

KAIROS

VOLUME 1 » ISSUE 9

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN

**WITHIN**

*National Shrine and  
Minor Basilica of Our  
Lady of Sheshan, China*  
.....

**Daily Spiritual  
Nourishment**  
.....

**A Rosebud  
Miracle**  
.....

YOU ARE A...

Miracle



## Kairos Buds

EVERYTHING  
IS POSSIBLE

## Magazine

FOR ONE

## For Children

WHO  
BELIEVES

(Mark 9:23)

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# WITHIN

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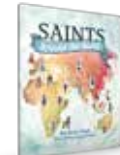
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## EDITORIAL

### 37 MIRACLES OF JESUS

It was very difficult to understand what had just happened there. From the young boy's hand, the disciples handed over the five loaves of bread to Jesus. He raised his head to heaven and then returned the bread back to the disciples to be distributed to the people. A multitude of 5000 men and a larger number of women and children were there. All were fed and the leftovers filled many baskets.

If you go through the gospels you can find that in total Jesus performed 37 miracles, starting from the miracle at the wedding feast at Cana.

Now, here is a task for you.

Can you list down the 37 miracles performed by Jesus? If you get stuck, you can take help from your siblings, friends and parents.

A most important characteristic of all these miracles was that it was rendered absolutely free... and what is the lesson for us from that? God has blessed us all with a lot of gifts and we also can share with as many as possible those gifts for free.

It is said that there were three major purposes Jesus had for performing miracles. Jesus wanted to affirm and reveal his true identity as the Son of God. To sow the seed of and strengthen faith in non-believers. To confirm that a particular message or messenger was from God.

Be always ready to take Jesus to others so that they can recognise and experience the miracles Jesus may be doing in their lives.

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

## National Shrine and Minor Basilica of Our Lady of Sheshan, China



- TOBY DINOOP » 14 YRS » MELBOURNE, AUSTRALIA

Sheshan Basilica is the only basilica in China, located at Mount Sheshan, Shanghai. The basilica is of great significance to the Church. This church has also had a plethora of miracles.



### Why was it built there?

During the Taiping Rebellion (1850-1864), Jesuit missionaries bought some land at the top of the hill, where a derelict Buddhist monastery previously stood. They built a small pavilion at the peak of the hill, which housed a statue of Our Lady. In 1870 the unrest in the area led to burning of several churches. The Shanghai Jesuits prayed at the statue of the Madonna and pledged to build a church to her honour in return for her protection. In 1871, construction began on the church. It was in the form of a cross. Fourteen Stations of the Cross were constructed along the path to the church. In 1924, the present basilica was built to replace the old church. In June that year, the archbishop along with the bishops of China solemnly consecrated China to the Virgin Mary at the Sheshan Basilica.

### The statue of Our Lady of Sheshan:

Built specially for the basilica, the statue of Our Lady with child Jesus, whose arms are outstretched in the form of a cross, stands on top of the basilica's dome.

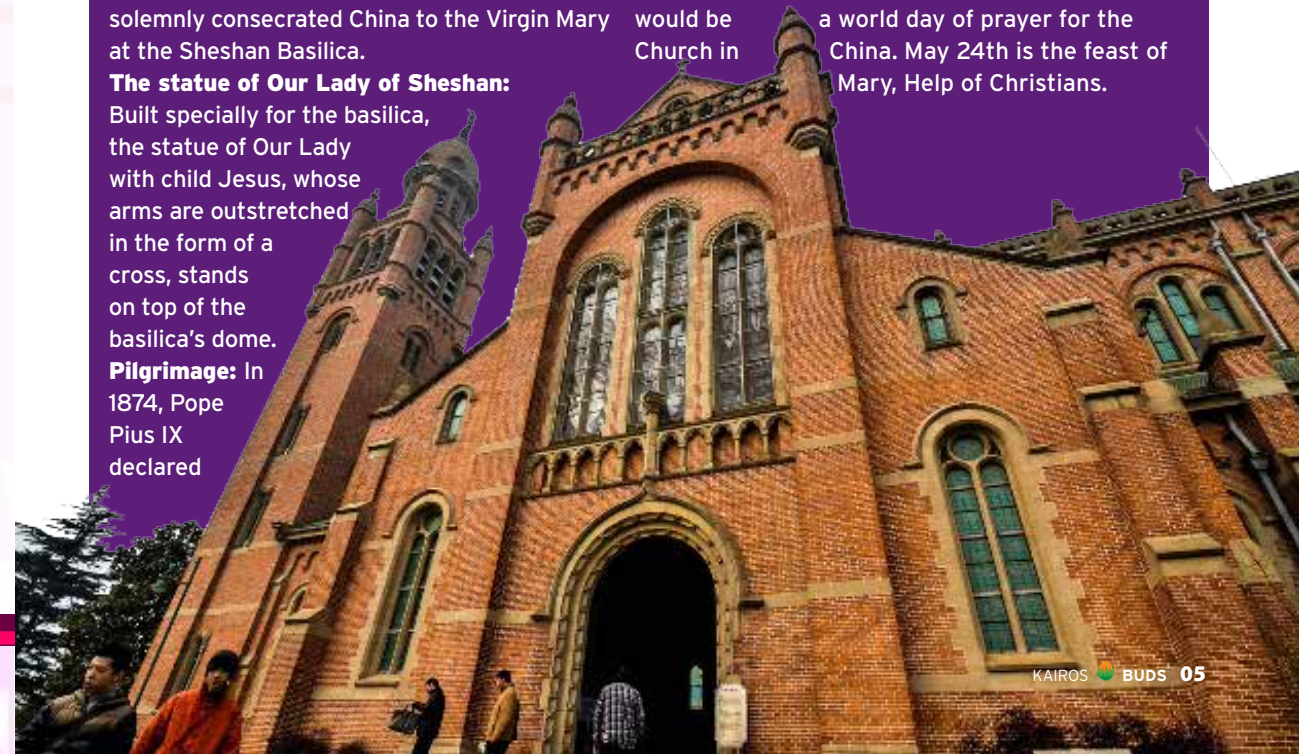
**Pilgrimage:** In 1874, Pope Pius IX declared

that all pilgrims who went to Sheshan in May would receive a plenary indulgence. Since then, pilgrims from all over China come to Sheshan in May for their annual pilgrimage. Traditionally, many of the Catholics in the area were fishermen who would come to Sheshan by boat. This tradition continues among local Catholics.

### SOME FACTS

- ❖ Sheshan is the only Catholic Basilica in China.
- ❖ The Stations of the Cross are on a zig-zag path up a steep hill leading to the church.
- ❖ Nearby is the Sheshan Observatory, originally built by the Jesuit missionaries.
- ❖ In 2008, Pope Benedict VI composed a special prayer to Our Lady of Sheshan, asking for protection for the Church in China.

In May 2007 Pope Benedict XVI sent a letter to the faithful in China; he declared that May 24 would be a world day of prayer for the Church in China. May 24th is the feast of Mary, Help of Christians.





# A Rose bud Miracle

I will tell you of a miracle that happened in my life.

About a year ago, a family came and settled in our neighbourhood from abroad. They became our close family friends and would often come home to visit us.

I like flowers a lot and one day, I asked Uncle if he would bring me a rose stem from his garden. And I was so surprised a few days later when he brought me so many flowering plants, including a rose bush. We planted them and they began to grow well.

