FEB. **T**

24 FEB. **W**

23 FEB. **T**

22 FEB. **M**

21 FEB. **S**

20 FEB. **S**

19 FEB. **F**

18 FEB. **T**

17 FEB. **W** ASH WEDNESDAY

Dear Children,  
 Let us mark our lenten journey on this path to the Risen Christ. Your Prayers, Sacrifices and Good deeds can be marked each day by colouring the stones, using stickers or cutting and pasting pictures.

● PRAYER   
 ● SACRIFICES   
 ● GOOD DEEDS   
 ROSARY (SATURDAY)

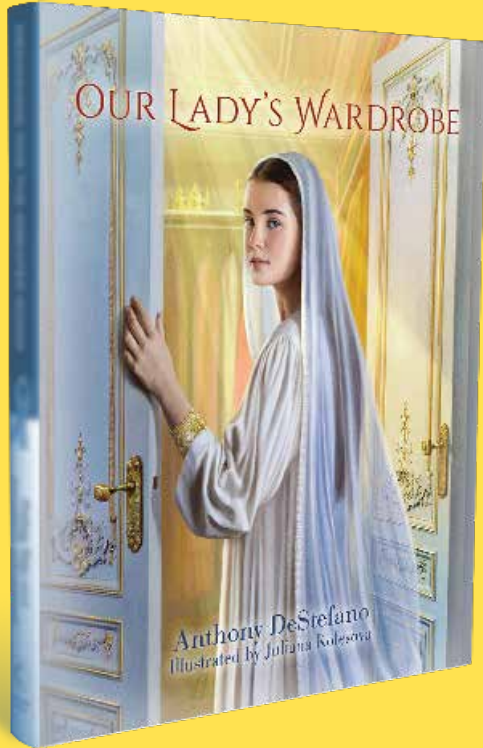


17 FEB. **W** ASH WEDNESDAY

18 FEB. **T**

19 FEB. **F**



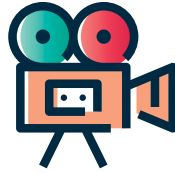


# OUR LADY'S WARDROBE

Anthony DeStefano / Sofia Institute Press

This delightful rhyming book introduces Catholic children to the Blessed Virgin Mary in a fun and simple way—through her clothes!

Over the centuries, Our Lady has visited the people of Earth many times. On each of these occasions she has dressed very differently. *Our Lady's Wardrobe* tells the story of some of her most famous apparitions, highlighting the clothes she wore and the things she did.



## THE FOURTH WISE MAN

MICHAEL RAY RHODES



Based on the book, *The Other Wise Man* by Henry Van Dyke, the movie tells the story of Artaban, a young Magus who wants to bring three precious jewels to the baby Messiah, but misses the caravan of the three wise men. However Artaban decides to make the journey - which

due to intervening circumstances over the course of decades also sees his parting with each of the jewels at crucial junctures.

After 33 years a pilgrim and seeker after light, he arrives in Jerusalem in time for the Crucifixion.

ONLINE PAGES

CATHOLICBRAIN  
www.catholicbrain.com



Catholic Brain is an interactive website for kids of all ages, offering hundreds of streaming videos, a Catholic dictionary, weekly Mass printables, seasonal resources, music and interactive quizzes and games about various aspects of our Catholic faith. Catholic Brain offers subscription packages for individual families, parishes and schools.



WINGS TO WIN

# YOUR ATTITUDE IS YOUR ALTITUDE

- SIJU THOMAS » KOTTAYAM, INDIA

Dear Friends in Jesus, This month we will learn about and practice the power of positive thinking. Simply put, having a positive attitude means being optimistic about situations, interactions, and yourself. People with positive attitudes can remain hopeful and see the best even in difficult situations, making them happier, radiant and more successful.

## POWER OF PMA

Positive Mental Attitude (PMA) was first introduced in 1937 by Napoleon Hill in the book *Think and Grow Rich*.

It is an attitude that sees the good and the accomplishments in your life, rather than the negative and the failures. A positive attitude helps you see and recognise opportunities. When we go through the gospels we see that Jesus is the perfect example of positive thinking – in the way he spoke, taught and interacted with people.

## HERE IS A BEAUTIFUL AND MEANINGFUL STORY.

Once there lived an elderly carpenter who was ready to retire. He told his employer, one day of his plan to stop working and spend the rest of his days with his family.

The builder was very sorry to see his good worker go and so he asked the carpenter to build just one more house as a personal favour.

The carpenter consented, but his heart was not in his work. He used inferior materials and went for careless workmanship.

