

KAIROS

VOLUME 1 » ISSUE 4

# BUDS

A CATHOLIC MAGAZINE FOR CHILDREN

## Halleluyah!

WITHIN

What if a doctor could be God for a day?  
.....

St. Peter's Basilica  
in Vatican City  
.....

When You Grow Up  
.....

He is Risen!





# 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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2 year	600 INR	2 year	80 USD
3year	900 INR	3 year	120 USD

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## EDITORIAL

### GIVING OURS TO JESUS

The miracle of the five loaves and two fish would be very familiar to you. When Jesus asked his disciples how the multitude could be fed, they brought the boy who had five loaves and two fish. He gave these to Jesus and a miracle took place. More than five-thousand men besides the women and children ate to their full and the leftovers were collected in twelve baskets.

What can you give of yours to Jesus to bless and multiply? Are you willing to offer your time, health, talents, your life to Jesus so that he can use it, multiply it for the 'fullness' of the multitudes on earth? We need to be like the young boy who was ready to offer what he had to Jesus, so that others could be blessed.

A lot of children and their parents from around the world are sending us their positive responses about *Kairos Buds*. One good thing you can do after reading *Kairos Buds* is to share it with your relatives, classmates, friends and neighbours.

Did you hear about Jeevan Jayesh, the twelve-year-old boy, who became instrumental in bringing *Kairos Buds* and *Diary* to fifteen homes in his neighbourhood? If some of you are inspired to do something similar, you are welcome to contact Ms Leena Shaju by WhatsApp (+91 6238279115).

Wishing you all a Happy Easter.

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

# FEEDBACK





# St. Peter's Basilica in Vatican City

St. Peter's Basilica is one of the most important churches of Christendom. St. Peter was executed and buried there in 64 AD. His execution was followed by the martyrdom of many Christians, who chose to be buried near the apostle. Some years after his death, a shrine was built over his tomb. After the tyranny of the pagan leaders, Emperor Constantine came to change everything and built the first St. Peter's Basilica.

By the end of the 15th century, the building began to fall into disrepair. A bit later Pope Julius II decided to tear down the original basilica and build a new one in its place. In 1506, the ground was broken and the construction of the greatest church of Christianity began.

### Why it is so important?

Apart from being the burial site of Peter the first pope, St. Peter's Basilica is one of the four papal basilicas (the others being the Lateran Basilica, Basilica of Saint Paul-Outside-the-Walls and Basilica of Saint Mary Major). The church also contains significant relics of many

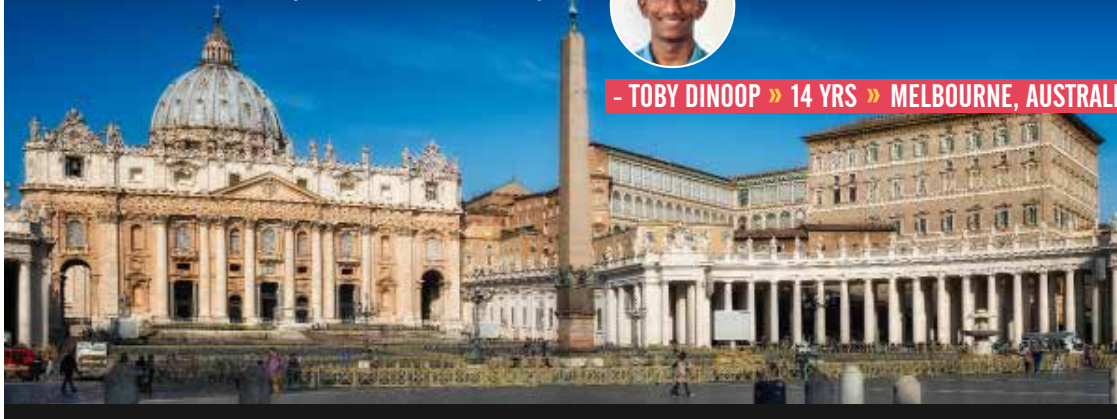
saints and the remains of many popes and Christian martyrs. It houses several works of art by the masters, like Pieta by Michelangelo and St. Peter's Baldachin by Bernini. It has been the site of many historical events, such as the crowning of the first Holy Roman Emperor.

### FACTS

- ✦ There are no paintings in the basilica, while the pictures may look like paintings they are actually mosaics.
- ✦ The construction took 150 years and it was decorated by many esteemed masters like Michelangelo and Raphael.
- ✦ The basilica has a cruciform shape (which means it is shaped like a cross).
- ✦ Several popes and historical figures are buried in the Vatican Grottoes - an underground level of St. Peter's Basilica.
- ✦ There are 140 statues of saints which stand on the colonnades in the courtyard. Each statue is 3.10 metres tall and they have been standing since 1670.
- ✦ The crucifixion of Peter took place near an ancient Egyptian obelisk. This now stands in St. Peter's Square is revered as a 'witness' to Peter's death ◦



