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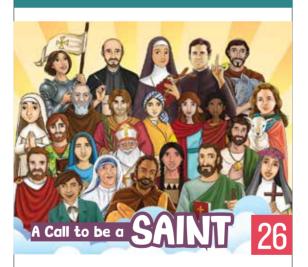
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EDITORIAL

Taking Cues from the Saints

Tom was an eight-year-old who loved school and his friends. But one day at recess, his friends started making fun of a new boy, Ethan, who was quiet and shy. They left him out of their games. Tom felt bad but didn't know what to do. Should he join his friends or help Ethan?

That night, Tom remembered a story from his catechism class about St Dominic Savio. He had once said, 'I am not capable of doing big things, but I want to do everything, even the smallest things, for the glory of God.' Tom decided he wanted to be like St Dominic Savio.

The next day, Tomsaw Ethan sitting alone again. He walked over and said, 'Hi, Ethan, do you want to play with us?' Ethan smiled and joined in. Soon, the other kids started playing with them too, and Ethan didn't feel left out anymore. Tom felt happy. He learned that being kind, like St Dominic Savio, made a big difference, even in small ways. That night, Tom's mom said, 'You made a good choice, Tom. Saints show us how to love others and live like Jesus.' From that day on, Tom tried to make good choices every day, remembering that even little acts of kindness can mean a lot.

And just like Tom, we can look to the saints to help us live a holy life! Whether it's standing up for someone, being kind, or making good choices, the saints inspire us to be the best version of ourselves, just like they were. May *Kairos Buds* help you learn about new saints and inspire you to become one!



Nobin Jose, Singapore

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century by some of the most skilled architects and craftsmen of that time. Constantine I.

THIRD PRINTE



04 KAIROS ● BUDS

BIRDER BEREER

Little House in the Big Woods -ANNA-CLAIRE ANTHRAPER » 12 YRS

ittle House in the Big Woods by Laura Ingalls Wilder is the story of the Ingalls family in the woods of Wisconsin. Based on the author's

childhood, the reader is taken on an exciting journey with Pa, Ma, Mary, Laura, and baby Carrie through their work,

play, and adventures. Warm summer days spent in the woods, chilly autumn evenings in the attic, snow filled winter nights, and fresh spring mornings all hold a charm. This is the classic tale of how a nineteenth-century **American family lives** together in harmony with mother nature.

The story opens up in the final days of the harvest, when the little house is packed to the brim with vegetables, spices, and dried meat, all being saved up for winter, when all these will be scarce. Even though Laura and Mary are not allowed to go outside, they find plenty to do inside, such as exploring the

attic and playing with Jack, their bulldog. All through autumn and winter the Ingalls family happily live inside their small wooden house One of Laura's most

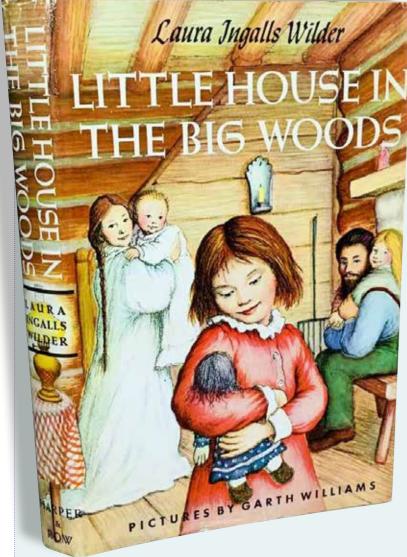
treasured memories are the cosy evenings spent with her family as Pa plays the fiddle. Ma sews in her rocking chair, and the girls prepare for bed. All through spring and summer, Laura and Mary help out with the planting, washing, cooking, baking, and butter making, as well as playing outside in the woods with their friends and cousins. However, living in the big woods alongside bears, wolves, and panthers has its dangers as well, like the time Ma slapped a bear in the dark mistaking it for their cow, Sukie.

St Vincent de Paul once said, 'Simplicity ought to be held in great esteem. ... It is a virtue most worthy of love because it leads us

straight to the kingdom of God.' Truly the simplicity of life is what holds the charm for all the twenty-first century children reading this book, and the reason why it captures our hearts in a way few other books do. In all that the Ingalls do, love for each other and for God shines through their actions.

This is the first in the highly acclaimed *Little* House on the Prairie series of seven books, which follows Laura as she grows up to be a fine young woman. While the first three books are a perfect read-aloud for the whole family, the latter ones are aimed at slightly older children. Through all the different seasons of life and the year, the little house sits in the big woods, snug and warm and cosy, filled with love.





