

KAIROS

VOLUME 1 » ISSUE 5

Buds

A CATHOLIC MAGAZINE FOR CHILDREN



WITHIN

PARENTS,
THE POWER CORD OF
VOCATION

SHARING
THE NEWS OF
JESUS

St. Damien
of Molokai

Little WITNESSES



Jesus Youth

A Missionary Movement at the Service of the Church

Kairos Buds

► A 'special grace' to spread the love and light of Jesus.

► Bringing children to the Love of Christ and the beauty of His Church.

'For we cannot keep from speaking about what we have seen and heard.'

Acts 4:20

Jesus said, 'Let the little children come to me ... for the kingdom of heaven belongs to such as these.' Mathew 19:14

Magazine

► A feast for the eyes, mind and soul.

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

for Children

► Children and their elders to enjoy and share.

► Cover-to-cover delight for and by children.

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

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

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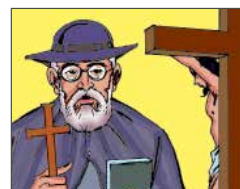
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EDITORIAL

BE A WITNESS

In the Gospel of John (4:4-26) there is an interesting account of Jesus interacting with the Samaritan woman. Two important things happen at the end; one, the woman realises Jesus is the Son of God, and second, she goes back to the town gathers all the people and tells them of her encounter with Jesus and that he could be the Messiah.

This is an oft-repeated scene in the Bible. Anybody who encounters, experiences and understands Jesus become his witnesses. This happened with St. Paul as well. At first he was fanatically penalising and persecuting Christians but after his encounter, he became a fervent witness.

This is true with many of the saints too, like St Francis of Assisi, St Augustine of Hippo, Blessed Carlo Acutis, etc.

So, the one sure way to know if someone has actually encountered Jesus is to see if they witness him.

What about you? Have you had an encounter with Christ? Do you have a personal growing relationship with Jesus? One sure indication of it will be sharing Jesus through your words, deeds and life with your dear and near ones.

Today, take a decision to be a witness of Jesus.



Adv. Johnson Jose
EDITOR-IN-CHIEF

SHEPHERD'S STORY



- MAR JOSE KALLUVELIL » BISHOP OF MISSISSAUGA, CANADA

Being the Director of catechesis for twelve years in the diocese of Palakkad, India, I had many occasions to collaborate with people enlightened and experienced in this ministry. The frequent complaint from these zealous co-workers and even from the authorities had to do with the ineffectiveness of catechesis. This did become a hot topic for discussion. It inspired me to look into myself and gratefully recognise the faith formation I received from my simple parents. This encouraged focus on effective family catechesis of parents. Thank God, the result was amazing. 'Parents are the primary educators in faith' (GDC 255). All others can only add to the basic faith and values bestowed by the parents. Hence, I humbly acknowledge the truth that my faith life during childhood and ensuing vocation to priesthood were willy-nilly dependent on the faith of my parents.

Parents are the 'power cord' of vocation. As we know, a power cord is the connecting link between the appliance and the source of electricity.

PARENTS

THE POWER CORD OF

VOCAATION

I STRONGLY BELIEVE, DESPITE THE LACK OF HIGHER EDUCATION, MY PARENTS WERE EFFICIENT CHANNELS FOR TRANSMITTING THE PLANS AND BLESSINGS OF GOD.

Proper connectivity to the source of energy is indispensable for the successful functioning, no matter how good the appliance is. From my 30 years of priestly experience and 6 years of episcopal ministering, I admit that my parents were the exceptionally powerful 'power cord' of my vocation. Had I not been properly connected to God, the source of all divine grace, through my parents, I would not have been spiritually energised to become a priest and later a bishop.

I strongly believe, despite the lack of higher education, my parents were efficient channels for transmitting the plans and blessings of God. St Paul reminds us, *If the root is holy, then the branches also are holy* (Romans 11:16). Their virtuous life of prayer, fasting, mortification, patience, attentiveness to God's plan, love and concern for priests, involvement in Church activities, thirst for the salvation of souls, motivation to live for Christ and his Church, etc. were true inspiration to embrace the vocation to priesthood.

So, let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up (Galatians 6:9).

Homage to all beloved parents!

Cathedral Basilica of the National Shrine of Our Lady of Aparecida, Brazil

The Cathedral Basilica of the National Shrine of Our Lady of Aparecida is located in Aparecida, Brazil. It is the largest cathedral and second largest Catholic church in the world. She is considered as the Patroness of Brazil. The cathedral has its origins in the finding of a clay statue of Our Lady.

One day in 1717, three fishermen were trying to catch fish for a banquet in honour of the San Paulo Governor. They were known for their devotion to Our Lady of the Immaculate Conception. Sadly, despite their prayers, they did not get any fish! But late in the day, one of them found a statue of the Virgin Mary when he cast his net. It happened to be a statue of Our Lady of the Immaculate Conception! They cleaned the statue and kept it safely with them. On their very next cast, they were blessed with so much fish that their boat nearly capsized. The statue was then placed in the house of Felipe Pedroso, the fisherman who found it. Soon people came to know and starting visiting in such large numbers that the family built a small chapel to house the statue.

Over the years, the

small chapel was replaced by a larger one, then a basilica and finally work started on the current basilica. On July 1980, Pope John Paul II consecrated the sanctuary with the name of Our Lady of Aparecida and its feast is celebrated on October 12.

FACTS

- ✦ Aparecida is the traditional name of the Immaculate Conception that was given to this clay statue.
- ✦ This statue is believed to have been the work of Father Agostino de Jesus, a monk who resided in São Paulo, Brazil.
- ✦ The basilica was declared the largest Marian Temple in the world in 1984.
- ✦ Has received **golden rose** three times (by Pope Paul VI in 1967; by Pope Benedict XVI in 2007; by Pope Francis in 2017). Golden rose is a gold ornament blessed by the Pope usually on the fourth Sunday of Lent and symbolises reverence or affection.
- ✦ An intruder attempted to steal the statue of Our Lady of Aparecida in 1978. Unfortunately for him, the statue slipped and broke to pieces when he was caught. It was then expertly put together by a group of talented artists and artisans ◦

- SERENA DSOUZA » MUMBAI, INDIA



MY STORY

GOD HEARS OUR WHISPERS!

Hello everyone, my name is Isaiah Shibu. I would like to share an incident that happened to me. In my school, one day my classmate brought a big colouring box with different colouring sets. It had all the different types of colours - pencils, watercolour cakes, sketch pens, pastels, etc. It looked so good that I also wanted the same type of box.

When I went home that day, I told my mother about the colouring box and asked her to buy it

for me. But Mummy said, 'Why do you need that colouring box? You have so many sketch pens, crayons and colour pencils.'