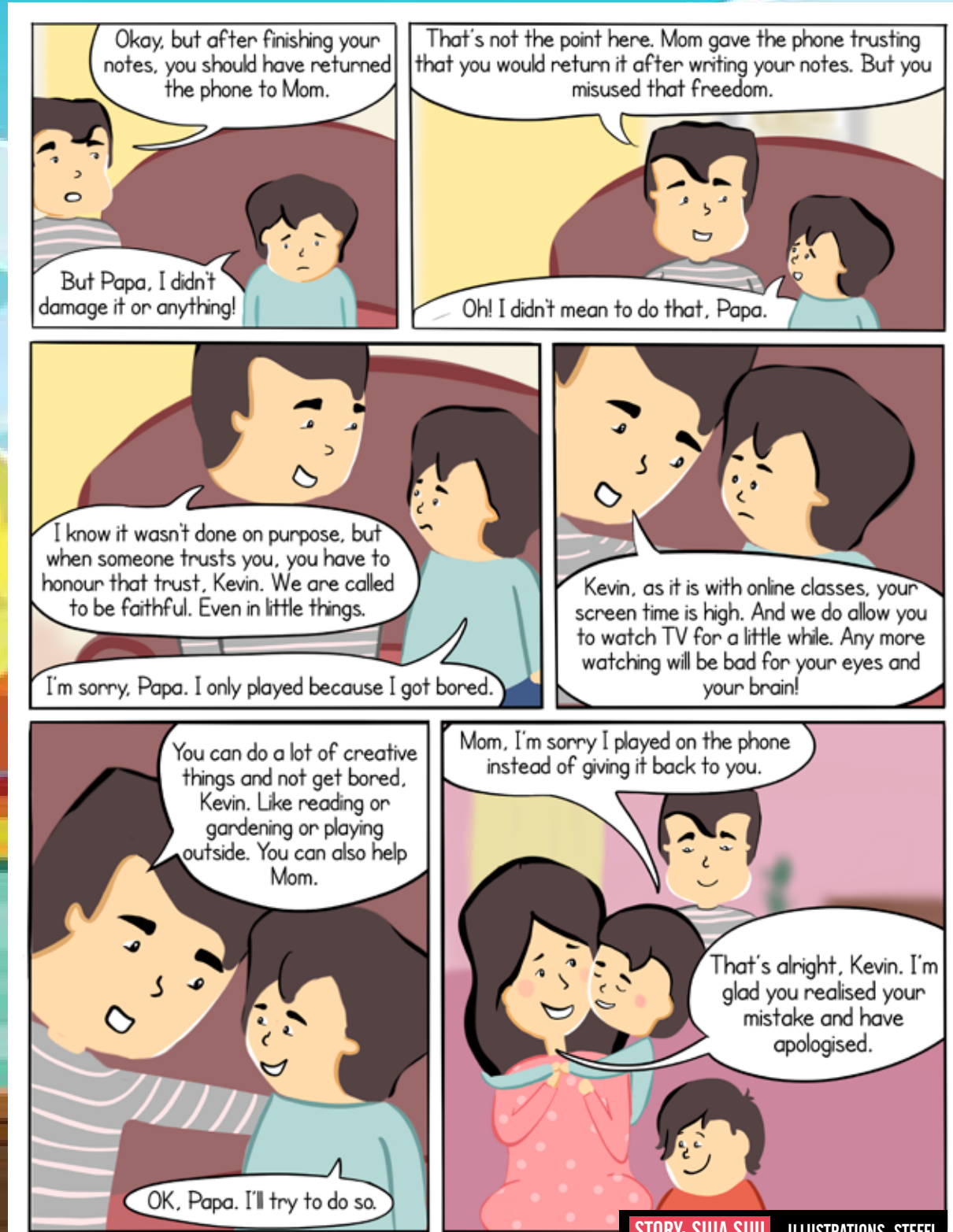
When the house was completed, the builder came to see it. He then handed its keys to the carpenter. 'This is your house,' he said, 'my gift to you.' What a shock! What a shame!

If only the carpenter had known he was building his own house, he surely would have worked so differently. **Think of yourself as the carpenter and your life as that house.**

Your attitude and the choices you make today decide the quality of your life tomorrow, so build it wisely. So friends, ask Jesus to be the master builder of your life!

He will show you how to build a strong foundation for the house of your life!

# HONOURING THE TRUST



STORY: SUJA SIJU ILLUSTRATIONS: STEFFI





have questions?

WITH FR. JUSTIN JOSEPH PANACHICKAL MSFS » INDIA

THOUGH JESUS IS THE BELOVED SON OF GOD, WHY DID HE UNDERGO THE SUFFERINGS AND CRUCIFIXION ON THE CROSS? HE COULD EASILY HAVE ESCAPED ALL THE PAIN BEING THE SON OF GOD.