THE BIRTH OF JOHN THE BAPTIST

In the time of Herod, king of Judea there was a priest named Zechariah, who belonged to the priestly division of Abijah; his wife Elizabeth was also a descendant of Aaron.

Both of them were righteous in the sight of God, observing all the Lord's commands and decrees blamelessly. But they were childless because Elizabeth was not able to conceive, and they were both very old.

Once when Zechariah's division was on duty and he was serving as priest before God, he was chosen by lot, according to the custom of the priesthood, to go into the temple of the Lord and burn incense. And when the time for the burning of incense came, all the assembled worshipers were praying outside.



He is never to take wine or other fermented drink, and he will be filled with the Holy Spirit even before he is born. He will bring back many of the people of Israel to the Lord their God. And he will go on before the Lord, in the spirit and power of Elijah, to turn the hearts of the parents to their children and the disobedient to the wisdom of the righteous—to make ready a people prepared for the Lord.

Then an angel of the Lord appeared to him, When Zechariah saw him, he was startled and was gripped with fear.

Do not be afraid, Zechariah, your prayer has been heard. Your wife Elizabeth will bear you a son, and you are to call him John. He will be a joy and delight to you, and many will rejoice because of his birth, for he will be great in the sight of the Lord.



How can I be sure of this? I am an old man and my wife is well along in years. I am Gabriel. I stand in the presence of God, and I have been sent to speak to you and to tell you this good news. And now you will be silent and not able to speak until the day this happens, because you did not believe my words, which will come true at their appointed time.



Outside, the people were waiting for Zechariah and wondering why he stayed so long in the temple. When he came out, he could not speak to them. They realised he had seen a vision in the temple, for he kept making signs to them but remained unable to speak. When his time of service was completed, he returned home.



Elizabeth gave birth to a son. Her neighbours and relatives heard that the Lord had shown her great mercy, and they shared her joy. On the eighth day they came to circumcise the child, and they were going to name him after his father Zechariah, but his mother spoke up.



But there is no one among your relatives who has that name.

Then they made signs to his father, to find out what he would like to name the child. He asked for a writing tablet, and to everyone's astonishment he wrote, 'His name is John.' Immediately his mouth was opened and his tongue set free, and he began to speak, praising God.

All the neighbours were filled with awe, and throughout the hill country of Judea people were talking about all these things. Everyone who heard this wondered about it.





08 KAIROS ● BUDS KAIROS ● BUDS



book called *The Lion*, the Witch and the Wardrobe follows a family of four siblings, who stumble into a magical world called Narnia through an old and forgotten wardrobe.

This land is under a cold ruler, the White Witch. When these four siblings: Peter, Susan, Edmund, and Lucy Pevensie arrive in Narnia, they realise that the White Witch wants to hunt them down because they have the power to defeat her. The Pevensies are unsure whether they can defeat this evil witch but soon meet Aslan, a great lion who, like Jesus, can defeat all evil. Aslan invites them to fight with him to help restore Narnia to what he intended it to be. The Pevensies learn, following Aslan, that they could be great siblings, friends, and warriors for Aslan, defeating the White Witch and restoring

HE WANTS US TO FIGHT
THROUGH EVERYDAY
MOMENTS LIKE INVITING
SOMEONE TO JOIN US FOR
LUNCH, ENCOURAGING
OTHERS WHEN THEY ARE
STRUGGLING, STANDING
UP AGAINST SOMETHING
WRONG, OR BEING DILIGENT
WHEN WE ARE ASKED TO
TAKE ON RESPONSIBILITIES.



Narnia to the beautiful place it was meant to be.

We don't live in Narnia but what the Pevensie siblings learned applies to our own lives. We live in a world God made to be beautiful and good, but we can feel like it is under the rule of our own cruel White Witch. We can feel sad or angered when we see the world not as it should be and when that happens God is tugging on our hearts to fight with him to help restore

it! We can join the fight by learning to see and follow God. He wants us to fight through everyday moments like inviting someone to join us for lunch, encouraging others when they are struggling, standing up against something wrong, or being diligent when we are asked to take on responsibilities. When we do this we join God's army and He gives us the grace we need to fight with Him.