- TOBY DINOOP » 14 YRS » MELBOURNE, AUSTRALIA



# HE ABIDES IN ME



- EVANGELINE JOSE » ABU DHABI, UAE

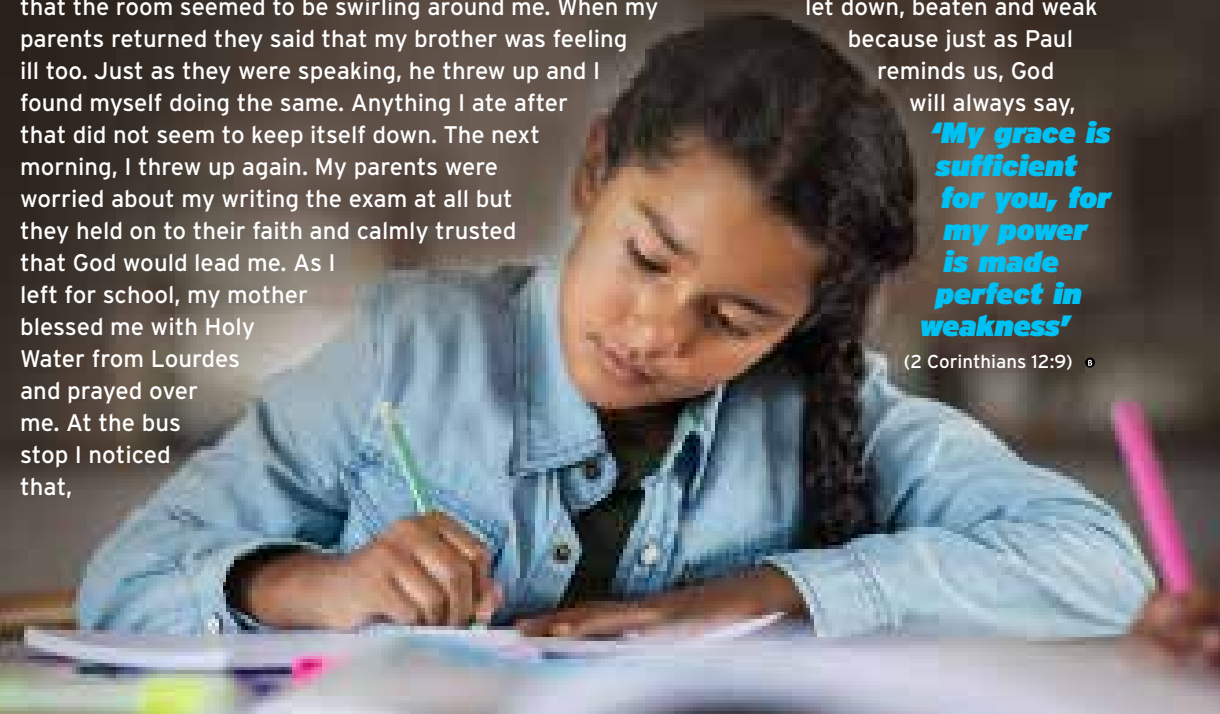
I've been brought up in a household with parents actively involved in the Catholic faith. Thanks to them, my faith life has a strong foundation and all my life I've experienced the grace of God. In March 2019, I was to appear for my 10th grade exams and there was much expected from me. One subject that proved quite difficult was Science. I do enjoy learning Physics, Chemistry and Biology as individual subjects, but learning it altogether was extremely trying. On the eve of the Science exam, after my parents and siblings left for Church, I started feeling light-headed. I brushed it off as anxiety though I had never been worried for an exam before. I sipped some water and prayed for a while but in a few moments I started feeling so dizzy that the room seemed to be swirling around me. When my parents returned they said that my brother was feeling ill too. Just as they were speaking, he threw up and I found myself doing the same. Anything I ate after that did not seem to keep itself down. The next morning, I threw up again. My parents were worried about my writing the exam at all but they held on to their faith and calmly trusted that God would lead me. As I left for school, my mother blessed me with Holy Water from Lourdes and prayed over me. At the bus stop I noticed that,

miraculously I wasn't feeling sick anymore. On the way to school, I was unusually calm and collected. As I was writing my exam, I really did feel the presence of God beside me. The exam was relatively straightforward and that put me at ease. When I received my results, I couldn't believe my eyes, it was truly all God's doing. I had scored 95 marks in Science and had emerged as overall topper of my school with 97.2%! All Glory to God! I realise now that God wanted me to go through this experience to serve as an inspiration for those who feel like giving up,

let down, beaten and weak because just as Paul reminds us, God

will always say, **'My grace is sufficient for you, for my power is made perfect in weakness'**

(2 Corinthians 12:9) ◦



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)





# THE RICH MAN AND LAZARUS

Jesus told the Pharisees that one could not serve both God and wealth. They ridiculed him because they loved money. Jesus then told a parable.



At his gate lay a poor man named Lazarus. As he lay there longing for scraps from the rich man's table, dogs would come and lick his open wounds.



In the place of the dead where he was being tormented, he saw Lazarus in the far distance with Abraham.

'There was a rich man who was dressed in purple and fine linen and who feasted sumptuously every day.'



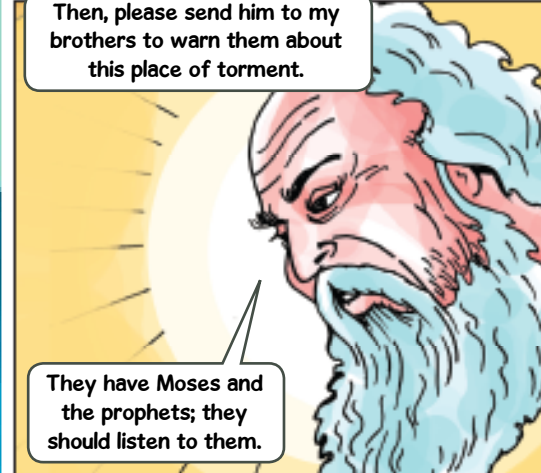
Finally the poor man died and was carried by angels to be with Abraham. The rich man too died and was buried.



Father Abraham, have mercy on me, and send Lazarus to dip the tip of his finger in water and cool my tongue, for I'm burning in flames.



Then, please send him to my brothers to warn them about this place of torment.

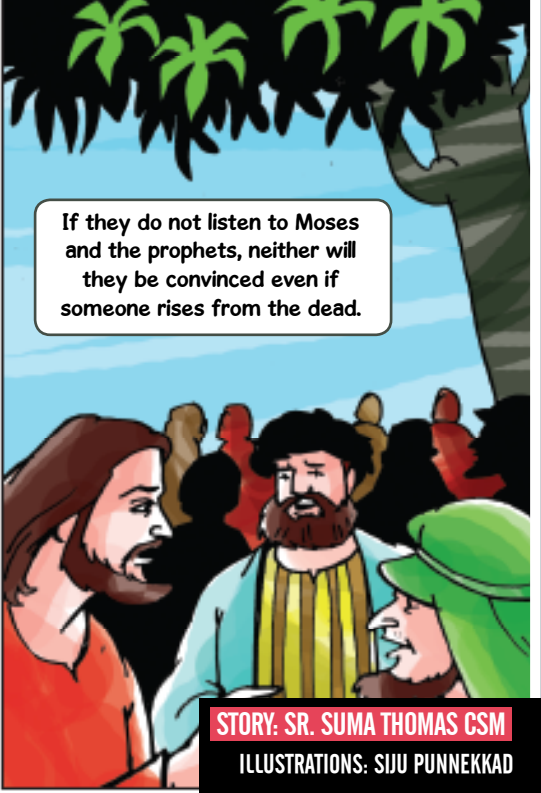


They have Moses and the prophets; they should listen to them.