I was a bit upset when she said this. I did not have something like that and Mummy wasn't buying one for me. I let it be but in my heart, I whispered a prayer for it. One fine day our cousins came to visit us and as usual they brought gifts for us all. And guess what my gift was? It was the same colouring kit that I had longed for. I felt like God heard my silent prayer and provided it for me. I was very happy. I can never forget that day in my life.

I always knew God hears even the whispers of our heart and now I have a proof! Thank you JESUS! ◦



-ISAIAH SHIBU » 12 YRS » RAJASTHAN, INDIA

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

THE WIDOW'S PERSISTENT FAITH

One day Jesus told his disciples a story to illustrate their need for constant prayer and to never give up.



There was a judge in certain city, who was godless and had great contempt for everyone.



One day, a widow came to him appealing for justice against an adversary.



Lady, I don't have time to listen to you. Please go away.



The lady kept coming to him repeatedly and each time he put her off hoping she would go away. Eventually she wore him out.



I fear neither God nor man but this woman is driving me crazy. I'll make sure she gets justice, because she is relentless in her request.



The poor widow was happy that justice was served.



If this evil judge could render a just decision, will God put off giving justice to his chosen people, who plead with him day and night?



I tell you, he will grant justice to them even quicker! But when the Son of Man returns, how many will still have faith?



STORY: SR. SUMA THOMAS CSM

ILLUSTRATIONS: SIJU PUNNEKAD

SHARING THE NEWS OF JESUS

- STEFFI SIBY » BLACKPOOL, UK



Imagine... One of your friends watches an amazing movie. Or gets a new games console. Or some really cool trainers. You would want them to tell you about it... Right?

When good things happen, we want to share the good news and celebrate together. As Christians, we have been given the best news ever imaginable - Jesus!

So it is only right that we share Jesus with others.

You may be wondering how you can do this. The people around you at school may not seem that interested in hearing about Jesus. You may even be scared that people will make fun of you.

It is natural to have these doubts and fears. But we have the Holy Spirit to give us courage. He will always guide us when we ask him.

It may be hard to start talking about Bible stories or Church all the time but we can still be a witness for Christ. How?

By being Christ for others!

Think about Jesus. Think about who he was and what he did. He was kind, compassionate and peaceful. He helped others especially the poor and outcasts, who no one else

You can be full of joy, peace and love. These are fruits of the Holy Spirit; so again we must pray to have these fruits.

cared about. You can do this too in your own lives, in your own unique way.

You can be full of joy, peace and love. These are fruits of the Holy Spirit; so again we must pray to have these fruits.

You can make the effort to help others especially those who may be struggling with their studies or feeling lonely.

Through your behaviour, people will be touched. Then, they may come to you and ask you more about your faith. That would be the perfect opportunity to let others know that Jesus is the reason for your actions.

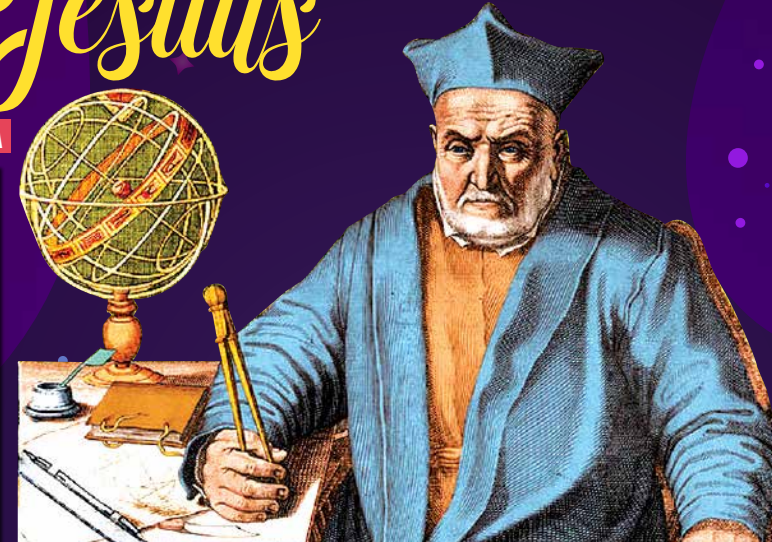
Dear friends, let us be like Jesus. Let us smile at strangers, let us say a kind word to everyone, let us offer help at home and be more patient, kind and gentle.

In this way, we can bring Jesus to absolutely everyone! ◦

STARS, ASTEROIDS AND BEYOND: Role of Jesuits

- DR MARIA THOMAS » TRIVANDRUM, INDIA

In an era when rovers are sent to Mars, it comes as a big surprise that several craters on the moon and several asteroids are named after Jesuit priests. Among them is **Christopher Clavius** (1538-1612), a Jesuit German mathematician and astronomer, with a large crater on the moon to his record. He modified the proposal of the Gregorian calendar and is the sole mastermind behind the adoption of a rigorous mathematics curriculum within the Jesuit order, in an age when mathematics was often ridiculed by



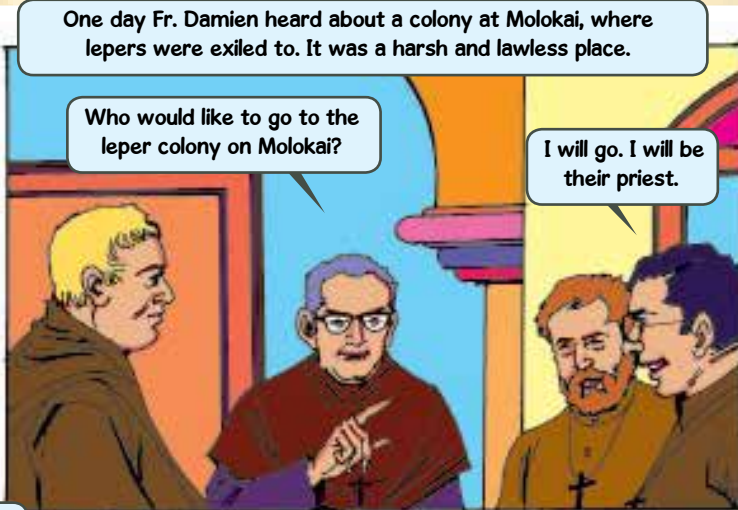
philosophers as well as fellow Jesuits. In mathematical logic, Clavius' law (inferring the truth of a proposition from the inconsistency of its negation) is credited to him.



St. Ignatius of Loyola, founder of the Society of Jesus (Jesuits), a religious order of the Catholic Church has got an asteroid named in his honour. He has written in his autobiography that gazing at the stars gave him the 'greatest consolation'. His life and interests set us an example of how things in the world and faith emanate from the same God. Right from the beginning of the Society, the Jesuits have been key players in astronomy, and have been researching on several topics related to stars, asteroids and meteorites. Their research continues even today at the Vatican Observatory in Vatican City.

