

KAIROS

VOLUME 1 » ISSUE 1 » JANUARY 2021

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN

## A NEW HOPE

WITHIN

Peas,  
a monk  
and the  
Catholic  
Church

SALT OF  
THE EARTH



CHAT WITH  
JESUS



Jesus Youth

A Missionary Movement at the Service of the Church

# KAIROS

**'For we cannot keep from speaking about what we have seen and heard.'** Acts 4:20

- ✔ 'A special time of grace' from Jesus Youth
- ✔ Publishing Catholic magazines for over two decades
- ✔ Spreading the love and light of Jesus across the world

# BUDS

**'Let the little children come to me.'** Mathew 19:14

- ✔ The new magazine for children between 3 and 12 years
- ✔ Builds and strengthens Faith
- ✔ Shows children how beautiful the Catholic Church is

# MAGAZINE

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

- ✔ For parents to read aloud to kids between 3 and 6 years
- ✔ Also features parenting, health, developing soft skills, Q&A
- ✔ Pull-outs for children's room

# FOR

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

- ✔ Everyone in the family
- ✔ Bringing everyone to Jesus
- ✔ Giving the perfect gift

# CHILDREN

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

- ✔ Will enjoy cartoons of stories from the Bible, saints, families and kids
- ✔ Have fun with faith-based activities - colouring, puzzles, brain games, craft, humour
- ✔ Are encouraged to send their art, stories, poems, articles, testimonies, photography, etc.



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# WITHIN

**KAIROS Buds**

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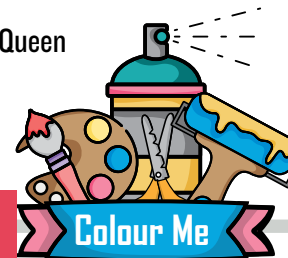
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EDITORIAL

## A NEW HOPE

**D**ear Friends,  
Kairos Buds is ready to roll!  
This magazine is specially designed for children between 3 and 12 years of age, with more focus on 6 to 12-year-olds.

We have tried to gather varied and interesting content for you from around the world. Our intention is to connect you to young friends world over.

### A peek into some of the contents

Cartoons, Stories, Activities, Puzzles, New Hobbies, Humour, as well as Interesting Facts, Churches around the Globe, Church History, Science, etc.

We will make Kairos Buds so interesting that you won't want to put it down! With the fun activities and engaging content we have from this issue, we are sure that Kairos Buds will be your dear companion! You can also share your inputs on how you'd like to make it better.

You can write to us through email or talk to us on the WhatsApp number **+91 6238 105 775**.

**KAIROS BUDS IS PUBLISHED BY JESUS YOUTH, A PONTIFICALLY APPROVED CATHOLIC ORGANISATION AND ALL OUR CONTENT WILL BE ROOTED IN THE CATHOLIC FAITH.**

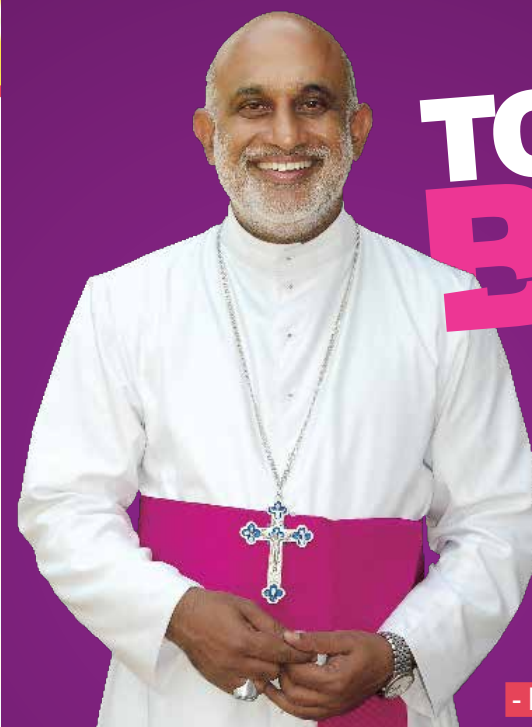
**D**ear Parents,  
At Kairos we go all out to make sure that our children are nourished in their faith in Jesus Christ and the Holy Catholic Church, and that they grow up in the favour of God and man (Luke. 2:52).

We seek your wholehearted support in these endeavours.  
To begin the New Year in a special way, Kairos brings to you a Spiritual Companion for Children - Kairos Buds Diary 2021!  
This is a journal filled with Faith and Fun to accompany your child through the year.



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

## SHEPHERD'S STORY



# TO BE BROKEN TO BE GIVEN

- BISHOP THATTIL » INDIA

**M**Y mother played a huge role in my faith formation. Being the youngest, she loved me a lot and singled me out to accompany her to church and for all other faith-related activities. She would encourage me to do the readings well in church. If it was a holiday, she would encourage me to attend a second Mass that day. Though she never told me directly, she wished for me to be a priest. Whenever she spoke about priests, she would say that priesthood was not about receiving from others. It was about giving oneself to others.

She would often talk about the boy who gave his loaves to Jesus. His mother would have probably given them to him. But when Jesus asked for something to eat, none of the adults gave anything. It was this boy who gave his loaves to Jesus. That kind of giving is what priesthood is about, she would tell us.

**THOUGH SHE NEVER TOLD ME DIRECTLY, SHE WISHED FOR ME TO BE A PRIEST. WHENEVER SHE SPOKE ABOUT PRIESTS, SHE WOULD SAY THAT PRIESTHOOD WAS NOT ABOUT RECEIVING FROM OTHERS. IT WAS ABOUT GIVING ONESELF TO OTHERS.**

I remember my first vocation camp – my first time away from home – so my mother packed warm clothes for me. There, the boy on the bed next to mine had acute asthma. He developed a high fever and was severely breathless. As my older brother had the same problem, I felt sympathy for the boy. I gave him my warm blanket and tried to make him comfortable. Then I went and told the priest in charge, who told me to take care of the boy.

Later, I entered the seminary and soon I kept getting 'looks' from people, especially my seniors. On enquiring, I was told that the camp fathers had used me as an example. They told the seniors that I was a boy with hardly any formation yet my example was one to follow. That vocation was about giving.

In those days, there were no hospitals in rural areas except in town, where we lived. Whenever any of our dear ones came to the hospital, my mother would make it a point to send them food. When I would ask her about it, she would just make me go and deliver the food to them.

In my 40 years as a priest my motto – having been drilled into my head in childhood – has been, 'to be broken, to be given'.



# Basilica of Our Lady of Guadalupe

- ANTON JOSHY » 12 YRS » USA

**M**ILLIONS OF PILGRIMS from around the world come to see the Basilica of Our Lady of Guadalupe.

This church was inspired by Mother Mary, and is a symbol of our faith.

It all started on a cold winter's day. St. Juan Diego was an Aztec, who converted and became a devout Catholic. On December 9th, 1531, Juan Diego was going to Mass as usual. As he walked past Tepeyac Hill, he saw a vision of Our Lady. Our Lady asked Juan Diego to visit the local bishop and tell him to build a shrine for her. He hurried to convey the news but the bishop didn't believe him and asked for proof that Mary appeared to him.

A helpless Juan Diego went back home to take care of his sick uncle. On December 12th, as he went looking for a priest who would give the last sacrament to his uncle, Our Lady appeared to him again. He told her of the bishop's answer, and she reassured him and healed his uncle. She told him that he would find roses on the hill, even

though it was winter which would be the proof the bishop wanted. Juan Diego found the roses and gathered them in his *tilma* (cloak). When he opened his cloak, the roses fell out and the bishop saw an image of Our Lady imprinted inside the cloak. The bishop believed Juan Diego, and very soon, a shrine to Our Lady was built.

The original *tilma* with Our Lady's image is enshrined in the altar of the basilica. After centuries of remodelling, and extensive damage to the church, a new basilica was built, which is what we see today.



## SOME FACTS

- ✦ It is the most visited Marian site in the world.
- ✦ The feast of Our Lady of Guadalupe is 12th of December.
- ✦ The new Basilica has a circular floorplan so that the image of the Virgin can be seen from any point within the building.
- ✦ The exterior represents the Virgin's mantle that 'covers' those who come to visit her.
- ✦ In 1921, a factory worker planted a bomb a few feet away from the *tilma*. The explosion demolished the marble steps of the main altar, the windows of nearby homes and it bent a brass crucifix, but the *tilma* suffered no damage.



