

KAIROS

VOLUME 1 » ISSUE 21

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN

**WITHIN**

*The Sistine  
Chapel*

*Apple of Love*

**LOVE IS**  
*patient!*



# WITHIN

**KAIROS**  
**Buds**

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EDITORIAL

## LESSONS FROM A LOST COLLECTION

Dear Friends,

I'm sure you all have a hobby that you love. Like you, as a kid I too had hobbies; my favourite was stamp collection. I had a huge collection of postal stamps from over 100 countries. My mum was a big supporter and would always look out for stamps. Back then people communicated mainly by 'snail' mail. So stamps from various countries were usually available at many homes.

Often I would take my stamp album to school. It so happened that one day at school, as I was packing my school bag to go back home, I realised that my large blue stamp album was missing! I searched the classroom but it was nowhere to be found. I was very disappointed and couldn't believe that someone from my class would have stolen it. But I had a faint idea who it could be.

On reaching home, I told my mum about what had happened and I was filled with anger at the person I thought had taken it. And thinking about the lost collection that had taken years to build only made me more upset. An aunt who always supported us with prayer advised me to start praying and being patient. Though it sounded tough for me that day, I started to pray and wait patiently for the day when I would get my collection back.

So I started going back to school as if nothing had happened. I never made a sad face, was never angry at the 'suspect'. Those few days became my practice ground for patience. God was teaching me patience and hope in prayer.

A few days later at school, one afternoon after recess. Surprise! My lost album was returned to my bag. Immediately I went through the pages – no stamps were lost. Thank God! This incident taught me a great lesson. Patience is a great virtue we need to cultivate to live life beautifully. Be it waiting for a bus, waiting for a miracle, waiting for delicious food in a restaurant, waiting for exam results, or dealing with a difficult person, patience is all we need.

I hope and pray that this edition of Kairos Buds will make you a little more patient.

**Nobin Jose**

EDITOR-IN-CHIEF

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# THE SISTINE CHAPEL, VATICAN CITY

- ALBERT SKARIA » 13 YRS » HOUSTON, USA

The Sistine Chapel is one of the chapels of the Apostolic Palace in Vatican City, where the Pope's official residence is located. It was erected in 1473-1481 for Pope Sixtus IV, after whom it is named, and is mainly famous for the Renaissance frescoes by Michelangelo. The chapel was designed by Baccio Pontelli.

On the north wall are six frescoes depicting events from the life of Christ; and on the south wall are six other frescoes depicting events from the life of Moses. Above these works, smaller frescoes between windows depict various popes.

The chapel is more than an artistic masterpiece; it is a place of crucial religious activity. Since 1492, it has been the site of the principal papal ceremonies and is used for the election of a new pope when there is a vacancy.

The Sistine Chapel is a rectangular brick building with six arched windows on each of the two main (or side) walls and a barrel-vaulted ceiling. The chapel's exterior is unadorned, but the interior walls are decorated with many frescoes by Florentine Renaissance masters (Michelangelo, Sandro Botticelli, Pietro Perugino, Pinturicchio, and Cosimo Rosselli). Frescoes are paintings done rapidly in watercolour, on wet plaster, on a wall or ceiling. The frescoes on the side walls of the chapel were painted from 1481 to 1483.

The first papal conclave to be held in the Sistine Chapel was the conclave of 1492, which took place from August 6-11, and Pope Alexander VI was elected.

I am very fascinated by the beautiful paintings and architecture of the chapel. I would definitely love to visit this place one day!



# Love is

**L**ove. That's such a confusing word. I mean, what does it really mean? We say 'I LOVE ice-cream!' or 'I LOVE recess.' Here it actually means that we 'really like' these material things. Sure, we can also say we 'love' people too.

Google says that 'love is an intense feeling of deep affection' usually for someone, or that it can be a 'great interest and pleasure in something.' I guess this is

what modern society thinks of when they think about the idea of love.

But my mom always said that 'love is a choice, not a feeling.' This may not make sense at first and it definitely did not make sense to me in the beginning. I always thought of love as the Google definition, like everyone else.

Love is 'a choice that is not optional but one which we were created in and created for, and so the inevitable way to be the best of who we were created to be.' In short, that means that we should choose to love. As children of a patient Father with unconditional love for everyone, it is our responsibility to love everyone around us, which will allow us to become who God wants us to be.

First Corinthians 13:4 says, *Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated.* Sometimes it's hard to be kind, especially if it seems like our efforts of trying to love that person are fruitless. But sometimes, we need to take that first step and we need

# patient

- JOAN MARTIN » 17 YRS » TEXAS, USA

But then I started realising what my mom was saying. When we **choose** to love, whether it is our parents, friends, or even God, our relationship with that person will flourish, in good times and bad.

to choose to love patiently; to love our friends, to love our annoying siblings, to love those who talk bad about and hurt us, and, most importantly, to love God. When we take that first step, God will help us be patient and carry us through!

So will you choose to love?

**Love is 'a choice that is not optional but one which we were created in and created for, and so the inevitable way to be the best of who we were created to be.'**

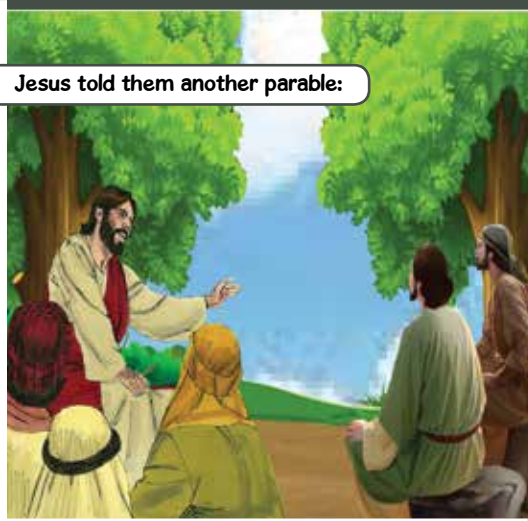


# THE PARABLES OF THE MUSTARD SEED AND THE YEAST

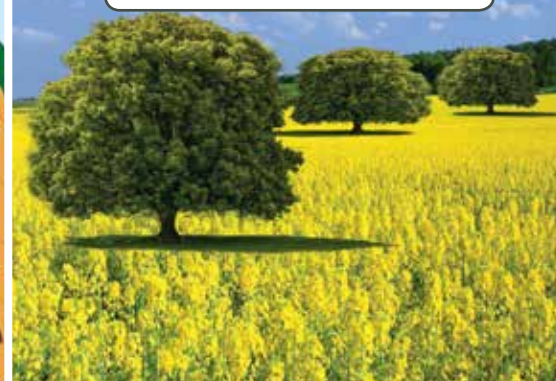
The kingdom of heaven is like a mustard seed, which a man took and planted in his field.



Jesus told them another parable:



Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree...

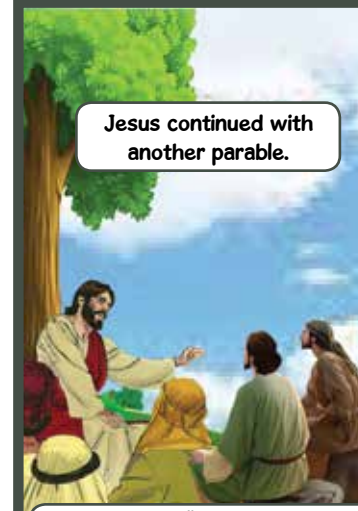


... so that the birds come and perch in its branches.