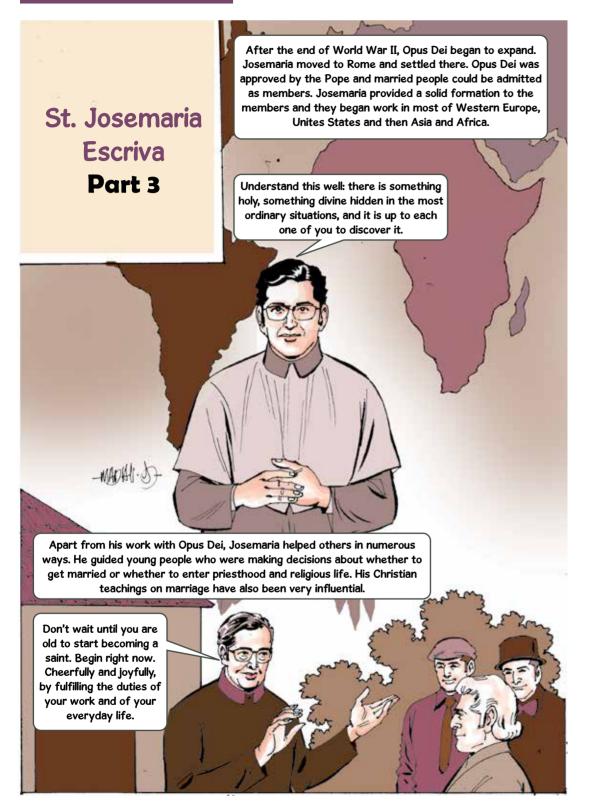


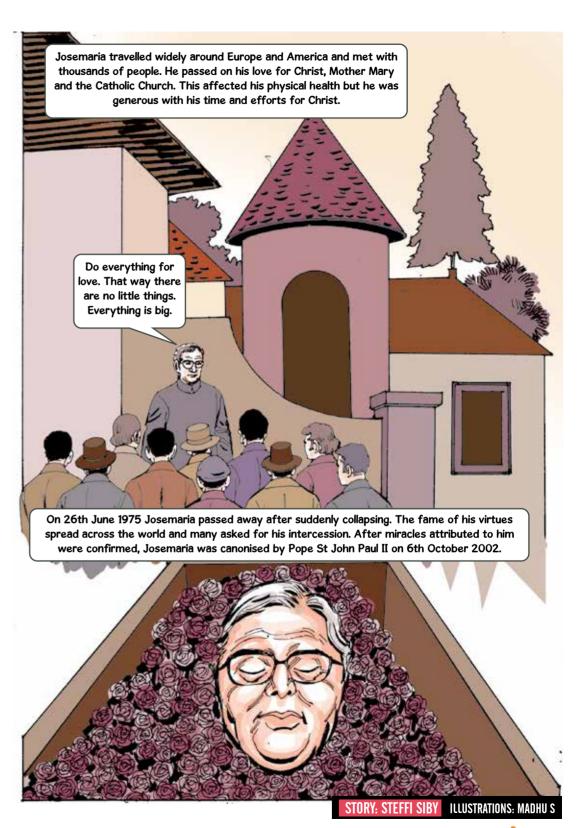
Joining God in this fight is what the saints did. Pope St John Paul II loved to act, hike, and ski and realised that through these activities he could grow closer to God. He wanted his friends to know God so he invited them to do the things he loved with him. As they spent time together they were able to talk about things that mattered like relationships, family, and God. He became a friend to those around him helping them to see God in their lives. St John Paul did all of these things before he was a Pope because, like us, he was just an ordinary guy who grew up and learned to listen and respond to God.



Just like Pope St John
Paul and the Pevensies,
when we learn to listen to
God's voice in the ordinary
things we join His army to
fight for the good. That is
how God will make all of
us saints.

10 KAIROS ● BUDS KAIROS ● BUDS







And be kind to one another, tenderhearted, Forgiving one another, as God in Christ has Forgiven you.

(Ephesians 4:32)

Simple Kindnesses

- JOAN JERO D'CRUZ » 16 YRS

Dear Diary,

Last week in Sunday school, we read Matthew 25:40: Whatever you did for one of the least of these brothers and sisters of mine, you did for me. Our catechism teacher explained that this verse means we should treat everyone with kindness and respect, especially those who might need our help. She also told us that we would be going to a children's home the following sunday and that it would be nice if we could donate some of our toys to the children there who may not have any toys.

