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Put On Holy Habits!

EDITORIAL

I know October is a very special month for you, my dear Kairos Buds friends! At the end of the month, you'll all get to dress up as a saint. This will be the third time Kairos Buds is organising the 'Holy Habits' challenge where you dress up as a saint! It's not just about dressing up as a saint, but also about learning more about their amazing lives! You'll get to know how they lived, what made them special, and try to follow their path to becoming holy and good.

A busy mum of five adorable kids send me a note sharing her excitement preparing for Holy Habits. 'The second half of October brings excitement for kids as they eagerly discuss the saints in our Catholic Church, choosing one to dress up as for All Saints' Day on November 1st. As parents of five, it's a challenge to balance daily routines with studying saints, picking one for each child, and preparing costumes - especially avoiding repeats from past years. We talk about the life and importance of each saint as we work on their costumes, but it takes time, considering sleep, moods, and patience. Last year, we even had to redo outfits for the younger ones due to impatience. Each child is unique, which adds to the challenge, but once completed, there's a sense of achievement. Despite the effort, it's rewarding to see them learn about the saints in such a meaningful way."

It's time to pray to learn about a new saint, discover their story, and then dress up as that saint! Let the holy fragrance of their life fill our own!

Happy 'Holy Habits'!



Nobin Jose, Singapore

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St Mary Major Basilica, Rome, Italy

- TRINA MARIA ISRAEL » 17 YRS

rose petals fall from the ceiling as a remembrance to a miracle of one of the most important churches of Rome: the Basilica of St Mary Major. Imagine having snow in the middle of summer in a very hot city. This miracle happened on the night of 5th August 352 on the Esquiline hill, after Pope Liberius and a nobleman named John dreamed that a church should be built on the place, where it would snow.

Today this church is one of the four Papal Basilicas in Rome: the Basilica of Saint Mary Major. In 432 the basilica was built in the ancient Roman style and throughout the years the

basilica expanded, so that different types of architecture can be seen.

When you walk into the church you are overwhelmed by the enormous ambience of the detailed ornaments, mosaics, which depict biblical stories and Marian paintings.

One painting is the famous icon 'Salus Populi Romani' which means salvation of the Roman people and was painted by St Luke the Evangelist. Mother Mary is depicted with Baby Jesus. Many popes have also shown their deep devotion to Mary by making a procession to the St Peter's Basilica with the painting. It is the favourite church of Pope Francis.

Moreover, one relic of the manger, where Baby Jesus was placed after his birth on the Holy Night of Christmas, is venerated in the basilica. Five pieces of sycamore wood are kept in a crystal reliquary. That's why the basilica is also known as the 'Bethlehem of the West'. In 1291 the first known nativity scene in art history was made out of marble. These sculptures were made after St Francis of Assisi made the first live crib a few years before.

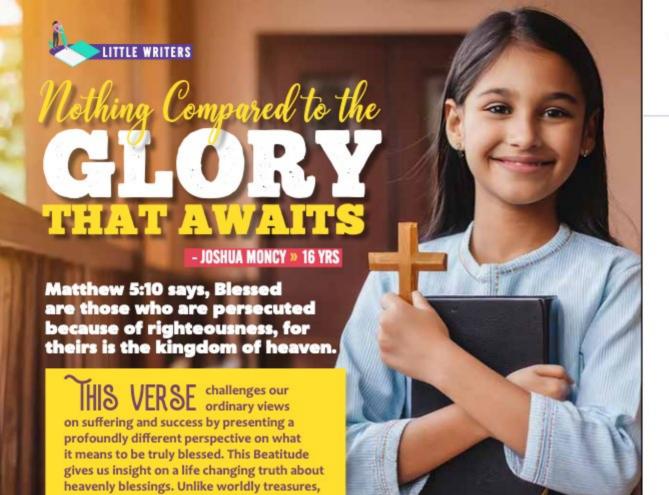
Additionally, you can also visit the Pauline and Cesi Chapel located on the side naves of the basilica.

Like all other Papal Basilicas one door of this basilica the Holy door - only opens every 25 years, when the church celebrates its jubilee. The door will next be opened during the jubilee year in 2025.

During this Rosary month all are welcome to deepen your relationship with Our Blessed Mother and pray the Rosary more often.



04 KAIROS ● BUDS
KAIROS ● BUDS



Jesus speaks of a blessing that can only be received with suffering that is endured for the sake of righteousness. When Christians face Jesus tells us this, and He offers us the gift of persecution because of their commitment heaven for our sufferings.