Sadly, Uncle passed away all of a sudden. Exactly one month after his death, I saw a bud on the rose bush and it blossomed into a beautiful rose. After that, there were no roses for a very long time. Some months later, as my father and I were in the garden by the rose bush, I simply said that if Uncle was in heaven, please would the rose bush give us another flower. We couldn't believe our eyes when the very next day, there was a rose bud on the plant!

This showed me that if we ask God for anything with faith, God will grant it to us – even miracles!



- ANN MARIA JOSE » 11 YRS » KANJIRAPALLY, INDIA

**IF WE ASK GOD FOR ANYTHING WITH FAITH, GOD WILL GRANT IT TO US – EVEN MIRACLES!**

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)

# Spiritual NOURISHMENT

Have you ever read the whole Bible? Now you may wonder, 'What?! The whole Bible? I can't read the whole Bible.'

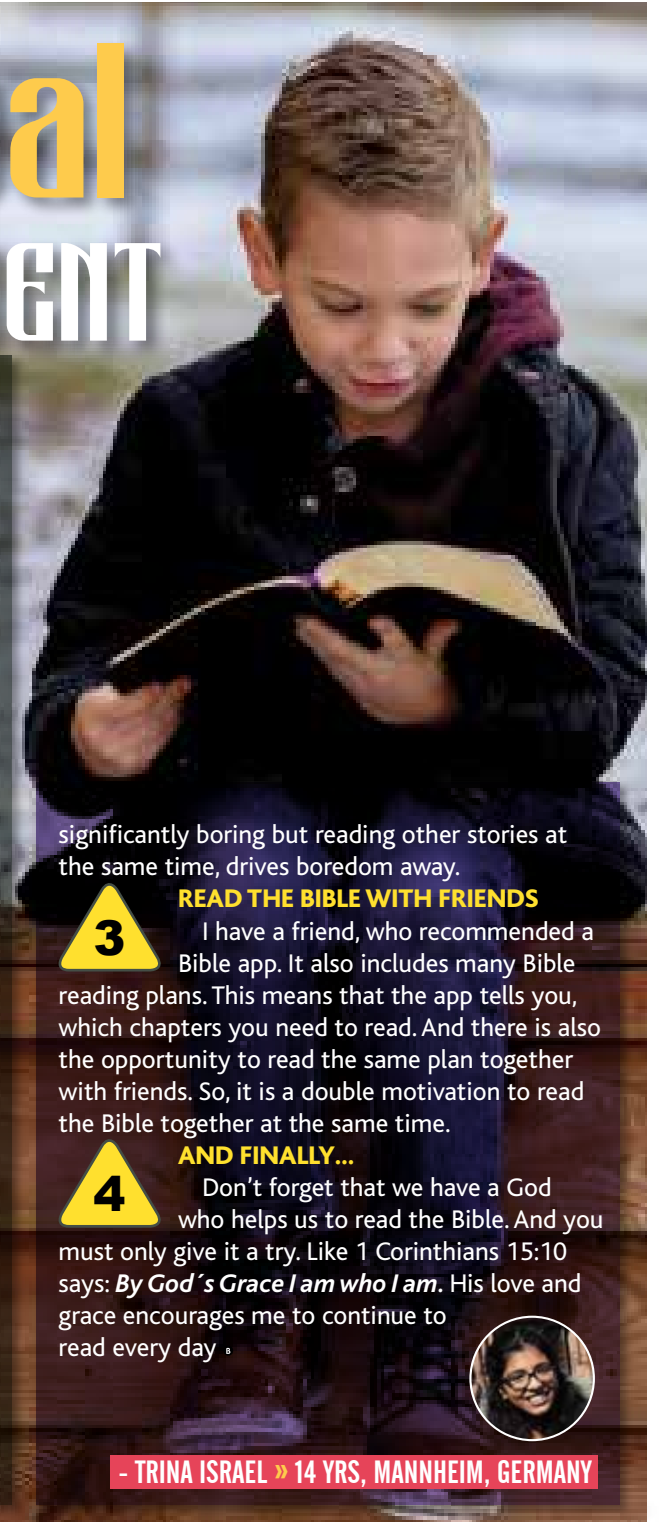
You know, I once thought the same. I'd like to share a few tips to help you read the entire Holy Bible.

## 1 MAKE READING THE BIBLE A NEW HABIT

It took me almost two years to read the Bible my first time. Initially I read only on school days or whenever I wanted. It was demotivating not to see any progress. I think if you read the Bible every day, time will fly faster, and it is also a great start to the day. And even if you have to get up a bit earlier than usual, I am sure you will see a difference. And it is also okay if you read only two minutes a day. In my second attempt, I was blessed to complete it in less than a year.

## 2 READ THE BIBLE IN ANOTHER ORDER THAN USUAL

After I had completed my first round, I wanted to try something new. Jeff Cavin's *The Bible Timeline* suggests reading the books of the Bible in chronological order of salvation history. So, I started reading some books in parallel. It helped me to have more fun because there was more variety. Reading names can be



significantly boring but reading other stories at the same time, drives boredom away.

## 3 READ THE BIBLE WITH FRIENDS

I have a friend, who recommended a Bible app. It also includes many Bible reading plans. This means that the app tells you, which chapters you need to read. And there is also the opportunity to read the same plan together with friends. So, it is a double motivation to read the Bible together at the same time.

## 4 AND FINALLY...

Don't forget that we have a God who helps us to read the Bible. And you must only give it a try. Like 1 Corinthians 15:10 says: *By God's Grace I am who I am.* His love and grace encourages me to continue to read every day.



- TRINA ISRAEL » 14 YRS, MANNHEIM, GERMANY





# THE PHARISEE AND THE TAX COLLECTOR

There were some people who prided themselves on being righteous and despised everyone else. To them, Jesus told this parable.



I thank you God, that I am not a sinner like everyone else, especially not like this tax collector here.



Two men went up to the temple to pray, one a Pharisee and the other was a tax collector.



I never cheat, I don't sin, and I don't commit adultery; I fast twice a week, and give you a tenth of my income.



But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed.



God, be merciful to me, for I am a sinner.

For everyone who raises himself up will be humbled, but anyone who humbles himself will be raised up.

I tell you, this sinner, not the Pharisee returned home justified before God.



STORY: SR. SUMA THOMAS CSM  
ILLUSTRATIONS: SIJU PUNNEKKAD



**D**o you know that the creams that you use or the medicines that you take had been tested on animals? Have you ever wondered if it is right to test on these animals? Can we, as Catholics, use them for research or experiments? Let me answer these questions with my experience.

As a researcher I had to work with mice and it pained me that I had to use them for experiments. I even thought that God would punish me for using the mice. As a normal God-fearing person, this thought kept bothering me. But I had to think like a scientist and that's where I found the answer to whether it was right to use animals for research.

There are numerous examples in the Holy Bible of using animals for labour, transportation, food and

including clothing: **John was clothed in a garment of camel's hair and wore a leather belt around his waist** (Matthew 3:4). Also when God created them and entrusted their care and use to mankind, **He said: 'Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that move on the earth'** (Genesis 1:28). This gives us the authority over animals.