## MY STORY

# Sharing Jesus

**H**ELLO! MY NAME IS ANTHONY JOSEPH and I am currently in the 9<sup>th</sup> grade. When I was asked to write this article, I was filled with tension. 'What am I going to write for the whole world to read?' I asked myself. 'What if my article doesn't make sense?' Then I realised that what I wrote about Jesus was me spreading Jesus to the world. So, I am going to tell you of an experience I had when I shared Jesus to others. Mind, when I say 'sharing Jesus', I don't mean going out into the streets and proclaiming the good news. There are many other ways in which we can share Jesus. Here is my experience:

One day, I went to pick up Annmary, my younger sister from tuition. When we were walking back home, her slipper broke. So, I gave her one of my slippers and I walked bare on one foot. On our way home, we met a neighbor of ours. He asked why I was walking barefoot and I told him. Then we bade him goodbye and walked home.

A few days later, this neighbor's children came to our house. The eldest boy told me, 'My dad was very impressed with what you did after picking up Annmary from tuition.' Then he handed me a bag. I said, 'Thank you' but was very puzzled. Inside the bag was a new branded shirt.

This incident personally taught me that when we are outside, so many people are watching our behaviour. As a Christian, our duty is to always do good and this should become our lifestyle. Whenever we do something for the needy, it should be done selflessly and generously and it will pay back. My call is to be like Christ for others.

*For I was hungry and you fed me, I was thirsty and you gave me to drink. I was a stranger and you welcomed me into your house. I was naked and you clothed me. I was sick and you visited me. I was in prison and you came to see me. (Mathew 25:35-36).* These verses tell us that we can share Jesus to others by caring for them. Whenever we help someone in need, we help Jesus. Therefore, whenever we do something generously, humbly and selflessly to a person in need, our reward in heaven will be greater.

I have shared and experienced Jesus like this in my life. How do you experience him? Do you plan on sharing him? I hope and pray that you will.

- ANTHONY JOSEPH » 10 YRS » DUBAI, UAE



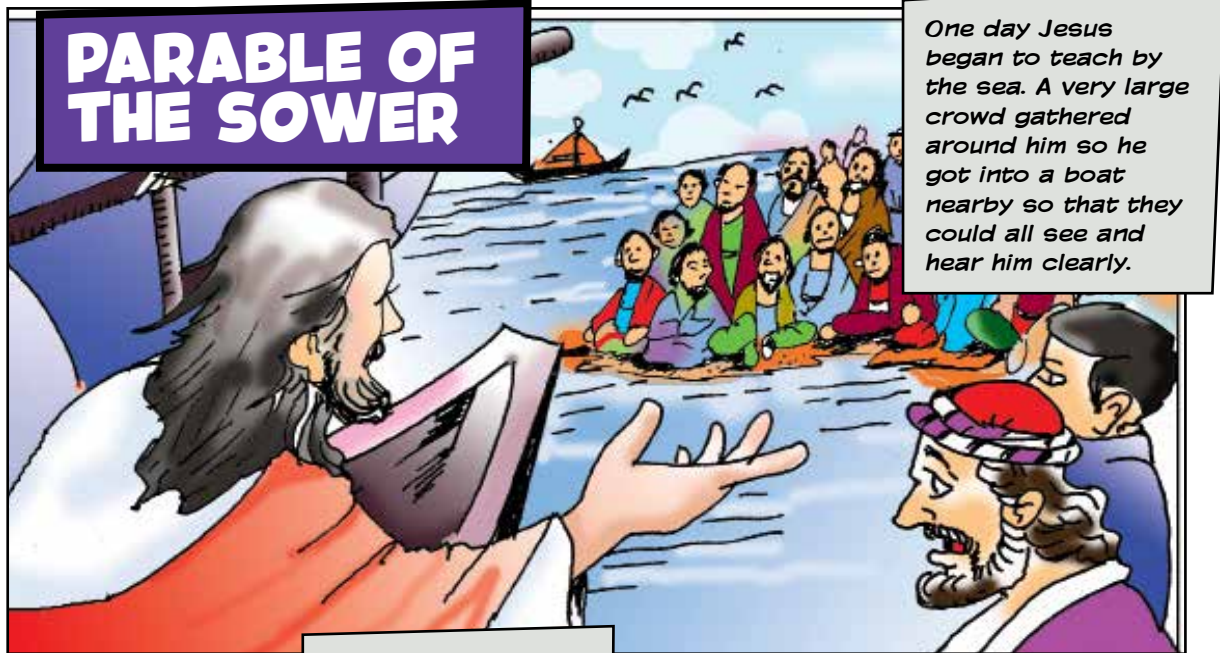
*For I was hungry and you fed me, I was thirsty and you gave me to drink. I was a stranger and you welcomed me into your house. I was naked and you clothed me. I was sick and you visited me. I was in prison and you came to see me.*

- Mathew 25:35-36



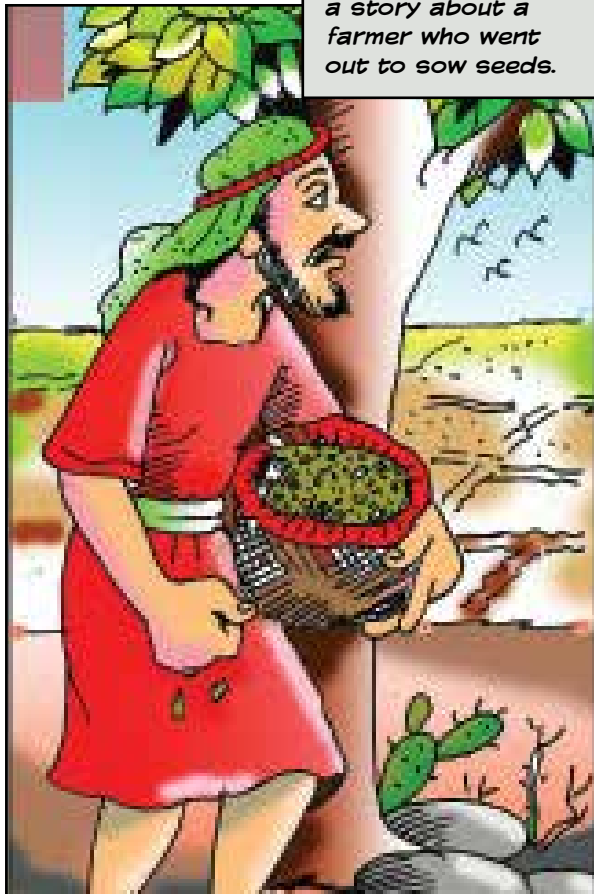


# PARABLE OF THE SOWER

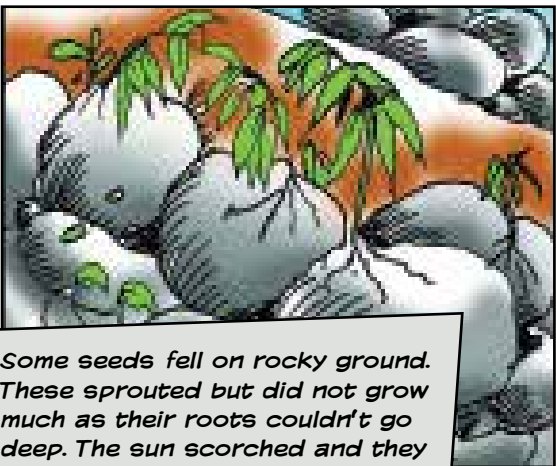


One day Jesus began to teach by the sea. A very large crowd gathered around him so he got into a boat nearby so that they could all see and hear him clearly.