- TIARA THERES BIJU, 12 YEARS, UAE

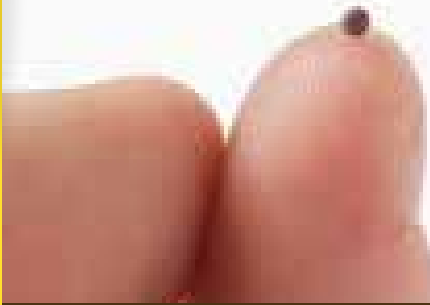
**ANS:** Yes. He could have easily escaped all the pain. Let us look at it this way, God loved humanity. They made a deal where humans promised to love and obey God. But they failed in their promise. Now they have to pay the price for being disobedient. None among humanity was good and pure enough to pay the price for hurting God. For everybody sinned. So we needed a person who was holy and pure to undergo pain and suffering and be offered as a sacrifice to rectify our mistake. The only way was for the Son of God to become man and be that sacrifice. By allowing his beloved Son to be sacrificed shows the depth of love God has for us, for we will only sacrifice something precious only for someone whom we love dearly.

## WHAT IF GOD DOES NOT EXIST?

- JOANN JACOB, 7 YEARS, CANBERRA, AUSTRALIA

**ANS:** The answer would be - What if God does exist? Albert Camus said, 'I would rather live my life believing there is a God and die to find out there isn't... than to live my life as if there isn't, and die to find out there is.' Believing in God demands a lot from us and we often try to escape from this by denying the reality of God. Our mind can never fully understand God, but our heart can accept and experience God. We have enough examples and experiences in the world around us that point us to God and arguments that try to distract us. Science or philosophy (reason) to this day haven't been able to prove that God doesn't exist, all the more reason for us to make our choice.

Our young readers can email their questions on faith/ life to [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) or WhatsApp it to us on +91 6238 105 775.



## Mustard Seed Faith

The Lord replied, 'If you had faith the size of a mustard seed, you could say to this mulberry tree, "Be uprooted and planted in the sea," and it would obey you.'

(Luke 17:6)

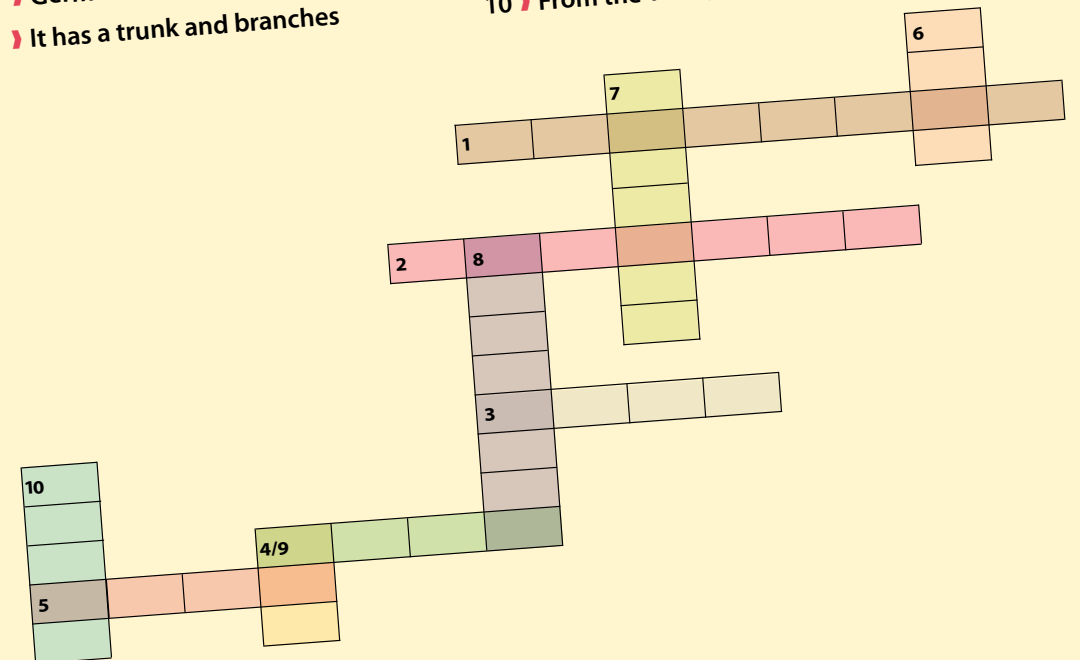
From the above Bible verse and the clues below, solve the crossword.

### Across

- 1 » A fruit
- 2 » A tiny seed
- 3 » To listen and do what elders tell us
- 4 » Germination happens from this
- 5 » It has a trunk and branches

### Down

- 6 » Jesus is referred to as this in the verse
- 7 » Past tense of plant
- 8 » To remove something entirely
- 9 » Wide expanse of water
- 10 » From the verse, what virtue should we develop



» Solved - Brain Gym | What Did Jesus Say?  
ANSWER: DO NOT FEAR

The first printed Bible was printed under the supervision of the Catholic Church. It was printed by the Catholic inventor of the printing press: Johannes Gutenberg.





# WHAT DID JESUS SAY?

Start with the letter given at the start of each puzzle. Follow the direction of the arrows and reach the correct letter. Write this letter in the space given. Then find out what Jesus said.