In light of these, the Catholic Church teaches that medical and scientific experimentation on animals should be done 'within reasonable limits' and only to care for and save human lives. The phrase **care and save human lives** caught my attention as I was doing the same as a researcher and this makes sense when I think like a scientist. I know that by myself I cannot save human lives but the thought that I am contributing to the betterment of our health and saving mankind makes me feel that I am a true Catholic and a scientist.

# ANIMAL RESEARCH AND THE CHURCH

- DR. NEENA ROY » MODENA, ITALY

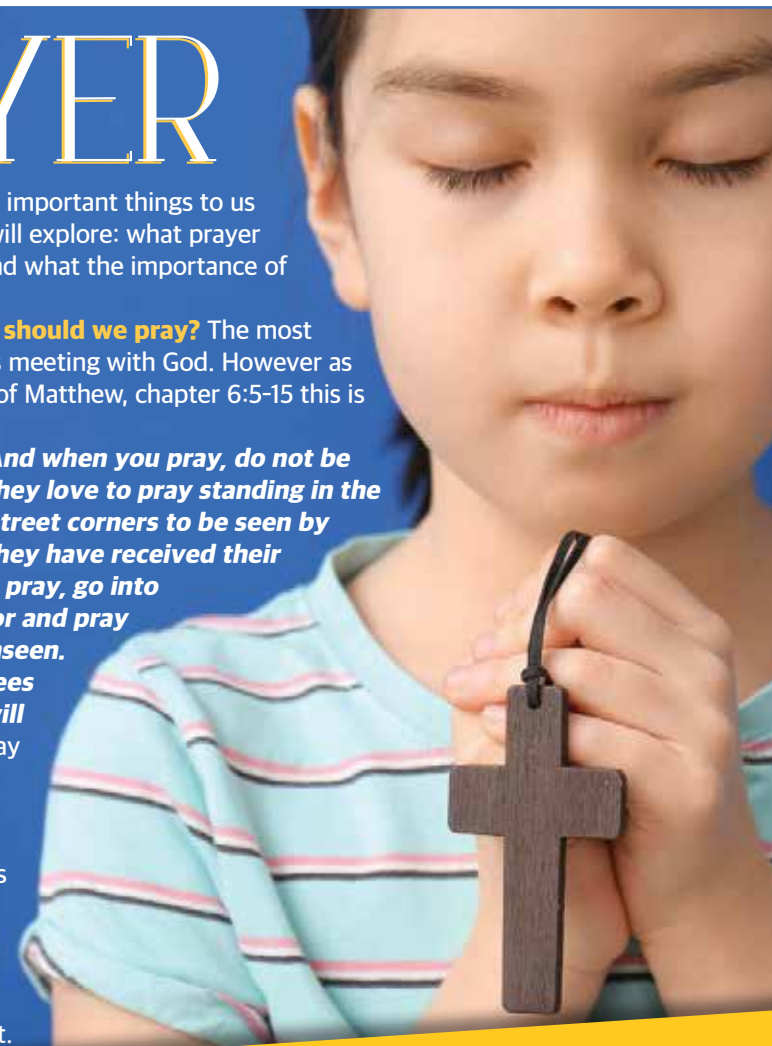


# PRAYER

**P**rayer is one of the most important things to us as Catholics. Here, we will explore: what prayer is, what we should pray, and what the importance of prayer is.

**What is prayer and what should we pray?** The most basic definition of prayer is meeting with God. However as we know from the Gospel of Matthew, chapter 6:5-15 this is not all it is.

The Word of God says, **And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.** When you pray in the open like the hypocrites, you are looking for attention and validation of their prayers. This quality is known as attention-seeking and is encouraged in today's culture, however Jesus believed it as a sin and he warned us against it.



He instead tells us to pray in secret and wants us to be modest, not seeking attention. The Word of God also tells us other things about how we should pray, **when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.** God knows everything about us, he knows everything we need. And if he knows we need it, he will not hesitate to give it to us if we just ask. After all, if we

sinful humans can do good for people, like giving them water or passing something to them, how much more will our Heavenly Father give. This whole passage shows us what prayer is, a private meeting with our Heavenly Father who knows everything we need.

(to be continued)



- ALPHONSE JOSE » 13 YRS » TEXAS, USA



# ST PADRE PIO

Feast: 23 September

At the age of five, Francesco Forgione started seeing visions of his guardian angel, Jesus and Mother Mary. He dedicated his life to God, doing hard penances so young.



At 15, he joined the Capuchin Order of the Frairs Minor.

He is truly a special one.

He is Pio. You should see him praying. He is very pious and full of love for Jesus.



One day Fr Karol Wojtyla came to see him.

Fr. Karol Wojtyla later became Pope John Paul II in 1978.

You will one day rise to the highest post in the church

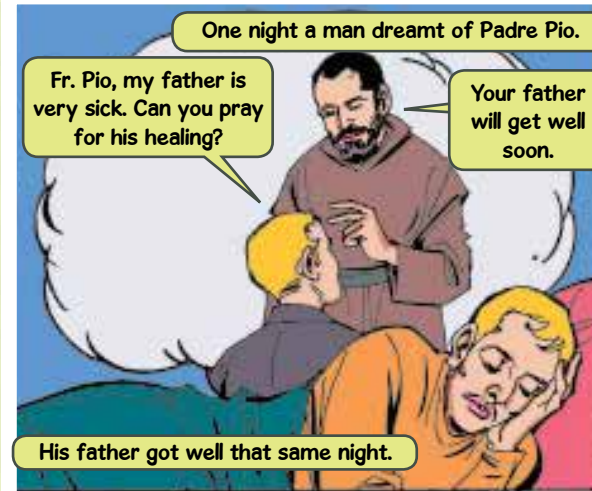


Brother Pio became a priest in 1910 at the age of 23. He prepared for Holy Mass with utmost devotion. His Masses would often take long hours.



So intense was his holiness that he was blessed with the stigmata (five wounds of Jesus on one's body). He was the first priest to have this in the history of the church.

People from all over would come to him for confessions. He had the gift of reading the hearts of the people and would help them to confess forgotten sins.

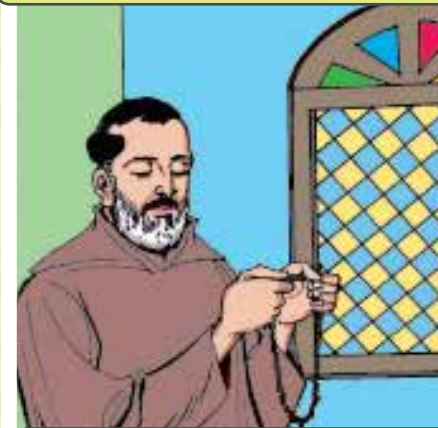


Fr. Pio, my father is very sick. Can you pray for his healing?

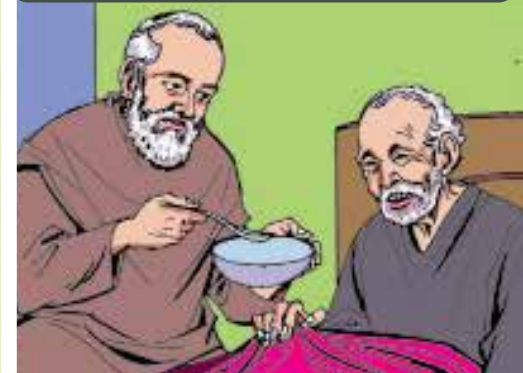
Your father will get well soon.

