

KAIROS

VOLUME 1 » ISSUE 12

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN

**WITHIN**

*Basilica of the  
Nativity*  
.....

*Harvest is  
Plenty but  
Labourers ...*  
.....

*A Christmas  
Story*  
.....

**JOY  
TO THE  
WORLD**



Jesus Youth

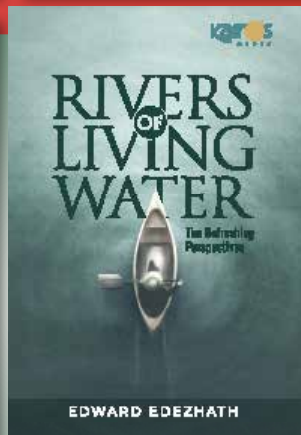
A Missionary Movement at the Service of the Church





# LATEST RELEASES

from Kairos Publications



FOR DETAILS  
 ☎ +91 6238279115  
 🌐 [www.jykairosmedia.org](http://www.jykairosmedia.org)

**KAIROS MEDIA**  
 8/174, Navodaya Studio Complex,  
 Thengod P.O, Cochin, Kerala,  
 India. Pin: 682030

**KAIROS BUDS YEARLY SUBSCRIPTION** Scan QR Code to subscribe

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



For subscription visit [www.jykairosmedia.org](http://www.jykairosmedia.org) | For bulk orders contact: +91 6238279115 | For subscriber support, contact +91 8078590461 (WhatsApp)

# WITHIN

KAIROS Buds

## CARTOONS

- 08 Labourers in the Vineyard
- 12 St. John of the Cross
- 22 Friends for Christmas



28 **WHEN STICKS TAUGHT A LESSON!**

## ACTIVITIES

- 24 A Maze for Santa Claus!
- 25 Where Are They?
- 31 Colour, Learn to Draw
- 32 Color by Addition
- 33 Colour Me
- 34 Word of Life



**MACRAME CHRISTMAS TREE** 14

## COOL CATHOLIC

- 11 Harvest is Plentiful but Labourers ...



5 **Basilica of the Nativity, Bethlehem, Palestine**

## SMART KIDS

- 06 Christmas With Christ
- 07 Christmas Joy
- 10 A Christmas Story
- 17 My Canvas

## SMART MIND, HEALTHY BODY



- 16 Luminous Library
- 20 Q & A with With Fr. Justin Panachickal MSFS

## Responsible Decision Making



21

## All about FIRST AID BOXES



30

- 26 Respect Their Space
- 35 Let's Laugh



**PATRON**  
Bishop Mar Raphael Thattil  
(Ecclesiastical Advisor, Jesus Youth International)

**SPIRITUAL DIRECTOR**  
Fr. Joseph Ezhumayil  
(Jesus Youth International Chaplain)

**PRINTER AND PUBLISHER**  
Dr. Edward Edezhath

**EXECUTIVE DIRECTOR**  
Shoy Thomas  
(Jesus Youth International Coordinator)

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

**MANAGING EDITOR**  
Joshay Joseph, Houston, USA  
(joshay.joseph@jy.kairosmedia.org)

**EDITORIAL COUNCIL**  
Suby Emmanuel, Kottayam, India  
Shiny Jose, Dubai, UAE  
Mathachan Madukkakuzhy, Stoke on Trent, UK  
Sheba Regy, Houston, USA

**ASSOCIATE EDITORS**  
Ann-Christy John, Dallas, USA  
Rafiel Cyril, Canberra, Australia  
Sherin Alexander, Miami, USA  
Steffi Siby, Manchester, UK

**CIRCULATION COORDINATOR**  
Leena Shaju, Cochin, India +91 6238279115

**ASSOCIATE CIRCULATION COORDINATORS**

<b>AUSTRALIA:</b> Mintu Vijoy, [+] 61452538785	<b>NETHERLANDS:</b> Jojo Varghese [+] 31684974552
<b>BAHRAIN:</b> Linto Paulose [+] 97333206883	<b>NEW ZEALAND:</b> Derick [+] 64 29 127 0650
<b>CANADA:</b> Benson Mendez [+] 1 639 999-1375	<b>OMAN:</b> Sanal [+] 968 92120376
<b>GERMANY:</b> Anna Paul [+] 4917683495451	<b>PAKISTAN:</b> Atif Shari [+] 92 300 2068606
<b>IRELAND:</b> Suresh [+] 353 87 963 0904	<b>QATAR:</b> Sandeep Joseph [+] 97430176260
<b>ISRAEL:</b> Jaision Thattil [+] 972 55-997-4339	<b>SINGAPORE:</b> Jiju Nobin [+] 65 9329 4529
<b>ITALY:</b> Anoop Varghese [+] 393884256258	<b>SRI LANKA:</b> Ann Abilashini [+] 94772217116
<b>KSA:</b> Sona Jomon [+] 966 57 348 1196	<b>UAE:</b> Dennies Antony [+] 971 50 821 3122
<b>KUWAIT:</b> Anish Thomas [+] 96590063685	<b>UK:</b> Mathachan Madukkakuzhy [+] 44 7969 365686
<b>MALAYSIA:</b> Deepu James [+] 60126494628	<b>USA:</b> Denny [+] 1 (832) 640-3106

**FINANCE COORDINATOR**  
Rani George, Cochin, India +91 9446563335  
finance@jy.kairosmedia.org

**DESIGN**  
Manna Media Hub, Delhi, India

**MAILING ADDRESS**

• Kairos International Inc. 3010 Mason Grove Ln Pearland, TX, USA. 77584 +1 832.592.3675	• Kairos Media, No 8/174, Navodaya Studio Complex, Thengod P.O., Cochin, Kerala, India. Pin: 682030 +91 9895711718	• Kairos Media, St Charles Street, Sheffield S9 3WU, United Kingdom +44 7969365686
--	---	---

• www.jy.kairosmedia.org

**DISCLAIMER:** Kairos Media considers its sources reliable and verifies as much data as possible. However, reporting inaccuracies can occur. Consequently, readers using this information do so at their own risk. While every effort has been made to ensure that information is correct at the time of print, Kairos Media cannot be held responsible for the outcome of any action or decision based on the information contained in this publication/website. The publishers or authors do not give any warranty for the completeness or accuracy of this publication's content, explanation, or opinion. Although persons and ministries mentioned herein are believed to be reputable, neither Kairos Media nor any of its employees, sales agents, or contributors accept any responsibility whatsoever for such persons and ministries activities. No part of this publication and/or website may be reproduced, stored in a retrieval system, or transmitted in any form without prior written permission from Kairos Media. Permission is only deemed valid if approval is in writing.



## BE JOYFUL ALWAYS! BUT IS IT POSSIBLE?

The Bible tells us to be always joyful. But is that practical? Possible? There is a song you may know, 'Rejoice in the Lord always and again I say, rejoice. Rejoice, rejoice, and again I say, rejoice. Rejoice in the Lord always and again I say, rejoice.' That's it! That's the whole song. To make it more interesting it is sometimes sung as a round. A great song to sing – and one so easy to remember.