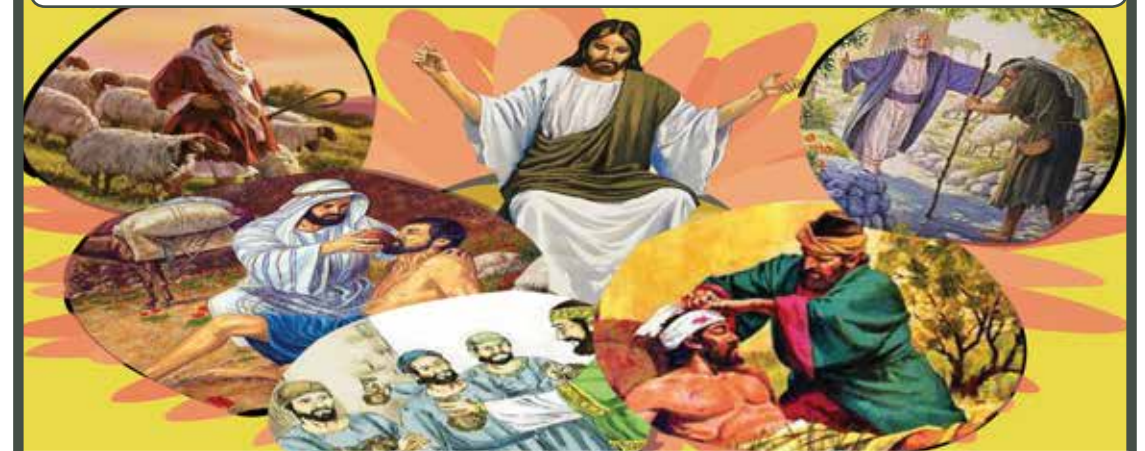


The kingdom of heaven is like yeast that a woman took and mixed into about sixty pounds of flour until it worked all through the dough.

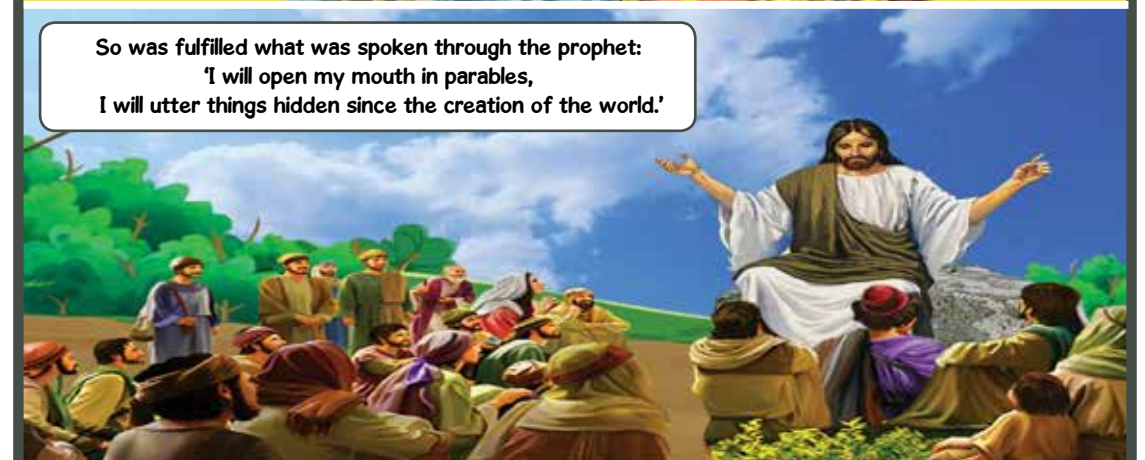
Jesus continued with another parable.



Jesus spoke all these things to the crowd in parables; he did not say anything to them without using a parable.



So was fulfilled what was spoken through the prophet:  
'I will open my mouth in parables,  
I will utter things hidden since the creation of the world.'



STORY: SR. SUMA THOMAS CSM ILLUSTRATIONS: GEETHU THOMAS



# APPLE OF LOVE

- FR LEON CRUZ » MUMBAI, INDIA

One day, little Clara came home happily with two delicious apples given by her neighbour. She goes to her elder brother Francis and says, 'Francis, look I've got two lovely apples!'

Francis looks into the excited eyes of his little sister and asks her, 'Clara, will you share one apple with me please?' But when Clara bites both the apples in response, Francis is taken aback. He feels sad at what his loving sister has done but waits patiently.

Just then, little Clara gives one apple to Francis and says, 'Brother, take this, this is the sweeter one.'

Francis thanked God that he was patient with his dear sister.

If only we were patient with each other, the world would be a much better place. To be patient we need to trust God that in his time everything will be fine.

We live in a fast world and being patient

is not easy. People around us may be impatient but can I be different like Jesus? Jesus shows us that love is patient. Jesus patiently bore all the suffering on the cross.

Gamaliel was a young intelligent man who worked in the court when the apostles were actively preaching the Word of God. The officials arrested some of the apostles and brought them to the court. The officials in the court wanted to kill the apostles but this young man, Gamaliel stood up and boldly told the officials in the court, ***If this activity is of human origin, it will destroy itself. But if it comes from God, you will not be able to destroy them*** (Acts 5:38, 39).

Today we know that what the apostles preached was not destroyed but spread like wildfire throughout the world over all these centuries. The apostles had patience and trusted God. Gamaliel also teaches us to be patient before condemning others.

**Practice begins at home, a place of love. How can we be patient in our own family? Love and patience go hand in hand. Where there is true love, there is patience. St Paul teaches us**

***Love is patient***  
(1 Corinthians 13:4).

**If only we were patient with each other, the world would be a much better place. To be patient we need to trust God that in his time everything will be fine.**



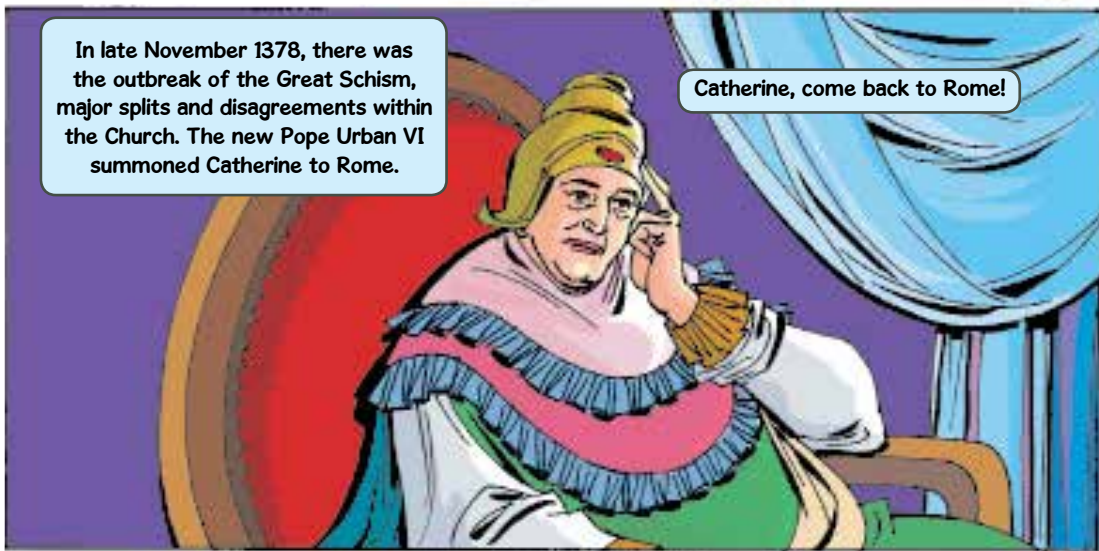
# ST CATHERINE OF SIENA PART 4

Catherine arrives back at Siena. She spends time on the 'Dialogue', the book of her meditations and revelations.