We went to the children's home today! I had been waiting for Sunday the whole week! But when morning came, I suddenly felt anxious. What if I may need those toys?' But it was too late to back out now. Before leaving I whispered a small prayer to God. I really wanted to give my toys to them, I was also a little sad. I asked God to help me and got onto the bus with all my catechism friends.

After we arrived, we got to meet all the kids there. And when we gave them the toys that we got for them, they were so happy! That made me happy too! We played games with them, shared snacks with them and even held a talent contest for them. All of us had a wonderful time.

As evening came and we were all scrambling back onto the bus I remembered how I was feeling this morning. How I didn't want to give away my toys. But right now, I felt happy knowing that they loved the presents and that I was making a difference. It was a small act, but it made their day better. I realised that even simple kindnesses can be a big deal to some people.

Do you have a faith experience you'd like to share for this page? Send it to us at kairosbuds@jykairosmedia.org with your full name, age and complete postal address.

VERSE-IVE WRITING

Whatever you did for one of the least of these brothers

and sisters of mine, you did for me.

- Matthew (25:40)

Whatever you did for one of the least of these
brothers and sisters of mine, you did for me.
Whatever you did for one of the least of these
brothers and sisters of mine, you did for me.
Whatever you did for one of the least of these
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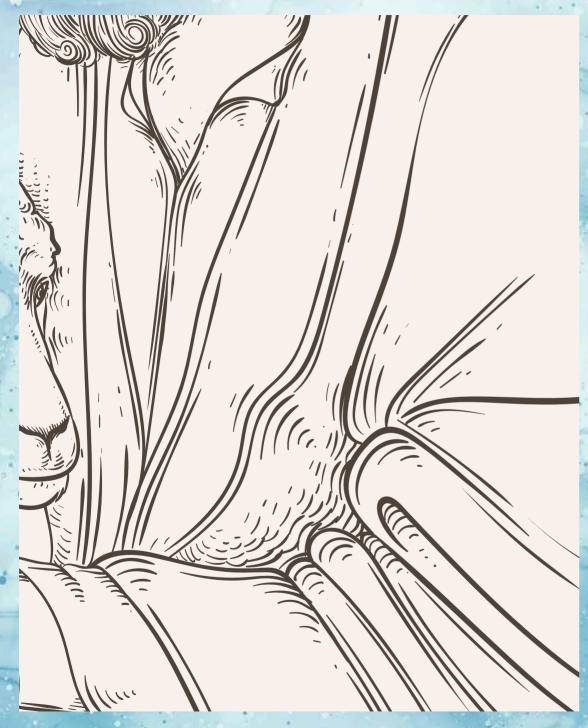
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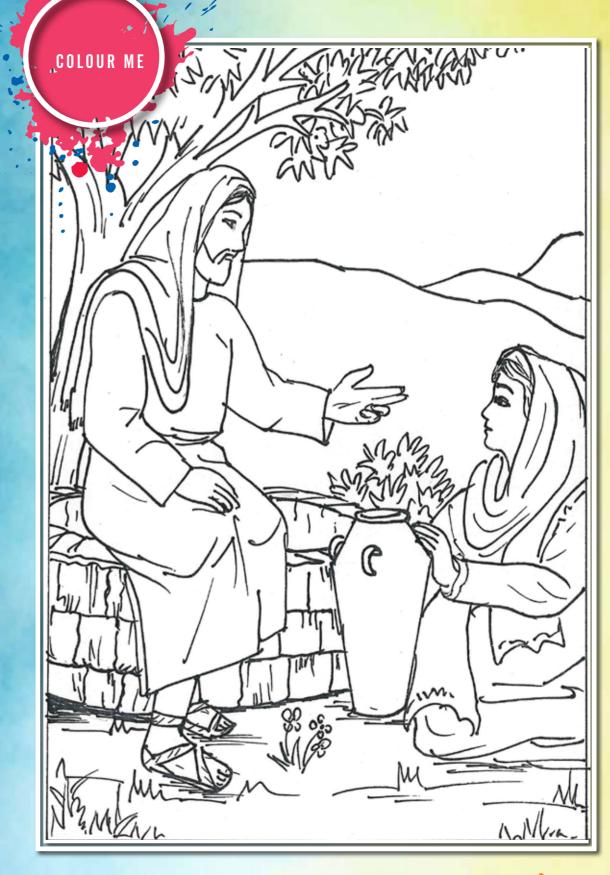
						*		W	- 0	~ ×		27 /		W.			
	Sal	2	Luke 1:32-33	PRAY faith	Go for Mass	1 4	Luke 2:7	PRAY 5 times	Go for Mass	51	Matthew 1:22-23	PRAY parents	Go for Mass	* · · · ·		7	
	F	9	Luke 1:30-31	Abba Father, I Love You' PRAY as many times today	Give up a favourite food	1	Luke 2:6	PRAY Contrition	Make someone laugh	20	Luke 2:15-16	1 Divine Mercy Chaplet	Donate books/ toys your aren't using anymore	*			THE STATE OF THE S
	Thu	M	Luke 1:28-30	PRAY times	Do a good deed	2	Luke 2:4-5	O Holy Spirit, Love You' as PRAY many times today	Clean your room	10	Luke 2:13-14	Tesus Tesus	Visit the Blessed Sacrament today	+			
	Wed	4	Luke 1:26-27	Glory be 10 times	Be thankful and express your gratitude	=	Luke 1:46-55	The Memorare Mean S times	Pray for priests	18	Micah 5:4	PRAY consecrated	Make a thank you card for your teacher	52	Isaiah 9:6	Pray for the Catholic Church	Pray for those who have hurt you
*	Tue	M	Isaiah 40:9-11	Hail Mary 10 times PRAY	Pray for children everywhere	9	Luke 1:38	Hail Holy Queen 5 times	Make a Christmas card for somebody	17	Micah 5:2	A prayer to the Holy Spirit	Pray for the souls in your family who have passed away	24	Isaiah 9:2-5	PRAY the Pope	Give money to the poor
	Mon	8	Matthew 1:18-24	Our Father 5 PRAY times	Pray for families all over the world	0	Luke 1: 37	PRAY Charity	Help your mom with chores	91	Luke 2:10-12	Litany of the Saints	Call a relative who lives far away	23	Luke 2:19-20	Pray for the conversion PRAY of sinners	Cive a gift to someone
Ų	San	_	Isaiah 7:14	Sign of the Cross PRAY 10 times	Help someone in need	co	Luke 1:35	PRAY Hope	Pray for unborn babies	* 5	Luke 2:8-9	PRAY 1 Rosary	Smile more today	22	Luke 2:17-18	Jesus, I Love You' as many times today	Make a list of list of blessings in your life