But, what happens when you don't feel like 'rejoicing'? Rejoicing always often seems easier said than done.

What does it mean to you when you are sad, distant, separated and alienated from God? How can anyone sing joyfully in the midst of grief, desolation, disappointment or a depression that simply overpowers the whole body? How can we sing when we have been ill-treated or have failed?

When we surrender completely to our loving God, leave ourselves entirely in his hands, trust in the will and plan of God – a plan that is perfectly good for us, we can be joyful always.

Next time you come across difficulties or struggles, try to thank and praise God. Over time you will realise that your mood and unpleasantness have changed.

Challenge yourself to thank and praise God always; make this Advent, Christmas and the days to come ever joyful.

**Kairos Buds Completed One year.** With this issue, *Kairos Buds* has completed one year and we are excited and overjoyed at the tremendous response from the young readers all over the world. Despite the Covid-19 related struggles everywhere, the Lord willed us to do something marvellous for children. And we are ever grateful to all of you.

**Dear Kairos Buds annual subscribers,** please take this opportunity to renew your subscriptions. **Do renew the subscription today.**

**Introduce Kairos Buds.** We welcome each of you to introduce the magazine to your friends, neighbours and relatives.

**Kairos Buds Diary 2022 is ready.** Many of you have been happily using the *Kairos Buds Diary* in 2021. The new year is fast approaching and we are ready with *Kairos Buds Diary* for 2022 with lots more to enjoy and treasure. Make sure to order your copies before they run out!

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

# Basilica of the Nativity, Bethlehem, Palestine

- TANIA ROSE JOSUN » KOTTAYAM, INDIA

Situated in Palestine's West Bank, the Basilica of the Nativity commemorates the place where Jesus was born. The basilica is the oldest major church in the Holy Land.

### History

After St. Helena's visit to Jerusalem and Bethlehem (325-326 AD), her son, Emperor Constantine the Great ordered that a church be built over the cave venerated as the birthplace of Jesus. This church was completed in 339 AD. Portions of the floor of the original church exist even today. Years later in the 6th century when the church was destroyed, Emperor Justinian built a larger basilica that survives today. During the Persian invasion of Palestine in 614 AD, many churches were destroyed. But the Church of the Nativity was untouched because of a mosaic depicting the Three Wise Men in Persian dress, above the church entrance.

**Grotto of the Nativity** is the main part of the church. It is a cave, situated

beneath the church altar that is honoured as the site of Jesus's birth.

A fourteen-point **Silver Star** on the floor marks the exact spot Jesus was born.

## FACTS ABOUT THE BASILICA OF THE NATIVITY

- ✦ St. Jerome lived and worked in Bethlehem from 384 AD, and he was buried in a cave beneath the Church of the Nativity.
- ✦ The grotto is the oldest site continually used as a place of worship.
- ✦ The fourteen points on the Silver Star symbolise the three sets of 14 generations in the genealogy of Jesus.
- ✦ The church is owned by three church authorities – the Greek Orthodox, Armenian Apostolic and the Roman Catholic.
- ✦ The Catholic Midnight Mass on Christmas Eve is broadcast around the world.
- ✦ It was made a World Heritage Site in 2012 by UNESCO.





# Christmas with Christ

It can be easy to look at Christmas as a time to party and get presents. Sometimes we forget the real meaning behind this holy day. We celebrate Christmas because this was when Jesus was born! It may not seem like much, being born in a lowly manger, but if we take a moment to reflect on it, God restricted his infinite nature into a simple man. That would be like someone turning themselves into a Lego Minifigure to save all the other Legos. Needless to say, it wouldn't be very comfortable. They would be confining themselves into an inanimate object, something that is so much less powerful. God, the creator of heaven and earth who is infinite in greatness and splendour, humbled himself by becoming a man. This can be easy to forget when you see your new stuff or are having fun.

The reason we celebrate and give gifts to each other is that God resides in all of us. When we give a gift to someone else, we are really giving it to Christ who lives in them. The Christmas Mass is another way we can get the full experience of Christmas. If we're too busy thinking about other things, we will be missing out. Christmas Mass is a great time to open our hearts out to

the Lord and thank him for all the blessings we have received over the past year. Some of my best Christmas memories were after attending an amazing Christmas Mass, sitting with family around a cozy fireplace. We would sit, pray, sing Christmas carols, thank God, and open presents while snacking on freshly made s'mores.

I wish everyone a Christ-filled Christmas! ◦



**JOACHIM PANAMTHOTTAM » 15 YRS**  
» HOUSTON, TEXAS, USA



## CHRISTMAS JOY

Christ and we must live out Jesus's values by spreading the Christmas spirit to all around us. After understanding the true message of Christmas, I began to do small acts to help spread Christmas joy to everyone around. Some of the things I do is giving a donation when going to Mass, giving cards and gifts to other people and just simply saying Merry Christmas to people I see around me. Being able

Every year when it's Christmas, I always have one thought I ponder about. What is Christmas actually about? Does Christmas have more than one meaning? Each person I meet thinks of Christmas differently. Some may say Christmas is about gifts, others say it's about spreading joy to one another but the main thing

to know the message of Christmas helped me understand that Christmas isn't always about receiving gifts but also sharing with other people. Now every

***And do not forget to do good and share with others, for such sacrifices God is pleased.*** - Hebrew 13:16

I hear from others is: Christmas is the time of year that we celebrate the birth of Jesus.

When I was younger the only thing I really thought about when Christmas came was getting presents, but as I got older I began to understand that receiving presents was only one part of Christmas and that there was much more to it. After talking about it with my family and thinking of the things other people had told me, I began to understand that Christmas brought us many beautiful meanings and messages.

Christmas is the celebration of our saviour, Jesus

Christmas I know that I should not only show the true meaning of Christmas in my words but also in my actions ◦



**NEHA PHILIP » 11 YRS**  
» QUEENSLAND, AUSTRALIA



# LABOURERS IN THE VINEYARD

The kingdom of heaven is like a vineyard owner who went out early morning to hire labourers.

After agreeing with them on the wages, he sent them into his vineyard.



Twice when he went out, at noon and at three o'clock, he did the same. And about five o'clock he went out and found others standing around.

At about nine o'clock, he saw men standing idle in the marketplace.

You also go to the vineyard. I will pay you whatever is right.

Why are you standing here idle all day?



No one has hired us.

You also go to the vineyard.



That evening, the vineyard owner said to his manager.

Everyone was paid the same wage. The labourers who came first, grumbled.

These last worked only one hour, while we have borne the burden of the day and the scorching heat.

Call the labourers for their pay, beginning with the last and then going to the first.



Friend, did you not agree with me for the usual daily wage? Take what belongs to you and go.

Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?



So the last will be first, and the first will be last.



STORY: SR. SUMA THOMAS CSM  
ILLUSTRATIONS: SIJU PUNNEKAD





# A Christmas STORY

Everyone likes Christmas. We love getting presents and giving presents! We go Christmas caroling and visit family and friends, and share the holiday spirit. But have we ever gone deep into what Christmas means to us? Have we ever focused on the inside, not on the outside? Come along with me for a little story my mother told me about how the robin bird got its red breast!

I used to go for daily Mass with my mom and sister, and there was a beautiful red robin that had a vibrant red breast, which would perch outside on the window sill closest to the altar, and would stay there the entire Mass. When the Mass ended, he would flutter away.

One day, on our way back home, my mother told me the story of The Robin and its Red Breast.

On that first Christmas, the night was encased in a harsh chill. The fire in the stable was almost out, and Mother Mary feared that her son would get cold, and so she asked every animal in the stable to kindle the fire, but everyone was asleep. Soon after,

she heard a small fluttering of wings. She looked up and saw a brown robin coming her way. He went over to the fire and flapped his wings hard. He continued to fan the fire until the ashes started to kindle. With his beak, the robin collected dry sticks and twigs, threw them into the fire, and continued to flap his wings. As he did so, a flame suddenly burst and burned the little robin's breast, but the robin just continued to fan the fire until the flames grew big and warmed the entire stable. Mary thanked the little robin. From that day, the robin's red breast was a reminder of his generous deed. To this day, the robin's red breast covers its humble heart.

Let us celebrate this Christmas spreading the joy of Christ's birth, with small gestures of kindness. Merry Christmas! ☺



JACINTA RONCY » 11 YRS » HOUSTON, USA

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

# HARVEST IS PLENTIFUL BUT THE LABOURERS...

- FR. DOMINIC KOLPURATH SDB » CENTRAL AFRICAN REPUBLIC

*'The harvest is plentiful but the labourers are few...'*

Oh, how these words of Jesus have touched my heart, right from my childhood days as I began to understand them!

In these words, I have always heard the Lord's call to me to leave everything behind and follow him. Accordingly, after my class seven in 1977, I left my home. Thus began my life as a missionary. At 12 years of age, I left my district, Ernakulam; at 15 years, I left my state, Kerala and at my 42nd year, I left my country, India. Now, at my 57nd year, I find myself today, a happy missionary Salesian priest on the shores of Africa! Living all these missionary years, with persons of different cultures and languages!

Wherever my missionary journeys have taken me, I have

found hundreds of people, waiting to hear the Gospel and longing to know and live the commands of the Lord. To this day, I am greatly edified by the depth of their faith and love for God. As a reward for my missionary response and efforts, I find my own faith and love for God continuing to grow.

Here's my loving plea to you, my little friends: Listen lovingly and accept courageously the Lord's invitation to follow him and to be his missionaries to the ends of the earth. Do not be afraid to leave your parents and dear ones. I assure you, God will take your place, more than you can ever imagine!

This is my missionary wish and prayer for all of you .



# St. JOHN OF THE CROSS

Feast: 14<sup>th</sup> December

Born in Avila, Spain, John grew up in poverty. His father died early on. His mother, a devout Christian earned money through weaving.



Sent to boarding school for the destitute, John received good religious education which influenced him towards religious life.



Years later, he began assisting at a hospital while attending a Jesuit school. He took care of the patients with great love.



He joined the Carmelite order and took the name, John of St. Matthias.



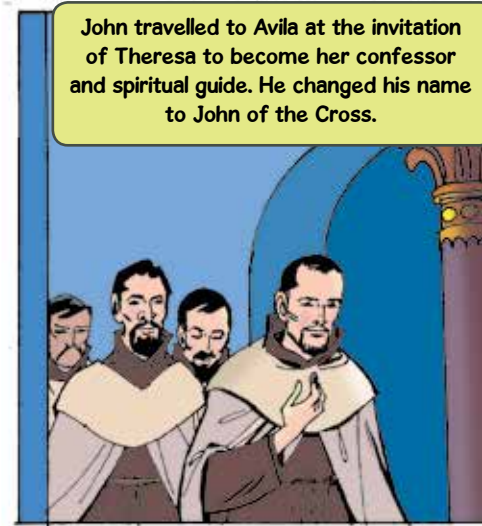
John met the charismatic Carmelite nun, Teresa of Avila. He liked the simple strict rules followed by the nuns. They went barefoot, and were therefore known as the discalced Carmelites.

John can we work together?

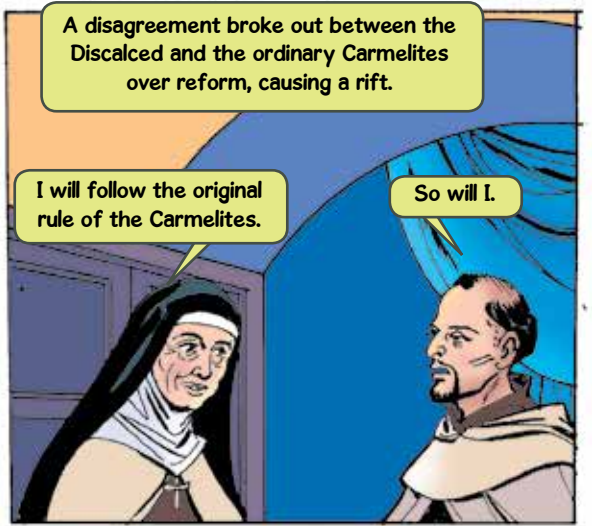
Sure Mother.



John travelled to Avila at the invitation of Theresa to become her confessor and spiritual guide. He changed his name to John of the Cross.



A disagreement broke out between the Discalced and the ordinary Carmelites over reform, causing a rift.



I will follow the original rule of the Carmelites.

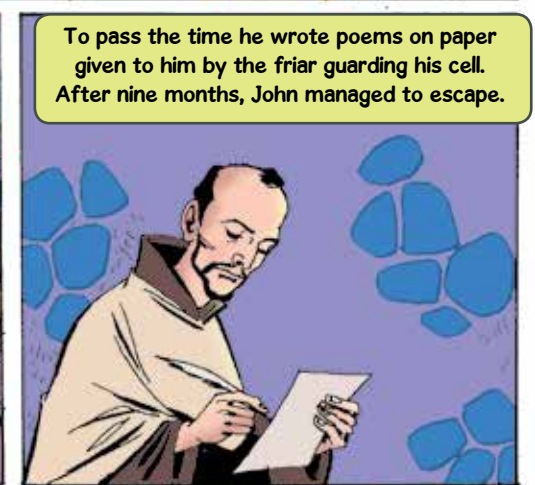
So will I.

A group of Carmelites opposed to reform, kidnapped John. He was imprisoned and brutally punished.