To the one question of how researchers in the field of science and technology struggle to see the face of God, the lives of Clavius and St. Ignatius of Loyola come as a befitting motivation. Yes, let the young generation of today be rekindled by what Jesus says in John 14:6, 'I am the way, the truth and the life', with their passions propelling them along ways less traversed to that truth leading to a new awakening ◦

SAINT DAMIEN OF MOLOKAI



One day Fr. Damien heard about a colony at Molokai, where lepers were exiled to. It was a harsh and lawless place.

Who would like to go to the leper colony on Molokai?

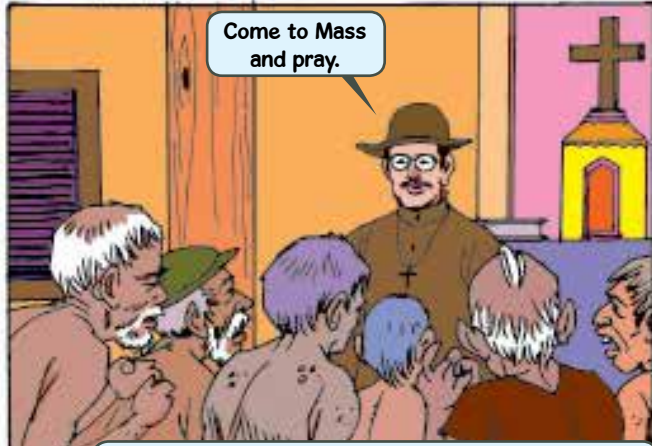
I will go. I will be their priest.

The leper colony was poorly maintained. People needed treatment but had no one to care for them. There was also total absence of law and order.



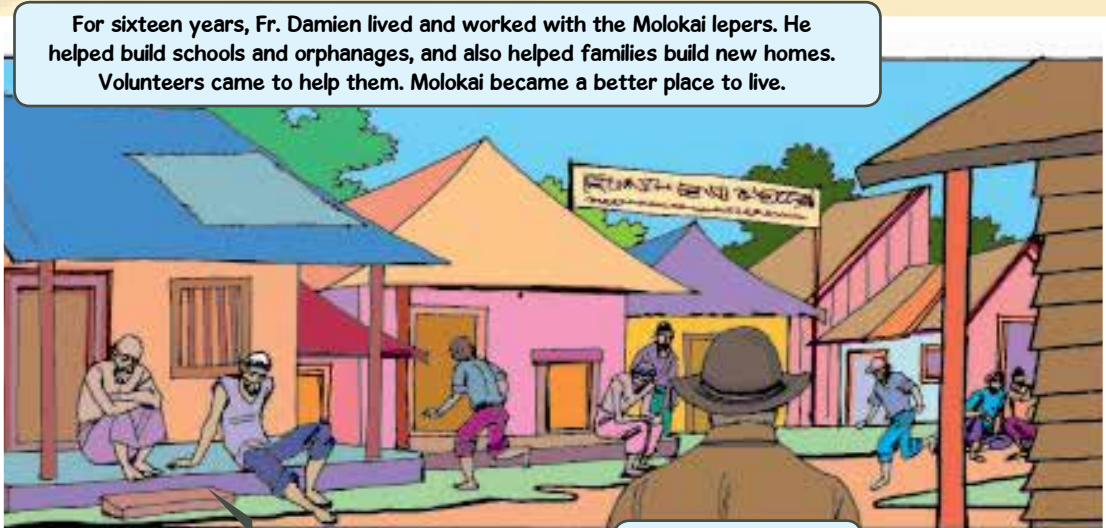
Fr. Damien got to work right away. He restored order and took care of the lepers, winning their trust and respect.

Thank you, Father. You are kind and good to us.



Come to Mass and pray.

The little church was full of people. They needed a choir and music, too so Fr. Damien started a choir!

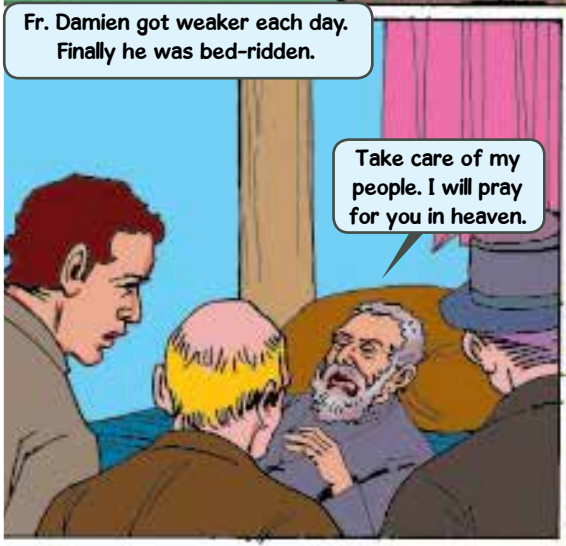


For sixteen years, Fr. Damien lived and worked with the Molokai lepers. He helped build schools and orphanages, and also helped families build new homes. Volunteers came to help them. Molokai became a better place to live.



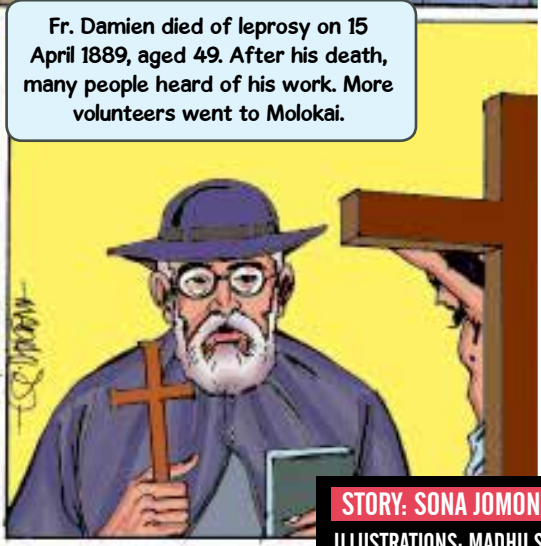
Then one day Fr. Damien discovered that he had leprosy, too. But he continued to work and derived strength from prayer.

It is at the foot of the altar that we find the strength we need in our isolation.



Fr. Damien got weaker each day. Finally he was bed-ridden.

Take care of my people. I will pray for you in heaven.



Fr. Damien died of leprosy on 15 April 1889, aged 49. After his death, many people heard of his work. More volunteers went to Molokai.