> 'The sufferings of today will be nothing compared to the glory that Jesus offers us at the end of days.' Jesus doesn't try to sugar-coat our obligations; as His disciples, He tells us that we will be hated for His sake. but we should rejoice, for our rewards in heaven will be great. Men working had faced difficult decisions in their workforce. Say that there was a Christian stonemason, and he was ordered to build a shrine for a pagan god, in full consciousness could he be able to complete his task and still call himself a follower of Christ? Early Christians were faced with such trials. Even today we are

mocked for our traditions and our love for

our Lord. Let us stand firm in our faith and

trimmed and await for our reward in God's

Kingdom.

await the kingdom of heaven with our lamps

Persecution is not just about experiencing hardships but about standing firm for what is right even in the face of opposition. This opposition can come in many forms, but Jesus promises that each of these trials have their own special reward. These trials also confirm the authenticity of one's faith and righteousness. In the early Church, persecution was part of the job of being a follower of Christ. Men and

to our Saviour, their suffering becomes a

reflection of our Lord's suffering.

women would be tortured, in horrendous and unthinkable ways. Christianity was twisted by Jews into being thought of as a cannibalistic and disgusting practise. The words 'this is my body and blood' was widely misinterpreted as cannibalism. Romans despised Christians and persecuted them on a wide scale, but

Little Lord Fauntleroy ANNA-CLAIRE ANTHRAPER 20 12 YRS

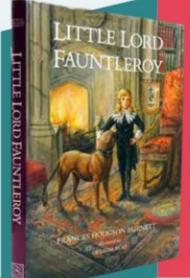
ittle Lord Fauntleroy by Frances Hodgson Burnett is the classic rags-to-riches story of Cedric Errol, a young American boy. Cedric is unlike most other boys of his age, and has 'A kind little heart that sympathises with everyone... a confiding nature... and is quick to understand the feelings of others.' After losing his father at a very young age, he and his mother live a simple life in a small house, but life with his virtuous mother is certainly preparing Cedric well for his forthcoming adventure, as his life turns upside down.

Suddenly, one day, seven-year-old Cedric is whisked away to England where he is to live with his grandfather, the rich Earl of Dorincourt (whose son had married Cedric's mother against the Earl's wishes), and is given the title of Lord Fauntleroy. Even though the Earl is extremely grumpy and hard to please, Ceddie however, sees the good in him as well as in all the others living in the castle. He also becomes popular with the villagers, earning the name of a kind philanthropist. After spending much time with the Earl, Cedric manages to melt his grandfather's heart with his childish

innocence and infinite compassion for all. Of course, these characteristics are due to his mother, whom he calls 'his Dearest,' for she raised him with a 'mixture of maturity and childishness' that charms all. Although the Earl hates Cedric's mother, 'Dearest' herself is

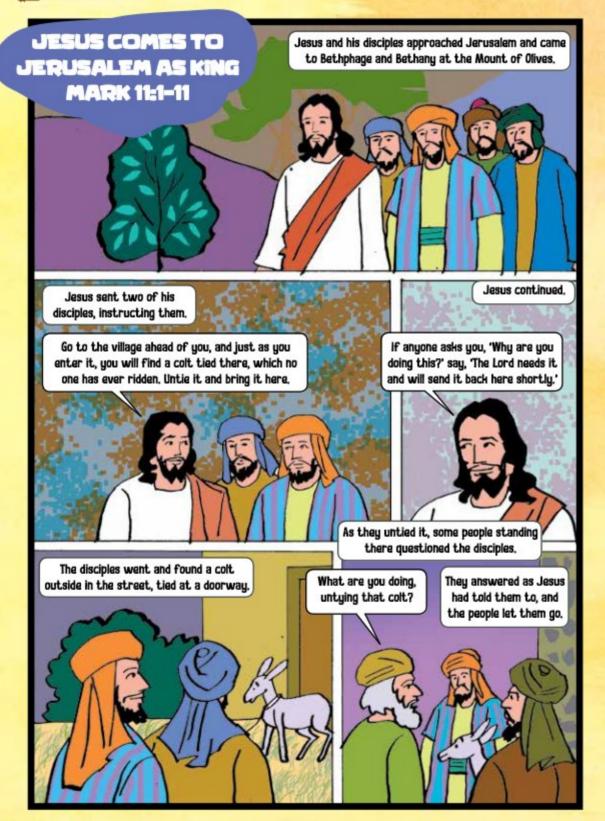
just as gentle and kind as her son and extremely beautiful, quickly becoming the dearest of all the poor in the village through her acts of kindness and charity.