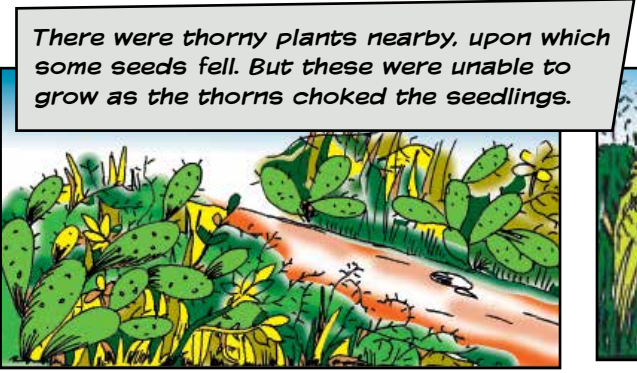
Jesus told them a story about a farmer who went out to sow seeds.



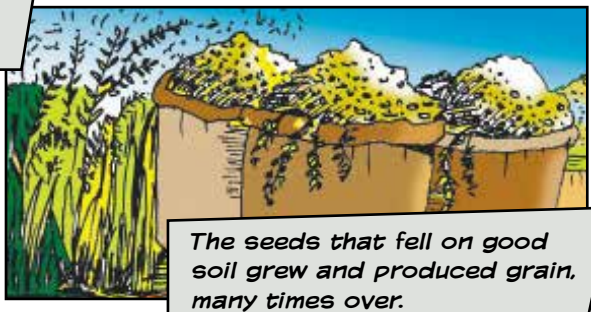
As he sowed, few seeds fell along the path. These were quickly eaten up by the birds.



Some seeds fell on rocky ground. These sprouted but did not grow much as their roots couldn't go deep. The sun scorched and they withered away.



There were thorny plants nearby, upon which some seeds fell. But these were unable to grow as the thorns choked the seedlings.



The seeds that fell on good soil grew and produced grain, many times over.

Later Jesus explained the parable to his disciples. 'The seed is the Word of God,' he said. When a person hears God's word, it is planted in their heart.



Some people's hearts are hardened and so are unable to understand the word of God that they hear. Sadly, evil comes and snatches it away. These people are like the seed that falls on the path.

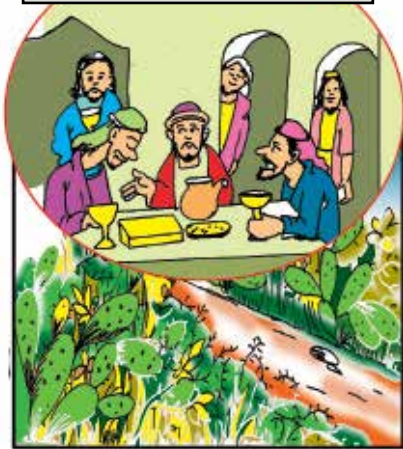
Others are like rocky soil, they receive the word with joy but when troubles or persecution come they stop believing.



And some people are like the seeds sown among thorns, they understand and believe the word of God. But the worries of life and desire for wealth choke the word and makes them unfruitful.



But others are like the seed sown on good soil. They hear God's Word, understand and believe it and produce a good harvest many times over. They become good Christians who know how much God loves them and they love to tell others about him.





# CHAT WITH JESUS

- FR. JUSTIN JOSEPH PANACHICKAL MSFS » INDIA



All of us have good friends and we need friendships where we feel comfortable, valued, accepted and cared for. That is why we are in constant search for company.

How do we grow in a friendship? By giving company, sharing one's problems, listening to the other and standing by them in times of trouble. But sometimes our friendships fail because of our weaknesses, and this leads to disappointment and hurt. So, where do we find a relationship that will never fail? The answer of course, is with Jesus.

In our own little ways, we can pray to Jesus and try to build a relationship with him, but sometimes we do not grow in this. Our prayer seems unsatisfactory at times, or even boring. So how do we grow in our relationship with Jesus? Simple. Just as with friends, it is all about giving company and spending time with him.

Find the time to talk to Jesus. Speak your heart out, share your feelings, needs, problems, everything as you would do with your best friend. This can be done while we say a set-prayer (e.g. the rosary), or as a casual chat. It can be done anywhere, at any time, although the perfect place is in front of the Blessed Sacrament. There is no need to hold back our tears, anger or happiness when we are before him. The best thing to do is to constantly remind ourselves that we are in the Lord's presence at each moment of our life; while walking, dining, playing, studying and even while sleeping. When we keep company with him constantly, we will surely become more like him.

We also must make efforts to sustain this relationship with Jesus. For that, we have to set apart a particular time of the day, even for a few minutes to sit and chat with Jesus. Conversations are always mutual, so after your part, listen to what Jesus is telling you; read the scriptures, listen to your inner inspirations and thoughts. Frequently receiving the sacraments of Confession and Eucharist play a huge part in nourishing us and keeping us in grace. We have to make sure that we never miss an opportunity. Added to this, we should put our love for Jesus into practice, by loving our family, joining family prayer, helping and forgiving others and doing good deeds which will keep us inspired. Let us start today, to chat and walk with Jesus ◦

# Peas, a monk and the Catholic Church

- SERENA DSOUZA » INDIA

Have you ever wondered whether you look more like your father or your mother or a little bit of both? Your friends or relatives may have remarked about it.

People study these aspects in a field of science known as genetics. It helps us find out from whom we got those lovely eyes, pretty hair or our height. We can also study these features in plants. Will the plant be tall or short? What colour flowers will they produce?

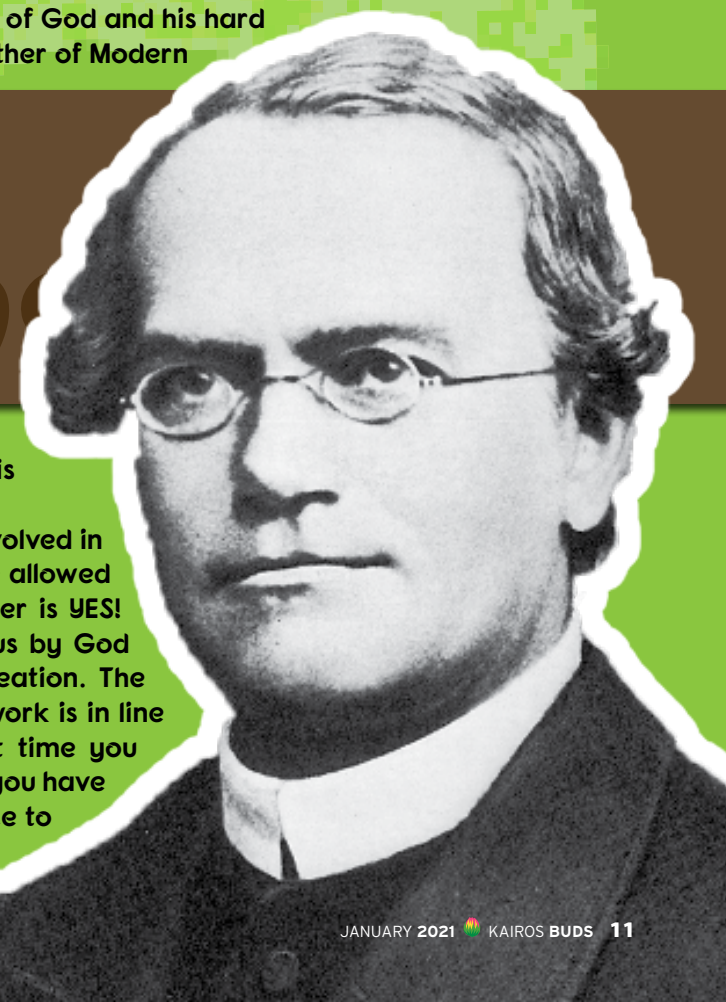
There was a Catholic monk a really long time ago in the 18th century. His name was Fr Gregor Mendel. He was interested in studying genetics in plants, especially pea plants. He saw that the pea plants sometimes produced yellow peas and sometimes produced green peas! Sometimes they were short and sometimes they were tall! So, he decided to find out what was happening. He studied 29,000 pea plants to figure out when you could get a particular combination!

That's a lot of work, isn't it? By the grace of God and his hard work, he figured it out. He is called the Father of Modern

The secrets of science are revealed to us by God through our efforts to understand his creation.

Genetics. The whole world still follows his observations to study genetics till date!

Are you wondering how a monk was involved in the field of science? As Catholics, are we allowed to do experiments in science? The answer is YES! The secrets of science are revealed to us by God through our efforts to understand his creation. The Church supports science as long as our work is in line with our faith and morals. So, the next time you want to know why a plant is short or why you have brown eyes, you know you can use science to try and figure it out! ◦





**St. Don Bosco**



Mama... I am taking the cattle to graze.