STORY: SONA JOMON
ILLUSTRATIONS: MADHU S

Wear to Witness

- DIVYA IMMANUEL » MUMBAI, INDIA



Procedure


- 1 Draw the design onto a piece of cardboard, cut and use to trace it out onto the t-shirt. (You may also try free hand).
- 2 Insert a piece of cardboard inside the t-shirt and clip around it to secure it in place. (Inserting the cardboard will keep the back side of the t-shirt safe from patches of paint.)
- 3 Paint the design carefully. You may apply more layers of paint after the first layer is dry.
- 4 Air dry the t-shirt for a day and iron it inside out.



Materials Required:

1. Plain cotton t-shirt
2. Fabric paints, round and flat brush, palette, water bowl, rug
3. Cardboard and clips

Tips

1. Use fabric paints and not acrylic paints. Fabric paints are much smoother and do not fade out fast.
2. Make sure not to use the iron box directly onto the painted area as the paint will get heated and stick to the iron.
3. Hand wash the t-shirt in cold water. 

Giving is one of the most important characteristics of a Christian. From giving your time to giving away your clothes, it does matter. You can give almost anything, toys, books, clothes, money, love, joy, peace... the list never ends. But people can't find where to give and how to give. The problem is, we do not know where to look as we don't see the way Jesus sees. If you just look through Jesus's eyes, you will see more clearly. ***For the Lord does not see as mortals see, the Lord looks at the heart*** (1 Samuel 16:7).

GIVE LIKE JESUS!

Although most people may be well-off and have the necessities of life, they might be distressed and disturbed. Try to notice hatred and sadness growing between family members or friends and ask Jesus to help you give some of your peace, love and joy to them. Try to be positive and trustworthy so that others can



"Try to be positive and trustworthy so that others can confide their problems in you, then you can give your peace and grace"

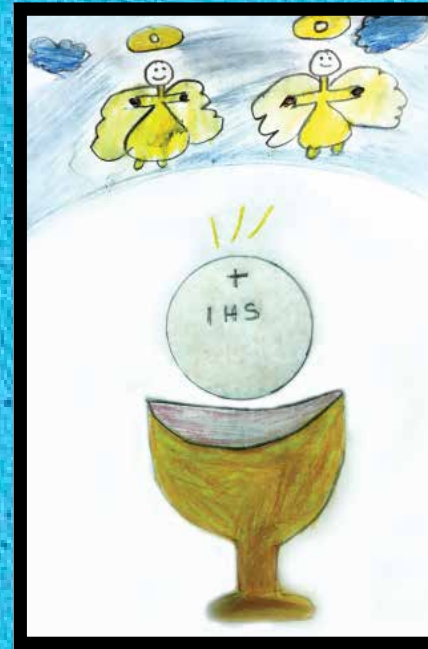


- JOANNE MARY MANOJ, » 12 YRS » DUBAI, UAE

confide their problems in you, then you can give your peace and grace. You can give your food, money, clothing, etc. to the needy. That is one way of giving, yet, families need peace and love, friends need smiles, the suffering need strength, and the depressed need joy.

Many of the saints have given their money and wealth to those who didn't have any. Blessed Pier Giorgio Frassati would return home from school without a shoe and his lunchbox empty, because he gave them to poor children. 'I go to give them joy,' said Saint Mother Teresa, who took care of children and people living in slums. When you follow Jesus's footsteps, you are storing treasures in heaven where neither moth nor rust consumes and where thieves do not

break in and steal (Matthew 6:20), like the saints and blessed, who enjoy heaven's bliss.



- ANNIE PHILIP CHERIAN » 6 YRS » CALIFORNIA, USA



- JEROM MATHEW » 7 YRS » DUBAI, UAE



- JOSHUA THOMAS » 10 YRS » CALIFORNIA, USA

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The Incorrupt Saints

Out of the many saints we have in the Catholic Church, there are saints whose bodies have not corrupted or suffered the effects of decay that a normal body undergoes after death. Their bodies were found to be as it was, when they died. Unlike the dry and skeletal remains of mummies, the bodies of the incorrupt saints are soft and have flexible limbs. Many of them also give off a sweet fragrance, and others produce blood or oils that defy any scientific explanation. While it is a mystery how the bodies of these saints have defied nature, it is a testament to their lives of heroic virtue. These saints are known as the *incorruptibles*.

St. Cecilia

The patroness of musicians, St. Cecilia is believed to be the first known incorrupt saint. A Roman martyr, she died in 230 AD. Her remains are preserved in Santa Cecilia in Trastevere, Rome.



St. Angela Merici

Founder of the Ursuline order, St. Angela Merici died in 1540. She is the patron saint of the sick, disabled and physically challenged people and those grieving the loss of parents. Her incorrupt body is preserved in Church of St. Afra in Brescia, Italy.



St. Bernadette Soubirous

After her death in 1879, her body was exhumed in 1909 and was found to be incorrupt. It was as though she was only sleeping. Her body is enshrined in St. Gildard Convent's chapel in Nevers, France. Saint Bernadette is the patroness of illness, people ridiculed for their piety, poverty, shepherds, shepherdesses, and Lourdes, France.



St. Catherine Labouré

St. Catherine Labouré was a French nun and Marian visionary. It was to her that Mother Mary requested the creation of the Miraculous Medal. She died in 1876. Her perfectly preserved body is encased in a glass coffin in the Chapel of Our Lady of the Miraculous Medal, Paris, France.



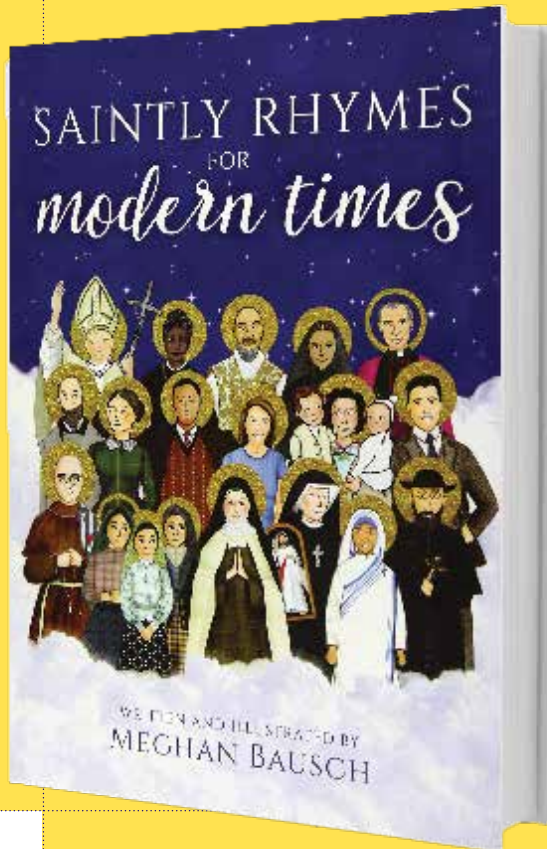
St. John of the Cross

Doctor of the Church and founder of the Discalced Carmelites, St. John of the Cross died in 1591. Nine months after his burial when his tomb was opened, his body was found intact. When a finger was amputated to use as a relic, it bled as living person would. He is the patron of Contemplatives, mystics and Spanish poets.