As time goes on Cedric has many adventures, from commissioning the rebuilding of a broken-down slum, to meeting various relations, and learning to ride his pony, which all takes up much of his time. However, abruptly, someone else turns up claiming to be the real Lord Fauntleroy. Working together, some of Cedric's friends from New York set out to prove that he is the real heir to the house of Dorincourt. The rest of the story is about whether the goodness of Cedric would stand a chance against the lies of the 'bad Cedric' and his family.



Frances Hodgson Burnett's Little Lord Fauntieroy is one of the greatest classics of all time, and has been one my own favourites for years. The way Cedric changes the hearts and minds of those around him reminds us that gentle words work better than harsh reprovement. Very rarely does one come across characters so endowed in the gifts and fruits of the Holy Spirit. It's perfect to read together as a family and is suitable for all ages.

06 KAIROS @ BUDS KAIROS BUDS 07





08 KAIROS DUDS KAIROS BUDS



Persevering For What's

- SUNIL MIRANDA

ave you ever felt like you were doing the right thing, but somehow, it still felt like you were getting into trouble? Maybe you got scolded by a teacher for reminding a classmate to follow the rules, or perhaps you were laughed at by friends for standing up against something wrong. It can be confusing and hurtful when you're trying to do what's right, yet facing criticism or even mockery from others. But did you know that throughout history, many people have faced similar challenges for standing up for what they believe in? Like St Padre Pio, Saint Perpetua and Saint Felicity, Saint Maximilian Kolbe, etc. It's a beatitude that Jesus taught us 2000 years ago and it is called 'Blessed are those who are persecuted for righteousness' sake.' Let's break it down a bit. 'Persecution' means facing hostility or mistreatment because of your beliefs or actions. And 'righteousness' means doing

BEING 'BLESSED' DOESN'T
NECESSARILY MEAN THAT
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KIND OF STRENGTH AND
GOODNESS THAT COMES
FROM STANDING UP FOR
WHAT YOU BELIEVE IN, EVEN
WHEN IT'S HARD.

what is morally right or just. So, when we talk about being 'persecuted for righteousness' sake,' we're talking about facing difficulties because we're doing what we believe is right.

Being 'blessed' doesn't necessarily mean that everything will be easy or that you'll always be happy. Instead, it means that there is a special kind of strength and goodness that comes from standing up for what you believe in, even when it's

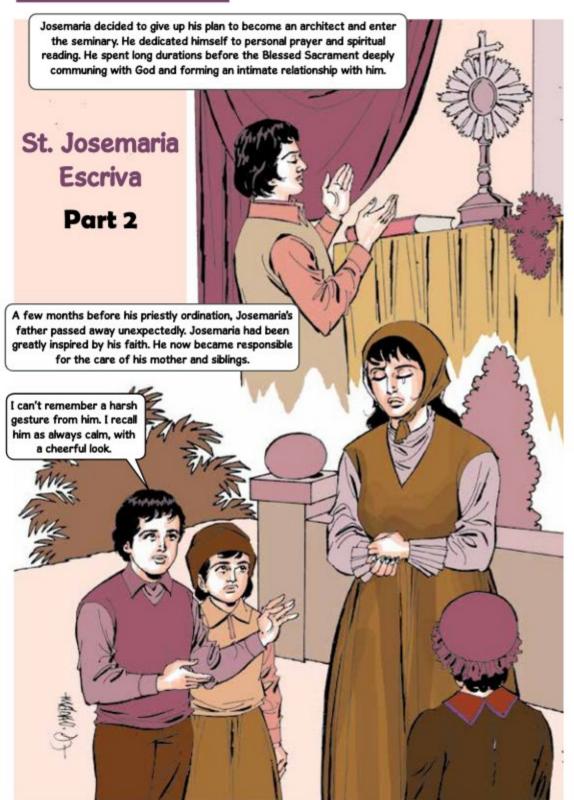
hard. This special kind of strength is called grace. Think of it like this: when you stand up for what's right, you're showing courage, integrity, and kindness. Even if others don't always understand or appreciate it, you're making the world a better place by sticking to what is right. Remember, it's okay to feel hurt or upset when you face criticism or mistreatment for doing what's right. But try not to let

it discourage you. Instead, use it as an opportunity to learn and grow stronger in your convictions. So, the next time you find yourself facing challenges for doing what you believe is right, go to God in prayer, ask for special kind of strength to stand firm. Perhaps this can be your daily prayer before you start your day, to strengthen you to do what is right.