His father got well that same night.

He had a special devotion to Mother Mary and would recite many Rosaries a day.



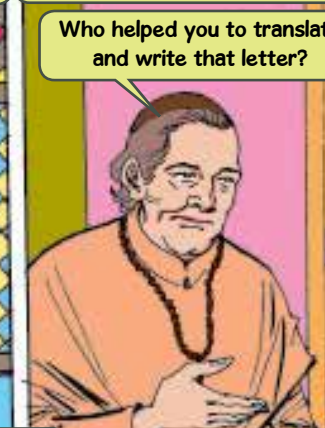
Padre Pio spent his entire life in the monastery. He loved the poor and suffering, in whom he saw Jesus and offered his prayer and penance for conversion of sinners.



People often came to him requesting prayers.

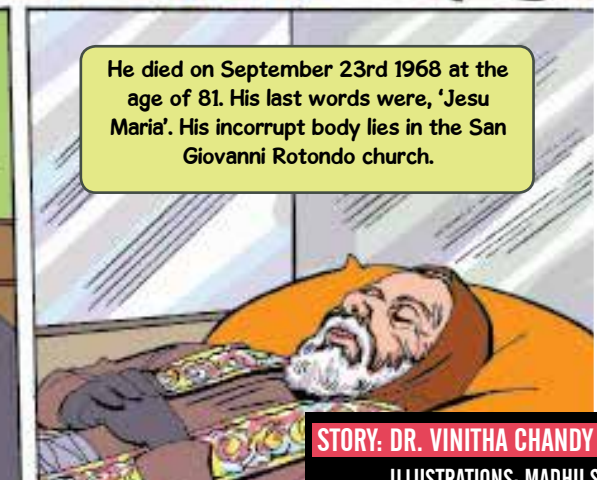
Pray, hope and don't worry. Worry is useless. God is merciful and will hear your prayer.

He would often seek help of his guardian angel. He once received a letter in Greek and replied back despite not knowing the language.



Who helped you to translate and write that letter?

My guardian angel translated the letter and I dictated him the reply.



He died on September 23rd 1968 at the age of 81. His last words were, 'Jesu Maria'. His incorrupt body lies in the San Giovanni Rotondo church.

STORY: DR. VINITHA CHANDY  
ILLUSTRATIONS: MADHU S



# KINDNESS WHEEL

- DIVYA IMMANUEL » MUMBAI, INDIA



## MATERIALS REQUIRED:

- Cardboard
- Scissors
- Paints, Brush and a bowl of water
- Marker
- Nails or AI pins
- Styrofoam (square piece)



## PROCEDURE

- 1 Cut the cardboard piece into a circle and mark the mid point.
- 2 Draw lines from one end of the circle to the other passing through the mid point. Divide the circle into equal parts.

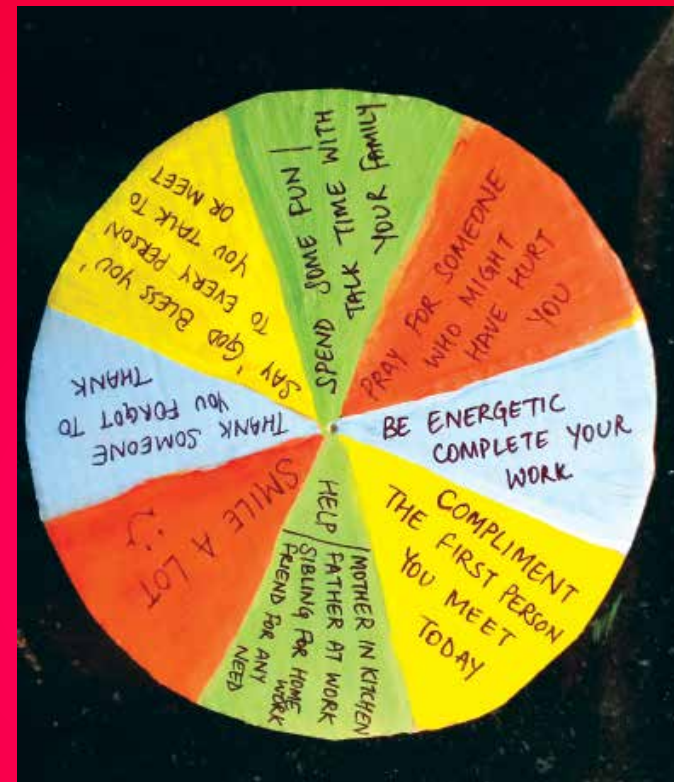


## TIPS

1. Parental guidance may be required while using pins and scissors.
2. You may use a plain paper plate also to create the wheel.
3. Use a rag to keep the place clean 😊

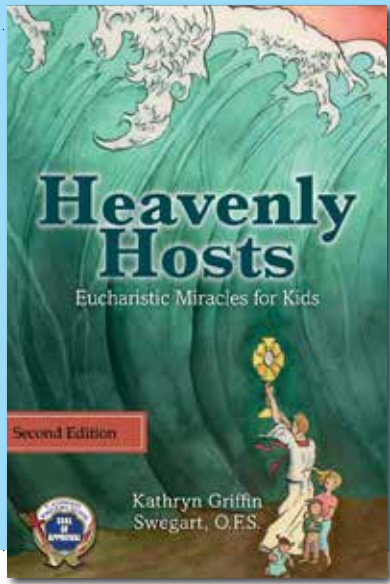
## ACTIVITY

This is your kindness wheel. Every morning rotate the circle and see which act of kindness you get. Do the act every day and notice the change within you. God will bless your acts of kindness and you will experience miracles around you.



- 3 Colour it with light colours and let it dry.
- 4 Once dry, write down acts of kindness (either as shown in the image or after discussing with your parents).
- 5 Now make a small arrow using the cardboard.
- 6 Use the pin/nail to loosely secure the circle onto the styrofoam and check if the pin wheel rotates.
- 7 Next, pin the arrow either on the top or the bottom of the styrofoam, making sure that it points at the circle (refer picture)





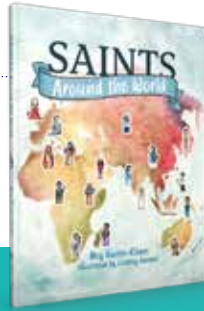
## HEAVENLY HOSTS: EUCHARISTIC MIRACLES FOR KIDS

KATHRYN GRIFFIN SWEGART OFS

**H**eavenly Hosts is a collection of documented Eucharistic Miracles that have taken place across the world. This treasury of stories for middle-grade readers gives them a better understanding of the real presence of Jesus in the Eucharist. Through these miraculous accounts set in various historical times and places, little readers will be encouraged to understand, appreciate and love the Eucharist. Though written for children, this book will be enjoyed by every member of the family.

## SAINTS AROUND THE WORLD

MEG HUNTER-KILMER / EMMAUS ROAD PUBLISHING (2021)



**S**aints Around the World brings together captivating stories of over hundred saints from sixty countries around the world, including saints with different disabilities, strengths, and struggles. Each story reflects the cultural diversity and historical background from which the saints have emerged, by remaining true to God's design for their lives. Each story in this book is written not only to capture the imagination but also to speak about God's tremendous love and our call to be saints.