St. Francis Xavier

St. Francis Xavier was one of the greatest Catholic missionaries and co-founder of the Society of Jesus (Jesuits). He died in 1552. Less than two years after his death, a medical examiner placed a finger into one of the saint's wounds and found fresh blood on his finger after removing it. The body of St. Francis Xavier, placed in a glass container and encased in a silver casket is in the Basilica of Bom Jesus in Goa, India.



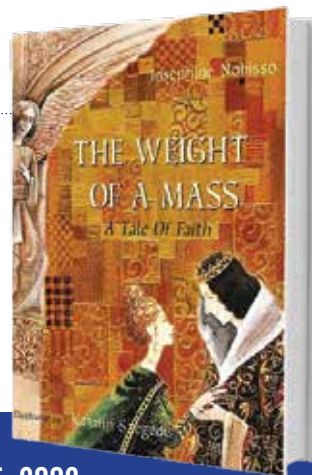
SAINTLY RHYMES FOR MODERN TIMES

MEGHAN BAUSCH
OUR SUNDAY VISITOR;
ILLUSTRATED EDITION, 2018

Filled with colourful illustrations and catchy rhymes, *Sainthly Rhymes for Modern Times* teaches children that everyone is called to be a saint. The kid-friendly rhymes allow children to see the beauty of Christian holiness through the lives of our more recent saints.

THE WEIGHT OF A MASS

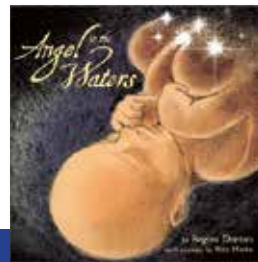
JOSEPHINE NOBISSO
GINGERBREAD HOUSE, 2002



When a poor devout widow begs for a scrap of bread from a rich faithless baker, she promises to participate in the king's wedding Mass as payment for the baker's generosity. The baker writes 'One Mass' on a scrap of paper and places it on his scale to determine how much bread it is worth. To his and the entire town's surprise, nothing in the shop, not even the gigantic wedding cakes made for the king, outweighs the simple piece of paper representing the true worth of a Mass.

ANGEL IN THE WATERS

REGINA DOMAN
SOPHIA INSTITUTE PRESS, 2014



A beautiful account of life in the womb and birth from the unborn baby's perspective. *Angel in the Waters* is a delight both for pregnant mothers & children from about 7 years onwards, particularly helpful if there is a new baby on the way in a family. It also reminds children they are never alone.



FAMILY FIRST

- SIJU THOMAS » KOTTAYAM, INDIA

This month we will dwell on a very special topic. It is about God's design, God's desire and God's decision. **FAMILY!**

Family is the single most important influence in a child's life. From their first moments of life, children depend on parents and family for their protection, care and needs. Parents and family form a child's first relationships.

Have you ever thought of the best

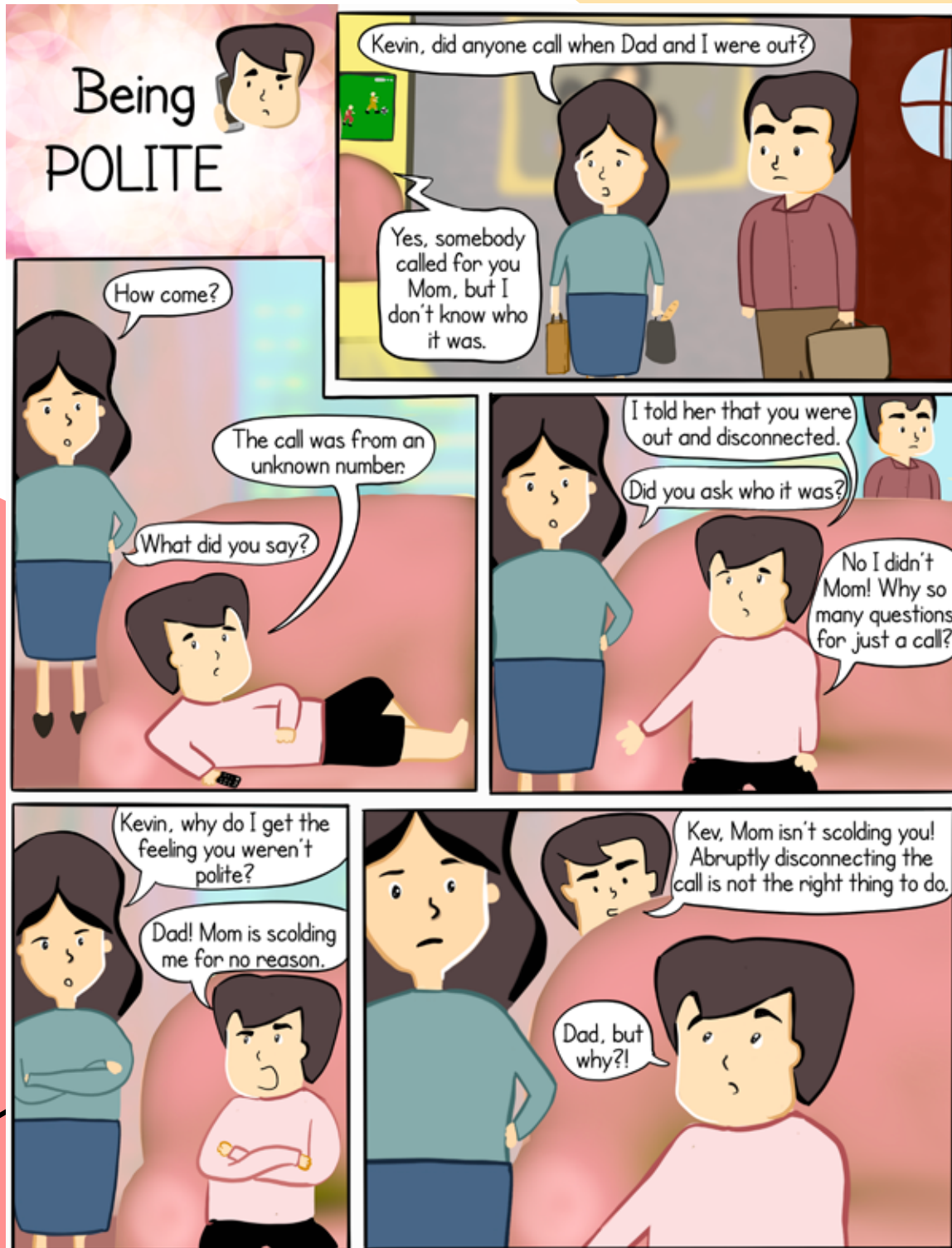
qualities of your parents? Just close your eyes and think about your age and gratefully meditate on the mercy of your parents.