In late November 1378, there was the outbreak of the Great Schism, major splits and disagreements within the Church. The new Pope Urban VI summoned Catherine to Rome.

Catherine, come back to Rome!

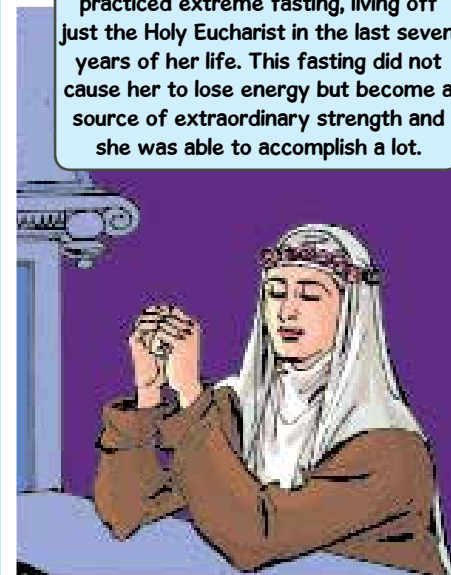


Catherine worked hard in Rome to reform the Church, serve the poor and sent letters on behalf of Pope Urban.

I have no other desire in this life save to see the honour of God, your peace, and the reformation of the Holy Church, and to see the life of grace in every creature that hath reason in itself.



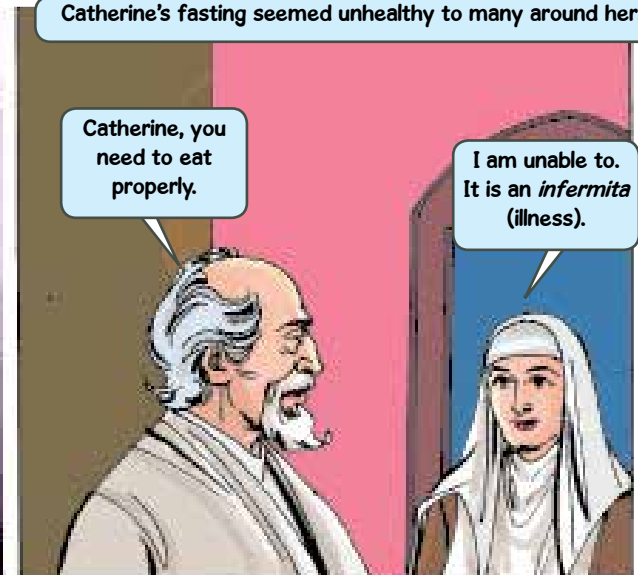
For many years, Catherine had practiced extreme fasting, living off just the Holy Eucharist in the last seven years of her life. This fasting did not cause her to lose energy but become a source of extraordinary strength and she was able to accomplish a lot.



Catherine's fasting seemed unhealthy to many around her.

Catherine, you need to eat properly.

I am unable to. It is an *infermita* (illness).

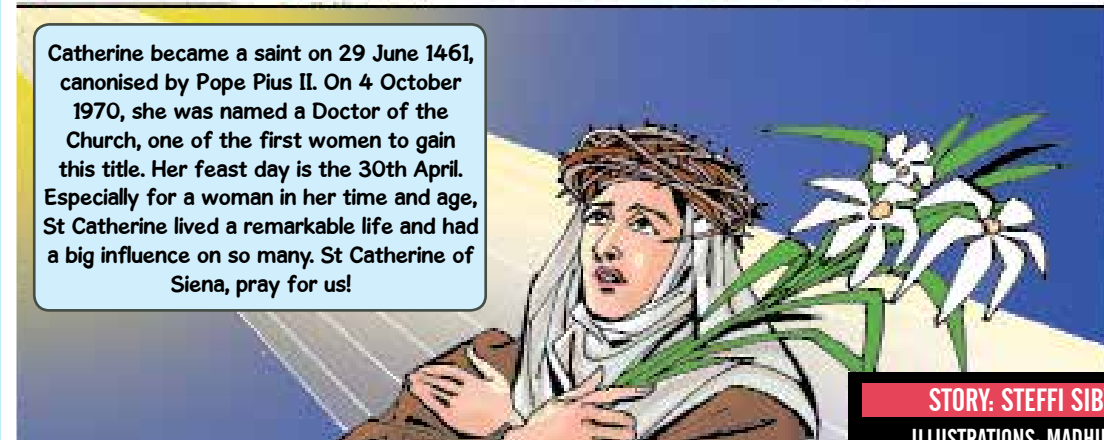


Lord, into thy hands I commend my spirit.

From the beginning of 1380, Catherine could not eat or swallow water. After suffering a stroke which paralysed her from the waist down, she died on 29 April 1380 aged 33.



Catherine became a saint on 29 June 1461, canonised by Pope Pius II. On 4 October 1970, she was named a Doctor of the Church, one of the first women to gain this title. Her feast day is the 30th April. Especially for a woman in her time and age, St Catherine lived a remarkable life and had a big influence on so many. St Catherine of Siena, pray for us!



STORY: STEFFI SIBY  
ILLUSTRATIONS: MADHU S

# THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM

- ANNA SUSAN VARGHESE » 10 YRS » TEXAS, USA

Solomon was the son of King David of Israel. When King David died, Solomon became the king. But Solomon was just a young man. He didn't know how to rule the country. He loved God with all his heart, worshiped him, and followed all his commandments. One night when Solomon was sleeping God appeared to him in a dream and said, 'Ask for whatever you want me to give you.' Solomon asked for wisdom to rule his people. God was so pleased that Solomon did not ask for wealth or honour or long life. God gave him a jackpot of all gifts - wisdom, wealth, possessions, and honour.

**In his wisdom, he did many great things. He built the first temple for God in Jerusalem. He spoke about 3000 proverbs and wrote 1000 songs.**

The fear of the Lord is the beginning of wisdom. It does not mean we should be afraid of God like he is a very strict teacher. It means we should show him the respect he deserves. It is respect based on love. We love our parents and are not afraid of them, but when we make decisions in our life we are probably afraid of what they might think. The fear of the Lord is the same. We should not do anything displeasing to God. We should love him with all our hearts and give him our attention.



Once, there were two women who lived in the same house. Each woman had a baby of her own. One night the first woman

accidentally rolled over her baby. Sadly, her baby died. The woman wanted a baby so much that she decided to take the second woman's baby. The second woman went to King Solomon and told him what happened. Everyone looked at Solomon. How will he know who is the true mother? But

remember, God gave him wisdom. He ordered the servants to cut the baby in half. The first woman said it was fair. The second woman became sad. She loved her baby so much that she would never want to hurt him. Then Solomon knew who the true mother was. Everyone saw that Solomon was wise.