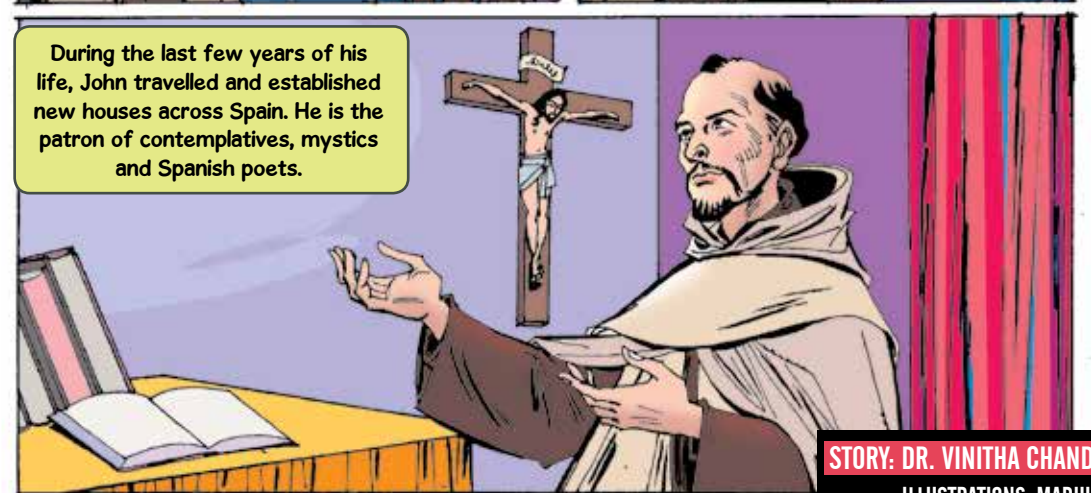


Lash him publicly, then return him to the cell.

To pass the time he wrote poems on paper given to him by the friar guarding his cell. After nine months, John managed to escape.



During the last few years of his life, John travelled and established new houses across Spain. He is the patron of contemplatives, mystics and Spanish poets.



STORY: DR. VINITHA CHANDY  
ILLUSTRATIONS: MADHU S



# MACRAME CHRISTMAS TREE

- DIVYA IMMANUEL » MUMBAI, INDIA



## MATERIALS REQUIRED:

- Macrame cord or any thick cotton cord
- Masking tape, scissors
- Comb

## PROCEDURE

- 1 Cut one 16-inch cord and twenty 6-inch cords.
- 2 Fold the 16-inch cord in half and make a loop as shown in the image. Secure it with masking tape.



3 Take two 6-inch cords and place them on opposite sides, as shown.

4 Placing one cord (left) below the main cord, bring the other one (right) on top and put the two loose ends inside the loop of the first one. Pull the loose ends of the first and put it inside the loop of the second one.

5 Hold the two loose ends and pull it to the sides to secure a knot in the middle.

6 Next round, place the cord on the right side below the main cord and the left one above and secure it in the same manner.

7 Repeat the above for the next set of 9 cords.

8 Now take the two ends below and secure with a loop knot.

9 Comb out the cords on both sides and cut it into the shape of a Christmas tree as shown in the image.

## TIPS

1. Use different colours like green, red, white to make these little Christmas trees.
2. You make a template with paper and place it over the art piece to be able to cut out the same size and shape for each tree you make.



## Let's take a look at some Christmas books for children.



### MORTIMER'S CHRISTMAS MANGER

KARMA WILSON | MARGARET K. MCELDERRY BOOKS  
FOR AGES: 2 TO 8

It's Christmas time and Mortimer the mouse is on a house hunt. He finds the perfect place - the Christmas crib. He moves out the statues of Mary, Joseph and Baby Jesus and settles there. But when he hears the story of Christmas being read aloud, he realises who the story is about and gives up his home.

### ROOM FOR A LITTLE ONE: A CHRISTMAS TALE

MARTIN WADDELL | MARGARET K. MCELDERRY BOOKS  
FOR AGES: 2 TO 8

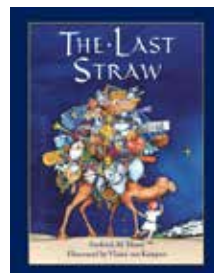
A beautiful picture book, Room for a Little One tells the story of a stable of animals, who one after the other, make room for a smaller animal, saying, 'There's always room for a little one here'. When finally a tired donkey arrives carrying Mary and Joseph, all the animals make room for the Little One.



### THE LAST STRAW

FREDRICK H. THURY | ZERO TO TEN  
FOR AGES: 5 AND ABOVE

Hoshmakaka is the cranky old camel who has been chosen to carry across the desert the gifts for the new baby king, a task the camel accepts reluctantly. As each day goes by, his pack keeps getting larger and larger - so do his grumbles and complaints. When Hoshmakaka eventually reaches Bethlehem, he realises the honour of his task.



#### MY CANVAS



SIYA E. V. » 11 YRS  
» THRISSUR, INDIA



AARON SUMIN » 6 YRS  
» MUMBAI, INDIA



ARRON JOSEPH RAJESH » 7 YRS  
» TRIVANDRUM, INDIA

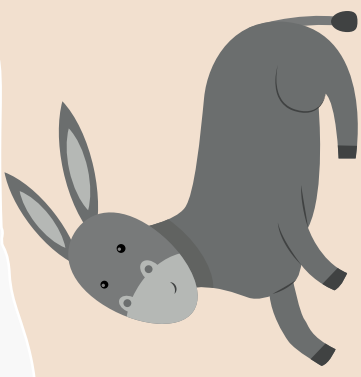


ROOHA THOMAS » 4 YRS  
» CALIFORNIA, USA

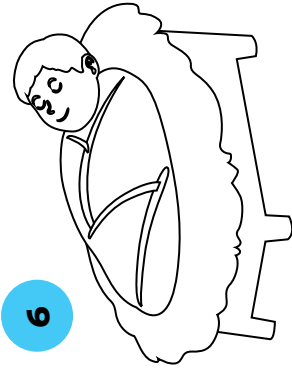
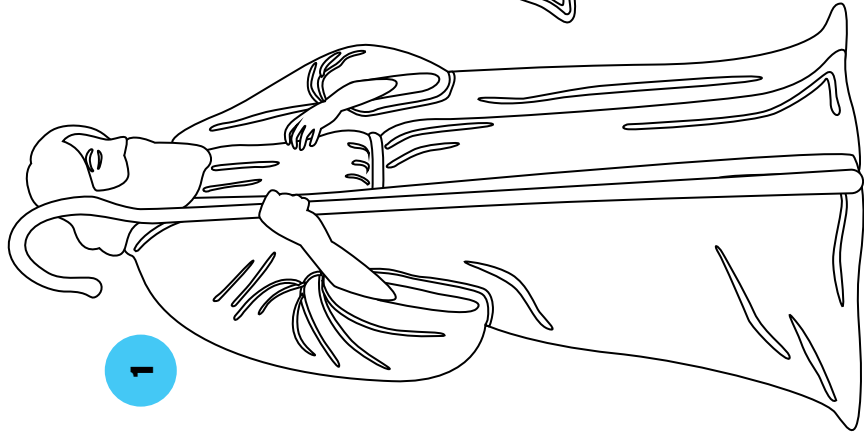


Readers can send in their articles and art to the WhatsApp number +91 6238 105 775 or to the mail id [kairosbuds@jyjkairosmedia.org](mailto:kairosbuds@jyjkairosmedia.org)





# MERRY Christmas



Colour the various images given, cut them and paste them in the correct place as shown in the picture here.