Wishing you a Blessed and Grace-filled Christmas!

Colour. Arrange. Frame (Part 4)

In this section, a picture is divided into 4 parts, one for each issue. Children can colour each part, and when the picture is complete it can glued together and framed.



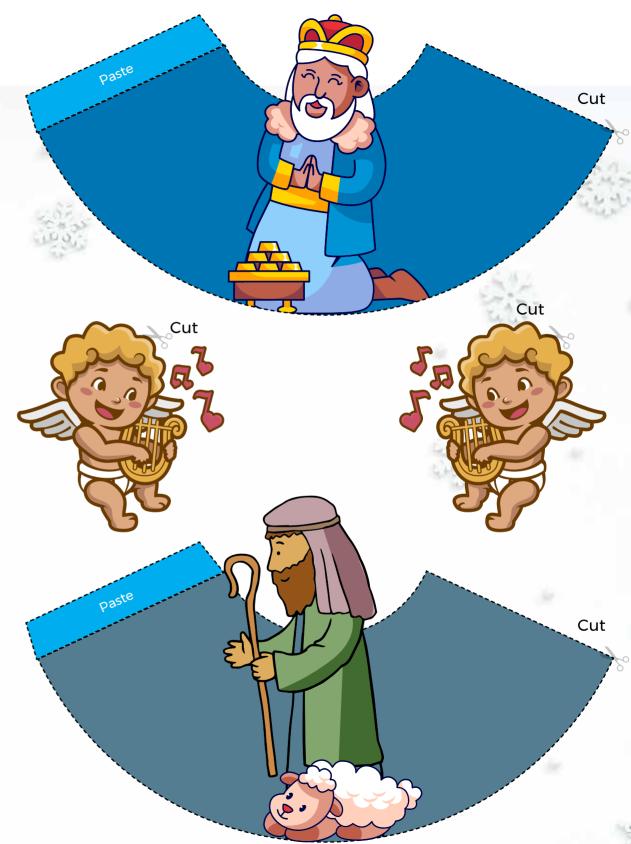




CHRISTMAS CRIB

We continue with the Christmas Crib characters. Just cut them out and paste.