Ok, John, be careful. Don't forget to say your prayers.



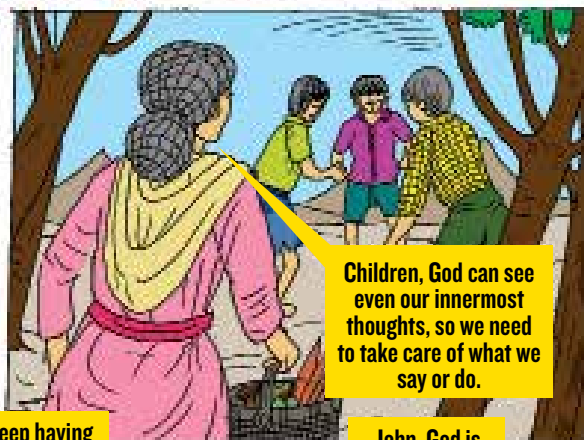
It is too cold. Why can't we sit near the fireplace and talk like other people, Mama?

Let us offer up this difficulty to Jesus and read Bible stories and pray for all.



Oh, give me something..

John gives the beggar some food and woollen clothes.



Mama, I keep having dreams very often. I don't understand them. What do they mean?

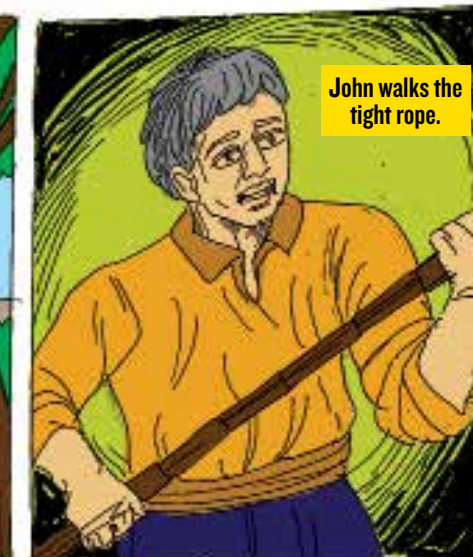
Children, God can see even our innermost thoughts, so we need to take care of what we say or do.



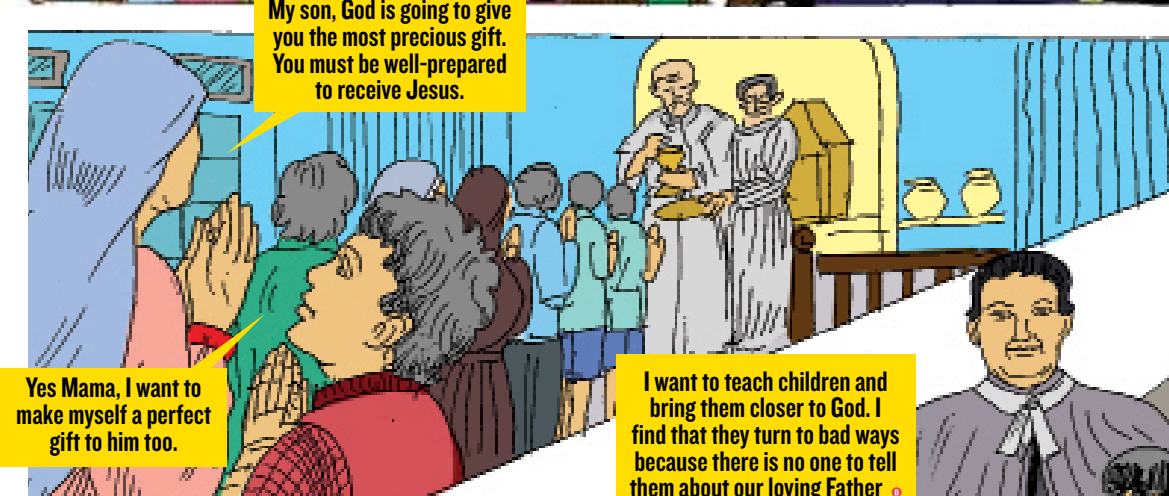
John, God is revealing what you need to do.



Hello! Friends! If you come and join me for a small prayer, I shall show you a magic trick!



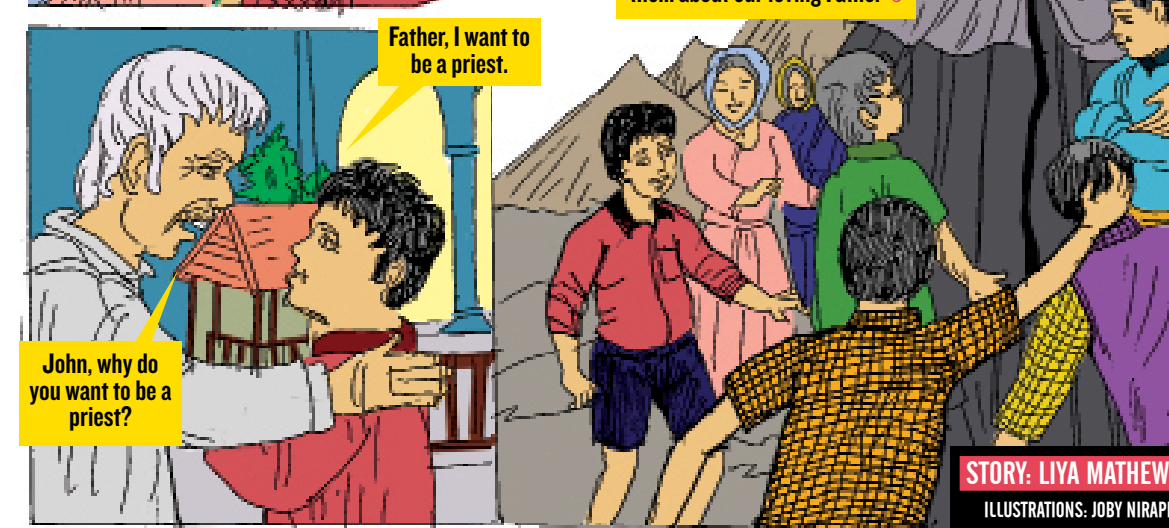
John walks the tight rope.



My son, God is going to give you the most precious gift. You must be well-prepared to receive Jesus.

Yes Mama, I want to make myself a perfect gift to him too.

I want to teach children and bring them closer to God. I find that they turn to bad ways because there is no one to tell them about our loving Father.



Father, I want to be a priest.

John, why do you want to be a priest?

STORY: LIYA MATHEW

ILLUSTRATIONS: JOBY NIRAPPEL



# SALT OF THE EARTH

- DIVYA IMMANUEL » INDIA

The month of January is dedicated to the Holy Name of Jesus. Let's be creative, write the name of Jesus and raise it up high for all to see.

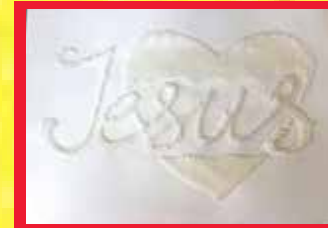
## MATERIALS REQUIRED

- Drawing paper/cardboard or any thick sheet of paper (avoid regular print paper as it will become soggy)
- Water colours, brushes, rag, water and palette
- White glue tube (with nozzle)
- Salt
- Rice (optional)



## PROCEDURE

- On the drawing paper, write the name of Jesus in any writing style and in any language.
- You may add a design like little hearts and stars, big heart, crown of thorns etc. along with the name.
- Outline the drawing with white glue.
- Sprinkle salt and completely cover the glued portion. Make sure you do it immediately after you have finished outlining with glue.
- Let it dry for a few hours. 24 hours would be good, we can learn patience from this too.
- After it is dry, remove the excess salt and you will see the design.
- Now taking some water colour, slowly touch a part of the design. You will see the colour spreading.
- Keep repeating this, until the entire design is filled with colour. Use different colours to paint the name of Jesus.



## TIPS

- Optional – If you live in a very humid place, sprinkle some rice over the salt. This will absorb the moisture from salt and prevent the paper from becoming wet.
- If the paint falls on the paper, use a fresh brush to put some water and wipe gently with a clean cloth.
- Use a flat surface to do the activity.
- Use a brush to dust out and remove excess salt from the edges of the design before applying paint.