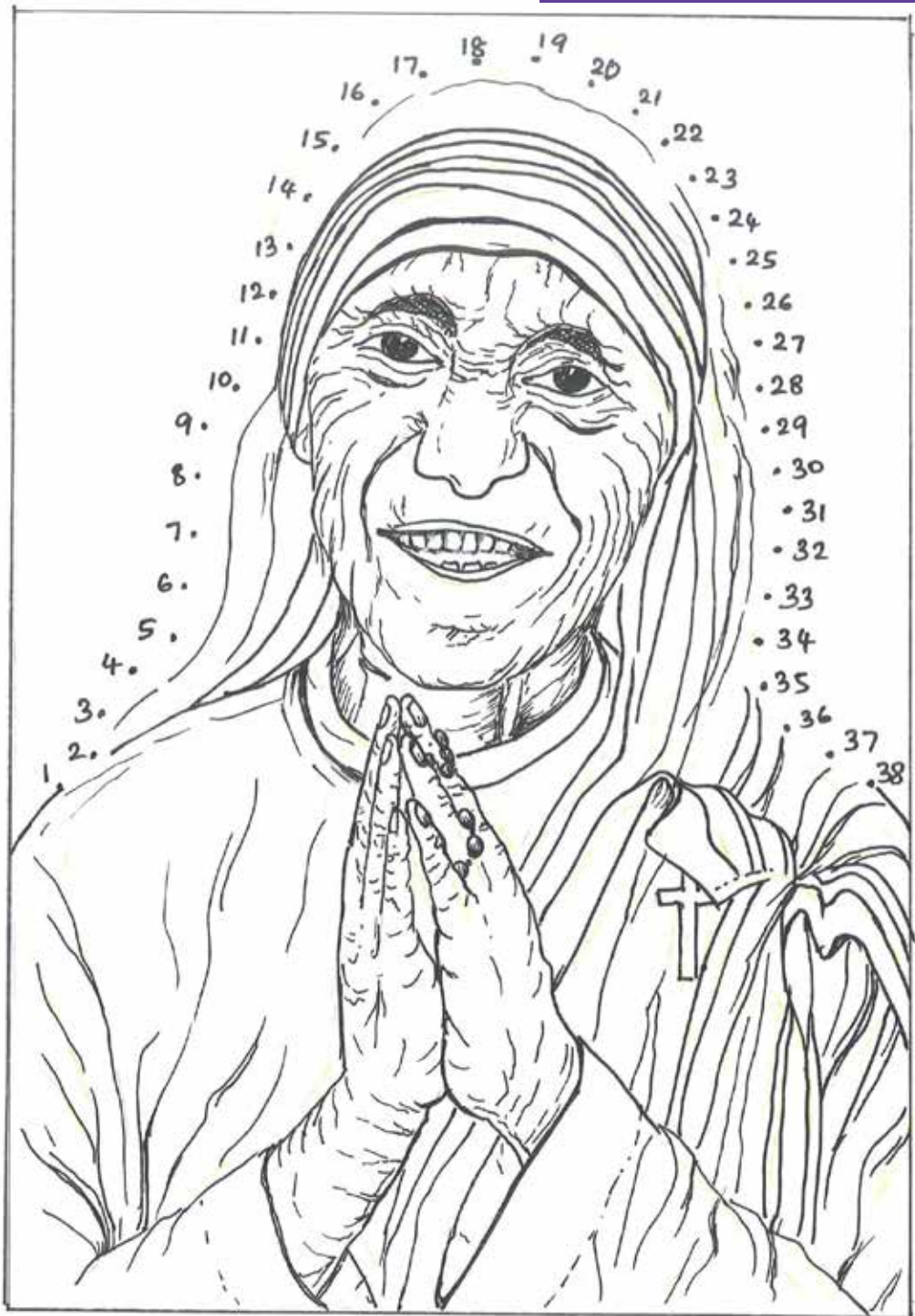
Solomon was the richest king of Israel. In his wisdom, he did many great things. He built the first temple for God in Jerusalem. He spoke about 3000 proverbs and wrote 1000 songs. He spoke about plant life, from the cedar of Lebanon to the

hyssop that grows out of walls. He also spoke about animals and birds, reptiles and fish. His fame spread to all nations. Kings from all nations came to listen to him. His most famous visitor was the Queen of Sheba, who traveled about 1200 miles to confirm the stories of his wisdom. He wrote the Book of Proverbs, Ecclesiastes, and Songs of Solomon in our Holy Bible. Remember, it all started with Solomon's fear of the Lord.

**So if the Lord came to you in a dream today and told you that you could ask for anything, what would you ask for?**



JOIN THE DOTS AND COLOUR

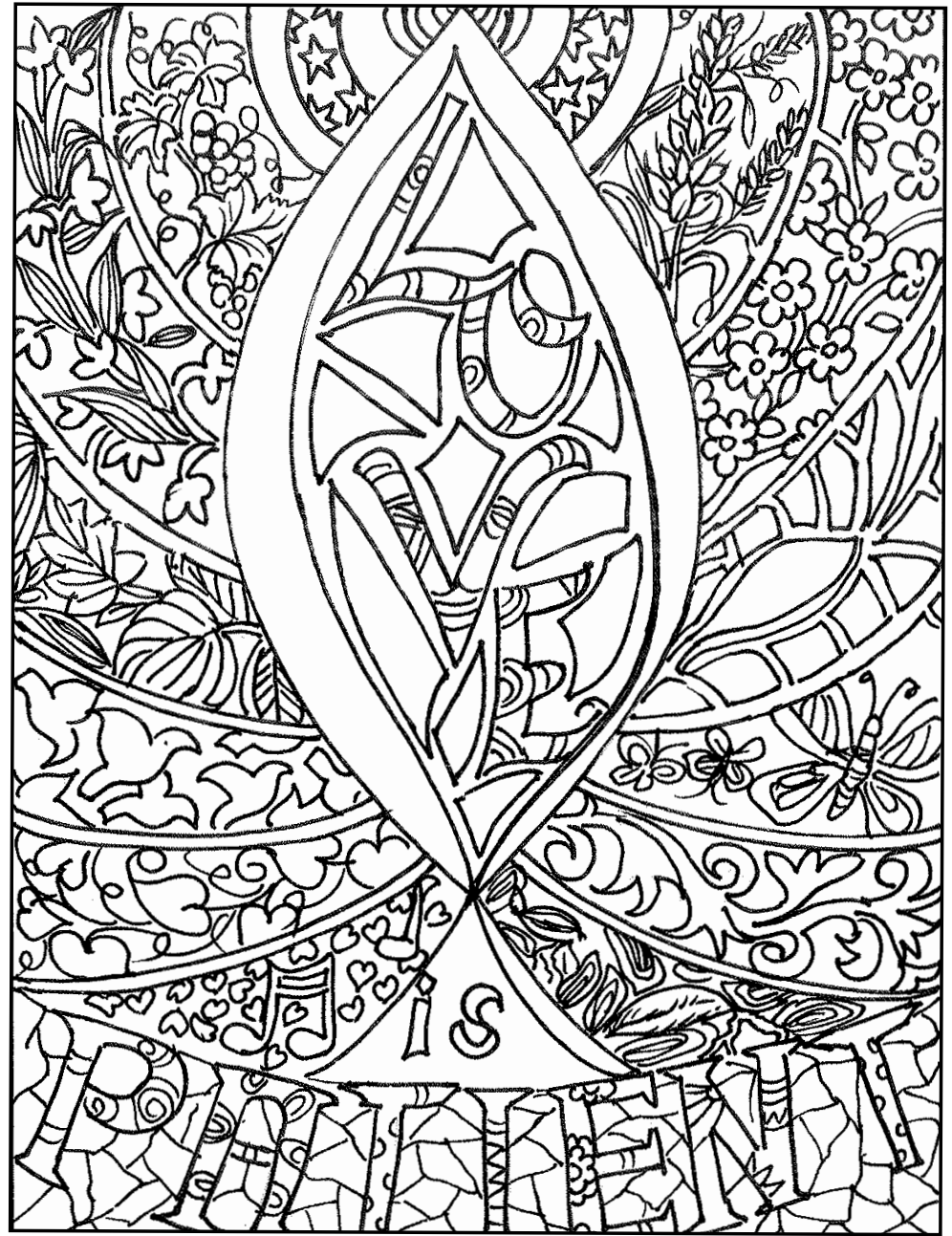


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'Learn and Colour'