For Example: Y ↓ ← = A

T	L	I	Q	O
M	C	F	K	G
J	D	S	U	Y
E	P	W	A	X
B	R	N	H	V

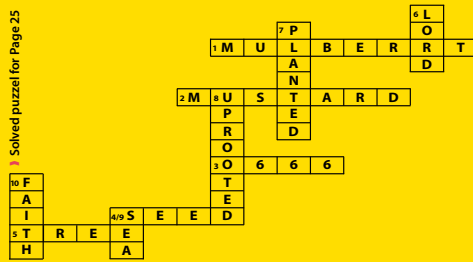
Solutions on Pg. 25

- 1 N ↑ ↑ ← = .....
- 2 C → → → ↑ = .....
- 3 K ↓ ← ↓ ↓ = .....
- 4 D ↑ ↑ → → → = .....
- 5 I ↓ ← ← ↑ = .....
- 6 P ↑ ↑ → = .....
- 7 M → ↓ ↓ ← = .....
- 8 G ← ↓ ↓ = .....
- 9 S ↓ ↓ ← = .....

JESUS SAID...



Solved puzzle for Page 25



Did You Know?

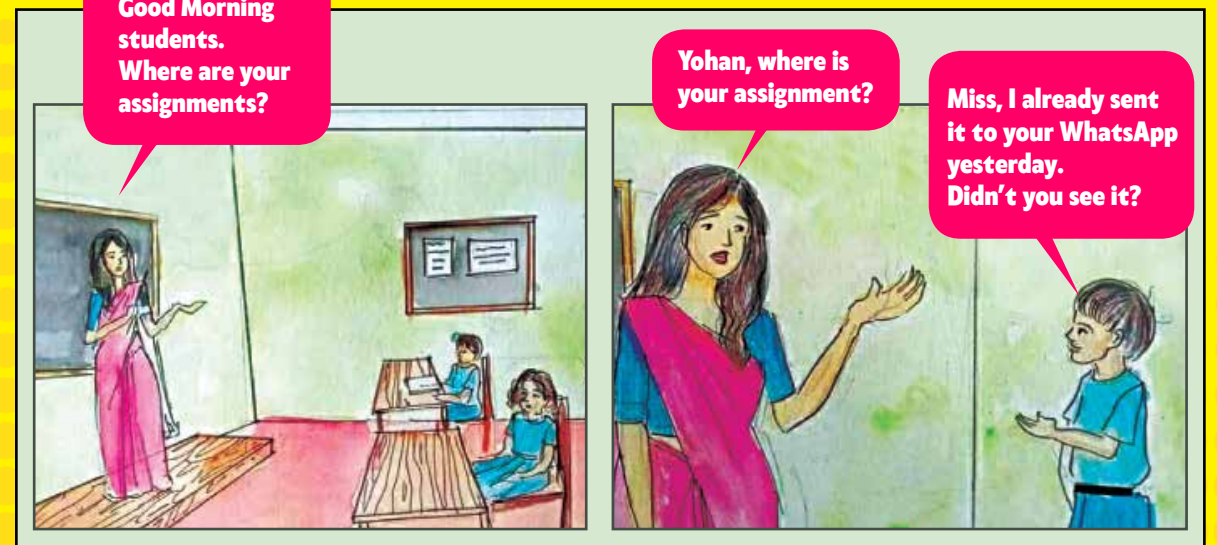


The chapel in which the Blessed Virgin Mary appeared in 1830 to St. Catherine Labouré and requested the creation of the Miraculous Medal, is in Paris.

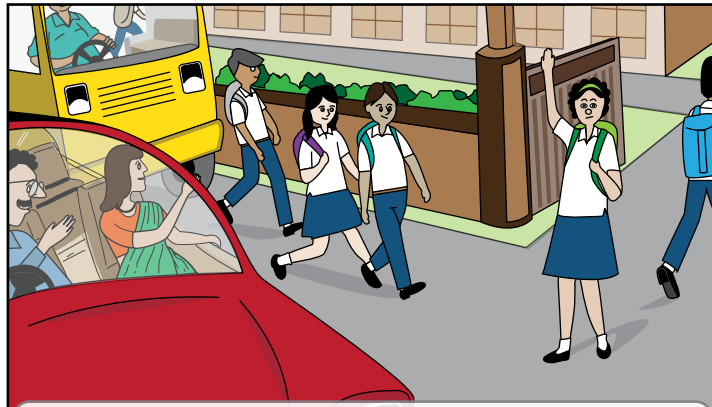
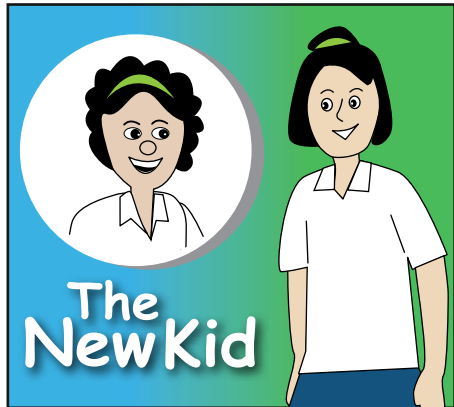