## TAKE IT TO THE QUEEN: A TALE OF HOPE

JOSEPHINE NOBISSO / GINGERBREAD HOUSE (2008)



**T**ake it to the Queen is a story about the relationship of a town and its king. When a powerful king dreams that the perfect woman to be his queen would be from a particular village, the monarch does everything to ensure the village prospers. But when the long expected queen is finally united with the king, the villagers begin to forget the source of their blessings. Their greed and distrust bring upon their ruin. In the end, they must 'take it to the queen'. A beautiful story about Mother Mary and her special role in the Church.

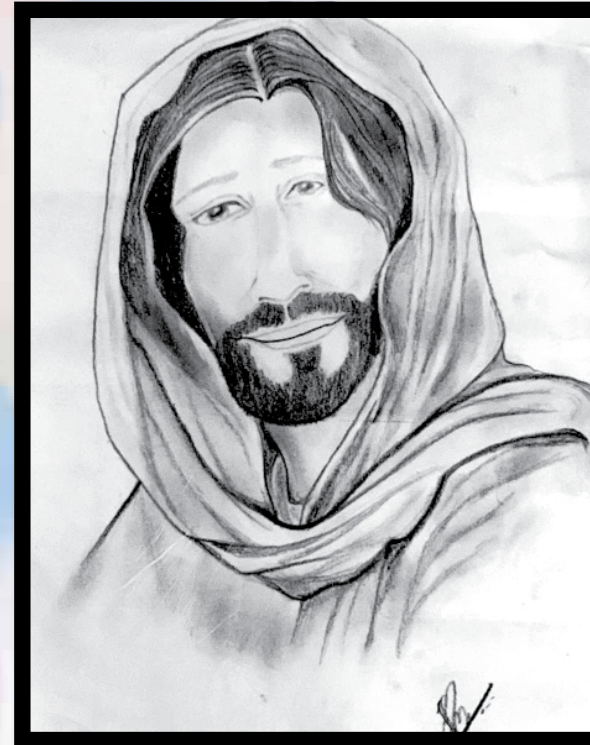
## MY CANVAS



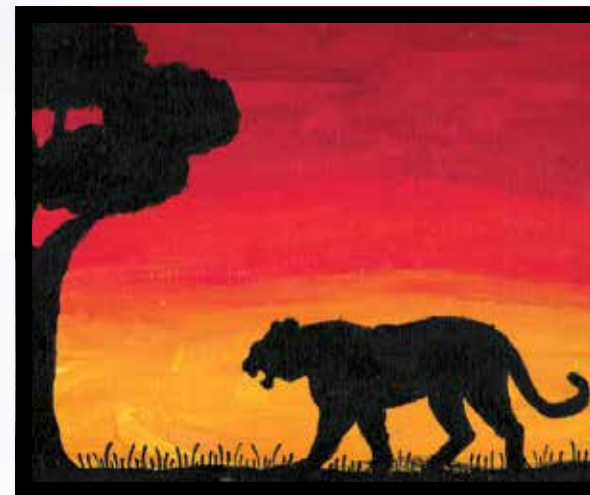
HAYA MARIA PAUL » 15 YRS  
» THRISSUR, INDIA



SANYA MARIA SABU » 12 YRS  
» HOUSTON, USA



CHRISTON JOSHY » 11 YRS  
» HOUSTON, USA



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**Bible  
Verses for  
BACK  
SCHOOL**

*Let all that you do be  
done in love.*

**1 Corinthians 16:14**

*Never worry about  
anything; but tell God all  
your desires of every kind  
in prayer and petition shot  
through with gratitude.*

**Philippians 4:6**

*When I am afraid, I put my  
trust in you, in God, whose  
word I praise, in God I put  
my trust and have no fear, what  
power has human strength  
over me?*

**Psalms 56: 3-4**

*And Jesus grew in  
wisdom and stature,  
and in favour with  
God and man.*

**Luke 2:52**

*Be strong and  
courageous! Do not be  
afraid or discouraged. For  
the Lord your God is with  
you wherever you go.*

**Joshua 1:9**

*But seek first the  
kingdom of God and his  
righteousness, and all  
these things will be added  
to you.*

**Matthew 6:33**

*Any of you who lacks  
wisdom must ask  
God, who gives to all  
generously and without  
scolding; it will be given.*

**James 1:5**

*Yes, I know what plans  
I have in mind for you,  
Yahweh declares,  
plans for peace, not for  
disaster, to give you a  
future and a hope.*

**Jeremiah 29:11**

*Cast all your burdens  
upon him, for he cares  
for you.*

**1 Peter 5:7**

*And my God will fulfil  
all your needs out of  
the riches of his glory in  
Christ Jesus.*

**Philippians 4:19**





## Q. WHY IS IT DIFFICULT FOR ME TO CONTROL MY ANGER?

- IRENE ANNIE JOHN, ABU DHABI, UAE

**ANS:** Hey Irene - well anger is like any other emotion. It's an emotion that God has given us humans. And I would say let's thank God for that (1 Thessalonians 5:18). In primitive times - humans survived by the mechanism of \*Flight\* or \*Fight\* and anger gave a lot of push to fight, so in a way it helped man survive.

All emotions are good, it's the way one expresses the emotion that makes it okay or not okay. Yes there are larger cultural and traditional aspects of expressing emotions also - but for now we will leave that apart. Just like eating lots of anything is not good so is with emotions. In life everything has to be in a balance. Like for example being happy is a wonderful thing. But then if one is smiling or laughing (just being happy) at a funeral or a generally sad situation - what would you say.

We need to first realise that there is a problem of anger. Well that won't solve it but it's on the way to solving it. Please apologise to those whom we get angry with and also pray for them.

Prayer and that too personal prayer helps; sacramental life - regular confession

and regularly attending Holy Mass helps; one that has helped me is intercession of Mother Mary - reciting the Rosary. Let me pray for you and all young people who find anger as an issue. Amen!



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.

## UNWIND STRESS

- SIJU THOMAS » KOTTAYAM, INDIA



**D**ear children, are you worried? Stressful?

Nobody is free from stress because it is a part of everyone's life. We cannot expect a life without stress but we can easily manage it. Let me tell you some scientific facts about stress.

Stress is the body's response to physical, mental, or emotional pressure.

Stress causes chemical changes in the body that can raise blood pressure, heart rate, and blood sugar levels. It may also lead to feelings of frustration, anxiety, anger, or depression.

While we cannot avoid stress, we can learn to manage it to lead a productive, happy life.

There are two types of stress, a positive stress and negative stress. Positive stress is known as Eustress which helps you to dream high, work hard and attain your dreams and goals.