# Q&A have questions?

WITH FR. JUSTIN PANACHICKAL MSFS » KOTTAYAM, INDIA

Q. GOD CREATED EVERYTHING FROM VOID, BUT WHO CREATED GOD?

- ANENA BIJU JOSEPH, 13 YRS, UAE

**ANS:** We should know that God is 'the beginning and the end.' God doesn't have a beginning as such. If there were to be a creator for God, then that creator would be greater than God and then God cannot be called God. God doesn't have a beginning or end, but everything comes from God or has a beginning in God.



Q. IN HOLY MASS, THE PRIESTS SAYS, 'THIS IS MY BODY AND BLOOD, TAKE IT', BUT WE DON'T GET THE WINE DURING MASS. IS THAT HOLY MASS COMPLETE?

- STEVE PIUS MATHEW, 15 YRS, AJMAN, UAE



**ANS:** The priest during the Mass, with the authority of Christ, consecrates the bread and wine saying, 'This is my Body, This is my Blood,' but most of the time we receive only one species, the bread. We must know that bread and wine are not separate, for every piece of bread contains blood and blood seeps into every bit of bread. Jesus's offering them separately has symbolic meaning, that of a covenant. In the Eucharist there is the complete presence of Jesus in every bit of both the species. It is to symbolise this that the priest mixes a piece of bread in the chalice. Therefore, even if you are receiving only one species you are receiving Jesus in full.

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



# Responsible Decision Making

- SIJU THOMAS » KOTTAYAM, INDIA



Let us continue to learn about decision making. Here we shall take a look at Responsible Decision Making.

## What is Responsible Decision Making?

The ability to make constructive choices about one's behaviour and social interactions based on moral standards, safety concerns, and social norms.

## Steps in Responsible Decision Making

- Identify the problem
- Study the situation
- Brainstorm solutions and solve the problem
- Consider moral responsibility
- Evaluate and reflect

Let us look at a situation in the life of a student.

Imagine a student who finds mathematics tough. He has many options to overcome this situation and has the freedom to make his own decision.

## Step 1 - Identify the problem

Maths is tough for me, that's the problem.

## Step 2 - Study the situation

I want to score high marks in my class.

## Step 3 - Brainstorm solutions and solve the problem

### Option 1

Study well, work hard and manage my time.

### Option 2

Laziness and easy going/ wasting time/ I plan to copy.

## Step 4 - Consider moral responsibility

NO, I DON'T WANT EVEN A SINGLE MARK UNETHICALLY

## Step 5 - Evaluate and reflect.

The result of this decision is more happiness/ peacefulness/God's grace.

When you make a decision, you must obey your inner voice that is your values, morals and conscience. That is God's voice in you. May the Holy Spirit guide you and help you to take responsible decisions in life.



# FRIENDS for Christmas



Later that day

I'm going to get that new Nintendo console.

I'm still deciding.

Kevin and Lizzy have received Christmas presents from their uncle early this year.

Uncle Mike says we can buy what we want!

Use the money wisely, children.

Next day at school.

Hey Kev, did you hear about Sam?

No, what happened?

He is to spend the Christmas hols at the church orphanage.

But why? Sam has a home.

His mom is very sick and his dad has to take her away for treatment.

But doesn't he have relatives?

No. He's going to be all alone this Christmas. No friends, no family and no presents.

That's terrible!

Mom, I'd like to use Uncle Mike's money for someone else this Christmas.

That's nice, Kev. Who?

Mom, you know Sr. Josephine our headmistress, right. If you tell her something, would she agree to it?

That will depend on what I say, Kev. What is it?

A few days later:

It is a wonderful idea, Annie. You have my consent.

Thank you Sr. Josephine. It was Kevin's idea.

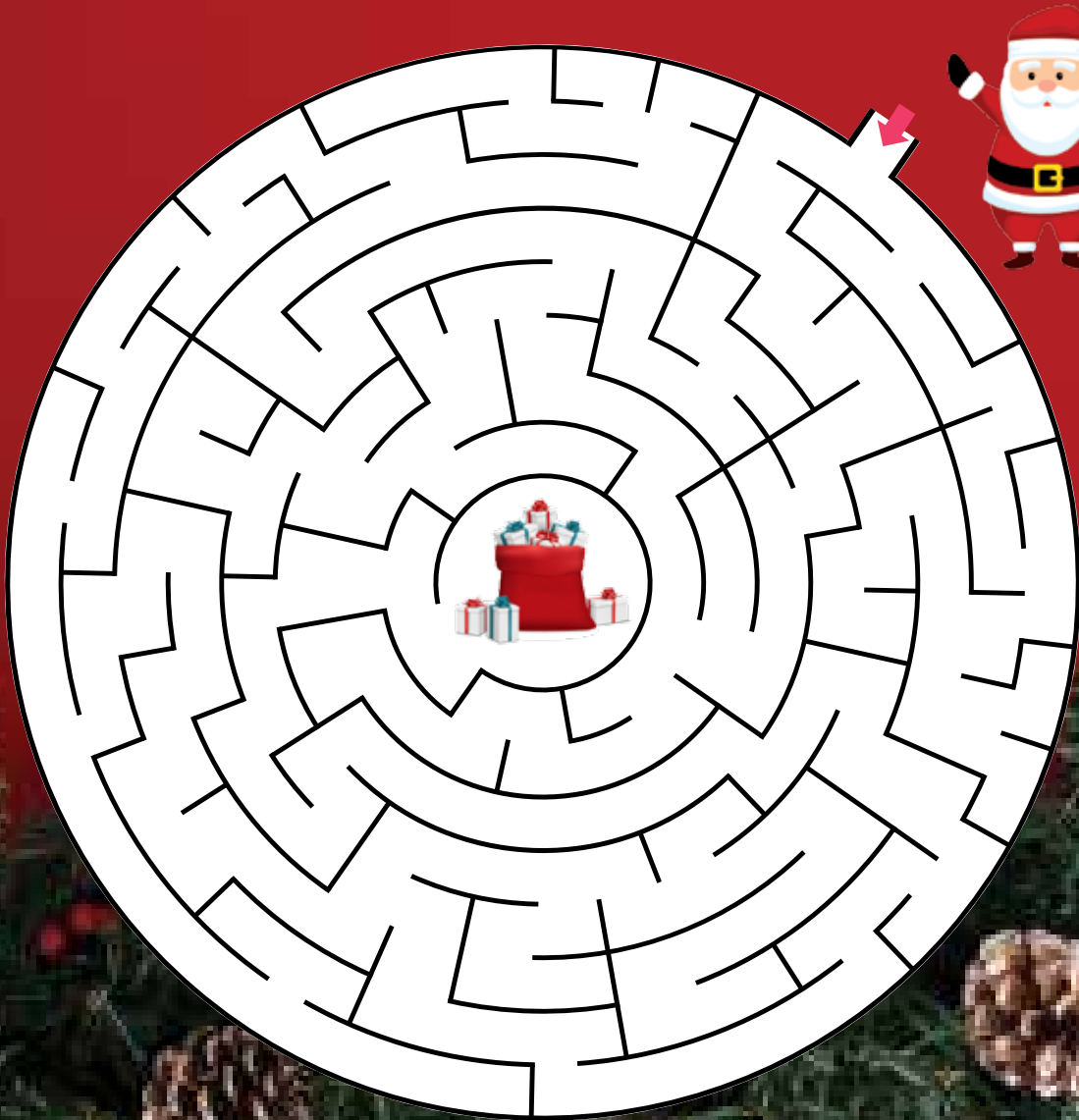
Welcome home, Sam!