Remember that you're not alone. Many others have walked this path before you, and their courage and resilience can inspire you to keep standing tall, no matter what. Perhaps you could explore the life of your beloved saint and examine how their own lives were, what challenges they faced for being right and how they overcame. Additionally, you might ask your chosen saint to advocate on your behalf, guiding you toward righteousness and ultimately aspiring for sanctity.



10 KAIROS DUDS



He went onto finish his law degree and complete his doctorate in law. Meanwhile, he also looked after the poor and abandoned. His Catholic faith was not welcomed by society but despite this, he would walk around taking the sacraments to the sick and dying. He would help prepare children for their First Holy Communion. If you have done something wrong, be it big or small, go

On October 2, 1928, God revealed to St Josemaria the special mission he was called to. This was to found Opus Dei, which was an organisation that Josemaria envisioned as having people from all walks of life who made the world holy by offering their daily duties to God. This means that every single person including you and me can play a part in making the world more holy.

> Work, family life, and the ordinary events of each day are opportunities for drawing close to Christ, and making Him known to others.

Josemaria created many writings. He gained a reputation as an amazing preacher and a holy priest. However, he faced opposition from within and outside the Church. His work with Opus Dei was also impacted by the Spanish Civil War. Nevertheless, he endured these troubles calmly.

running back to God!

To be continued...

ILLUSTRATIONS: MADHU S

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

(Ephesians 4:32)

Andrew and I Encourage each other - JOAN JERO D'CRUZ » 16 YRS

Three days ago my cousins, Andrew and Albert came over. They live almost 12 hours away so when they visit we always have a blast! While Andrew and I always mess things up, Albert's always keeping things tidy because he is almost fully grown up and is very responsible!

Today, Andrew and I were trying our best not to think about the Dino Squad episode on TV. We were doing the 8 day abstinence for Mama Mary's birthday and had decided to give up watching TV. We'd be missing a whole episode!

All our parents had gone out and Albert was in charge. He was upstairs in his

'Jack,' Andrew whispered. 'I feel like watching Dino Squad.'

'Yeah I know. Should we put it on just for a little time? Let's just keep it a secret. I whispered back.

What if Albert catches us though?

'Let's go check on him, I said.

We crept upstairs, slowly pushing open his room door to find him on his phone. He looked up when he saw us. 'What are you guys up to?' He asked.

He smiled knowingly before asking us to come in. Andrew do you remember

the Bible verse that mom and dad told us to memorise?" 'Yes. Encourage one another and build each other up. I Thessalonians 5:11,'

'That's right,' Albert said looking down his glasses at us. 'I hope that's what Andrew murmured nervously.

you two are doing.

When we left his room and went downstairs, we didn't really feel right putting the TV on after that. Even though we knew that Albert wouldn't snitch on us, we wouldn't be really good friends if we led each other to break our word.

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.

Encourage one another and build each other up.