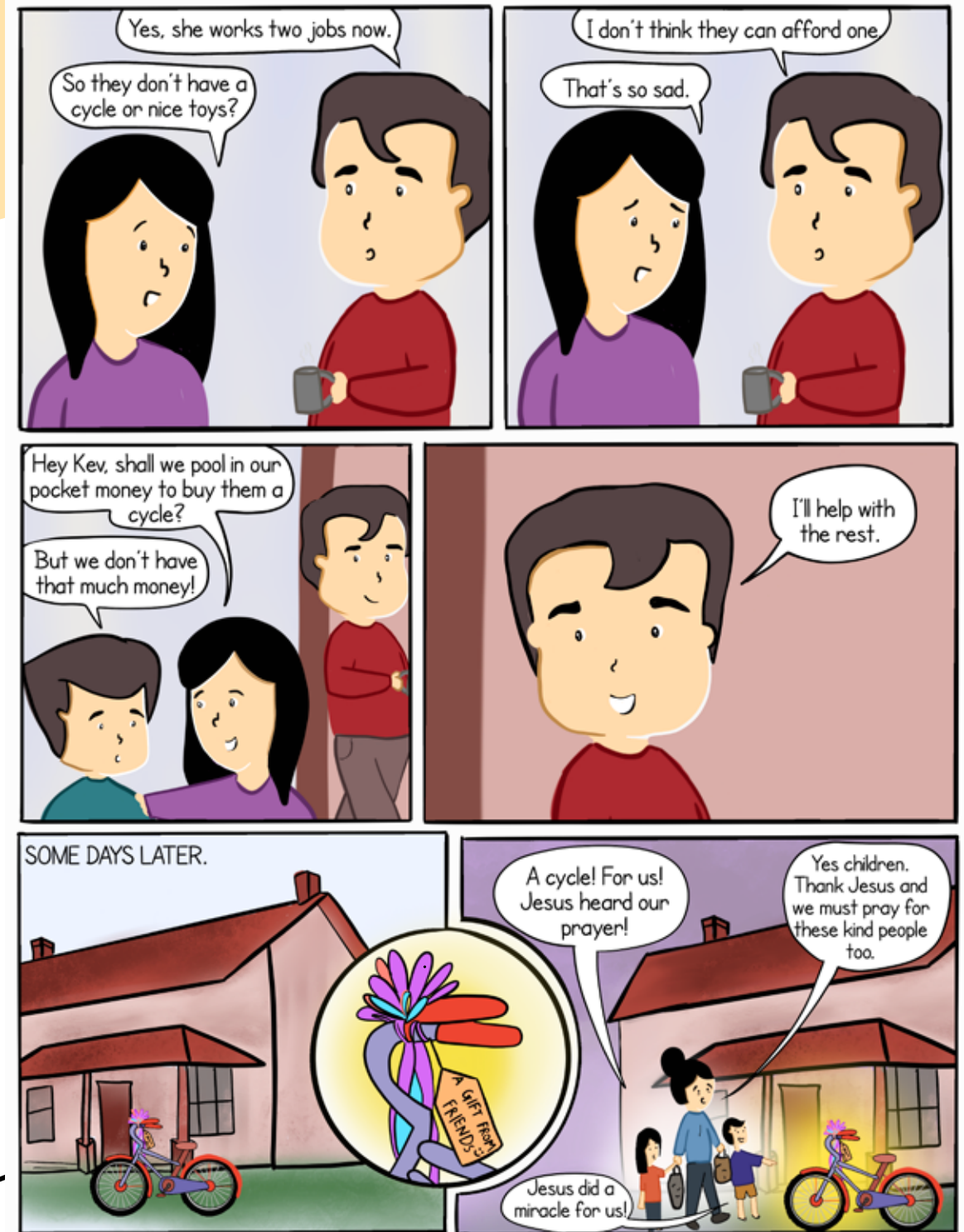
Negative stress is known as Distress which is damaging and harmful.

So dear children, always welcome positive stress or convert your distress (bad stress) into eustress (good stress). **How you manage your stress is the key to happiness and success.**

We shall discuss more on this in the coming month also.

May the Holy Spirit help you to be happy and healthy with your positive stress.





STORY: SUJA SIJU ILLUSTRATIONS: STEFFI ANDRAT FARIA



# UNSCRAMBLE

There are twenty-seven books in the New Testament.  
Listed below are the books with their names scrambled up.  
Can you unscramble them?

- |                      |                      |
|----------------------|----------------------|
| TALAIGANS .....      | MONELIPH .....       |
| THOESALS1NIASN ..... | KULE .....           |
| REHEWBS .....        | SSSANOOCLI .....     |
| VETLAERINOS .....    | H1NOJ .....          |
| THAMTWE .....        | MEASJ .....          |
| TACS .....           | YOM2TTHI .....       |
| SITTU .....          | AINSIPPHILP .....    |
| OJ2NH .....          | DUJE .....           |
| TEE1PR .....         | HOJ3N .....          |
| SORANM .....         | RANSITH2OCIN .....   |
| RKAM .....           | SEAINSPHE .....      |
| HOJN .....           | TEEP2R .....         |
| THORCINS1ANI .....   | LONTHESA2ASNAI ..... |
| THYOMIT1 .....       |                      |

Please send the solved Brain GYM to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) before 30<sup>th</sup> September, 2021. The winners will be featured on our Instagram and Facebook pages.



## Hail Mary of Gold

Let us learn a beautiful prayer to Mother Mary. This prayer, Hail Mary of Gold is taken from the Pieta prayer book. Let us pray it now to Our Lady!

*Hail, Mary, White Lily of the Glorious and always-serene Trinity.*

*Hail brilliant **Rose** of the **Garden** of heavenly delights;  
O you, by whom God wanted to be born and by whose milk the **King of Heaven** wanted to be nourished! **Nourish** our souls with effusions of **divine grace**. Amen!*

From the prayer, can you find the words in bold in this grid?

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

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# PRAY TOGETHER

- JOSHY JOSEPH » HOUSTON, USA

As we saw in the previous issues, the foundation of effective discipline is parent-child rapport. And, there are 12 secrets (tools) to build rapport with your child. We have already discussed the first six secrets which are, 'Say the Love Words', 'Show

Them You Love Them', 'Play Together', 'Work Together', 'Be There' and 'Keep your Promises'.

This month, let's learn about

the seventh secret which is, 'Pray Together'

As the saying goes, 'The family that prays together, stays together'; praying

together is an essential part of family life that fosters family relationships, however you do it. The following are some special ways you can use prayer to reinforce the rapport and affection at home.

First, every morning or evening, take some time to bless one another. As parents, 'lay hands' on each child (pray over him or her), thank God for them and ask God to help the child 'grow up to be the person God wants them to be'. Then invite your children to return the favour by asking them to lay hands on you and pray for God's blessing on your special needs, if any. Our children love this, as they feel they are receiving a special gift from us and giving a special gift to us. And we are not alone. We hear similar endorsements from other families who practice this blessing.

Likewise, when you are being affectionate with your children, remind them that 'I love you more than I could ever say, and God loves you even more than I do'. And, when you tuck your children in at night, make a sign of the cross on their foreheads and pray that God will send his angels to guard them in their sleep.