But if someone from the dead goes to them they will surely turn from their sins.

Son, remember, you had everything you wanted when you were alive and Lazarus, nothing. So now he is comforted here while you suffer in agony.



If they do not listen to Moses and the prophets, neither will they be convinced even if someone rises from the dead.

STORY: SR. SUMA THOMAS CSM  
ILLUSTRATIONS: SIJU PUNNEKKA

# When You GROW UP

- STEFFI SIBY » BLACKPOOL, UK

**W**hat do you want to be when you grow up?

I'm sure you have been asked this question. It seems to be one of the most common questions adults ask children. And there



**Blessed Carlo Acutis. I would encourage you to learn more about him. He was a boy in Italy, who loved video games and football. He was an ordinary boy who led an extraordinary life because of his love for Jesus. He is now on the way to become a saint.**



are some common answers too - doctor, engineer, lawyer, teacher, etc. But the best answer to this question is something else.

It is important to study and get a good job. This is not just for ourselves and not just for the money but so that we can contribute to society. So we can help others in lots of different ways. But no matter what job you have, there will be problems and difficulties. When you get old, you will have to retire and say goodbye.

Basically, things in this life are temporary. So we must focus on the things above, heavenly things which are permanent. Then we will understand the right answer to this question.

We should be aiming to be a SAINT. Yes, that's right. We might have heard of some of the saints. They were very holy people. But did you know that each and every one of us is called to be a saint?

Whatever job we choose, our top priority should be our spiritual life. We need to pray, follow Jesus and become more and more holy each day with his help. It is not easy to be a saint but it is not impossible either. After all, all the saints were people just like us.

Who are your role models? There may be some actors, athletes or celebrities that you look up to. However, the saints are greater role models because they teach us how to get to heaven.

So next time someone asks you who you want to be, answer boldly, 'I want to become a saint!' ◦

# What if... a doctor could be God for a day?

- DR. USHA KINI » BANGALORE, INDIA



I had an awesome dream one night..

I dreamt that God had granted me the privilege of being God for a day! I could heal everyone in a flash, without any injections, bitter tablets or operations. There would be no pain, no suffering, and no crying! Alas, I woke up.

But why wouldn't God cure the sick every time? The slight fever or the stomach pain we get now and then, are probably God's gentle way of showing his abundant love for us. But how is it possible?

I think God helps us to use the tools he has provided - prayer and a doctor. Although the doctors know how to treat a patient, the outcome is in God's loving and faithful hand.

Here is a story to understand how God uses doctors in his marvellous plan to heal us. It's a story of a man in a flood who asked God for help. God sent a boat but this man refused to go. Then a helicopter came and the pilot said, 'This is your final chance to be saved,' but the man refused again. The man died, went to heaven and asked God, 'Why did you

*Then let the doctor take over - the Lord created him too - do not let him leave you, for you need him. There are times when good health depends on doctors. For they, in their turn, will pray the Lord to grant them the grace to relieve and to heal, and so prolong your life - (Sirach 38:12-14).*

not save me?' God answered, 'Why didn't you realise, I sent a boat and a helicopter to save you.'

I am a doctor at a big hospital. I chose to study medicine for I felt God's call to use the gifts, talents and skills he gave me to help and serve people. It is a real privilege to care for others at the most difficult times of their lives. Being a sincere doctor is more than a job, it is a vocation. **In my 35 years of being a doctor, I have found God is the greatest physician and that Faith heals.** It gives us hope because its foundation is eternal justice and the 3 Ps that have always stood the test of time—pressure, patience, and prayer does work. So, the next time you are sick, do remember that God has already kept a doctor ready to help you! ◦



# SAINT LOUIS MARIE DE MONTFORT

When Louis was twenty, he decided to become a priest.

Very well Son, I've never seen you so determined. I will give you money and a horse so that you can travel to Paris to study and become a priest.

Thank you Father, but I won't need a horse, I want to walk to Paris.



But, Louie, its 200 miles away.

I know Mother, but I offer this journey to the Virgin Mary.

As you wish but at least accept some money.

And some new clothes, you can wear it in Paris.

Alright, I love you. May God give me a chance to be a good follower of him on the way to Paris.



Louis gives all his money to the first poor man he meets on the way.



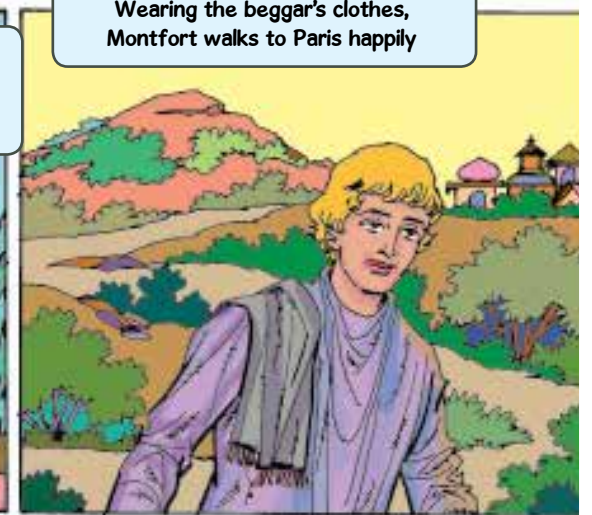
Young Sir, please can you spare me some money.

Dear Brother, I don't have any. But I can exchange my new clothes with yours.

You would do that?