And so, Kevin made sure Sam was not alone for the Christmas holidays.



# A MAZE FOR SANTA CLAUS!

*Santa Claus has lost his bag of gifts. Can you help him go through the maze and find it?*



Please send the solved Brain GYM to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@jykairosmedia.org](mailto:kairosbuds@jykairosmedia.org) before 25<sup>th</sup> December, 2021. The winners will be featured on our Instagram and Facebook pages.

## WHERE ARE THEY?

Find 10 hidden objects in the picture





# RESPECT THEIR SPACE

- JOSH Y 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 your rapport with your child. We have already discussed the first nine secrets which are 'Say the Love Words', 'Show Them You Love Them', 'Play Together', 'Work Together', 'Be There', 'Keep your Promises', 'Pray together', 'Be Welcoming' and 'Make a Two-Way street Rapport'.

This month, let's learn about the tenth secret

which is 'Respect their Space'.

Parents so unthinkingly invade children's personal and physical space all the time without permission. Being an affectionate parent is not the same as being an in-your-face parent, or even a parent who doesn't know when it's cue to leave. Sometimes affection

means respecting a child who says, 'I need some time alone, please.' Affection and love are supposed to help your child develop a firm, healthy foundation on which to build his own life.

Giving children their space gives them little opportunities to spread their wings while still under their parents' umbrella of protection. Over the long haul, giving your children these times of semi-independence decreases the likelihood that they will get in over their heads once they are out in 'the real world.' Make sure that even while you are keeping an eye and an ear out for problems, you are giving

your kids the room they need to grow.

When your child needs to use the bathroom or change their clothes, teach them to go into their bedroom or bathroom and close the door. If they don't, verbally remind them to close the door. Teach your children that they can have a say in their own personal space and set their own boundaries. Empowering them to designate their own personal space will help them understand that other people want to do so, too. Help children increase their understanding of each person's boundaries by designating specific spots in the home that are just for them. This can be their bedroom, their bed itself if they share a room, a toy chest, a closet, and more. Allow this place to be only for them and their belongings, and make other family members ask for permission before accessing it. The more a child can understand and appreciate his own personal space, the more he can understand it for others.

If we want to empower children and to truly

**IF WE WANT TO EMPOWER CHILDREN AND TO TRULY OFFER AN EXPERIENCE OF LIBERTY AND FREEDOM, IT IS VERY IMPORTANT THAT WE GIVE THEM POWER OVER THEIR OWN BODIES.**



offer an experience of liberty and freedom, it is very important that we give them power over their own bodies. Before you hug and kiss them, ask them if they feel comfortable with you giving them affection and in what ways. Not to assume that we have the right to invade children's physical and personal space would greatly change the relationships between adults and children, teaching children to trust their own bodies and their own experiences and teaching adults greater respect for children as independent beings. By allowing children to trust their own experience we empower them to trust themselves giving them the power to make their own decisions ◦

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



**WHEN STICKS TAUGHT A LESSON!**



Hi! I'm Tony and this is Tina. We will be helping you prepare for your Carol Singing Competition.

Unfortunately as participants weren't many, we had to combine classes.



But we could still make smaller teams...

We don't know the other kids.

They aren't our friends.



Who wants cake?



First, there's a game to play. I will divide you into groups.



Now we are going to tie these sticks to your arms.



Now you can have the cake.

But we can't eat the cake because of the sticks.

Now for the game – finishing your cake slices. You can feed your team mate. Whichever team finishes both their pieces first wins. So let's start!



So did you all enjoy the game?

Yes!

And the cake too!

So are you all friends now?

Yes!



So, what did we learn from this game? We all learned the importance of working as a team!

St. Paul once said, "When one member suffers all members suffer; when one member is honoured, all the members rejoice."





**H**ow often we all get hurt at home. And the first thing we do is run to get the first aid box. It is always a good thing to keep the first aid kits well stocked with all the necessary supplies so we are ready for any emergency. Let's take a look at all that we need. Do go through with your parents and make sure you have all the supplies in your first aid box at home.

**BASIC SUPPLIES**

- ✦ Adhesive bandages in various sizes
- ✦ Sterile gauze (gauze roll and gauze pads)
- ✦ Cotton roll or cotton swabs
- ✦ Crepe rolled bandages
- ✦ Eye pads
- ✦ Antiseptic wipes
- ✦ Instant cold packs
- ✦ Thermometer
- ✦ Scissors
- ✦ Tweezers
- ✦ Safety pins
- ✦ Medical adhesive tape
- ✦ Soap
- ✦ Disposable plastic gloves
- ✦ Distilled water for cleaning wounds
- ✦ Hydrogen peroxide to disinfect