LET'S LAUGH

## Problems when schools resume



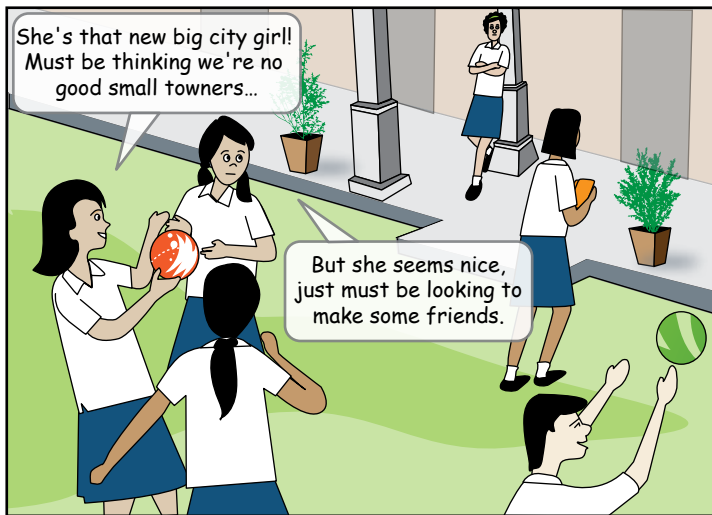




Lily and her family have just moved from the city. Today is her first day at her new school. She misses her old friends and teachers a lot.



They all are having such fun. But no one wants to talk to me. I wonder why? I miss my old friends!



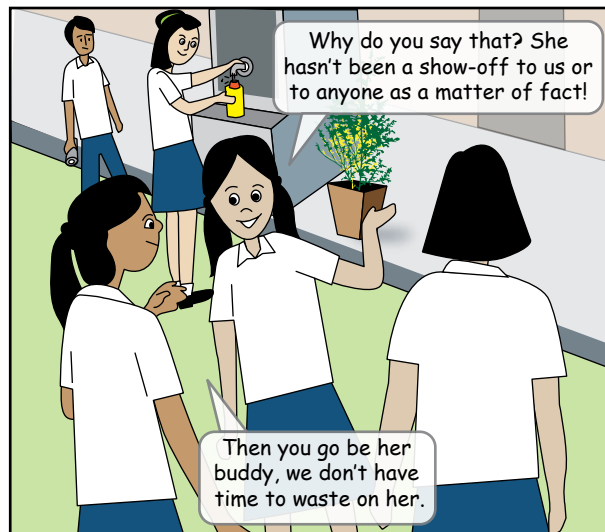
She's that new big city girl! Must be thinking we're no good small towners...

But she seems nice, just must be looking to make some friends.



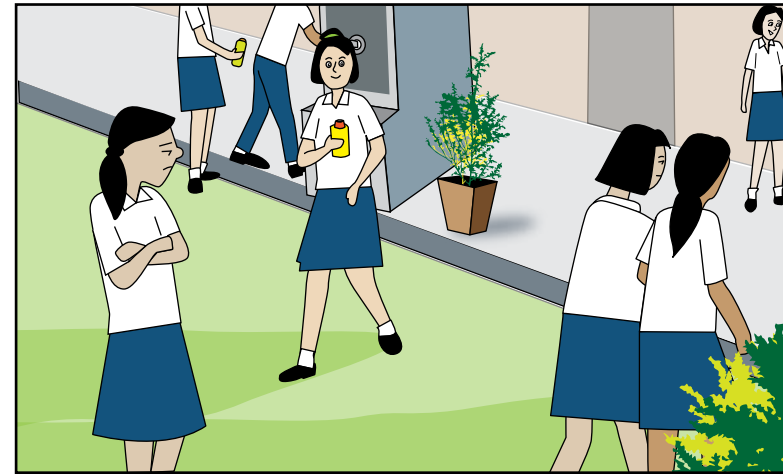
Oh really, Jessy! And you might be perfect for that!

They all look friendly but all they really want is to show you how better they are!



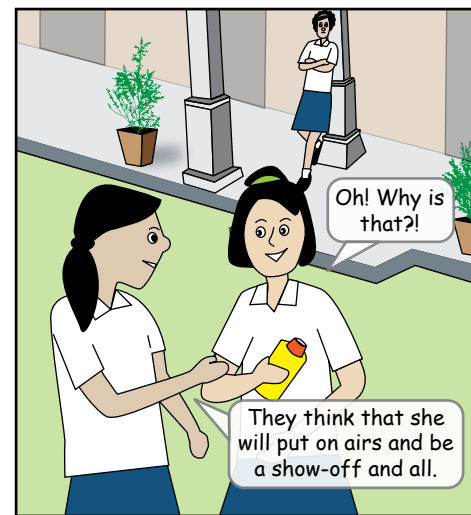
Why do you say that? She hasn't been a show-off to us or to anyone as a matter of fact!