Wearing the beggar's clothes, Montfort walks to Paris happily



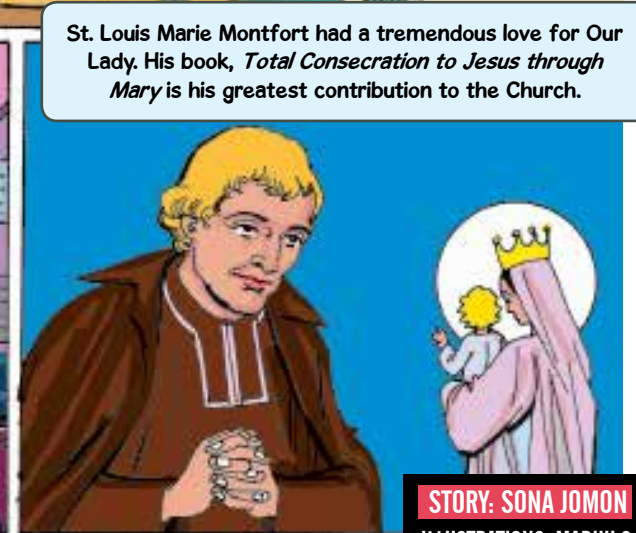
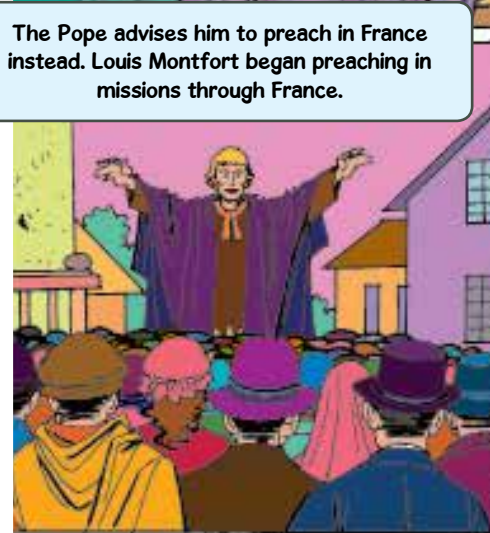
He reached the seminary looking like a poor beggar.

As a priest, Louis Marie Montfort travelled by foot to Rome to seek counsel of Pope Clement XI regarding going to foreign lands as a missionary.



The Pope advises him to preach in France instead. Louis Montfort began preaching in missions through France.

St. Louis Marie Montfort had a tremendous love for Our Lady. His book, *Total Consecration to Jesus through Mary* is his greatest contribution to the Church.



STORY: SONA JOMON  
ILLUSTRATIONS: MADHU S



# Gift the Holy Spirit

The month of April is dedicated to the Holy Spirit.

- DIVYA IMMANUEL » MUMBAI, INDIA



### Materials Required:

1. Chart Paper or any thick coloured paper
2. Pencil, Eraser, Scale (sketch pens if required)
3. Scissors

### Procedure

1. Cut the paper into two squares measuring 6x6 inches and 5.7x5.7 inches.
2. Cut a strip of white thick white paper measuring 9x2 inches.
3. Take one square piece of paper and fold it into half. Open it and repeat for the other side.
4. Now spread open the sheet, take one tip of the paper and bring it to the centre as shown in the image. Do this for all corners.

5. Now open the triangles of opposite sides. Take the folded side and bring it to the centre as shown in the image. Repeat for the other side. Close the two opened triangles. Open the other two triangles and do the same. Do not close back the triangles. Hold it as shown in the image.

6. You will see a square tracing on the flat surface of the paper. Holding the two ends where you see the crease, bring it up pushing the sides inside. Refer picture.

7. Now fold it to the inside one more time, making sure all three sides are aligned and at equal width. Repeat for the other side also. One side of your box is ready.

8. Repeat this process for the second square piece of paper. Fit one box inside the other.

9. Now take the strip of paper and mark a rectangle leaving half an inch each on the longer side and 1 inch each on the shorter side. (Refer to the diagram given below)

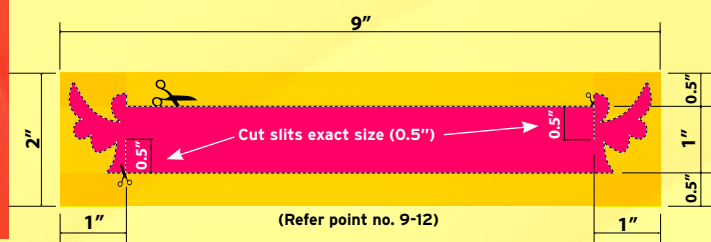
10. Draw the image of half a dove on the shorter side of the strip as shown in the picture.

11. Now cut the outline of the dove along with the 1 inch strip of paper.

12. Fold the dove where the line is and cut through the line from the tail towards head. Do not cut the head. For the other dove, cut through the line from the head; do not cut the tail.

13. Now place the box over the strip and fold from below making sure the dove sit on top in the centre.

14. Hold the two doves on the same side and slide it through the cut.



### Activity

To use for gifting, you may add a prayer as shown in the image or place a rosary, medals of saints, etc. You can use these gift boxes for birthdays, feast days, return gifts, or other occasions.

### Tips

1. Make sure to have the measurements correct.
2. Press hard for a sharp crease to get a good creased box.
3. While using a thick paper, you might want to use your scale to make the crease. Make sure the alignment is correct for all the folds.
4. Parents' help may be required for younger kids.





# PRAYER

*Prayer is the most extensive form of connecting to God. If we do not have a relationship with the Lord, there is no point in going forward. Praying to God only for our needs is like talking to your mom only for your needs.*



Mothers provide for and take care of us and often we forget to thank them. This is just the case with God. God doesn't need us, we need him. Without him we are like a garden without flowers. Now, some of us may pray but feel as if it is useless. Why is that? We only feel like it is useless because we get no response from God. But in Jeremiah 29:12 it says: 'Then you will call on me and come and pray to me, and I will listen to you.' This clearly manifests that God is always listening to us even when we believe he isn't. Furthermore, if God doesn't

everything he has done and adore his mighty works. The book of Psalms is filled with verses praising God.  
**The second type of prayer is Contrition.** Contrition is when you must ask for forgiveness or else you will always feel guilty. This is the one I, personally, struggle with the most, because I am not very good at apologising, but for a sin to be forgiven you must be truly sorry. That is also why there is a prayer called the Act of Contrition, which lets you let go of your sins and allows God to take them.  
**The third type of prayer is called Thanksgiving.** In Colossians 4:2 it says: 'Devote yourselves to prayer being watchful and thankful.' I think that this verse is a reminder not just to pray always, but to be always grateful for what you receive out of prayer.

## 1 ADORATION

## 2 CONTRITION

## 3 THANKSGIVING

## 4 INTERCESSION

reply to one of your wants it is only because he has something better in store. He will never leave you because he only wants what is best for you. Now that we know how important prayer is for our relationship with God, we will talk about the four types of prayer. **The first one is called Adoration.** Adoration is the form of prayer where you praise God for

**The fourth and final type of prayer is called Intercession,** which allows us to ask God for our wants and needs. This type of prayer proves that God wants you to tell him everything and he wants you to know that you don't need to worry, that he will take care of everything.