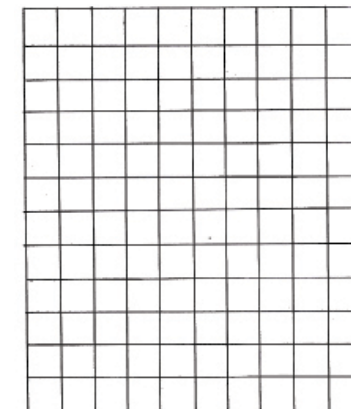
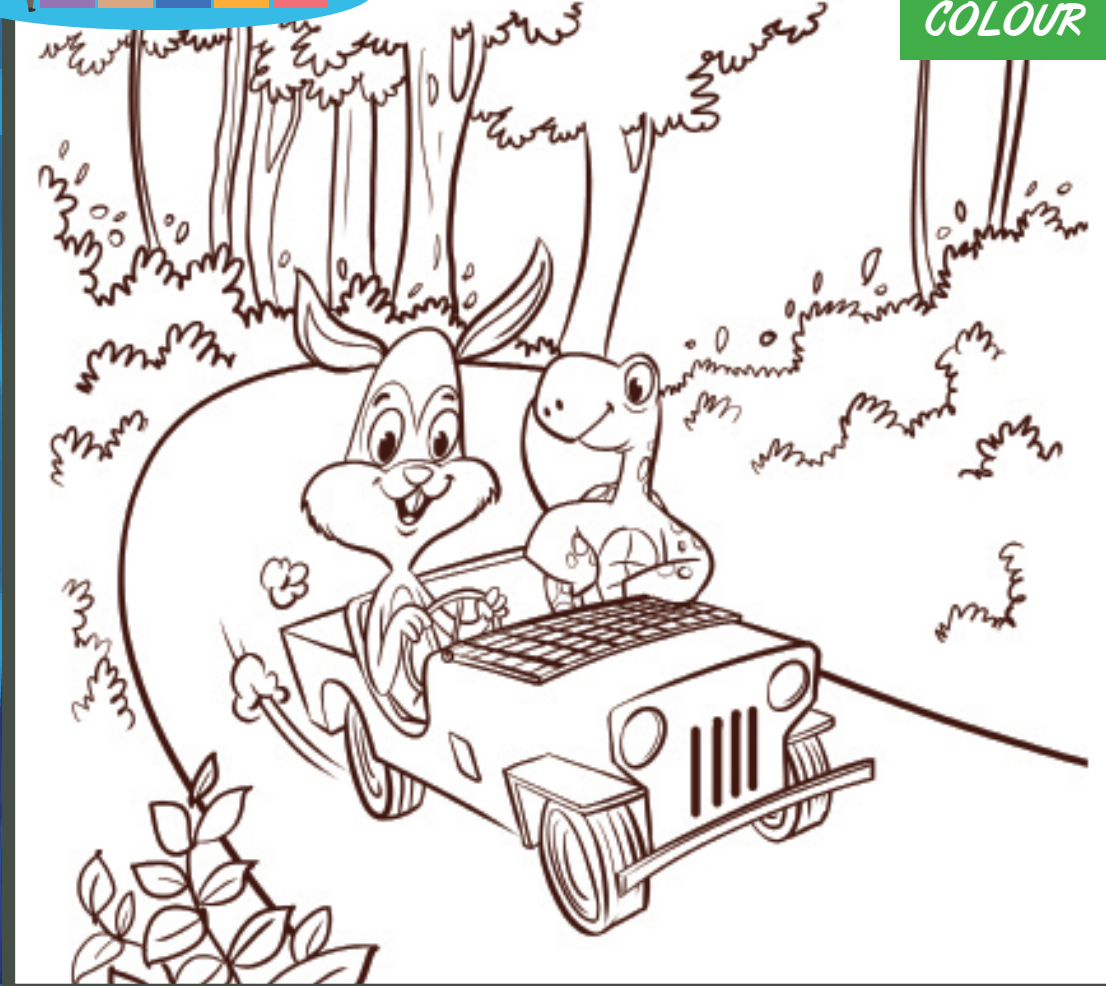
**MEDICINES**

- ✦ Cough and cold medicines
- ✦ Aloe vera gel
- ✦ Calamine lotion
- ✦ Antiseptic creams
- ✦ Anti-itch medicines
- ✦ Electrolyte powders/solutions
- ✦ Saline wash
- ✦ Pain relievers
- ✦ Personal medication that does not need refrigeration
- ✦ Aspirin (not for children below 12)

First aid boxes need to be regularly checked to make sure expired items are replaced and supplies replenished. But before all else, remember, prayer is the best first aid! ◦



COLOUR



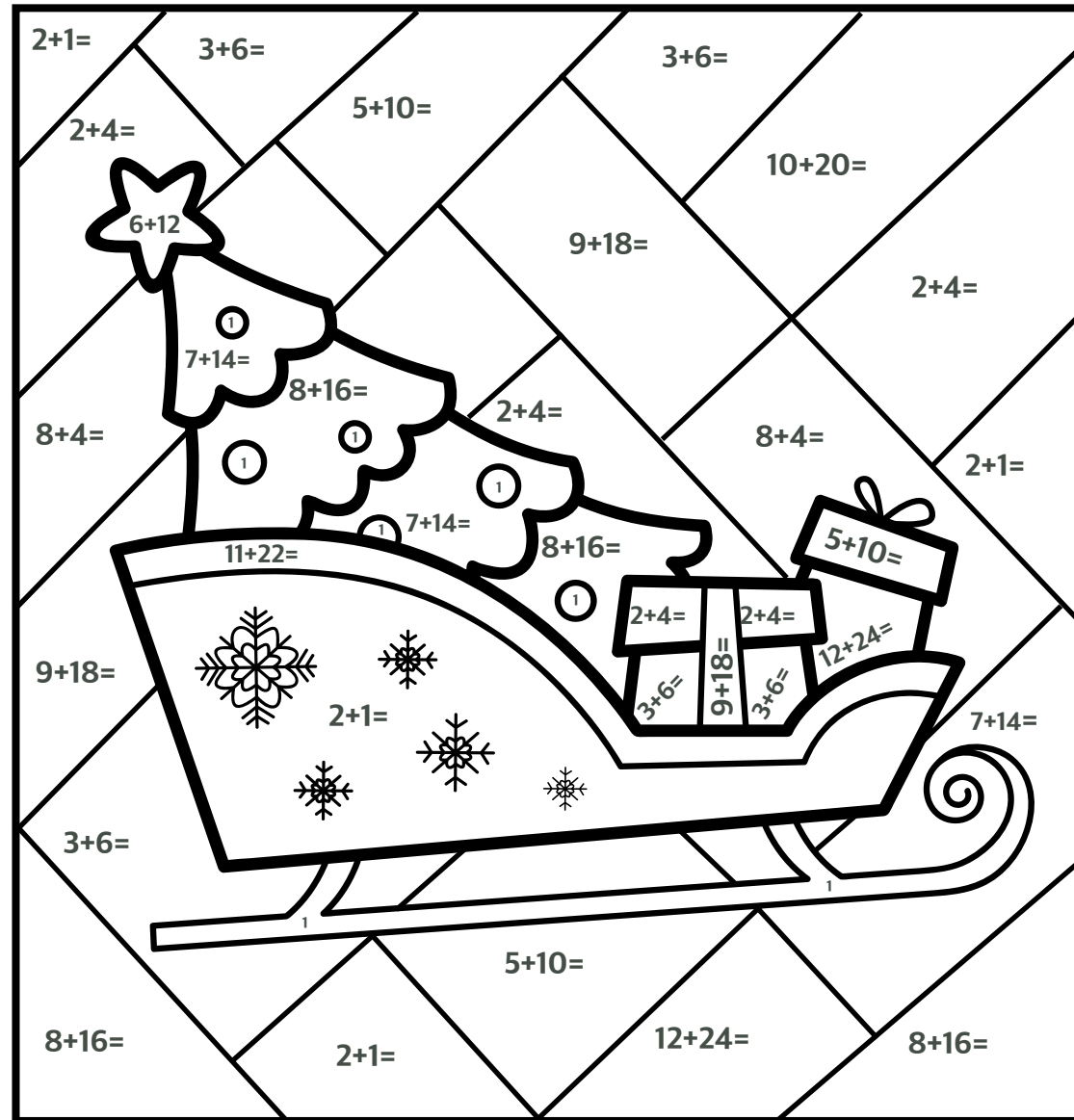
LEARN TO DRAW



# COLOUR BY ADDITION

Choose the right colours from the clues and colour the below picture.