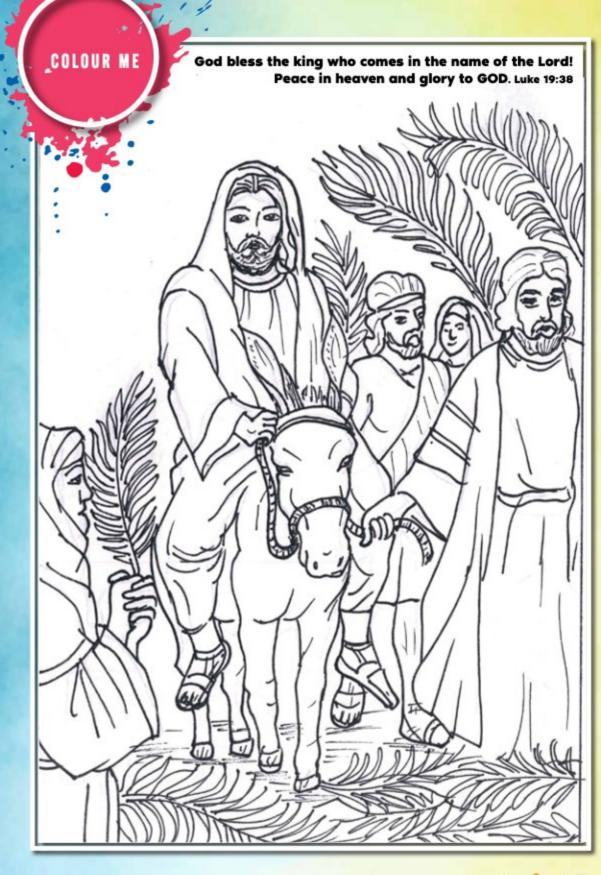
1 Thessalonians 5:11

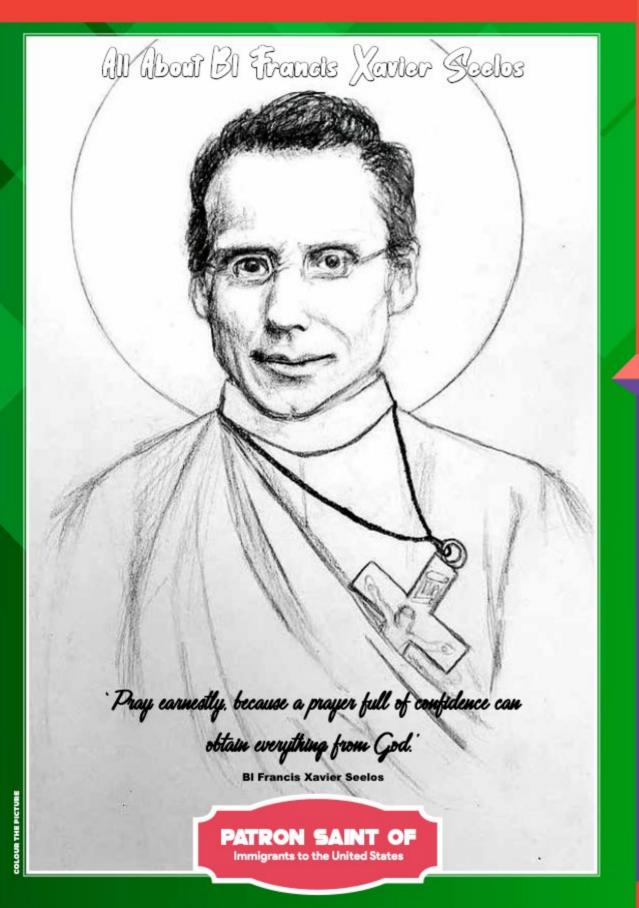
Encourage one another and build each other up. Encourage one another and build each other up.

Colour. Arrange. Frame (Part 3)

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.







BL FRANCIS XAVIER SEELOS

BORN:

11 January 1819 in present-day Bavaria

PARENTS' NAMES:

Mang Seelos and Franziska Schwarzenbach

LIVED IN:

Kingdom of Bavaria and USA

DIED:

4 October 1867

BEATIFIED:

9 April 2000 by Pope John Paul II

FEAST DAY:

5 October

Prayer to Bl Francis Xavier Seelos

Blessed Francis Seelos, God sent you to minister to His people in the United States. Your last congregation was afflicted by the disastrous epidemic of yellow fever, and you were a fellow victim with them. In taking care of the sick, you saw first-hand the terror and hopelessness, and the uncertainty of your beloved people. In our lives and our battles, obtain for us from God the courageous spirit and hopefulness you always exhibited and shared with others. Amen.

FACTS ABOUT BL FRANCIS XAVIER SEELOS

- ➤ He was one of twelve children of his parents, baptised the day he was born.
- Seelos had wanted to become a priest since his childhood, and entered the diocesan seminary in 1842.
- ➤ He was touched by letters published in a Catholic newspaper by Redemptorist missionaries, about the plight of poor German immigrants.
- Seelos joined the Redemptorists and in 1843 went to North America as a missionary. He was ordained a priest the next year in Baltimore.
- ➤ Father Seelos lived a simple live and was always available to anyone in need. He was known to be a compassionate confessor, and people came from neighbouring towns to him for counsel. He was known to have a constant smile and was generous to the needy and marginalised.
- ➤ Though he was proposed as bishop of Pittsburgh, he begged to be excused and continued doing the work he loved.
- ➤ When the Civil War broke out and all young men had to be drafted into the army, Father Seelos personally met President Lincoln asking the young men who were studying for the priesthood be exempted. To a great extent, this was allowed, though some young seminarians were drafted.
- From 1863 to 1866, he was a travelling missionary, preaching in many US states.