# Behold, your King and God and Sacrifice

The star stood still. Their search ended here. They had arrived!

In the stillness of the night, they are drawn to a strange sense of familiarity, a freshness and new-found energy. The night sky strewn with stars assures them that they are about to witness what they had journeyed long for.

Dim light from a stable beckons them. They can see, engulfed in a warm glow the silhouette of a woman bent over, back towards them. A man gently wraps a cloak around her. He turns and sees the three men, clothed in grandeur and silently invites them in. The kings unfasten their sandals to leave them behind. These wise men know they are entering holy ground. Adjusting their crowns, they stoop to enter the humble dwelling. A great peace descends on them, even the animals in the stable have succumbed to a sweet quietness. They move slowly, intending not to disturb the nursing mother.



She turns, looks over her shoulder and with a nod greets them. She's a young maiden, bathed in a glory that seems ethereal. To them, she looked like a queen, with beauty that surpassed anything they had ever seen. The tall man standing beside her was brimming with a joy that made their hearts race.

The young maiden gently leans forward and lays down a bundle, wrapped in swaddling clothes. A child for the world to behold.

The three kings are transfixed by the radiance emanating from those swaddling clothes. Their faces suddenly illuminate like the sun and the chorus of a thousand angels descending from heaven fills their ears. They are lifted into a rapture and caught up in the vision.

This Child - a gift for all time. Behold the lion and the lamb together. Suddenly, the words of the ancient prophets now have significance and value. They receive instructions of wisdom, justice, judgment and equality. His lordship and kingship has come in fulfilment of a prophecy - the high priest of heaven, the incarnation of blessed hope, the sacrificial lamb. They see the one who has come to fulfil the word, the one who walks on water and the one who calms the storm. They see his yoke is easy and his burden, light. He is the bread of life and the blood of salvation. His kingdom is not of this earth but found in the hearts of all men. The messiah, God incarnate, God's gift of redemption.

The child smiles. The vision settles and their souls rejoice. They fall on their knees and sing.

**'Glorious now behold Him arise; King and God and Sacrifice; Hallelujah! Hallelujah!'**

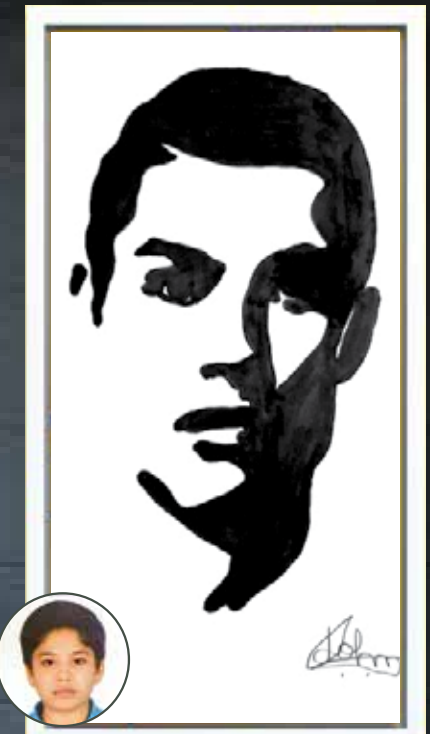
- EDNA JOSEPH » 15 YRS » KOCHI, INDIA



**ARTIST CANVAS**



- TIARA THERES BIJU » 12 YRS » ABU DHABI, UAE



- JOHN PAUL JINS » 12 YRS » TRICHUR, INDIA



- IVAN MATHEW JOHN » 10 YRS » UAE

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)

# A

soft answer turns away wrath

PROVERBS 15:1  
\*\*\*\*\*

# B

are the pure in heart, for they will see God.

MATTHEW 5:9  
\*\*\*\*\*

# C

obey your parents in everything, for this is your acceptable duty in the Lord.

COLOSSIANS 3:20  
\*\*\*\*\*

# D

all things without murmuring and arguing.

PHILIPPIANS 2:14-18  
\*\*\*\*\*

# E

children make themselves known by their acts.

PROVERBS 20:11  
\*\*\*\*\*

# F

God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

JOHN 3:16  
\*\*\*\*\*

# G

into all the world and proclaim the good news to the whole creation.

MARK 16:15  
\*\*\*\*\*

# H

your father and mother.

EXODUS 20:12  
\*\*\*\*\*

# I

can do all things through him who strengthens me.

PHILIPPIANS 4:13  
\*\*\*\*\*

# J

said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.'

PHILIPPIANS 4:13  
\*\*\*\*\*

# ABC BIBLE VERSES



# K

your tongue from evil.

PSALM 34:13  
\*\*\*\*\*

# L

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

MATTHEW 5:16  
\*\*\*\*\*

# M

grace is sufficient for you, for power is made perfect in weakness.

2CORINTHIANS 12:9  
\*\*\*\*\*

# N

one can serve two masters.

MATTHEW 6:24  
\*\*\*\*\*

# O

give thanks to the Lord, for he is good, for his steadfast love endures forever.

PSALM 136:1  
\*\*\*\*\*

# P

me with hyssop, and I shall be clean; wash me and I shall be whiter than snow.

PSALM 51:7  
\*\*\*\*\*

# Q

not the spirit.

1 THESSALONIANS 5:19  
\*\*\*\*\*

# R

the sabbath day and keep it holy.

EXODUS 20:8  
\*\*\*\*\*

# S

first for the kingdom of God and his righteousness, and all these will be given to you as well.

MATTHEW 6:33  
\*\*\*\*\*

# T

in the Lord with all your heart and do not rely on your own insight.

PROVERBS 3:5  
\*\*\*\*\*

# U

you, O God, we give thanks.

PSALM 75:1  
\*\*\*\*\*

# V

truly I tell you, anyone who hears my word and believes him who sent me has eternal life.

JOHN 5:24  
\*\*\*\*\*

# W

love because he first loved us.

1 JOHN 4:19  
\*\*\*\*\*

# X

Extol the Lord our God and worship at his holy mountain.

PSALM 99:5  
\*\*\*\*\*

# Y

are my friends if you do what I command you.

JOHN 15:14  
\*\*\*\*\*

# Z

hurry and come down; for I must stay at your house today.

LK 19:5-8  
\*\*\*\*\*

This centre spread is designed to be a pull-out page that can be pasted/tacked up on a wall or pin board of the children's room.



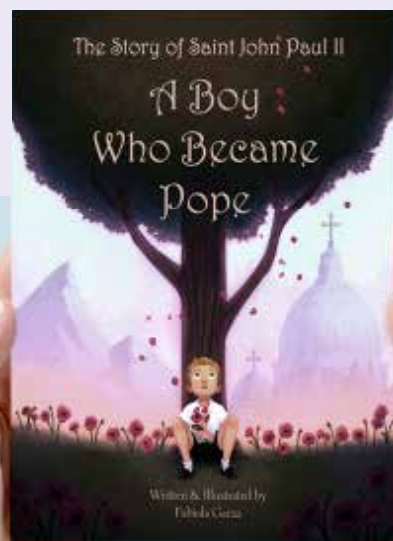
# A BOY WHO BECAME POPE



## THE STORY OF SAINT JOHN PAUL II

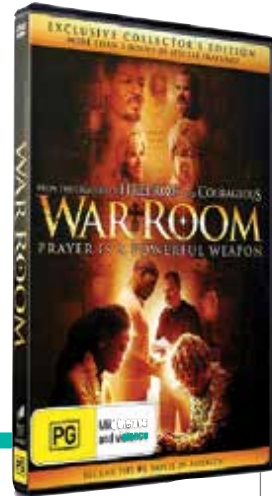
- Fabiola Garza / Pauline Books & Media

Disney Character Artist, Fabiola depicts the life of John Paul II, before he became pope. In spite of the tragedies in his life, he remains full of joy and a spirit of hope. John Paul II loved a lot of people deeply. Yet he was challenged to let go of what he loved. This richly illustrated book for 6-9 year-olds revolves around the theme, 'Who do you love the most?'