They did not abandon you.
They never said 'yes' to abortion.
They did their best to provide for you.
That's mercy – the greatest quality of your parents.
So from now onwards FAMILY stands for Father And Mother I Love You.

How to make your family pleasant and your parents happy:

- ★ Look at the **treasures** of your family not at the **troubles**
- ★ **Express** your love, respect and obedience to them
- ★ Have **friendly** talks with them
- ★ Always make them **proud of you** (study, friendship, habits, social life, etc.)
- ★ Spend **more time** with your family
- ★ Always **pray** for your family

Family is not an important thing. It's everything.
So dear children, repeatedly recite the expansion of FAMILY and make your parents happy and proud.
May the Holy Family bless you and your family.



STORY: SUJA SIJU ILLUSTRATIONS: STEFFI ANDRAT FARIA

Q&A have questions?

WITH JOCHI » KOZHIKODE, INDIA

Q. BEFORE, PARENTS USED TO SCOLD FOR SPENDING TIME ON DEVICES, SAYING IT WILL AFFECT OUR EYES, BUT NOW WHY ARE PEOPLE NOT SAYING SO WHEN THERE IS E-LEARNING?

- LIZBETH DCOUTH, 11 YRS, ABU DHABI, UAE

ANS: Hey Liz shouldn't you be happy that ways?! Well jokes apart what I understand from your question is that there seems to be a double standard. Let's get to the root of the issue. It's a fact that devices and through that the internet has positive and negative impacts on children and elders. Children may not be able to completely gauge the implications of what they are involved with and so the apprehensions of parents. And this not only about devices but most aspects where the children could be in danger. See even Mary and Joseph were concerned about the teenaged Jesus. So let's understand that what parents are doing for us is for our good and with the best of knowledge they have. Let's accept it as God's will for us.

Q. WHAT DO I DO WHEN I AM NOT INTERESTED IN THE PARTICULAR THING THAT SOMEONE ELSE EXPECTS FROM ME?

- GIANNA LIZ MATHEW, 11 YRS, ABU DHABI, UAE

ANS: Hi Gianna - it depends whose expectations we are talking about here. Let me try to explain in a simple way.

In the long run - doing God's will is the paramount for each of us. As a child this is manifested through our parents, teachers and other elders in school, church and society. If you look at all the people who have done well in life (saints from a spiritual part and other achievers from a worldly sense) each of them had to go through similar things in life. This is the process of growing older and mature, Gianna. For now if you think it is morally and ethically right thing to do, even if you are not interested in it, let's do it for our Lord.



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



The Resurrection of Jesus Christ



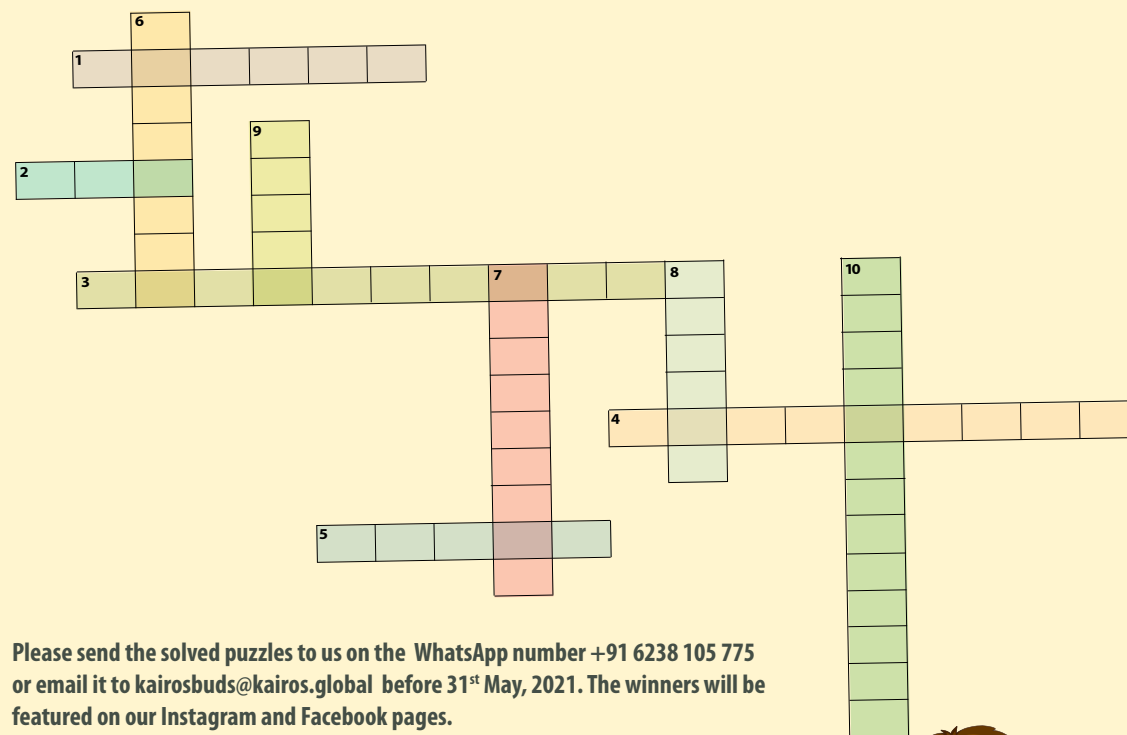
Using the Bible verses given for each clue, solve the crossword below.

Across

- 1) The name of the rich man of Arimathaea. (Mt.27:57)
- 2) How many women went to visit the sepulchre? (Mt. 28:1)
- 3) Having risen, Jesus appeared first to _____. (Mk 16:9)
- 4) His face was like _____. (Mt. 28:3)
- 5) The angel said, 'He is not here, he has _____.' (Mt.28:6)

Down

- 6) The place where Jesus died. (Mt.27:33)
- 7) Filled with joy, the women ran to tell _____. (Mt. 28:8)
- 8) Then Jesus said to them, 'Do not be _____.' (Mt. 28:10)
- 9) After his resurrection, for how many days was Jesus with the disciples? (Acts. 1:3)
- 10) From where did Jesus ascend into heaven? (Acts. 1:12)



Please send the solved puzzles to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 31st May, 2021. The winners will be featured on our Instagram and Facebook pages.