Love is patient, love is kind

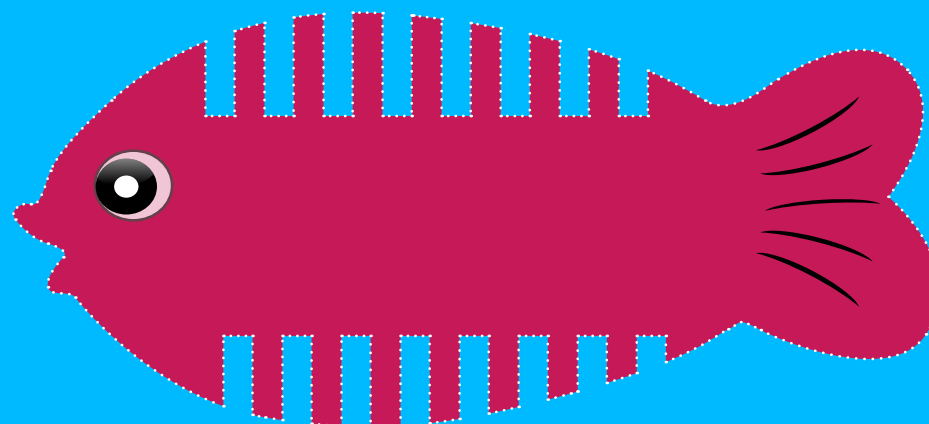
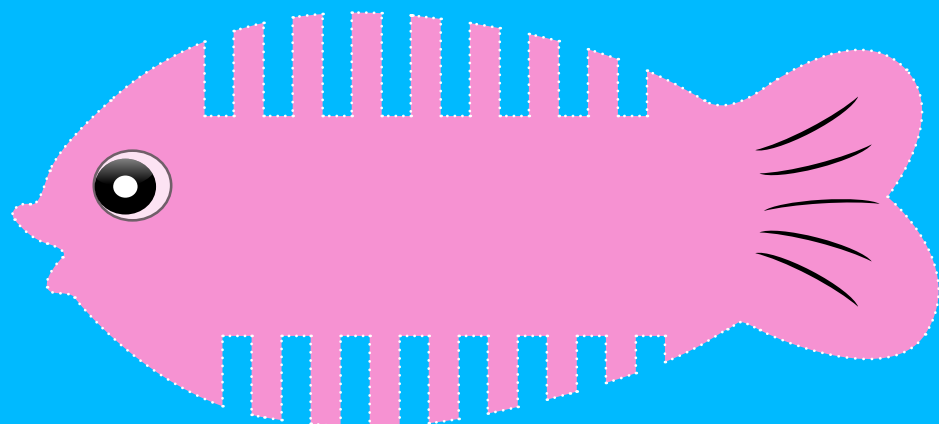
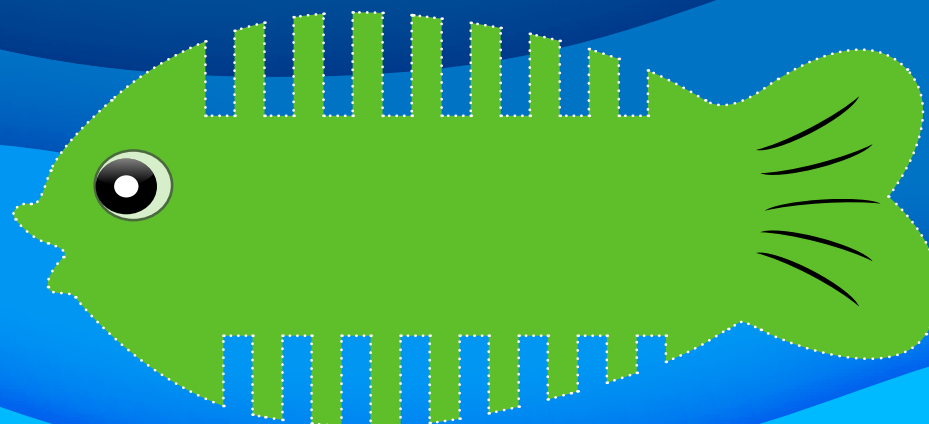
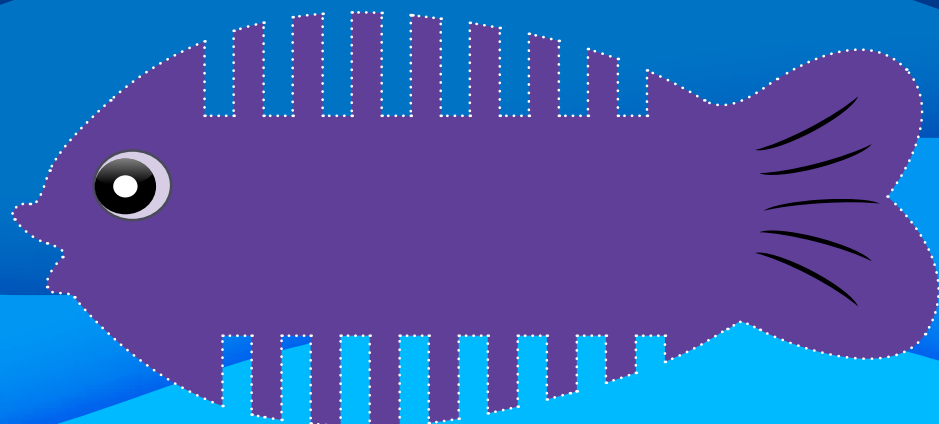
1 Corinthians 13:4