Finally, make sure that at least once a week your family spends some special time in prayer, as well as Bible or catechism study. In these special times of prayer and reflection, give thanks for each family member. Ask God to show you his will for your lives, and ask him to supply your needs that, as Scripture says: He might show the immeasurable riches of his grace in his kindness to us in Jesus Christ (Ephesians 2:7). Feel free to occasionally ask your children to lead this special worship time with songs and action songs. Such things show the children that you value their input and that prayer is a family-thing, not just a grown-up thing ◦

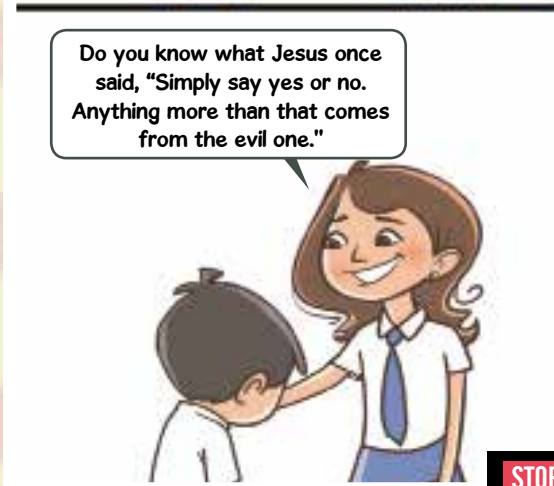
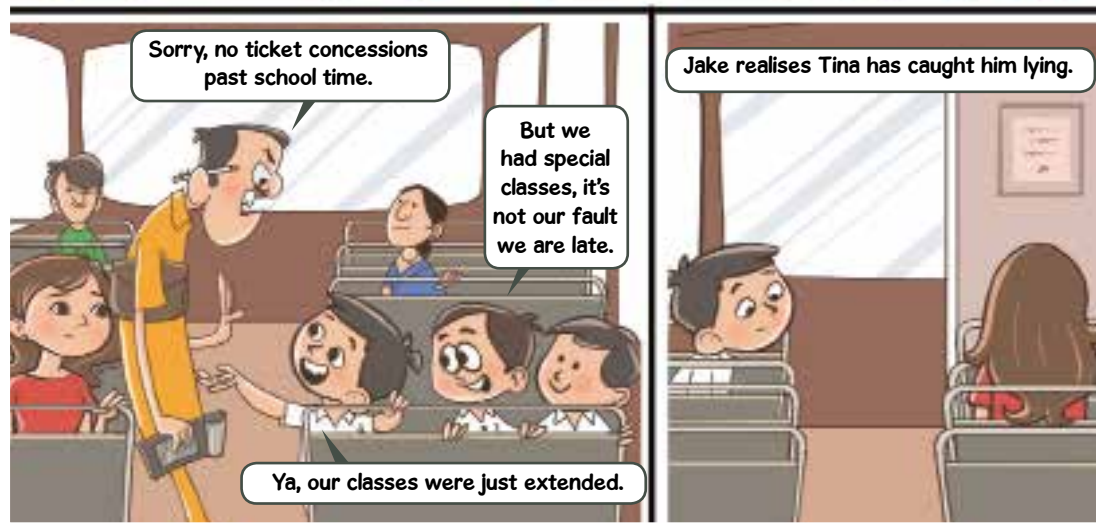


**OUR CHILDREN LOVE THIS, AS THEY FEEL THEY ARE RECEIVING A SPECIAL GIFT FROM US AND GIVING A SPECIAL GIFT TO US. AND WE ARE NOT ALONE.**

Parents are welcome to share their concerns/queries at [joshy.joseph@kairos.global](mailto:joshy.joseph@kairos.global) or WhatsApp number +1.832.592.3675



**BUILDING AND SUPPORTING**



**STORY: ANISH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN**



# WHY NATURE IS GOOD FOR YOU

The ongoing pandemic and online classes has most of you before screens for a good part of the day, isn't it? If it's not classes, then there are assignments and notes to complete or tests and exams to do. And then of course, your favourite cartoons and programmes on a different screen. So in a day, a lot of your time is spent in front of various screens - all while God's most amazing, forget-virtual-get-into-reality 'screen' goes without any interaction from you. And what screen is that, you ask? It's nature! The outdoors! Fresh air and sunshine!

So why is nature good for you?

- ✿ Being outdoors promotes creativity and imagination. Take a leaf out of God's amazing creativity! Whether it is art, singing, dancing, poetry, music - any field can draw inspiration from nature.
- ✿ Teaches responsibility. So you want a pet? Or you have a garden? Or you have to grow a seedling for your science project? It takes care and responsibility. Living things die if mistreated or not cared properly.
- ✿ Nature is stimulating. You thought that only your games console could be exciting? Well, nature activates your senses more than any screen game ever could - your eyes, nose, ears, touch. Remember that old song from Disney's Pocahontas, 'Colours of the wind'?
- ✿ Gets you moving. Ever been on a wide expanse of ground and not felt like running? Nature makes you want to run, jump, hop, skip - all that gets your blood pumping all over your body. And exercise, apart from keeping you healthy, helps you remain focused too.
- ✿ Exercises your grey cells. Being outdoors makes you wonder about things. Why is the sky blue? What makes a firefly glow? How does a butterfly emerge? Being outdoors makes you think about the earth and the life it supports.

***But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the LORD has done this? In his hand is the life of every creature and the breath of all mankind (Job 12:7-10)***