- MARIA KURIAN » 13 YRS » MICHIGAN, USA



## MY CANVAS



- ROSHAN GEORGE » 14 YRS » KOCHI, INDIA



- SHAWN THOMAS » 10 YRS » CALIFORNIA, USA



- RYAN JENTO ARAKKAL » 10 YRS » VICTORIA, AUSTRALIA

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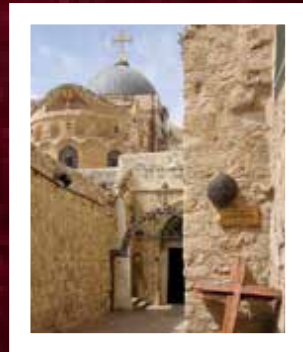


# RELIQS of the PASSION

## TRUE CROSS



was born and Church of Eleona on the Mount of Olives, the site of Jesus's ascension. According to tradition Helena found three crosses in Golgotha. To distinguish the True Cross, the Bishop of Jerusalem had a terminally sick woman touch all the three crosses. She was healed upon touching the True Cross. Constantine ordered the Church of the Holy Sepulchre to be built upon this site.



These relics are remnants of the wood of the Cross on which Jesus was crucified. The True Cross was discovered by St. Helena (mother of the Roman Emperor Constantine the Great) in AD 326, when she undertook a pilgrimage to the Holy Land. She built several churches there, including the Church of the Nativity in Bethlehem, where Jesus



**Ave Crux, spes unica! (Hail O Cross, our only hope!)**

*May this acclamation ... remain ever on our lips, for the Cross is a mystery of life and death. The Cross has become for the Church a 'tree of life'. For this reason we proclaim that life has triumphed over death.*

– St. Pope John Paul II, Apostolic Exhortation *Pastores Gregis*

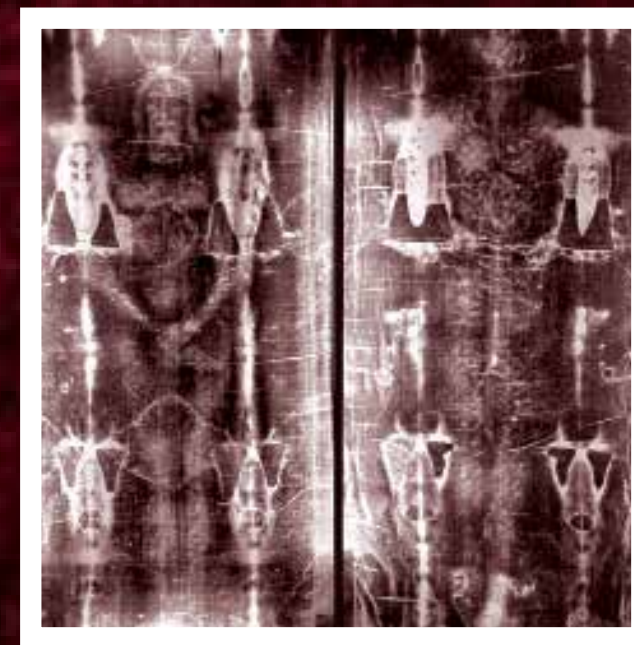
## CROWN OF THORNS

The Crown of Thorns relic is venerated as the wreath of thorns thrust on Jesus's head before his crucifixion. During the Crusades, it was brought to Paris by the French King Louis IX. It now resides in the Cathedral of Notre-Dame de Paris (having survived the fire of 2019).



*Truth wears a Crown of Thorns – St. Maria Faustina Kowalska*

## THE SHROUD OF TURIN

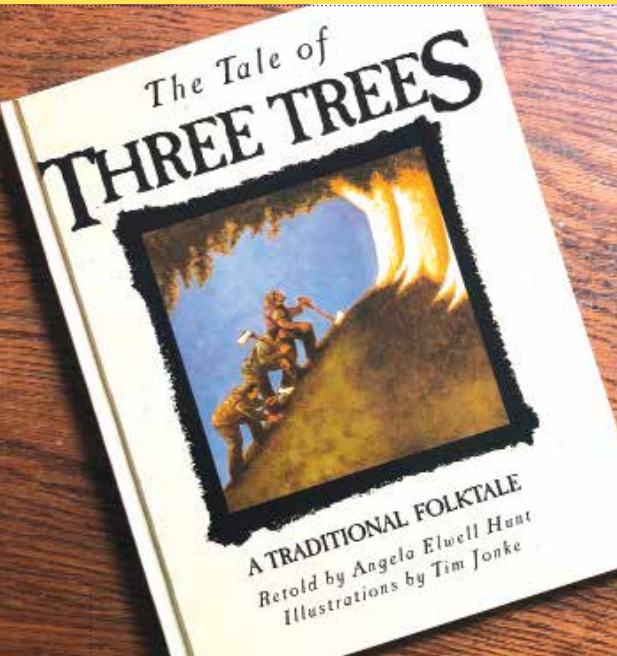


Also known as the Holy Shroud, this length of linen cloth was the burial garment in which Jesus was wrapped after the crucifixion. It bears the image of the crucified Jesus, showing wounds of the thorn marks on the head, lacerations on the back, bruises on the shoulders and various stains of blood. It has been preserved since 1578 in the royal chapel of the Cathedral of San Giovanni Battista in Turin, Italy.

*The Shroud shows us Jesus at the moment of his greatest helplessness and reminds us that in the abasement of that death lies the salvation of the whole world.*

– St. Pope John Paul II, Pastoral Visit to Turin, 24 May, 1998.





# THE TALE OF THREE TREES

ANGELA ELWELL HUNT, TIM JONKE  
DAVID C COOK

This best-selling picture book for children tells the Easter story from a new perspective. Three trees growing together on a mountain dream of what they want to be when they grow up. One wants to become a treasure chest, one wishes to be a strong sailing ship, and the last wishes 'to grow so tall that when people stop to look at me they will raise their eyes to heaven and think of God.' Their wishes come true in an unusual way, with each playing a role in Jesus's life.