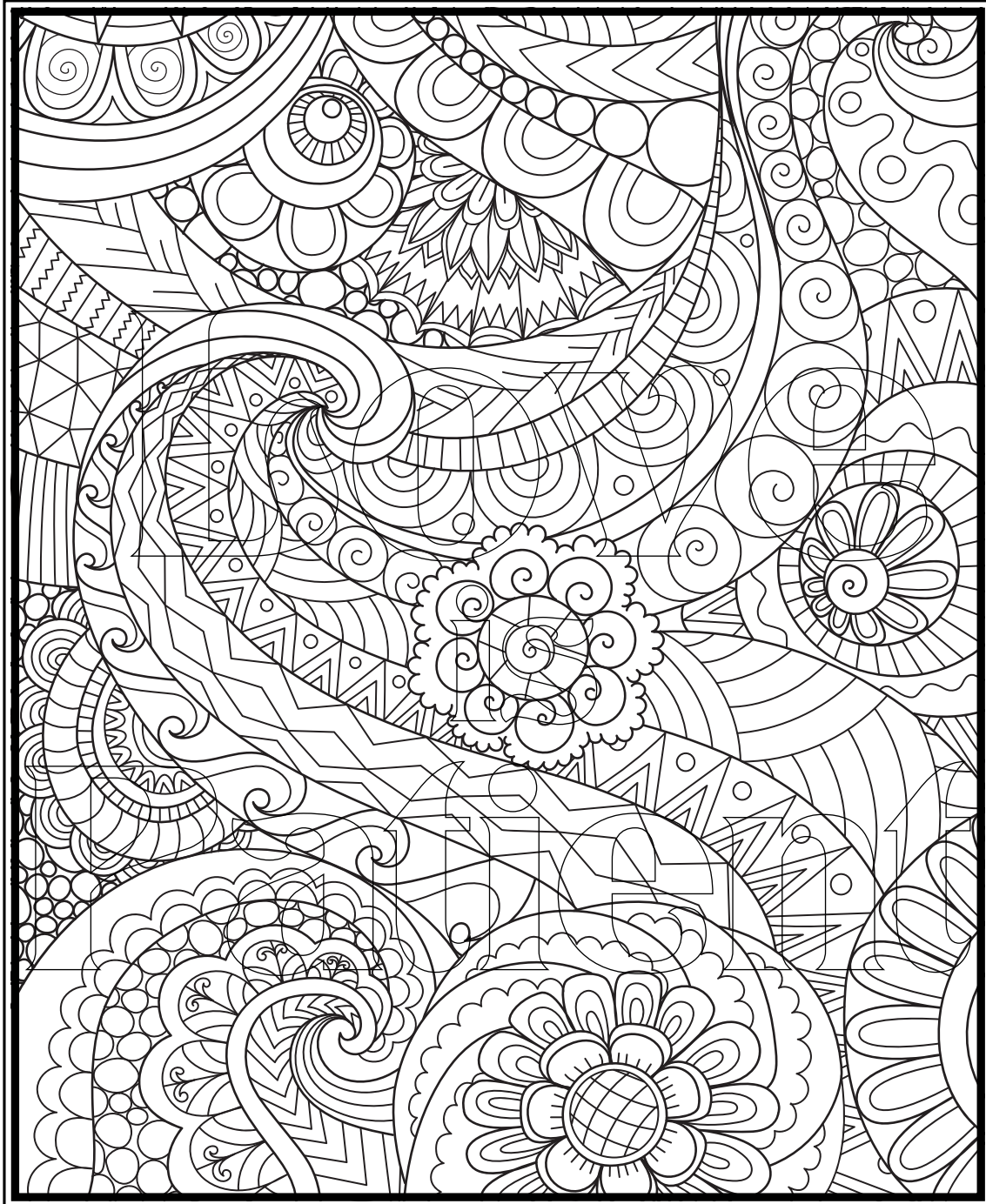
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# The Patience Game

You will need yarn. Cut out the fish below. Look at the reference image and wind the yarn around fish as shown.



**THE IMAGE HOLDS A BIBLE VERSE.**  
Colour the picture and find what the verse is.



**COLOUR THE PICTURE**





# Spot 12 Differences



PAMYEL MARIA MENDEZ  
» 10 YRS » MUSCAT, OMAN



FAUSTINA OLIAPURATH  
» 9 YRS » TEXAS, USA



CHRISTO FRANCIS  
» 8 YRS » TRIVANDRUM, INDIA



THERESA THOMAS  
» 9 YRS » DALLAS, USA

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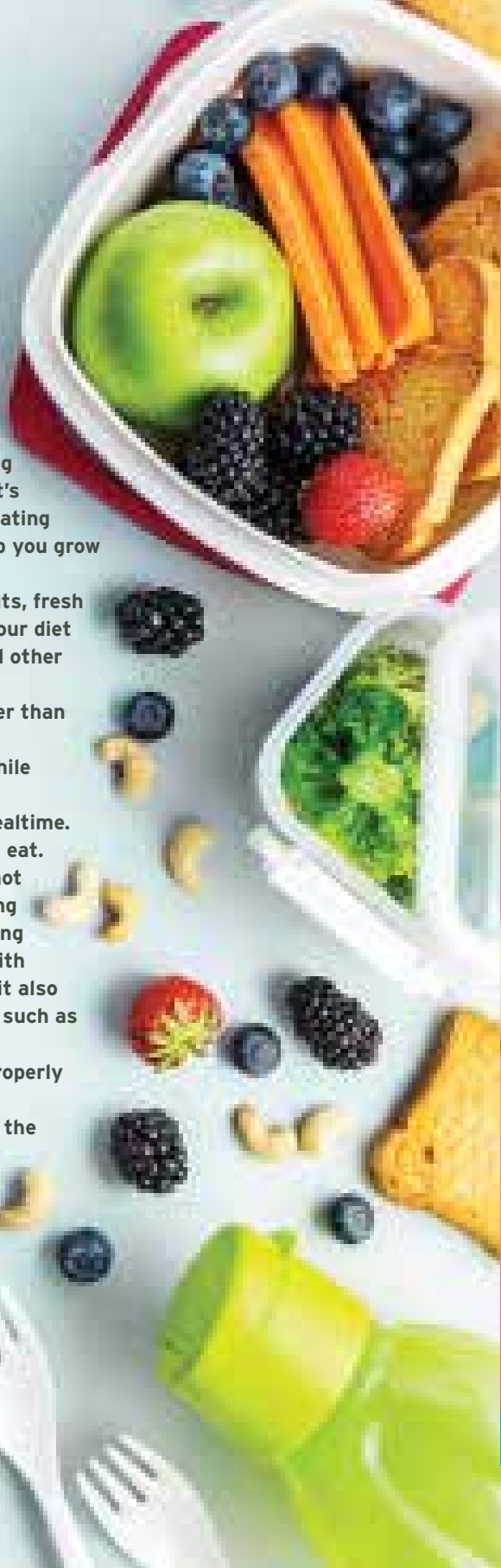
TAKE CARE

# HEALTHY EATING HABITS

- DR ALEEDA BINOY » WAYANAD, INDIA

Hello buddies! Hope you are all eating healthy, studying well, playing happily and sleeping nicely. Well today, let's go through some points on maintaining good healthy eating habits. Because, what you eat and drink today will help you grow better tomorrow.

- 1 Enjoy healthy meals together as a family.
- 2 Never skip breakfast. Because it's the meal for your brain. A healthy brain makes you think sharp and be active.
- 3 Maintain a healthy breakfast, balanced lunch and light dinner. It's better to have a light dinner because your body doesn't want a lot of energy to sleep.
- 4 Drink lots of water. It's healthier to drink a glass of water after you get up from bed. Always carry a water bottle and make sure you drink at least 8 glasses. Well you don't need to drink more before going to bed because it may disrupt your sleep as you may want to pee.
- 5 Always include nuts, fresh and clean fruits in your diet rather than fries and other junk food.
- 6 Prefer water rather than soft drinks.
- 7 Turn the TV off while eating.
- 8 Have a regular mealtime.
- 9 Sit at the table to eat. Eating at the table not only reduces snacking and the risk of choking as you run around with food in your mouth, it also teaches social skills such as table manners.
- 10 Chew your food properly and eat slowly.
- 11 Help your mom in the kitchen.



**Q&A** have questions?  
WITH FR JUSTIN PANACHICKAL MSFS » INDIA

## WHAT IS THE GENDER OF GOD?

**ANS:** This question has a very simple answer but not an easy explanation. Let me begin with the fact that God is neither male nor female, is not a man or a woman. There is no genitalia with God. John 4:24 says, *God is spirit, and those who worship him must worship in spirit and truth.* God is beyond any physical limitations (of the human body), especially that of gender. If someone has 'this but not that,' then there is a lack of something in that being. God has no lack, so there can't be male or female.