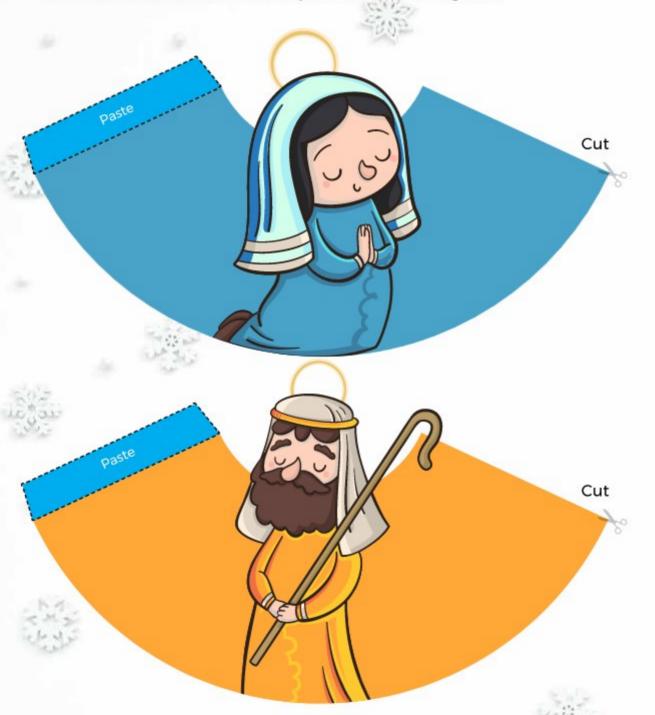
In September 1866, exhausted from caring for the victims of yellow fever, Father Seelos succumbed to the disease.

➤ He died on 4 October 1867, only 48 years old.



CHRISTMAS CRIB

Starting this issue and for the next two, you can create your own Christmas crib. Just cut out and paste the various figures.











Learn and Colour'

Blessed are those who are persecuted because of righteousness for theirs is the kingdom of Heaven.

Matthew 5:10





ALVINA MANOJ » 10 YRS » THRISSUR, INDIA



SOLOMON SANTHOSH » 7 YRS » DALLAS, USA

SITHARA ARUN » 11 YRS » DALLAS, USA



FRANCI ANJO JOBY > 9 YRS > TIRUNELVELI, INDIA



SONIA SANTHOSH > 10 YRS > DALLAS, USA



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



MATERIALS REQUIRED

- Black paper
- Transparent mobile cover
- Metallic silver pen
- Scissors
- Scale
- Pencil

METHOD

Step I. Draw an outline of the mobile cover on the black paper.

Step 2: Cut it out.

Step 3: On the correct side of the mobile cover cutout, draw a vertical straight line to draw the rosary and two horizontal straight lines for the writing.

Step 4: As shown in the pic, draw big and small beads and a cross with the silver pen.







Step 5: Write the text 'CALL YOUR MAMA'. Step 6: Insert the cutout into the mobile cover.





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B lessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven (Mat 5:10). This powerful statement from Jesus might sound pretty intense. But what does it really mean for us today? When we talk about persecution, we're referring to severe mistreatment or bullying because of our beliefs, whether that's due to our religion, race, or political opinions. In today's world, persecution can range from being shunned by peers to facing serious legal or social repercussions.

In our daily lives, persecution might not always look like outright hostility. Sometimes, it's more subtle—like being left out or facing criticism for holding onto your values. When you choose to live according to God's teachings, you might find yourself at odds with the crowd or more specifically the people in your immediate surroundings – schools/universities/work places/even religious places. You might be excluded from certain social circles or miss out on some of life's more enticing but worldly pleasures.

But here's the thing: Jesus didn't promise that life would be easy. Instead, He prayed for us in John 17:11, 14-15: And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. I have given them your word, and the world has hated them because they do not

belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. This prayer highlights that while we are in the world, we're not meant to be like it. We are called to stand firm in our beliefs, knowing that God's protection and guidance are with us.

Living out your faith might mean facing difficulties, but it also leads to a more meaningful and peaceful life. It builds your confidence and trust in God, and it aligns you with a higher purpose. Plus, there's a promise of something greater: the Kingdom of Heaven. This is not just a distant hope but a present reality that starts with our choices today.