Saint Luke was born in Syria and trained as a physician. He was a prolific painter and created many works of Jesus and Mary.



Did You Know?



BRAIN GYM

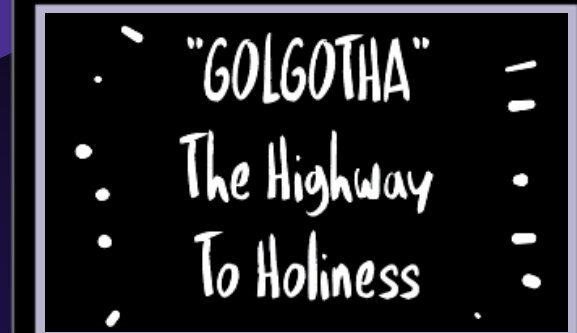


Cross Out the letters G, K, Q, X every time you see them in the puzzle.
Copy the leftover letters of each row into the spaces below, to know the last thing Jesus told his disciples before his Ascension into heaven.

GYGOXUKQWGILXLKKRGEQCXEGIXVKEQKPXOQWGEGRKWQ
HXEKNQTXHGEQHKOGLXYXSQPKIGRGIKTQCXOXQMKEGSGU
KPKOQNQYXOGU,QKAXNKDQYKOXUGWGIKLQLXBGEKMYX
WKIQTGNKEQSGSGEKSQIGNKJKEGRKUQSGAKLQEKMKQAQNG
DXIKNGAXLQLGJKUQDXEKAQAQNGDKSQAGMKAQRXIGA,GA
KNQDXTGOKTQHXEKEQNGDXSKOGFKTQHGEGEKAQRXTKHG.

Please send the solved Brain GYM to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 31st May, 2021. The winners will be featured on our Instagram and Facebook pages.

HAPPENINGS



This Lent, the All Kerala Jesus Youth Kids Team brought out the innovative *Golgotha - The Highway to Holiness*. Over a hundred children participated in this video-based preparation programme.



The Lenten preparation helped me understand more about the Stations of the Cross and made me more holy during Lent.

- RACHAEL ANNA THOMAS, 11 yrs, Ernakulam, India



Highway to Holiness helped me to walk with Jesus every day and I thank the LORD for HIS love for me!

- JEROME ALPHONSE JOSEPH, 9 yrs, Shepparton, Australia



And he said to them, 'Go into all the world and preach the gospel to the whole creation' – Mark 16:15. This is what came to my mind when I got the opportunity to participate in 'Golgotha', organised by the Jesus Youth Kerala Kids Ministry. I offer my gratitude to God and to the coordinators of the programme. I also thank my parents for preparing me.

- GABRIEL S CHAKKALACKAL, 11 yrs, Palakkad, India



I was very nervous in the beginning, but I felt very happy I did it and I feel blessed to be a part of this.

- JONATHAN MATHEWS LINTU, 9 yrs, California, USA



By meditating on Jesus's crucifixion, I realised that we should participate in the Holy Mass with utmost holiness. This is what I learned through the Good Friday meditation of this Lenten preparation programme. I'm very glad to share the importance of Holy Mass with my friends. Thank you Jesus for this wonderful opportunity.

- MERISSA NELSON, 12 yrs, Ernakulam, India

*Wrapper
in the
Corridor*



During recess, while talking to her friends, Sara drops a candy wrapper, not realising that the janitor has cleaned the place.



Principal, Sr. Margaret sees the wrapper and admonishes a surprised janitor.



Sara sees this and stops. Tina comes up to her.



Hey, it's okay. Don't be afraid.



Mistakes happen but do you know what would make Jesus happy?



He would want us to correct our mistakes, not get innocent people blamed.



Maybe, but that innocent lady is getting blamed wrongfully.



I'll come with you.



Good Morning girls!

Good Morning Sister!



What is it, my child?

Sister, Sara has something to tell you.



That's very brave of you Sara!

I apologise, Ethel for having judged you wrong. I should have been more careful.



Sister I'm the one who dropped that after the place was cleaned. It's my fault, not the janitor's.

It's alright Sister.

STORY: ANISH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN

TAKE CARE

BEAT THE HEAT

- BESLIN KURIAN » KOZHIKODE, INDIA

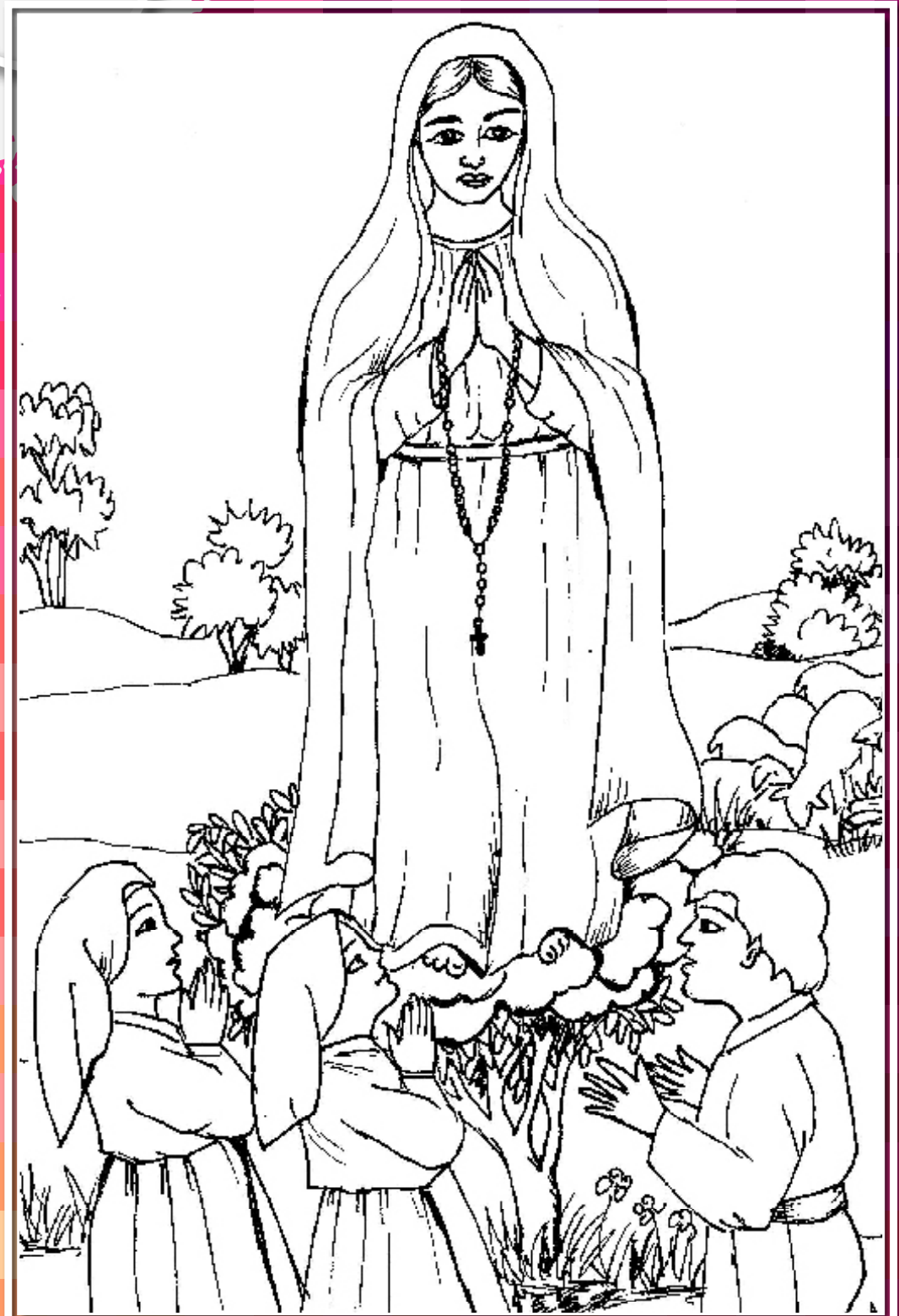
Summer is fast approaching and the summer hols are the most fun-filled time for children. But sometimes the temperature outdoors can get unbearable. Soaring temperatures can be harmful to our body. Dehydration, heat stroke, heat rashes, sunburn, mumps, measles, chickenpox, diarrhoea, etc. are some common heat-related afflictions. Taking necessary precautions to stay healthy and safe this summer is very important.