*Then why call God, Father? Catechism of the Catholic Church #239 would say by*

calling God 'Father', the language of faith indicates two main things: that God is the first origin of everything and transcendent authority; and that he is at the same time goodness and loving care for all his children. (God's parental tenderness can also be expressed by the image of motherhood, which emphasises God's immanence, the intimacy between Creator and creature).

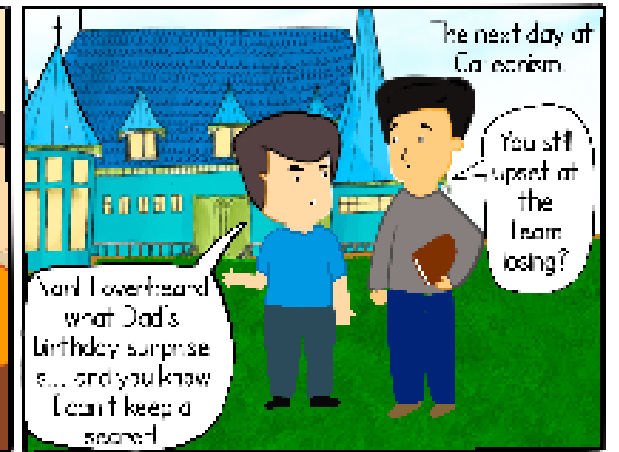
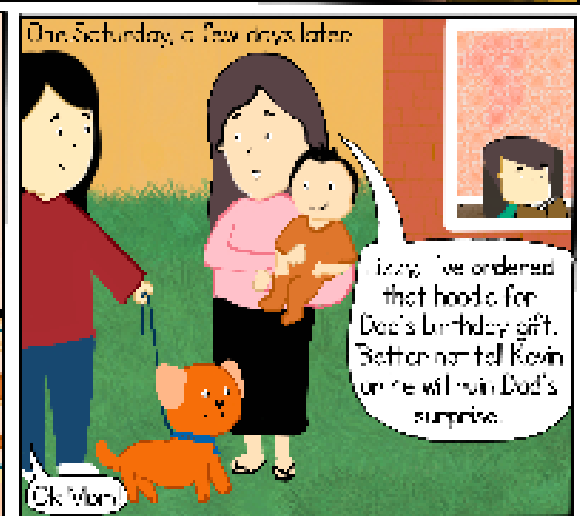
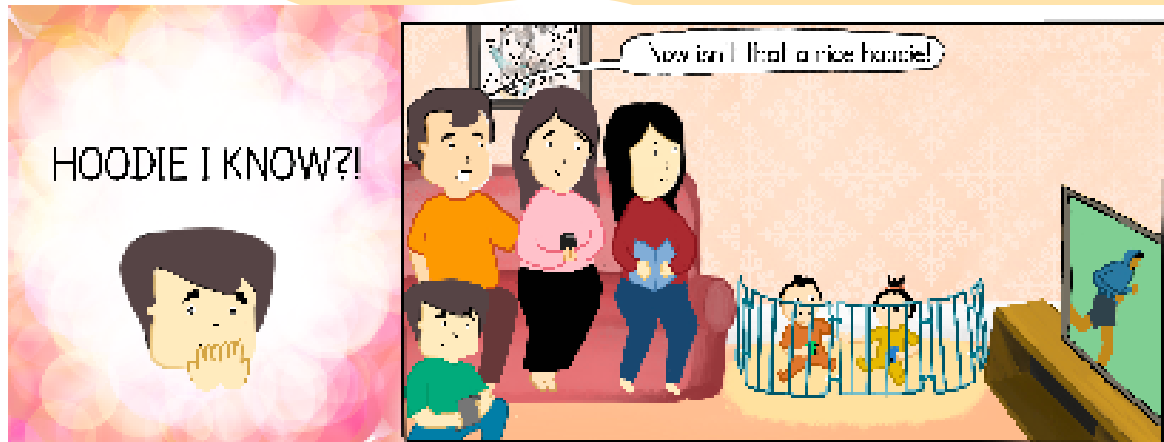
God is the first cause, the giver not the receiver, the role taken up by a male in a marital union. He is neither man nor woman: he is God. He also transcends human fatherhood and motherhood, although he is their origin and standard:

no one is father as God is Father. Jesus being born a male in Incarnation is part of the great mystery of God's wisdom. And so what we have to be careful to do, and this is what the Catechism points out in paragraph 239-

240, is we don't understand his Fatherhood in any sense that would limit him to something that is less than God. We understand it as God revealed himself, but we refer to him as 'Him' as a matter of grammar, for one, because you don't refer to a father as 'she'.



Our young readers can email their questions on faith/life to [faith/life@jykaivosmedia.org](mailto:faith/life@jykaivosmedia.org) or WhatsApp it to us on +1 346 339 4500



STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA

- JILU CHENGAT » MASSACHUSETTS, USA



express their desires, they can stand in their dignity and be proactive when needed. They may also need tools and encouragement to deepen their interior lives. While they are rarely resistant, they are also not inclined to build and grow when faced with obstacles in their spiritual growth. If they are formed in this way, they can combat the lethargy or laziness that might result because of their nature.

A famous phlegmatic can be found in St Thomas Aquinas, whose methodical,



# PARENTING THE PLEASING PHLEGMATIC

The last but not least of the four temperaments to discover is the temperament of a phlegmatic. At first, parenting a phlegmatic may seem like the simplest of tasks given their calm and easy-going natures, but like all the temperaments, they have unique struggles in formation and in their journey to holiness!

A phlegmatic child will flourish with motivation and encouragement. They make great natural servant leaders but may struggle with areas of initiative and conflict. Encouraging opportunities amongst siblings or friends during times of play, where the child can direct play or express their wishes will help the phlegmatic feel confident and comfortable to grow in their identity and independence.

Phlegmatics are always welcomed on teams and groups because they are usually

drama-free and adaptable. They enjoy going with the flow and rarely feel pressured interiorly. They tend to be diplomatic and seek harmony within the group. On the flip side, this leads them to frequently choose the path of least resistance. A phlegmatic dislikes conflict and will usually choose the option that is most pleasing to the other. While this can be helpful in a group environment, it is essential that the phlegmatic receive proper parenting and formation in this area, otherwise they can be used by stronger personalities.