Then you go be her buddy, we don't have time to waste on her.



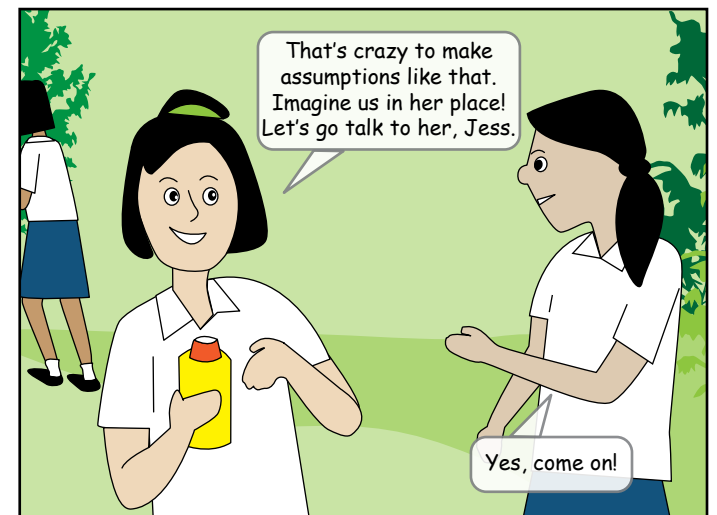
Hi Jess! Is that the new girl in your class?

Hi Tina! Yes, her name is Lily. But nobody wants to talk to her just because she came from the city.



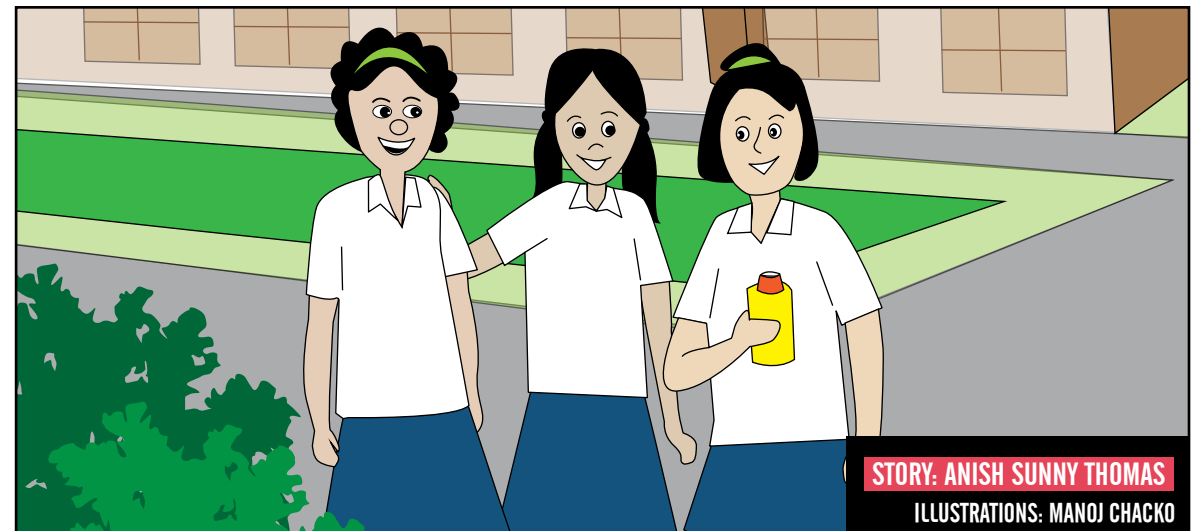
Oh! Why is that?!

They think that she will put on airs and be a show-off and all.



That's crazy to make assumptions like that. Imagine us in her place! Let's go talk to her, Jess.

Yes, come on!



**STORY: ANISH SUNNY THOMAS**  
**ILLUSTRATIONS: MANOJ CHACKO**



# Sleep well

- BESLIN KURIAN » KOZHIKODE, INDIA

**S**leep is more important than you may think. Children need more sleep than adults. For kids like you decreased sleep can badly affect your memory, learning power, creativity and school performance.

Healthy sleep includes adequate duration, good quality, appropriate timing and absence of sleep disorders. You need healthy sleep to grow and stay healthy.

Poor sleep in childhood may carry many future health risks too.

You all may be familiar with the term 'personal hygiene', what about 'sleep hygiene'? How many hours should you sleep? Are you getting enough sleep or do you have trouble sleeping?

**Sleep hygiene** refers to healthy habits that help you to improve your ability to fall asleep or stay asleep. Excessive sleepiness is known as **hypersomnia** and trouble falling or staying asleep is known as **insomnia**.