SUMMER HEALTH CARE TIPS:

- ☉ Drink plenty of water even if you are not thirsty. Have at least 10-12 glasses of water a day. Drink buttermilk, lemon water, coconut water, etc. for hydration. Water is the best.
- ☉ As tight clothes do not let your body sweat and dark coloured clothes absorb more heat, always wear loose fitting and light coloured clothes.
- ☉ Wear clothes made of cotton.
- ☉ Eat more fresh fruits and vegetables like watermelon, cucumbers, oranges and mangoes.
- ☉ Reduce outdoor activities when it is sunny.
- ☉ Carry umbrellas or wear a cap and sunglasses to avoid direct sun.
- ☉ Protect your skin with sunscreen if going outdoors.
- ☉ Apply ice packs in case of sunburns.
- ☉ Avoid eating from outside.
- ☉ Eat small, frequent meals.
- ☉ Wash your hands properly before eating and follow general hygienic to prevent food and water- borne diseases.
- ☉ Bathe 2-3 times a day ◦

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. The best ones will be showcased on our Instagram page.

PLAY TOGETHER

- JOSHY JOSEPH » HOUSTON, USA

As discussed previously, the foundation of effective discipline is parent-child rapport. And, there are 12 secrets (tools) to build rapport with your child. 'Say the Love Words' and 'Show Them You Love Them' are the first two secrets.

This month, let's dig into the next secret, 'Play Together.'

At the end of a long day, when I return home exhausted, all I want to do is collapse on the couch and rest. But just as I let those tensed muscles relax, I hear, 'Daddy! Will you come play with me? Pretty please?!' At that moment, playing with my children

might seem like a chore. But if you realise the long term benefits—mentally, physically, and socially—children derive by playing with their parents, you'll think twice about saying 'no'.

Playing together is one of the most effective tools for building strong relationships with your child. Play adds joy, vitality, and resilience to relationships. It can heal resentments,



The importance of play for both the adults and children in a family cannot be overstated. Actually, children crave time with parents. It makes them feel special. So find time to play with your kids on a regular basis. This should include one-to-one with each child and group time with all of the adults and kids at home. If you are a single parent or have an only child, occasionally invite family or friends over to play. Expand your capacity for silliness. Get into their world. Ask questions. Learn to patiently play your children's games. Teach your children your games also. Avoid overstimulation. Know when it is time to stop. Play outdoors. Throw balls.

SOME OF THE FINEST PEOPLE IN THE WORLD GO THROUGH LIFE UNDER A HANDICAP BECAUSE THEY NEVER LEARNED TO PLAY WHEN THEY WERE CHILDREN.



disagreements, and hurt. Through play, children learn to trust and feel safe. By making a conscious effort to incorporate humour and play into daily interactions with your children, you can connect with them on a deeper level. Play and laughter perform an essential role in building strong, healthy parent-child relationships by bringing you close together, creating a positive bond, and resolving conflict. Servant of God Fr. Edward J. Flanagan says, 'Some of the finest people in the world go through life under a handicap because they never learned to play when they were children.'

Push kids on swings. Make mud pies. Go on a hike around the neighbourhood. Take a nature walk in your backyard. Play games - card games, board games, silly and wacky kids' games. Help them learn to take turns, how to win and how to lose. Praise them. Encourage them. Tell jokes and laugh with them. Get involved in a craft project together. Solve a jigsaw puzzle as a family. Bake cookies. Paint a picture. Listen to music together. Sing along. Play rhythm instruments along with music. Read a book together. Ask questions from books. Ask them to change the story or make a new one up. Bring out the guitar or keyboard and make music. Watch a movie together. Find out what they liked - how they felt. Discover the child's interests. Comment on and discuss any bothersome content, either words or actions Reserve at least one day a week for having fun as a family ◦

Parents are welcome to share their concerns/queries at joshy.joseph@kairos.global or WhatsApp number +1.832.592.3675

"Let your light so shine before men, that they may see your good works and glorify your Father in heaven."

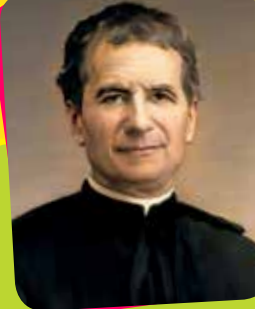
John 3:16



Colour this picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 31st MAY, 2021. The best ones will be featured on our Instagram page.



LET'S LAUGH



St. John Bosco

St. John Bosco was a restless servant of God. He had a zeal for souls, especially the youth that led him to master many 'unpriestly' skills like juggling, acrobatics and magic tricks.

His reputation grew among the young boys in Turin, Italy where he taught them. His methods were a bit unorthodox, which led a few of his fellow priests to recommend John to the insane asylum.

When the priests came with a horse and carriage, John Bosco knew of their intentions. He politely waited as the two priests entered into the carriage. When it was his turn to step

in, he slammed the door, slapped the horse and yelled to the carriage driver, 'To the asylum! They are expected!'



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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. For more details contact Rani George on +91 9446563335 finance@kairos.global.

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