So, how do you handle situations where your beliefs are tested? Reflect on how you can stay true to your values while navigating the challenges of daily life. Embrace the strength that comes from facing adversity with faith and remember that each trial is an opportunity to grow stronger and more aligned with God's purpose.

In the end, living a life of righteousness is about more than just following rules—it's about becoming the person God created you to be and finding joy in that journey, even when it's tough. By doing so, you build not only a meaningful life here on earth but also secure a place in the eternal Kingdom of Heaven.

KID CATHOPEDIA

Catholic Encyclopedia for kids!

COMPILED BY MARIA TERES SEBASTIAN

BABEL

Hebrew: לְבֶּב לְּדְגָמ Meaning: Confusion Root: Book of Genesis, 11:1-9 World's first skyscraper Biblical historians say that considering the timeline of events, Noah might've been alive when Babel was built.

Before Babel, all people spoke the same language!

After the great flood in Noah's time, people came to the land of Shinar and agree to build a city and a tower tall enough to reach heaven. God, seeing their pride, disrupted their plans by giving them different languages. The tower's construction thus stopped midway and humanity became scattered.

The story of Babel is a lesson on the need for humility and obedience to God.

NOW, TRY AND FILL THE BELOW WORDS:



The Tower of A E , rising up to the clouds, scattered men because of pride.

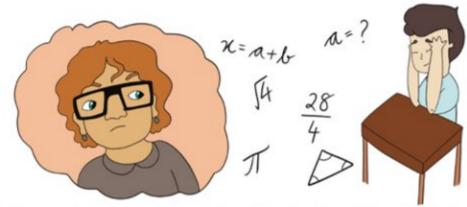


On the C O in Calvary.

Jesus rising up to the clouds,
united mankind through His
obedience and Love.

MATHS PERSECUTION

For the past few weeks Kevin had been having frequent episodes of headache and a guite a few sleepless nights. When visits to the doctor showed nothing out of the ordinary, Mom and Dad began to dig deeper into the reasons for Kevin's illness, They came to realise that it began soon after the new school year started. Kevin had spoken of his new class teacher, Mrs Borges, who taught Maths - the subject Kevin was weak in that she was very strict and often had the class on edge with her temper. Just as Mom and Dad were wondering what to do, Mom met Sr Mary Marcellus one evening after Mass. Sister was Mom's old teacher and it was her congregation that ran Kevin and Lizzy's school. Sister, though, was now retired.



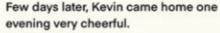
After Sister enquired about Dad, Lizzy, Kevin and the twins, Mom told her about Kevin. 'Is Kevin stressed about anything, Annie?'

'He is about Maths, Sister. It's a subject he has always grappled with. But this year's been a bit too much. From what Kevin's told us, we understand that his Maths teacher is a bit

too harsh on the children, particularly him, since he's weak in the subject.'

'Is that so?' And Sister went on to ask about Kevin's teacher.

When Mom said that they didn't want to confront the teacher in case that made her take it out on Kevin, Sister said, 'Annie, why don't I speak to Fr Reginald, who is the school's administrator. I won't mention names, but maybe if I speak as an outsider, things may help.'



'Mom, guess what happened today?!' 'Tell me,' Mom said.

'In Maths class today, we had to come up to the board and solve a sum. After a couple of the boys got it wrong, Mrs Borges called me. Thankfully, I had learned the equation for that sum yesterday. And even though I made a small mistake, I was able to get the answer! Mrs Borges was also kind to me and helped me see where I made the mistake!'

'That's wonderful Kev!'



'Yeah Mom! I was so surprised when she calmly showed me where I went wrong. And she made the class applaud when I got the answer right!' 'I'm so glad to hear that Kev!' 'And Mrs Borges said that I could go to her whenever I had doubts, that she would help me with Maths." 'Thank you Sister Marcellus,' Mom whispered. 'Thank you Lord!'

STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA



WHAT IS THE CHURCH TEACHING ON ORGAN DONATION?

that, 'Organ donation after death is a noble to exercise a decision as to what happens and meritorious act and is to be encouraged as an expression of generous solidarity. It is not morally acceptable if the donor or his proxy has not given explicit consent' (2296). Pope John Paul II affirmed that it is a beautiful act expressing the culture of life.