The National Sleep Foundation, America has recommended hours of sleep according to age group:

**14-17 hours** for newborns, **12-15 hours** for infants (4- 11 months), **11-14 hours** for toddlers (1- 2 years), **10-13 hours** for preschoolers (3-5 years), **9-11 hours** for school-going children (6-13 years), **8-10 hours** for teenagers (14-17) and **7-9 hours** for adults (18 years & above).



## BENEFITS OF GOOD SLEEP

- Gives physical & mental rest
- Refreshes body and mind
- Helps in conservation of energy
- Enables proper growth
- Improves immunity
- Improves brain function
- Solidifies & retains new information

## HEALTHY SLEEP TIPS:

- Be physically active during day time - exercises, outdoor games, etc.
- Reduce naps during the day
- Keep a time schedule for night sleep
- Avoid studying till late night
- Avoid heavy meals, caffeine, chocolates, etc. before going to sleep
- Dim your bedroom lights - a dark & silent room is preferred for good sleep
- Use a firm, comfortable bed
- Sleep when you actually feel sleepy
- Use bed only for sleep -avoid using bed for reading, eating or other recreational activities
- Avoid watching TV, mobile, computer games, etc. at least 30 minutes before sleep

COLOUR ME



Colour the picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@kairos-global.com](mailto:kairosbuds@kairos-global.com). The best ones will be showcased on our Instagram page.

**Our Lady of Lourdes**  
FEAST DAY: FEBRUARY 11TH



# The Secret to Parenting Success

- JOSH Y JOSEPH » HOUSTON, USA

Every parent wants perfect kids. Virtually every parent dreams of having children whom everyone likes, who are on their way to financial security before age twenty-one, who rise before the alarm in the morning so that they can help serve breakfast at the homeless shelter on their way to morning Holy Mass, after which they eagerly go to school, work hard and maintain stellar grades, all while chairing several school committees and sorting through all those lucrative scholarship offers.

And then we wake up in the morning...

The fact is, when most of us think of our home lives, what comes to mind isn't so much the Holy Family as *holy cow!* But we believe that as Catholics, it is not our primary mission to raise perfectly well-behaved children or who make our lives perfectly easy, or who grow up to be perfectly successful or even perfectly popular. Our mission is to raise children who will grow up to be 'perfect as their Heavenly Father is perfect.' That is, perfect in love. As the Pontifical Council for the Family wrote in *The Truth and Meaning of Human Sexuality*,

**EVERYTHING IN PARENTING DEPENDS UPON KIDS KNOWING WE LOVE THEM AND THEIR RECIPROCATING THAT LOVE IN RETURN.**

children should be taught how to enter into a healthy relationship with God, with their parents, siblings, companions of the same or opposite sex, and adults.

The Church tells us that the secret to parenting success is building a deeply intimate, character affirming, godly relationship with our children, what the Church calls a 'Civilization of love', that will ultimately transform the world by its powerful example. Everything in parenting depends upon kids knowing we love them and their reciprocating that love in return. Our success as a parent depends on fostering a bond at every age and stage by which our children look up to us more than they do their peers. That is what 'discipline' means. Without that bond, all the best discipline strategies in

the world will fail to give us the result we want - the result God and his Church expect from us as parents.

Studies have shown that unless parents and children maintain a minimum 5:1 Positivity to Negativity Ratio in their relationships with each other, yelling and defensiveness increases, discipline fails, and all hell breaks loose. The foundation of effective discipline is considered as parent-child rapport. Are you a successful parent? Well, it depends on your rapport with your child. So, how is your rapport with your child? Are there any tools to build this rapport? Yes, there is! And, in the upcoming issues of this magazine, we are going to examine some of the most powerful tools available to parents to build strong relationships with our kids. But first, we need to assess the current level of rapport we have with each child in our family. How? Through a 'Parent-Child Rapport Quiz' in the next issue of this magazine.