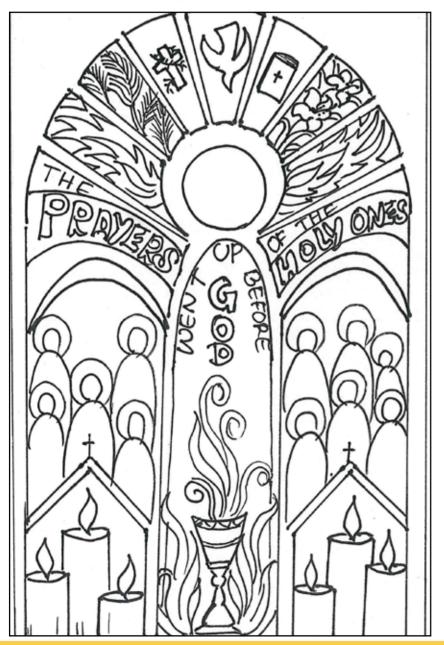




'Learn and Colour'

The smoke of the incense together with the prayers of the Holy ones went up before God from the hands of the angel.

Revelation 8:4





EVITA MARY JOSE » 8 YRS » UK



SOLOMON SANTHOSH » 7 YRS » DALLAS, USA



MARIA IMMACULATE ANTO » 12 YRS » HOSUR, INDIA



Art and articles can be sent by email to kairosbuds@jykairosmedia.org. Please include full name, age, place/country.





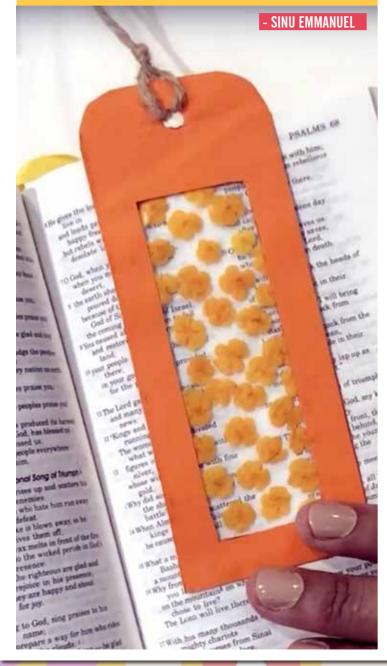
JOSHUA JOSEPH JOHN MARANGOLIL » 6 YRS » Bharnanganam, India



FELIX PHIJO » 9 YRS » AUSTRALIA



Flower Bookmark





MATERIALS REQUIRED

- Natural flowers
- Wide transparen sticky tape
- Colour paper
- Ribbon or Jute thread

METHOD

- I. Gather some flowers you like.
- 2. Cut sticky tape of desired length.
- 3. Slowly and carefully place each flower, holding its stem onto the sticky side of the tape.
- 4. Cut out the flower stems.
- 5. Take another piece of sticky tape of same length.
- 6. Carefully stick this over the flowers on the first tape.
- 7. With scissors, shape the joined sticky tapes.
- 8. Cut out two similar frames from the colour paper, as shown.
- 9. Glue the tape to one of the paper frames.
- IO. Next slowly glue the other paper frame.





























II. If you want, you can curve the top edges of the bookmark.

I2. Make a hole on top.

13. Tie a ribbon or jute thread through the hole.

24 KAIROS BUDS



A saint is someone who lived a good life and showed strong faith in God. They are often people who helped others, stood up for what was right, or made a big difference in the world. They also pray for us from heaven. Think of them as role models who inspire us to live better and be more compassionate in our everyday lives.

St Francis of Assisi is one of the most beloved saints in Christian history, known for his profound commitment to living out the teachings of Jesus. His life exemplifies the possibility of transformation, making him an inspiring figure for teens navigating their own paths. St Francis's journey from a life of indulgence to one of deep faith and service serves as a powerful reminder that change is not only possible but can lead to a life filled with purpose.

Francis's transformation was not instantaneous but rather a gradual process of seeking God's will. He embraced poverty, humility, and a profound love for creation. He found joy in serving the poor and living simply, emphasising that true wealth comes from love and service rather than material possessions. His famous quote, 'Preach the Gospel at all times; if necessary, use words,' encapsulates his approach to living a saintly life through actions rather than just words.

What can we learn from him?