Pope John Paull II, in his Address to the 18th International Congress of the Transplantation Society (2000) said, 'The decision to offer without reward a part of one's own body for the health and well-being of another person' is 'a genuine act of love. Because the human is a substantial union of body and soul, donors give something of themselves, not mere organs and tissues.



Whilst the Catholic Church considers The Catechism Whilst the Catholic Church considers of the Catholic voluntary organ donation as an intrinsic good, Catholics also maintain the right to their body after death, otherwise this undermines the concept of donation as a gift. Christians value the body as the temple of the Holy Spirit (1 Corinthians 6:19) and look forward to a resurrection of the body at the end of time. The Church generally affirms the morality of organ donation. But there are principles we must always keep in mind.

> The ethics of organ donation depends on two criteria: 1) whether the patient or the family gives free and informed consent to organ procurement and 2) whether the patient is in fact deceased when vital organs are removed (The willing donation by the living of non-vital organs, such as one kidney; a lung; or a portion of the liver, the pancreas, or intestines is always permissible).

However, were the donor's own functional integrity and hence his own health and life to be impaired, it would be wrong for him to choose to give it because the means he would choose, endangering his own health and life, is bad; although intended for a good end, but one can never intend or choose evil for the sake of good to come. In all, the Catholic Church applauds and encourages organ donation as a morally good act of selfgiving.

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





At Sunday School, Billy s class was asked to write a prayer to Mother Mary. Unfortunately, Billy s got terrible spelling. Can you correct Billy s prayer?

HOLY MARY. HLP DOSE N NED GIV STERENKTH TWO THE WEEK KOMFRT THE SAWROFUL PRA FOUR GODS PEEPL ASISST THE KLERJY INTESEED FOUR RILIGIS MARY. ALL HOO CEK UR HLP XPRINS UR UNFAYLNG PROTEKSHUN. AMEN

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STORY: ANEESH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN

RRRrrr... RRRrrr...



Cross out the letters appearing double to find out a beautiful quote about praying the Rosary.

FFWOOHWWERRNGG RRPTTEYYOUUPIILOOEPP AALSSODDVFFEGG HHAJJNKKDLL ZZRXXECCCVVIBBTNNEMM OOTWWHRRETT YYRUUOIISOOAPPRAAYSS DDTFFHGGEHHYJJ KKFLLIZZNXXDCC VVIBBTNN WWMSSADDKFFEGGSHH CCTXXHZZEDDMFF TTBHHEJJTVVTNNEKKRLL

- DDSVVTGG RRATTNBRTMMHKKOYYNSSYCC WWMZZATTRUUYII JJCOOLPPALLRMMECCTXX



ENTRANCE TEST!

priest, a nun and a lawyer reach the gates of Heaven and St Peter greets A priest, a nun and a luwyer reach the entrance test, you only have to answer one simple question to enter. Are you ready?'

The nun said, 'I have prepared for this for 73 years.'

'Okay,' St Peter said, 'spell "GOD".'

The nun replied, 'G-0-D.'

'Very good, Sister. Enter your heavenly reward.'

'That was easier than I thought,' the priest said. 'I'll take my test now.'

'Very well,' St Peter said. 'Spell "LOVE".'

'L-0-V-E'

'Excellent Father, enter your heavenly reward.'

Seeing this the lawyer said, 'This is going to be snap. Give me my test.'

'Okay,' said St Peter, 'spell "prorhipidoglossomorpha".'



Holy Mary, Help those in need, give strength to the weak. Comfort the sorrowful. Pray for God's people. Assist the clergy. Intercede for religious. Mary, all who seek your help experience your unfailing protection. Amen.

Answer to Brain Gym

When people love and recite the Rosary, they find it makes them better. - St Antony Mary Claret



Holy Habits

An All Saints' Day challenge to dress up as your **Favourite Saint**.

Five Little Saints, each with the most number of likes in photo & reels categories will recieve a gift from **Kairos Buds**.

Open for all children aged 14 and below.

How does it work?

Dress up

Dress up as your favourite saint.

Shoot

Take a photo or video. For video submissions kids can recite a quote of the saint they've dressed as.

Upload

Submit the photo/video to the Holy Habits web page www.jykairosmedia.org/holy-habits

∀ Share

Kairos Media will publish the photos & videos on Kairos Buds Instagram page @KairosBuds.

You can share the post with your friends & family.

From October 27 to November 04, 2024



SCAN ME