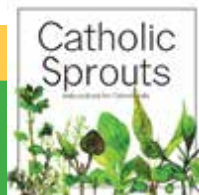
## I BELIEVE



DIRECTORS: JURGEN PERETZKI,  
STACEY PERETZKI / SCREEN SAVERS ENTERTAINMENT

Nine-year-old Brian, the son of an atheist TV newscaster, experiences God's power in a supernatural way. This sets him on an adventurous quest to 'find out more about what Christians believe.' He faces heavy opposition from the world around

him, especially from his father. But the pastor of a local church and a wounded US Marine become allies in his quest. Through Brian's simple acts of pure faith, miraculous things begin to happen, that quickly become breaking news.



SPOKE STREET MEDIA



PODCAST

The Catholic Sprouts Podcast has one goal: to plant one little seed of faith each and every day. The daily seven minute episodes are perfect for children of all ages. Each episode discusses an important aspect of our Catholic Faith in a way that appeals directly to children and ends with a daily challenge to help them apply what they learned. Along with sharing all of the feast days from the Roman Calendar, a new theme is tackled each week, usually drawn from the liturgical season.



WINGS TO WIN

# BE THE MASTER OF YOUR LIFE

- SIJU THOMAS » KOTTAYAM, INDIA

The previous month you learned the power of PMA – Positive Mental Attitude.

This month you will learn to take control of and be the MASTER of your life with **self-discipline**.

Self-discipline is the ability to control and motivate yourself, stay on track and do what is right. It's about **self-control, self-regulation, willpower, resolve, determination and drive**.

An example of self-control is when you want the last cookie or one more ice cream but you use your willpower to avoid eating it because too much sugar is not good for you.

### WHAT THE BIBLE SAYS ABOUT SELF-DISCIPLINE?

**But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.**

**Against such things there is no law**

(Galatians 5:22-23).

**Self-control** is listed in the Bible as one of the Fruits of the Spirit – a sign that Christ is in us. So, if you have self-control it means that you are guided by the Holy Spirit and Jesus is your master therefore you can enjoy mastery over your life.

**Here are some tasks for you to practice self-control and self-discipline.**

1. **Using social media responsibly** (use phones for your study purpose and for useful things under the supervision of your parents)
2. **Quality of speech** (no bad words, no insult or blaming others)
3. **Quality of sleep** (early to bed and early to wake up)
4. **Less sugar or NO sugar**

**Yes, you are a MASTER.**

May the Holy Family and your guardian angel protect and help you ◦



# GRAMPS & the man from St. Lucia

It's Uncle Marvin's birthday today, dear. Don't forget to wish him.

Oh Yes! I almost forgot, Annie. Thanks for the reminder.

Who is Uncle Marvin, Mom?

He was a friend of Grandpa's from St. Lucia.

Oh! That is a beautiful story. What happened, Mom?

Yeah, tell us, Mom.

It happened nearly twenty years ago. The firm Gramps worked in was near the Cathedral in the city. He would often go there to pray in the afternoons.

From the Caribbean? How did Gramps meet him?

One day when Gramps came to the Cathedral, he saw a man in a pitiful state.

Hello Sir my name is Christopher Peters. What happened to you? Is there any way I can help?

I've just been mugged. A thief grabbed my bag containing my wallet, passport, money and ran away. Sir Marvin Anthony.

Marvin, I'm terribly sorry about this. Can you help me?

Thank you Sir. I don't know anyone in this city. Just arrived this morning for a meeting. Now I've lost all my belongings!

Gramps took Uncle Marvin to a restaurant for lunch and got to know his story better.

Uncle Marvin was in the city for the first time representing his country for an official meeting. Unfortunately he had no contacts and no idea what to do when Gramps found him.

Gramps brought him home, reported the theft to the police and got Uncle Marvin connected to his official counterparts. They helped sort things out.

How can I ever thank you, Christopher? was a stranger and yet you helped me, welcomed me to your home and did all this for me.

And because of Gramps, Uncle Marvin remained a good friend. Before Gramps passed away, Uncle Marvin rushed here to be with Gramps during his final days.

Wow! All because of Gramps's large heartedness.

I miss Gramps. He was such a good man!

STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA



**Q. WHAT CAN WE DO TO MAKE SURE WE HAVE A GOOD RELATIONSHIP WITH GOD?**

- AMEYA PUTHENPURAYIL, 10 YRS, BLACKPOOL, UK

**ANS:** The best means to keep a good relationship with God is to have a good prayer life. Prayer keeps us close to God and away from sin. We can choose our mode of prayer or can pray in different ways. The best thing is to have a continuous conversation with God, in anything you do, like you could talk to him as if he is with you. We can also take time to be with God personally and share our heart out. We should read the Scriptures, go for Confession and receive Holy Communion frequently to strengthen our relationship with God.



**Q. OUR LORD JESUS CHRIST WAS BAPTISED WHEN HE WAS A GROWN MAN AND WAS ABLE TO UNDERSTAND IT, BUT WHY ARE WE BEING BAPTISED SO YOUNG?**

- STEVE PIUS MATHEW, 15 YRS, AJMAN, UAE

**ANS:** The baptism of Jesus Christ (only of water) was an anointing in the Holy Spirit as a preparation for his public ministry. This was a response to the preaching of John the Baptist. But let us not forget that Jesus was circumcised when he was an infant and thus became a Jew. In the Catholic Church, we are baptised in Spirit which removes the stain of original sin (Romans 5:12) from our souls as early as possible. Thus, an infant is made holy, anointed with the Holy Spirit and becomes part of the Church (CCC 1250). In fact Jesus calls infants to himself and says the Kingdom of God belongs to them in Luke 18:15-17. Later, during the sacrament of Confirmation one affirms with reason and understanding one's own faith ◦

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.



# Easter Puzzle

Read Luke Chapter 24 and find the answers to these questions. Write them in the spaces and find them in the grid below.