St Francis's journey teaches us that anyone, regardless of their past, can change and pursue a life of holiness. His story encourages teens to reflect on their own lives and consider how they can make positive changes. Each of us faces choices that can lead us away from or closer to our true calling. Here are a few ways to embrace a saint-like life, inspired by St Francis:

1. Practise Forgiveness: St Francis forgave those who wronged him, demonstrating that forgiveness can liberate us from bitterness. Ephesians 4:32 reminds us to *be kind and*

compassionate to one another, forgiving each other, just as in Christ God forgave you.

- 2. Serve Others: Engage in acts of service within your community. Whether volunteering at a local shelter or helping a neighbour, small acts of kindness can have a profound impact. As Jesus said in Matthew 25:40, Whatever you did for one of the least of these brothers and sisters of mine, you did for me.
- 3. Embrace Simplicity: In a world filled with distractions, simplifying your life can help you focus on what truly matters—your relationships with God and others. Luke 12:15 cautions us to watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.
- 4. Cultivate a Relationship with God: Spend time in silence in front of our Lord, in prayer and reflection, seeking to understand God's calling for your life. Jeremiah 29:13 assures us, You will seek me and find me when you seek me with all your heart.

Each of us is called to holiness and Jesus urges us to embrace our calling. In Matthew 5:14-16, He tells us that we are the 'light of the world,' called to shine brightly for others to see. Just as St Francis became a beacon of hope and love, we too are invited to reflect Christ's light in our everyday lives. The life of St Francis of Assisi serves as a powerful testament to the possibility of transformation. His journey from a life of sin to one of saintliness reminds us that it is never too late to say 'yes' to God's call. By living with intention, embracing service, and fostering a deeper relationship with Christ, each of us can embark on our own transformative journeys, discovering the joy and fulfilment that comes from living a saint-like life.

KID CATHOPEDIA

COMPILED BY MARIA TERES SEBASTIAN

Ba'al

Hebrew: לעב

Meaning: Owner or Lord **Root:** A pagan God worshipped
by many communities in the Old
Testament of Bible, especially the
Canaanites

Personal Application: For Israelites, affinity to or worship to ba'al was synonymous to idolatry in any form. In today's age, turning away from the One True God to any other form of worship

(placing anything/ anyone above God) is considered idolatry and is similar to the people of Israel worshipping the pagan god ba'al.

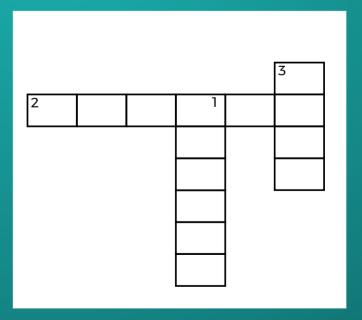


Catholic Encyclopedia for kids!

INTERESTING FACT: The word appears around 90 times in the Hebrew Bible!

CROSSWORD

- 1. Who did God raise up from Israel to save the nation from idolatry? (Judges 2:16)
- 2. Who was the Israel prophet who confronted the prophets of ba'al on Mount Carmel? (1 Kings 18)
- 3. Which king normalised ba'al worship in Israel? (1 Kings 16:29-34)

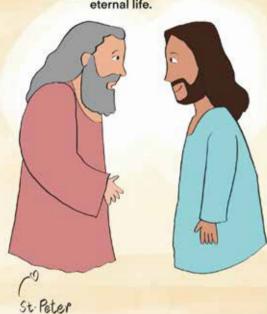


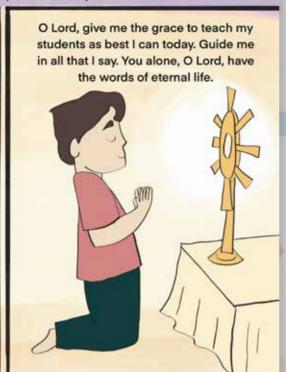


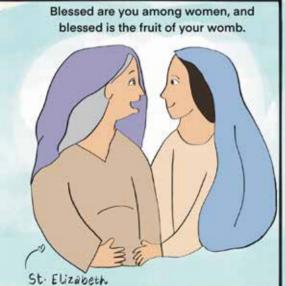
HOLY HABITS

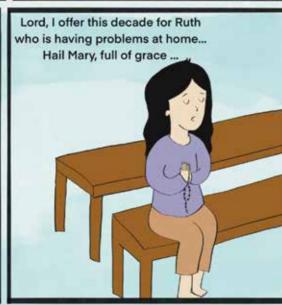
A look at how the Peters family imitate their patron saints.