## WAR ROOM

ALEX KENDRICK



This Christian drama revolves around the couple Elizabeth and Tony, whose marriage is troubled. Then Elizabeth meets the elderly Miss Clara who suggests that Elizabeth fight for her marriage by praying for Tony. She shows Elizabeth her 'war

room' - a closet she has dedicated to praying. Elizabeth learns that the battles she face are not physical, but rather spiritual, and now must develop a strategy in order to fight the enemy through prayer.



FUZATI INNOVATIVE STUDIOS

This app for children aged 3 to 8 teaches the basics of the Catholic faith through games and stories, while supporting parents with family activities to do at home and to reinforce learning.

The app also has a supplement activity book for kids that can be obtained from Amazon.



WINGS TO WIN



# Are you a Likeable Child?

Life skills are the vital components of mental personality and spiritual personality. For example, whether you are confident, humble, empathetic, have good communication skills, are spiritual and prayerful, and obedient. These are some of the factors that determine your likeability.

AND JESUS INCREASED IN WISDOM, IN STATURE, AND IN FAVOUR WITH GOD AND WITH PEOPLE. Luke 2:52

- SIJU THOMAS » INDIA

Dear Friends in Jesus, Hope you are safe and healthy during this difficult time. God has taught us many things during this tough time, right?

Let me ask you a question. Are you a likeable child? Likeable son or daughter? Likeable student? Have you ever thought of the word LIKEABILITY before? Likeability or being nice is very much linked with one's life skills.

Simply put, if you want to become a more effective person, you need to develop and enhance your life skills.

I would say that Jesus was 'likeable' in the eyes of God and man.

In Psychology, we have four levels of personality:

- 1 ) PHYSICAL PERSONALITY
- 2 ) INTELLECTUAL PERSONALITY
- 3 ) MENTAL PERSONALITY
- 4 ) SPIRITUAL PERSONALITY

WHO (World Health Organization) highly recommends ten core life skills for children like you. These are:

- ] Self-Awareness
- ] Empathy
- ] Interpersonal relationship skills
- ] Creative thinking
- ] Critical thinking
- ] Communication skills
- ] Decision making skills
- ] Problem solving skills
- ] Emotional intelligence
- ] Coping with stress

Yes, dear children, we will have more thoughts and tips on these life skills in the coming months. Pray to Jesus, Mother Mary, the saints and your guardian angel that you may be a more likeable child in the eyes of God and people.

Blessings and Prayers dear friends. ☺



# THE BROKEN CAR



Kevin, why doesn't Alan come to play anymore? Is he unwell?

He is fine, mom. I had a quarrel with him the other day. Must be that.



What happened, dear? You know that with the pandemic and no school, he is the only friend around to play with.

No, Mom. I am not going to him. Last time he came, he destroyed that new remote controlled car.



Oh, did Alan do that? But he is usually well-behaved.

Yes. That was what Papa bought for me last vacation and I told Alan not to play with it.



And he still took it?

He didn't play with it. He said that he would look at it and give it back. But it slipped from his hand and fell on the floor, and now its door won't shut.



Oh, Sweetheart, Alan didn't do it on purpose. It slipped from his hand, right. It was by mistake. Please forgive him. He is a good boy.

Forgive him?



Yes my Kevin. Whether it was his fault or by mistake, we need to forgive.

But... my car?



Don't be upset, I'll ask Papa to buy you a new one. Now you go and say sorry to Alan and ask him over.

But I feel embarrassed to say sorry. And I feel bad that I was rude to him.



You haven't lost the friendship, Kevin. Just go and talk to Alan. I'm sure he will be happy.

I understand Kevin, but we have to learn to say sorry and also to forgive. You feel bad about it, right? Imagine how sad Alan too must be feeling.

That's true Mom. I lost my toy and my friend too.



OK Mom. I'll go and talk to him.



That's being a good boy!

Thanks Mom! Love you.

STORY: SUJA SIJU

ILLUSTRATIONS: SANEESH DIVAKARAN



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



Blessed art thou among women,  
and blessed is the fruit of thy womb,  
**Jesus**



WORD SEARCH

# Titles of Our Queen



In the grid below, find out invocations to Mother Mary, which are prayed in the Litany of Our Lady.

To Find:

- } Ark of the Covenant
- } Mother of Christ
- } Queen of Martyrs
- } Gate of Heaven
- } Morning Star
- } Seat of Wisdom
- } Health of the Sick
- } Mystical Rose
- } Spiritual Vessel
- } Holy Mary
- } Queen of All Saints
- } Tower of David
- } House of Gold
- } Queen of Angels
- } Vessel of Honour

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

Solutions on Pg. 26

DO IT.

After you've finished, how about praying the Litany to our Blessed Mother?





# DECODE THE DISCIPLES



What were the names of Jesus' disciples?

Fill in using this vowel code:

A - § | O - Y | E - ® | U - ∞ | I - X

P®T®R \_\_\_\_\_ §NDR®W \_\_\_\_\_  
 J§M®S \_\_\_\_\_ JYHN \_\_\_\_\_  
 PHXLP \_\_\_\_\_  
 B§RTHYLYM®W \_\_\_\_\_  
 M§TTH®W \_\_\_\_\_  
 THYM§S \_\_\_\_\_  
 J§M®S, the son of §LPH§®∞S \_\_\_\_\_  
 SXYN, called the Z®§LYT \_\_\_\_\_  
 J∞D§S, son of J§M®S \_\_\_\_\_  
 J∞D§S XSC§RYT \_\_\_\_\_

COOL! SANTA CLAUS IS HERE SO EARLY....!

HURRAY! SUPER COOL!

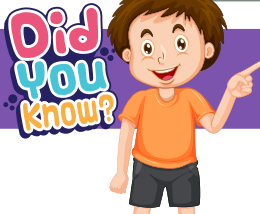
PICTURE STORY



NOW HELL BE QUARANTINED HERE WITH US TILL CHRISTMAS!

Solved puzzle for Page 25

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



The football team New Orleans Saints was named so as it was founded on November 1st (All Saints Day) and also for the large Catholic population of the city.

## 'Learn and Colour'

You are my hiding place and my shield,  
I hope in your word.