## SPOT 12 DIFFERENCES







### COLOUR

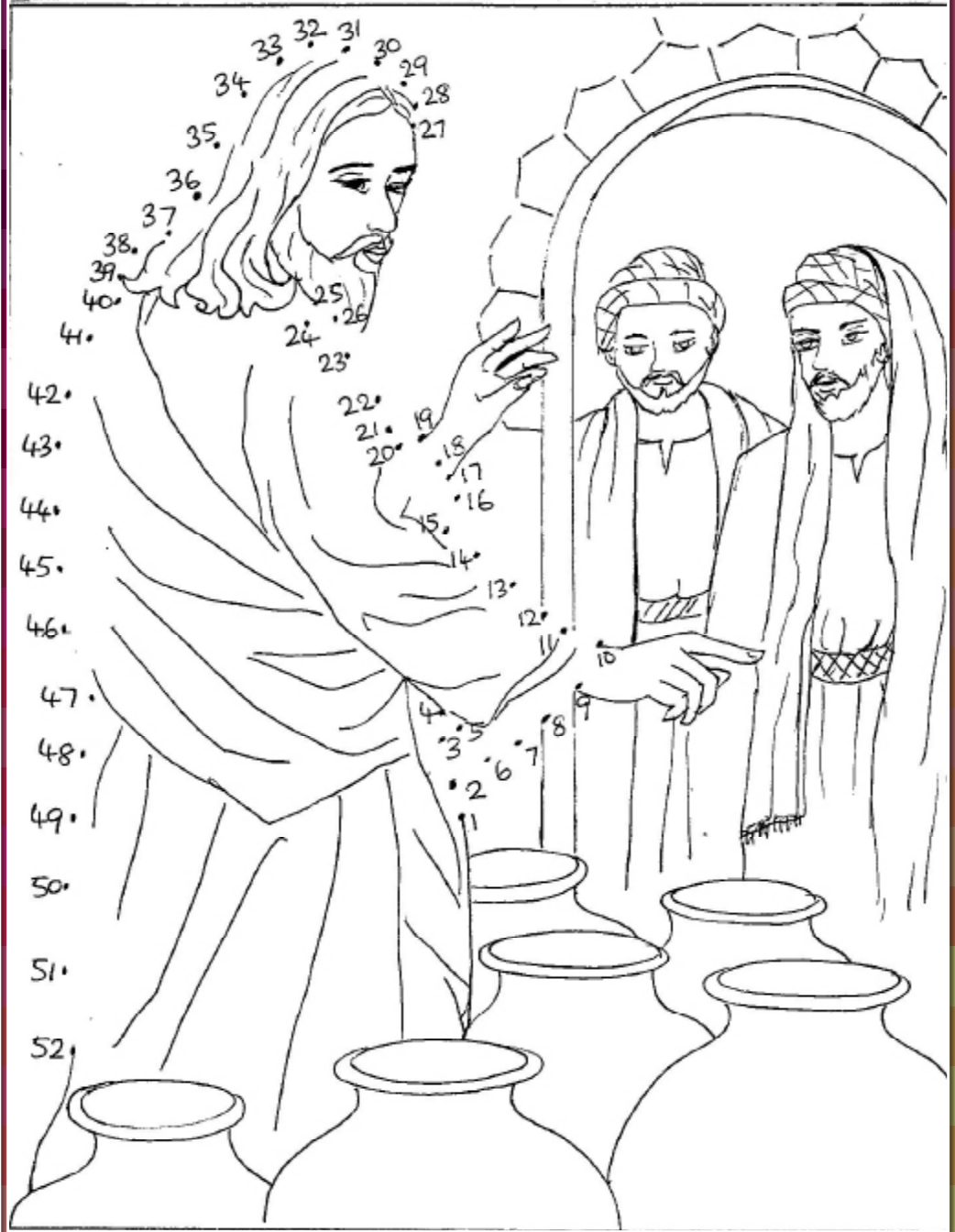


### LEARN TO DRAW



### COLOUR ME

### JOIN THE DOTS AND COLOUR

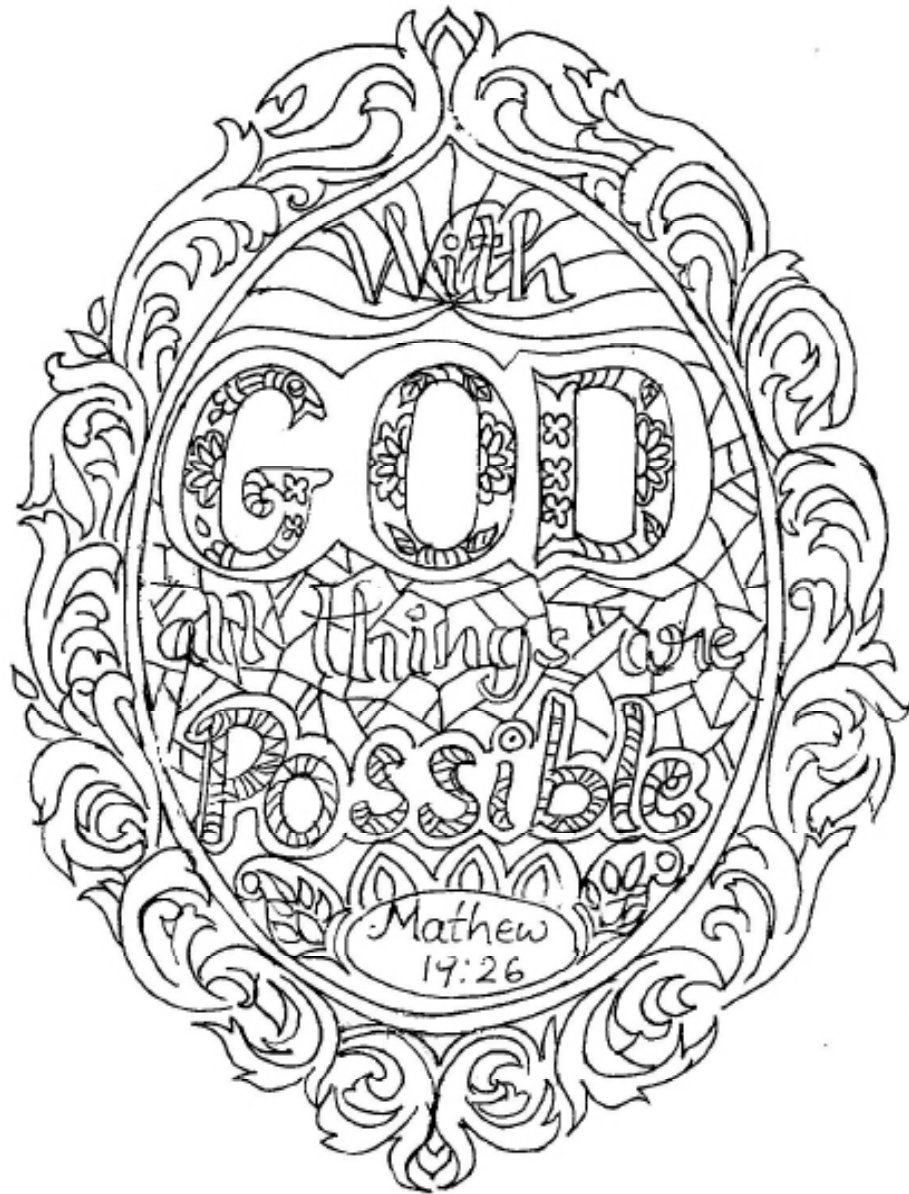


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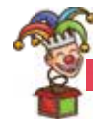


Jesus looked at them and said,  
"With man this is impossible,  
but with God all things are possible."

Matthew 19:26



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**S**ir Thomas More, venerated in the Catholic Church as Saint Thomas More, was an English lawyer, judge, social philosopher, author, statesman, and noted Renaissance humanist. He also served Henry VIII as Lord High Chancellor of England from October 1529 to May 1532.

He later refused to approve King Henry VIII's divorce and remarriage and establishment of the Church of England. As punishment he was sentenced to death.

During the trial, More prepared his soul to meet 'the great spouse' and wrote a beautiful prayer and several letters of farewell. Thomas More's sense of humour never deserted him, right up to the moment of his execution.

The execution took place on 6 July 1535 at Tower Hill. After More had finished reciting the 'Miserere' while kneeling, the executioner reportedly begged his pardon, then More rose up merrily, kissed him and gave him forgiveness.

When he came to mount the steps to the scaffold, its frame seeming so weak that it might collapse, More is widely quoted as saying (to one of the officials): 'I pray you, master Lieutenant, see me safe up and [for] my coming down, let me shift for myself'. He told the onlookers to witness that he was dying 'in the faith and for the faith of the Catholic Church, the king's good servant and God's first.'

He altered the ritual by blindfolding himself, playing 'a part of his own' even on this awful stage.



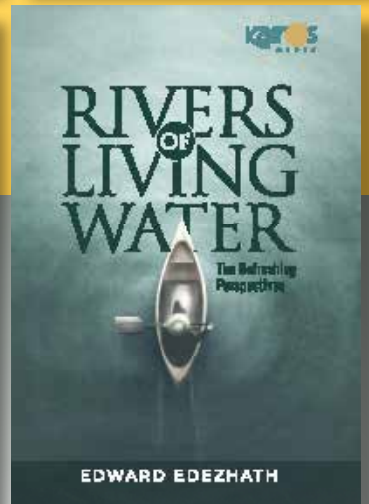
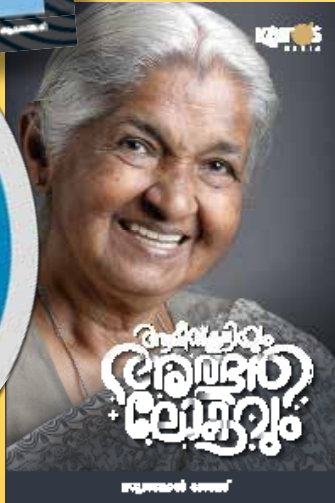



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