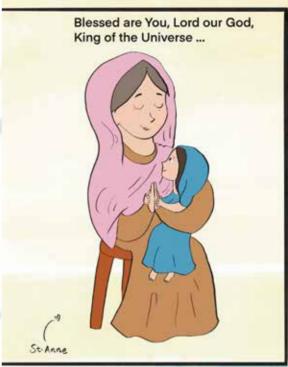
Where do we go, Lord? You have the words of eternal life.





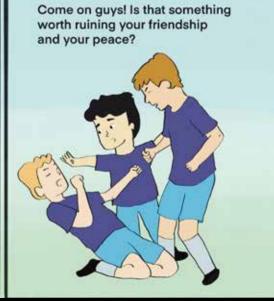












STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA



Q IF GOD KNOWS WHAT I CHOOSE, HOW DO I HAVE FREE WILL?

This question is simple but profound. First of all, we need to understand that God is infinite and therefore cannot be limited by time or by space. In CCC #600 we see that in God's perspective, all moments of time are present, allowing Him to incorporate each person's free response to His grace within His divine plan.

God's omniscience does not negate human free will. There is no fore-knowledge for God, only 'knowledge' as everything exists simultaneously – without past, present or future. But for us humans, our knowledge is sequential based on time. God's knowledge is eternal and unchanging. His knowledge encompasses all possible choices and outcomes, but this does not interfere with human free will. When you make a different choice, it doesn't change God's knowledge because He already knows all possible choices you can make and their outcomes. For example, just because God knows that you will be reading a book tomorrow doesn't force you to do that, but it is a choice of your free will known to God.

Predestination, as understood in Catholic theology, involves God's eternal decree regarding the salvation of individuals based on His foreknowledge of their free responses to grace. This means that while God knows who will ultimately choose to accept or reject His grace, He does not force those choices upon individuals.

The Catholic Church teaches that human cooperation with divine grace is essential. God's grace is always available to assist individuals in making good choices. Divine grace precedes and elicits the free response of man, calling freedom to cooperate with it. This means that while God knows the choices individuals will make, He also provides the grace necessary for them to choose otherwise. However, this grace requires a human response; individuals must be open to it and willing to cooperate with God's initiative.

While God desires all to be saved, He allows individuals the freedom to reject His grace, which is a reflection of His respect for human autonomy. While God does not force individuals to choose salvation, He actively seeks to lead them towards it through various means, including the sacraments, the Church, and personal experiences of grace. The Church serves as an instrument of God's grace, continually inviting individuals to respond to His love.



Our young readers can email their questions on faith/life to kairosbuds@jykairosmedia.org or WhatsApp it to us on +1 346 339 4500



Seek and Find

How many saints can you find from the picture below?



TONY & TINA



On Tina's suggestion Anna decides to try a

'The tongue has the power of life and death,

This is like a treasure

hunt! What will we find?

CRASH!

To be continued...

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SAINTS AND SYMBOLS

From the below picture clues, can you identify the saints they represent?





























A Jewish man sent his son to Israel for a while but when he came back, he told his father that So the three of them decide to go to he had become a Christian.

The man finds this odd and tells his friend about it. The friend listens quietly and replies, 'That's odd. I too had sent my son to Israel and he's returned as a Christian.'

So the two men go to see their rabbi about this. Hearing their stories, the rabbi is quiet for a

odd! Even I had sent my son to Israel and he's now a Christian!'

Israel to find out what is happening. Upon arriving, they go to the Western Wall to pray. They tell God about what had happened to their sons and how they became Christians.

After a long silence, they hear God speak,



wers to Saints and Symbols: St Therese of Lisieux; St Joseph; St Faustina; St Juan Diego; St John Paul II; St Francis of Assisi; St Anthony of Padua; St Maximilian Kolbe



WHY THE CULTURE IS TARGETTING OUR KIDS

'Did you know that by the age of three, a child's brain is

twice as active as an adult brain and it stays that way for the
first ten years of life. From an intellectual formation standpoint
these seven years are the most important. It's why reading
these seven years are the most important. It is also with
to children is the #1 thing a parent or grandparent can do with
their children to ensure success later in life. It is also why various
their children to ensure success later in life. It is also why various
factions in our culture are trying to win over kids during
factions in our culture are trying to win over kids during
these formative years. The unfortunate side effect
these formative years and fewer innocent books without an agenda.

Kairos Buds is a Catholic magazine for children aged 3 to 12.

Filled with faith activities and articles, DIY, crafts, cartoons and art pages,
Buds' only agenda is to bring little children to Jesus.