Red = 3	Pink = 15	Yellow = 27	Silver = 1
Light Blue = 6	Gold = 18	Orange = 30	
Dark Blue = 9	Light Green = 21	Brown = 33	
Peach = 12	Dark Green = 24	Purple = 36	



## COLOUR ME

JOIN THE DOTS AND COLOUR

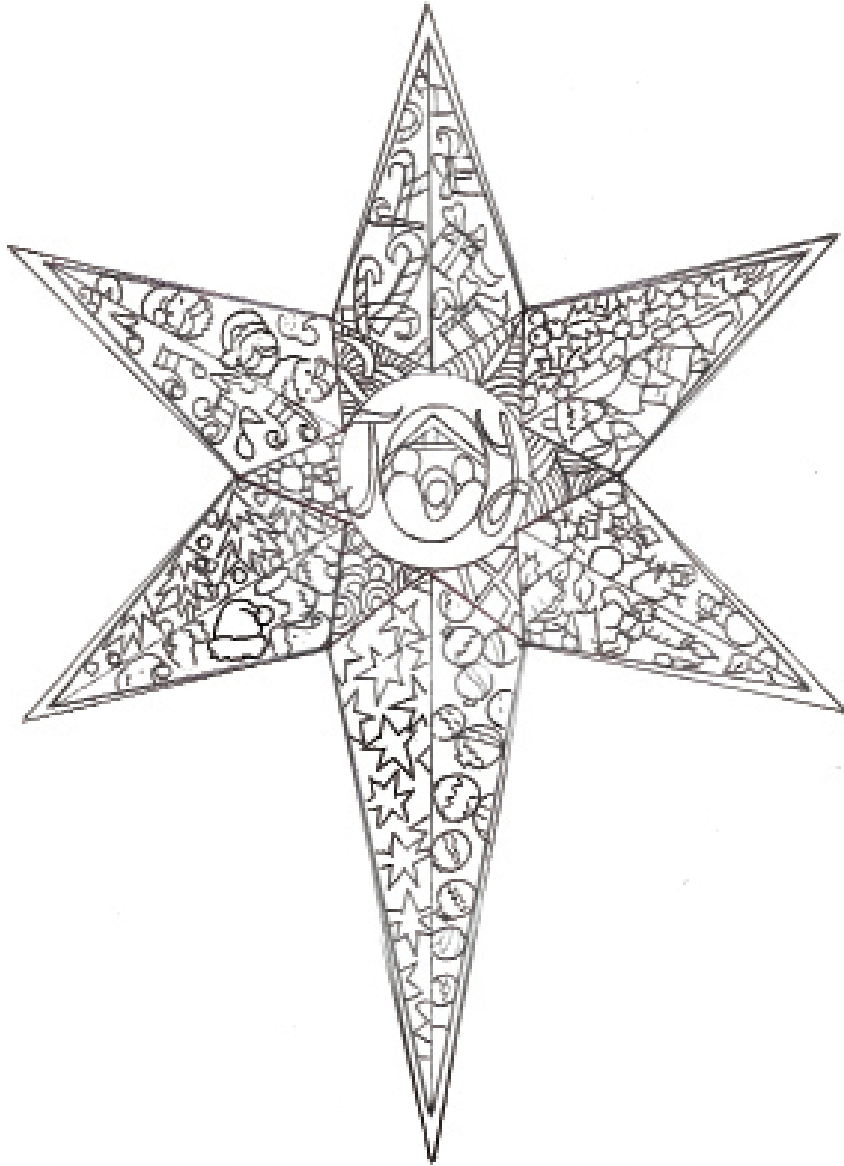


Colour the picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@jykhairmedia.org](mailto:kairosbuds@jykhairmedia.org). The best ones will be showcased on our Instagram page.



"That my joy may remain in you And that your joy may be made full"

John 15:11



Colour this picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@jykairosmedia.org](mailto:kairosbuds@jykairosmedia.org) before 25th December, 2021. The best ones will be featured on our Instagram page.



LET'S LAUGH



## When Bethlehem came to Grecio, Italy!

**D**id you know that the Christmas crib that we build and arrange every Advent season has a beautiful story behind it? All because of a holy man, St. Francis of Assisi.

In 1223, St. Francis was visiting the town of Grecio, near Assisi, where his beloved friend John (Messier Giovanni Velitta) lived. John was a holy man. Francis wanted the people of Grecio to not just celebrate Christmas but truly remember Baby Jesus. So he planned to stage the birth of Jesus, born at Bethlehem in the humble manger, surrounded by animals. John arranged all this - the crib, the hay, the donkey and the ox. The men and women helped too, bringing candles and torches for the night. Since the chapel in the Franciscan hermitage would not fit everyone, the altar

was set up in the town square, before a niche in the rock.

When St. Francis arrived at Grecio for the Midnight Mass, the whole town was present. Grecio had become a new Bethlehem! He stood before the manger, full of devotion and piety. He read the Gospel and preached to the people about the nativity of the poor King.

After Mass, Francis went to the crib and stretched out his arms, as though Baby Jesus was present there. So intense was his love and devotion that it is recorded that the Infant Jesus appeared there, sleeping beautifully in the manger!

Ever since, St. Francis's idea of bringing Bethlehem to one's own town spread quickly all over the Christian world.

# KAIROS Buds

The Catholic Magazine for Children

## Kairos Buds Diary 2022 not just a diary!

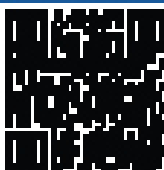
- » Inspiring stories of saints for every month
- » Amazing activities
- » Colouring pages
- » Pages to get creative
- » Prayers
- » Daily Bible verses
- » Wisdom from the saints

# DIARY 2022



## A TREASURE FOR THE NEW YEAR!

To purchase or know more, visit  
[www.jykairosmedia.org](http://www.jykairosmedia.org)



Contact: +91 6238279115



kairos  
MEDIA