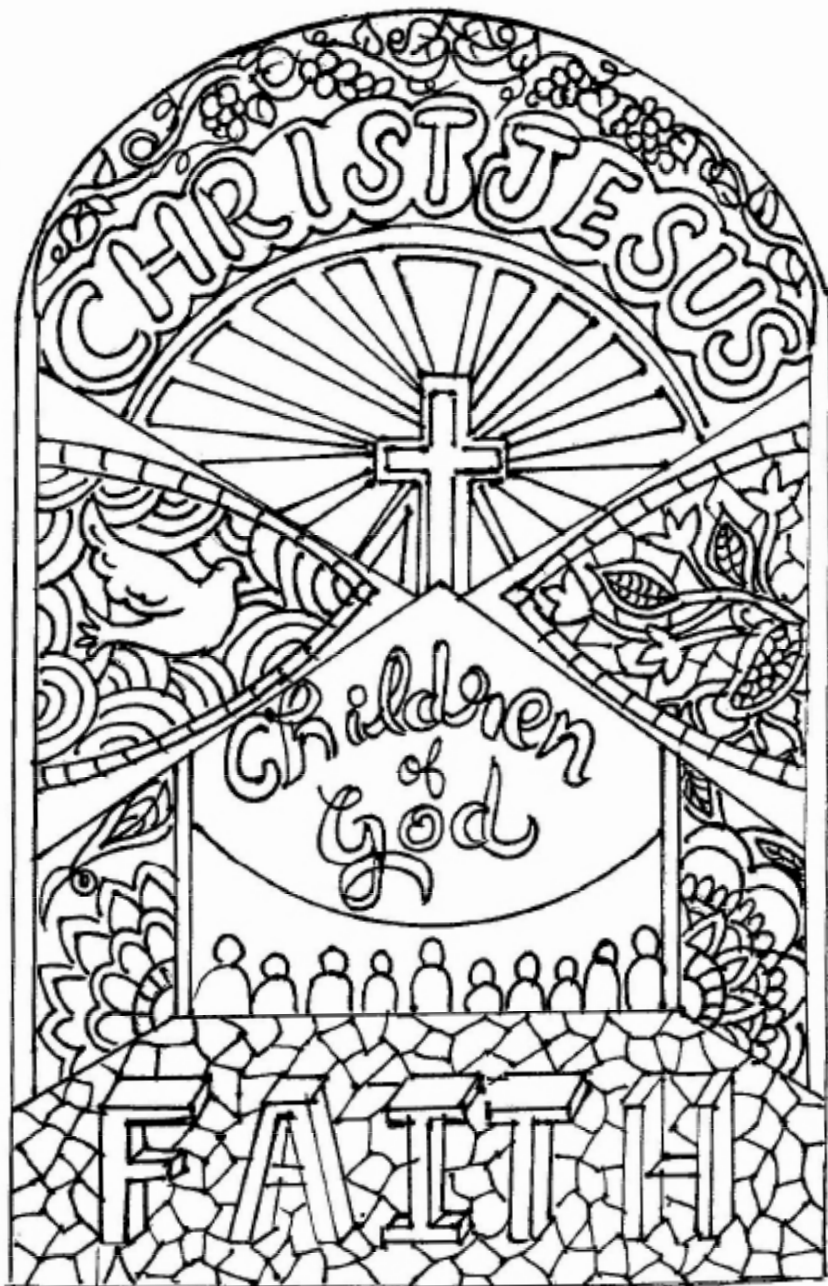
Parents are welcome to share their concerns/queries with us on our mail id [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) or WhatsApp number +91 6238 105 775.



# 'Learn and Colour'

*For in Christ Jesus you are all children of God through faith.*

Galatians 3:26



Colour this picture and discover that important word! Send it to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) before 28 February 2021. The best ones will be featured on our Instagram page.

## HAPPENINGS



## Journey with Saints Dec 1-25

Journey with the Saints was a JY All Kerala Kids Ministry initiative that took place in December 2020, from 1st to 25th. Through videos, it was an advent preparation for children. The daily videos had two parts - the first a brief introduction to the saint. This was followed by the daily spiritual preparation which consisted of a decision to be taken, good deed for the day and a short prayer.

### Feedback from the little travellers!



Journey with Saints was an amazing spiritual adventure to prepare myself for Christmas. When I learned that Dominic Savio was willing to be undeservedly punished for another's mistake, I decided to take responsibility for my own mistakes at least, instead of lying or blaming it on someone else. I pray that I grow up to glorify God and share his love with others around me.

- ISABEL MARY JOSEPH,  
10 yrs, Melbourne,  
Australia



I was one of those who travelled to Infant Jesus with the saints. My sisters and I eagerly awaited and prepared ourselves to watch the videos. The realisation that we can live as saints in any life situation and the zeal to know more about these child saints made it an unforgettable experience. It also led us to make good decisions in our lives.

- EDNA MARIA PRASAD,  
12 yrs, Kayamkulam,  
India



By doing the audio for these videos, I was able to learn more about the little stars of heaven, especially those whom I did not know about before. Saints like Venerable Antonietta Meo surprised me as they were able to lead saintly lives as children, which inspired me. I am also grateful to God for showing me, through Journey with Saints, a talent I never knew I had

- LIANNA RUBY,  
13 yrs, Ernakulam,  
India



# Friends of Kairos

Dear Parents,  
All Kairos magazines are published to share Jesus with as many people as possible. The love and support received from the many 'Friends of Kairos' help us to spread God's love and light.

Kairos magazines have been sustained financially by the generosity of many people, who support us through their monetary contributions.

If you have liked this magazine and would like to bring Jesus to many more children, you too can be a 'friend of Kairos.' As the Holy Spirit inspires, we welcome you to support us in whatever way you can.

Thank you and God Bless You!



You can make your contributions online through [www.kairos.global](http://www.kairos.global). For more details contact Rani George on +91 9446563335 [finance@kairos.global](mailto:finance@kairos.global).



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