- At what time did the women go to the tomb? ○ ○ ○ ○
- What did they find was rolled away from the tomb? ○ ○ ○ ○ ○
- The two men in brilliant clothes said, 'He is not here; he has ○ ○ ○ ○ ○
- How many women visited the tomb? ○ ○ ○ ○
- Which apostle went running to the tomb? ○ ○ ○ ○ ○
- What did he see there when he bent down and looked in? ○ ○ ○ ○ ○
- To which village were the two on their way to? ○ ○ ○ ○ ○
- How many miles was this village from Jerusalem? ○ ○ ○ ○ ○
- As they were talking together, who came up and walked by their side? ○ ○ ○ ○ ○
- When he was with them at the table, what did he take and break? ○ ○ ○ ○ ○

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

Solutions on Pg. 26



The Vatican City is called 'Holy See'. This is because 'See' refers to the Latin word meaning 'seat'. The Holy See is the seat or office of the Bishop of Rome, who is the Pope.





# CRYPTOGRAM

Using the grid below, substitute the numbers with the corresponding alphabets and find out the words taken from the parable, **The Rich Man and Lazarus**.

M	H	F	Q	I	T	V	A	X	O	E	L	J	B	W	G	Y	D	S	P	Z	U	C	K	N	R
29	23	6	13	17	22	8	30	26	3	15	21	27	11	20	5	7	14	24	9	1	10	28	12	4	2

- 1        
6 15 30 24 22
- 2       
5 30 22 15
- 3        
22 30 11 21 15
- 4         
30 4 5 15 21 24
- 5          
30 11 2 30 23 30 29
- 6        
20 30 22 15 2
- 7            
28 3 29 6 3 2 22 15 14

- 8         
23 3 10 24 15
- 9            
11 2 3 22 23 15 2 24
- 10             
9 2 3 9 23 15 22 24

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

Solved puzzle for Page 25

ANSWER: DAWN, STONE, RISEN, THREE, PETER, LINEN, EMMAUS, SEVEN, JESUS, BREAD

## HAPPENINGS

### "GOLGOTHA" The Highway To Holiness

Following the much-appreciated Advent preparation programme, 'Journey with Saints', the All Kerala Jesus Youth Kids Team has brought out a Lenten preparation programme for children titled, 'Golgotha - The Highway to Holiness.' The



programme follows the video format, with daily videos not exceeding two minutes in both English and Malayalam. Each day's reflection is done by a child and by the time lent is over, a hundred children would have participated in this innovative programme. 'The Highway to Holiness' is designed to discuss the importance of Lent, fasting and abstinence, along with meditations on the Passion of Jesus Christ.



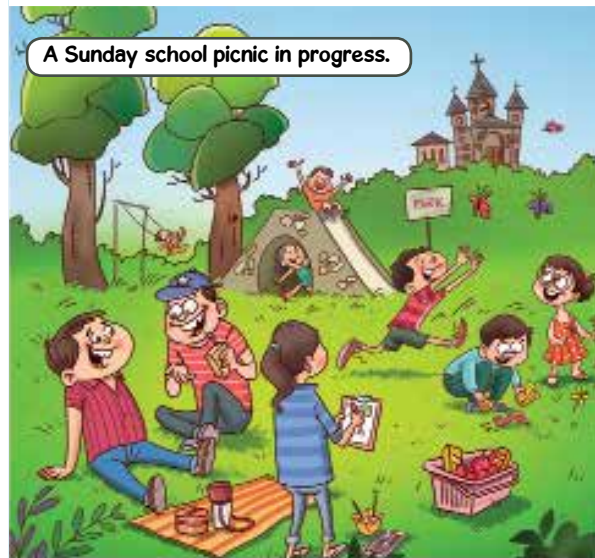
## Friends of Kairos

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).



# Children of the Lord!



A Sunday school picnic in progress.



Hi, enjoying your trip?

Yes, we are.

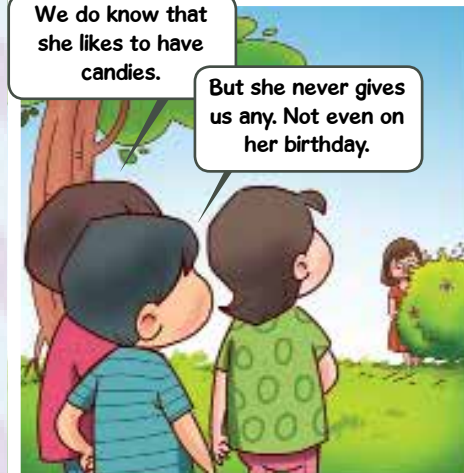


Would you like to have a candy?

Oh! So sweet of you. But no, thanks. I just had some with my friends.



But I know someone who would love to have a candy.



We do know that she likes to have candies.

But she never gives us any. Not even on her birthday.



No, what did he say?

He said that we should not only love people who love us, but even our enemies also because they too are the children of God!



Don't worry. We'll make it up for all the times we were wrong. Now let's go and make a new friend.

Okay!



She always argues and makes fun of us too!

Hmm. Now that's something. But do you know what Jesus said about this?



Oh! We never thought of it that way.



Hi!



TAKE CARE

# WASH YOUR HANDS

- BESLIN KURIAN » KOZHIKODE, INDIA



During this COVID-19 pandemic, you would have noticed that frequent hand washing has been heavily emphasised to prevent the spread of the corona virus.

How often do you wash your hands a day? We come into contact with different kinds of microorganisms every day. The germs in your hand can easily end up in your mouth. You can stay healthy and prevent the spread of respiratory infections, diarrhoeal / gastrointestinal diseases by proper, frequent hand washing. Hand washing is the easy, effective, inexpensive and the best way to fight germs. Wash your hands with soap and water for at least 20 seconds.



## KEY TIMES TO WASH HANDS

- When your hands are visibly dirty
- Before, during, and after preparing food ( if you're helping cook something)
- Before and after eating food
- Before and after treating a cut or wound
- Before and after visiting or taking care of sick friends or relatives
- After coming home from school and playing outside
- After coughing, sneezing, or blowing nose
- After using the toilet
- After touching garbage
- After touching animals or pets, animal feed or animal waste

## HOW TO WASH YOUR HANDS



**1** Rub palms together



**2** Rub the back of both hands with interlaced fingers



**3** Rub palm to palm with fingers interlaced



**4** Interlock fingers and rub the back of fingers of both hands



**5** Rub thumb in a rotating manner



**6** Rub finger tips on palm for both hands



**7** Rub both wrists in a rotating manner, rinse or dry thoroughly

COLOUR ME



Happy Easter

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



# Show Them You **LOVE THEM**

- JOSH Y JOSEPH » HOUSTON, USA

**A**s we saw in the previous issues, the foundation for effective discipline is parent-child rapport. And, parenting success depends on your rapport with your child. According to Dr. Gregory Popcak, a family therapist, there are 12 secrets (tools) to build rapport with your child. We discussed the first secret last month which is, 'Say the Love Words'.