Psalm 119:114



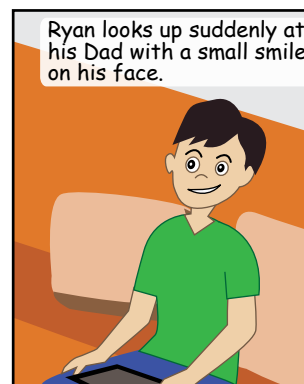
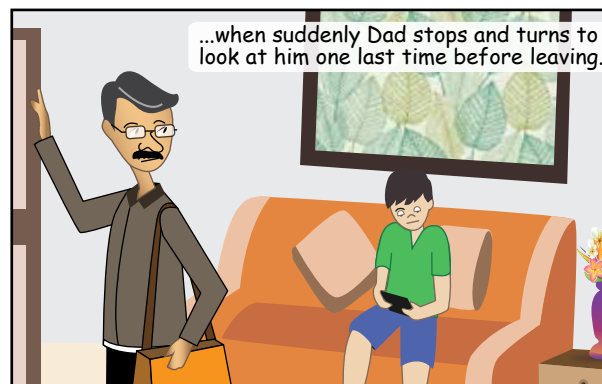
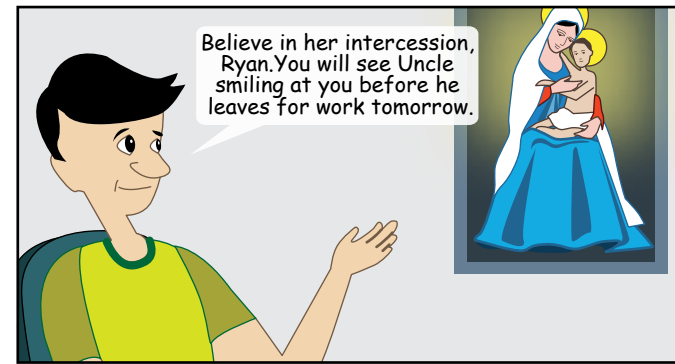
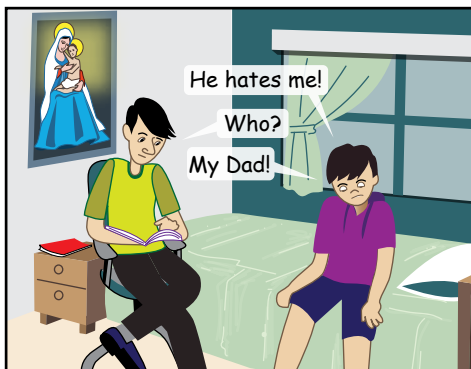
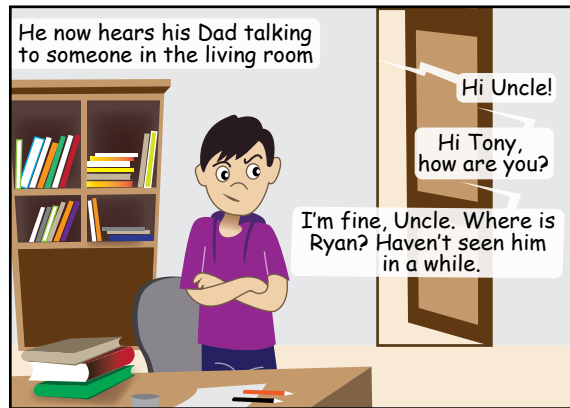
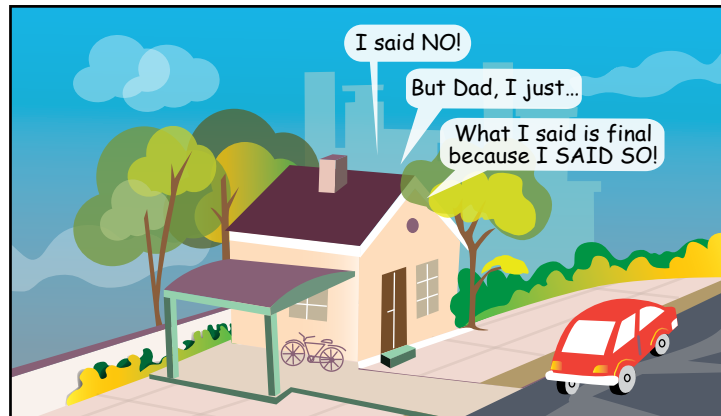
INSTRUCTIONS: Let loose your creativity and colour this shield. Send it to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 31 January 2021. The best ones will be featured on our Instagram page.



# TONY & TINA



## Dad's LOVE



STORY: ANISH SUNNY THOMAS

ILLUSTRATIONS: MANOJ CHACKO



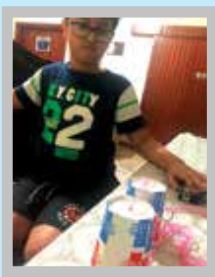
## JY Kids Ministry FLTP & UAE JY Kids Summer camp

### JY Kids Ministry's First Line Leaders Training Programme

The All Kerala JY Kids Ministry conducted a Zoom training programme for their leaders in November. The resource persons were internationally renowned leaders from Jesus Youth. The main aim was to equip leaders in their approach to kids and to lead them towards an encounter experience with Jesus.

Topics like child psychology, challenges in interacting with kids, winning kids' attention through fun-filled activities and games and practical sessions on how to share Jesus more vibrantly were included in the programme.

**Sheeba Prasad,  
98953 79035**



**Anu Tony, FLTP participant shares her experience.**

For me First Line Training Program (FLTP) was understanding how I could be faithful to His call. Jesus spent time with his disciples and so we should listen and spend time with kids, which will help us to win their hearts to become warriors of Christ.

It engraved in me the idea, 'Do our part, leave rest to Holy Spirit, you will see miracles.' CC Joseph, Diana and Eddy chetan helped me in deepening and solidifying the above thoughts. The marvellous works of Holy Spirit was experienced in the session of Alice chechy as we are asked to do things in five minutes. It was fun but thought provoking.

Overall I was refreshed with FLTP. Thank you Kerala team.



### TokToc (Time of Kids, Time of Christ) JY Kids Summer Camp 2020

Due to the pandemic-imposed restrictions, the UAE JY Kids Ministry conducted a virtual summer camp during July and August. Three hundred children attended the camp meetings, held every week day evening from 4 to 4.40 PM, through Zoom.

The participating kids were put in groups of 8 to 10 with a mentor for each group. Each child was assigned a login id to access the website created for the summer camp.

The meetings started with prayer, followed by action song, group activity, theme presentation, talent show, bible quiz and time of appreciation. Activities also included daily tasks like saint studies, which would earn points. During the weekends, the children could register for workshops on photography, painting, public speaking, etc.

**Shiny Ajo, Ajeesh, Tinto  
+97155 468 7209**



**Walking with Jesus through JY Kids**  
**ANSON BINOJ,**  
**Fujairah, UAE,**  
**Summer Camp Participant**



The past few years with Fujairah JY Kids Ministry has helped me grow with Jesus, learn more about him and become more faithful to God's teachings.

Every gathering I have attended was a memorable one. The interactive sessions help us learn more about Jesus and the fun activities keep us occupied. Even after the pandemic, we were able stay in touch with Jesus, through the weekly activities conducted by the kids ministers. I was able to participate in a lot of creative activities, but the one that stood out the most was 'Write your own Song/Action Song'. I wrote a song about how I missed going for mass and seeing Jesus at the altar. However, my prayers were answered when I was able to receive Jesus for the first time despite the pandemic. The people that help us have these kinds of experience are the JY Kids ministers. They dedicate their time and effort so that we are able to receive Jesus in our hearts.

I believe that the formation I receive as a JY kid will help me in the future. It will also guide me to take the right decisions and place God above all. May almighty God, bless us all abundantly. Amen ◊

## QA HAVE QUESTIONS?

WITH DR. JOSEPH SEBASTIAN » INDIA

'HOW DO I DEAL WITH ALL THE HOMEWORK, ASSIGNMENTS, PROJECTS AND TESTS? IT'S TOO MUCH WORKLOAD.'

- SHERYL BERLY, KOCHI, SOUTH INDIA

**ANS:** Sheryl Hi! Hope you are fine. Workload can be *too much* in 2 ways - one by being lazy and work piles up and the other is a genuine increase in work. For instance, submission of a project/ exam times; a get-together at home...The first one - old style, catch hold of your ears (not listening you see) and twist a bit, it helps - **ZIMPLE**. Believe me, it does. And if not, ask an elder at home to do it for you... ha ha ha....

Second - more work; it may seem daunting - but one can manage.

How? through these 5 Ps:

**PERCEPTION:** view it as **work not workload**.

**PLANNING:** have a tick-off chart/sticky chits **to do list** near the study table - it helps. Be realistic and keep smaller, feasible targets for yourself - a bite at a time.

**PREPARATION:** start early - gives you more hours; develop a routine. Take short time-offs and also congratulate yourself when you have completed a task.

**PRIORITISE:** take the ones you think are tough when your energy level is high and at a time with least distractions.

**PRAYER:** the most important one and what has helped me - **let the Holy Spirit lead you. With God, I see all things fall in order, else it can seem chaotic.**

And as Saint Teresa of Calcutta said, we are called to be **faithful not successful**. Let's be faithful to our responsibilities.

So get going with our Lord - Amen!

Love,  
Jochi ◊

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.



# Teaching Kids to be Considerate

- DR ANNILYN PURAYIDOM » USA

**E**MPATHY, COMPASSION and going out of our way to help others are godly characters that mark a true Christian. We need to consciously try to instill these virtues in children, as it is not something that comes naturally to them. I will share my insights, as well as a few things we try to do in our family.

Firstly, kids need to understand their value as God's unique creation and the dignity that accompanies this. We need to teach them that all people are created in the image of God, are equally valued in God's eyes, and all have equal dignity. This will help them to embrace

**WE NEED TO TEACH THEM THAT ALL PEOPLE ARE CREATED IN THE IMAGE OF GOD, ARE EQUALLY VALUED IN GOD'S EYES, AND ALL HAVE EQUAL DIGNITY**

the fact that they are not greater than those who seem less fortunate or less smart than them, and to serve others with a humble heart.