The parent of a phlegmatic should be careful to not take advantage of the phlegmatic's easy going nature, especially when surrounded by other strong-willed children. This can be mediated by taking care to ask the phlegmatic child to make choices or to express and verbalise their desires. When they are taught to understand and

**ENCOURAGING OPPORTUNITIES AMONGST SIBLINGS OR FRIENDS DURING TIMES OF PLAY, WHERE THE CHILD CAN DIRECT PLAY OR EXPRESS THEIR WISHES WILL HELP THE PHLEGMATIC FEEL CONFIDENT AND COMFORTABLE TO GROW IN THEIR IDENTITY AND INDEPENDENCE.**

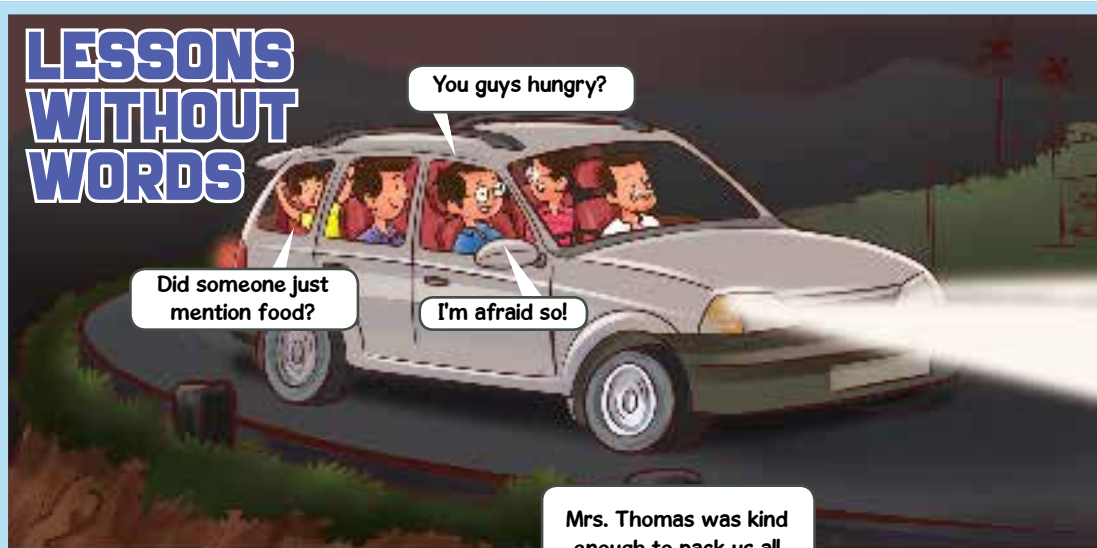
dispassionate approach allowed him to brilliantly explain faith through reasoning. Unlike the other temperaments who are more readily moved by their emotions, the detached personality of the phlegmatic can be very helpful to ground ideas and plans! The beautiful challenge of forming a phlegmatic will be around drawing them out of themselves to discover their strengths and desires. Nurturing the dormant desires within

them will produce faithful and reliable servants of the Lord!

This completes our series on the four temperaments. The choleric, melancholic, sanguine and phlegmatic child all have great potential to become holy saints when formed and guided according to their unique natures. Parents looking to increase their understanding in this area do well to continue observing the unique characteristics of their children, asking the Lord for wisdom in forming their child! Practical resources such as Art & Laraine Bennett's series on 'The Temperament God Gave You,' will be a valuable tool in this journey!

May God continue to guide us in the wonderful privilege we have to parent future saints!

**LESSONS WITHOUT WORDS**



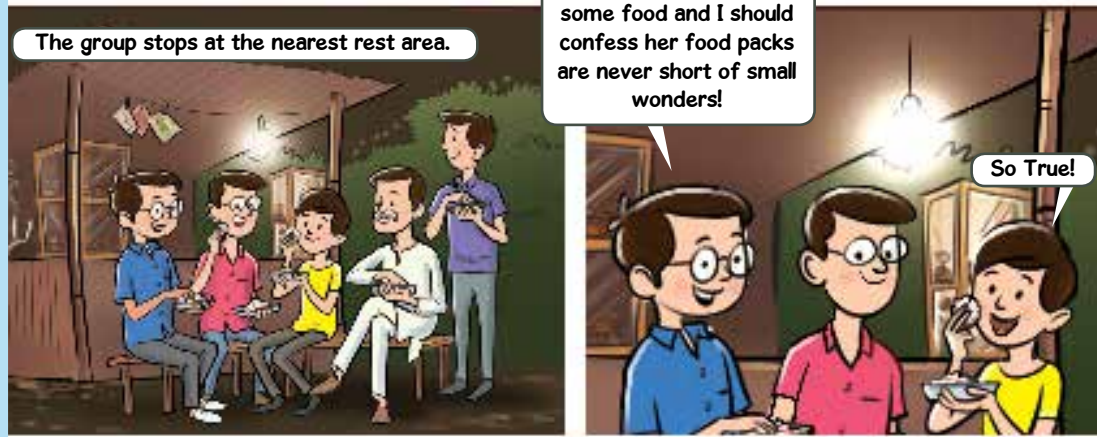
Did someone just mention food?

You guys hungry?

I'm afraid so!

Mrs. Thomas was kind enough to pack us all some food and I should confess her food packs are never short of small wonders!

The group stops at the nearest rest area.



So True!

Just then a bus of school children on a tour stop by.



Mr Thomas quietly picks up the carelessly discarded garbage and throws it into the bin. Some of the students happen to see this.



Those kids!

Calm down Paul

**'...NOT DOMINEERING OVER THOSE IN YOUR CHARGE, BUT BEING EXAMPLES TO THE FLOCK.'**

The youngsters now realise their mistake and some of them join Mr. Thomas in clearing the remaining waste.



So this is what you guys have been up to!



**TO BE CONTINUED..**

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



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# Holy Habits

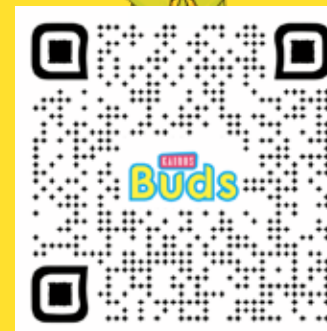


**Make this All Saints' Day special by dressing up as your favourite Saint!**

Inviting all children to  
**Kairos Buds Holy Habits.**

### How does it work?

- › Children are to dress up as their favourite saint on Oct 31 or Nov 01.
- › Take a photo or a 30-second short video.
- › Post the photo/video on Instagram with hashtags #kairosbuds and #kairosbudsholyhabits. Tag @kairosbuds as well.
- › Share the post URL and details with us via Holy Habits webpage.
- › Open for all children aged 14 and below.
- › Best entries will get a surprise gift from Kairos Buds.



For More Details visit Holy Habits page:  
<https://www.jykairosmedia.org/holy-habits>



# WORD LADDER

From the box, choose the right words to fill this word ladder from down to top.

Clue: Last letter of each word is first letter of word above.

- |            |          |               |        |       |
|------------|----------|---------------|--------|-------|
| PRAVER     | DEEP     | RELENTLESS    | TEACH  | PEACE |
| HOLY       | EARNEST  | ENCOURAGEMENT | STRONG | HOPE  |
| TRUTH LOVE | PATIENCE | ETERNAL       | YEAR   | GOOD  |

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WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) solved Brain Gym to us with your full name, place & photo before 25 September 2022. Correct entries will be featured on our social media pages.



# Driver's wisdom

Two women in a bus were fighting bitterly over the last seat available. The driver shouted...

**'Let the ugly one take the seat!'**



# PRAYER FOR PEACE?

Ma'am, I pray there will not be a third world war.

That's nice that you pray for world peace.

Actually Ma'am, I am weak in history. I can't study about another war..!



# KAIROS Buds

kairos  
MEDIA

Kairos Buds magazine is the perfect reading partner for kids. It's creative and informative. Often parents are unaware of the techniques to teach their children about faith and life. Buds helps us in addressing the current situations in life in simple and effective ways. All the articles are intriguing and my kids love reading them. The small gifts like stickers and name slips are loved by the little ones and it becomes evangelization tools for them when they explain about it to their friends. Everyday life hacks are put in to interesting stories which is very relatable. May God bless all the efforts of the entire team behind Kairos Buds.

**MRIDULA DENNIS,**  
Kozhikode, India



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