One of the reasons kids tend to be self-centered is because they lack nothing. Most parents tend to overindulge their kids with everything

they want or ask for. As parents, we have a responsibility to provide for their 'needs'. But providing for every 'want' is a means to spoiling them and teaching them to be selfish. More than things, what kids need from us is our time and presence. We as parents must make it a priority to spend time with our children, as our presence and all the positive impacts it can make, will last a lifetime.

Sometimes parents also tend to overprotect their children, as they do not want them to fail. But kids need to fail within safe boundaries. If they make a mistake or a bad choice, we must let them own up to it, instead of protecting them. By developing a culture of taking responsibility for their actions, they learn to watch out for others and become more considerate.

Most importantly, all these should be capped off with personal prayer and teaching our children to pray for others. Through personal prayer, they learn to understand their own dignity as a child of God. By praying for others, they learn to step into the other person's shoes, understand their needs, empathise with them and lift them up to God.

By teaching them to serve and be considerate of others, we are teaching to be good Christians.



## Some actionable tips

- 🌟 Model good behaviour and genuine concern for others. Kids quickly pick up whatever parents do.
- 🌟 Encourage kids to play cooperatively. Through cooperative play, they build team-spirit and learn to look out for each other.
- 🌟 Have them apologise where needed. Even if something was not done on purpose, they should make it a point to say sorry, and to see how they can make up for it.
- 🌟 Whenever they see someone in distress, have them check what that person needs, and try to console them.
- 🌟 Teach them to let others go first.
- 🌟 Have them try to clean up their own mess, instead of leaving it for others.
- 🌟 Develop a habit of personal prayer and praying for others.

Parents are welcome to share their concerns/queries with us on our mail id [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) or WhatsApp number +91 6238 105 775.





# Your Mental Health MATTERS

- BESLIN KURIAN » INDIA

The wellbeing of our mind is as important as that of our body. Healthy mind in a healthy body is essential for a healthy life. Mental health should be a concern for all of us and not just for those who suffer from mental disorders. The past months have brought many challenges

for you, right? The Covid-19 pandemic has considerably changed our daily lives. For students like you, adapting to online classes from home with little contact with teachers and friends and having anxiety about the future may be difficult.

Mental health is a state of well-being whereby individuals recognise their abilities, are able to cope with the normal stresses of life, study and work productively and fruitfully contribute to their communities.

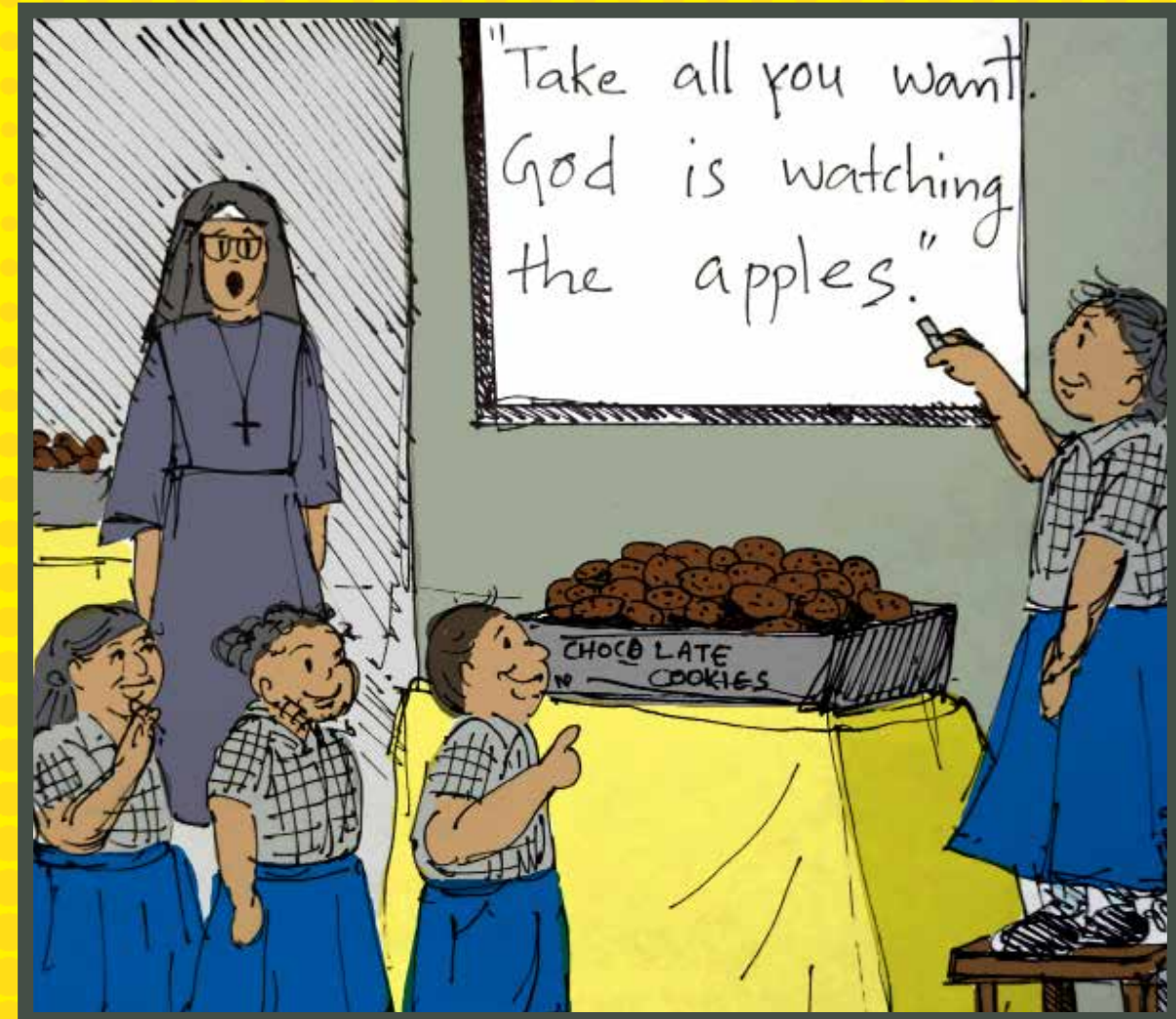
## TIPS TO IMPROVE MENTAL HEALTH DURING COVID-19

- 💡 Establish routines to wake up, eat, play, study, sleep, etc.
- 💡 Have a healthy balanced diet.
- 💡 Drink plenty of water.
- 💡 Ensure enough sleep at night.
- 💡 Be active as much as possible during the day.
- 💡 Explore, develop and use your talents - painting, writing, composing, crafting, etc.
- 💡 Read more books.
- 💡 Listen to music.
- 💡 Start writing a diary - it reduces stress.
- 💡 Stay connected with others as you can - calls or over the virtual platform.
- 💡 Nurture your creativity in everything.
- 💡 Play indoor games.
- 💡 Take regular breaks from online activities, social media and studies.
- 💡 Attend virtual gatherings or prayer services with family or friends.
- 💡 Stay informed but not overloaded with Covid-19 updates.
- 💡 Share your feelings, fears or frustrations with your parents, siblings or friends.
- 💡 It's OK to not be OK. You do not have to struggle in silence. Feel free to share your concerns with a mental health professional, if needed.

**SAY 'NO' TO STIGMA. LET US TALK ABOUT MENTAL HEALTH!**



## LET'S LAUGH





# Friends of Kairos

Dear Parents,

All Kairos magazines are published to share Jesus with as many people as possible. The love and support received from the many 'Friends of Kairos' help us to spread God's love and light.

Kairos magazines have been sustained financially by the generosity of many people, who support us through their monetary contributions.

If you have liked this magazine and would like to bring Jesus to many more children, you too can be a 'friend of Kairos.' As the Holy Spirit inspires, we welcome you to support us in whatever way you can.

Thank you and God Bless You!



You can make your contributions online through [www.kairos.global](http://www.kairos.global). For more details contact Rani George on +91 9446563335 [finance@kairos.global](mailto:finance@kairos.global).



## KAIROS Buds DIARY

A spiritual companion for your children, through 2021. Free with Kairos Buds Two Year subscription

What is the Kairos Buds Diary?

- ★ A prayer book of traditional prayers
- ★ Stories of Twelve Special Saints
- ★ Monthly Devotions that Children need to know
- ★ Learn Bible verses every day
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