This month, let's dig into the second secret, 'Show Them You Love Them'.

We know people thrive in touch, and human touch is essential for emotional maturity. Even if they don't have all the answers, an emotionally mature individual gives off a sense of 'calm amid the storm.' They're the ones we look to when going through a difficult time because they perform well under stress. So be generous with physical displays of affection for your kids, because - as the Catholic Church teaches - such acts respect the self-donative meaning of the body. Our bodies were created by God to give and share love - first and foremost.

Hug, kiss, and cuddle your kids. Hugging your child creates a stronger bond. Hugs improve trust, reduce fear and strengthen relationships. It also increases a child's attachment security, and improves parent-child bonding. And these benefits are mutual. Giving and receiving physical affection is good for both you and your child. After all, God the Father is unquestionably demonstrative of his love for us.



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and cuddle  
your kids.  
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relationships.**

From the first time you hold your child, you form a special bond and this initial bond needs to be nurtured throughout childhood. As your child grows, your bond will evolve, but the need for your nurturing touch will never diminish. Fathers especially need to do this for two reasons. First, when fathers are affectionate, it shows daughters what to look for in a man; and second, it shows your sons what a man should look like. Of course, mothers must be affectionate as well, but affection often comes naturally to mothers.

I hug my kids almost every day. I certainly feel very happy,

content & thankful to God for giving them to me. Sometimes they come to me and ask for a hug. I keep everything aside and hug them. I know that after a few years when they will grow older, they will stop asking for it, and then I will miss it badly. I don't want to lose the opportunity to love them, hug them before they start exploring their own world, in school, college or later as adults. It is also very important for me to cherish this time & these days... enjoy it to the fullest.

Remember: for your child, five extra minutes of playing, hugging or cuddling with you is worth a million times more than all the toys and trinkets you could ever buy. Your loving example will teach your children to turn to people, not things, when they need help or comfort. And your affection will help them be better equipped to experience the power of God's own love for them ◦

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



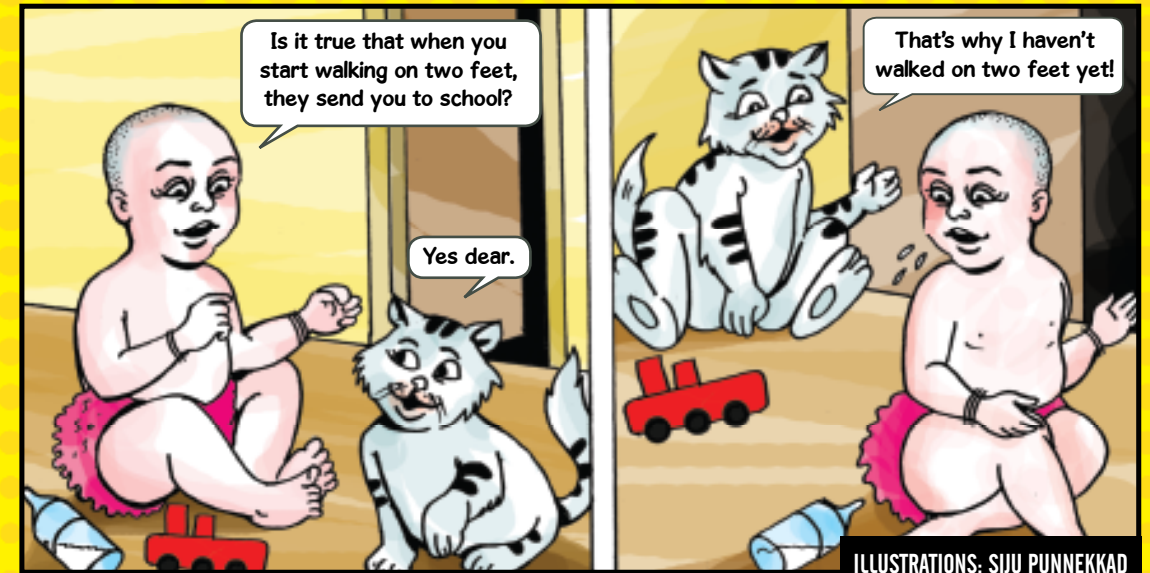
"For God so loved the world that he gave his only son, so that everyone who believes in him may not perish but may have eternal life"  
John 3:16



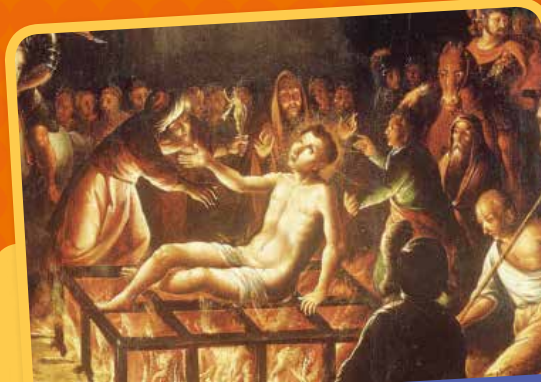
Colour this picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 30<sup>th</sup> April, 2021. The best ones will be featured on our Instagram page.



A CONVERSATION BETWEEN CUTE, THE PET CAT AND THE BABY



ILLUSTRATIONS: SIJU PUNNEKAD



St. Lawrence

The word of God is a light to the mind and a fire to the will.

ST. LAWRENCE WAS A ROMAN DEACON UNDER POPE SAINT SIXTUS II. FOUR DAYS AFTER THIS POPE WAS PUT TO DEATH, LAWRENCE AND FOUR CLERICS SUFFERED MARTYRDOM, PROBABLY DURING THE PERSECUTION OF THE EMPEROR VALERIAN.

As legend goes, Lawrence was charged with the responsibility for the material goods of the Church, and the distribution of alms to the poor. When Lawrence knew he would be arrested like the pope, he sought out the poor, widows, and orphans of Rome and gave them all the money he had on hand, selling even the sacred vessels of the altar to increase the sum. When the prefect of Rome heard of this, he imagined that the Christians must have considerable treasure. He sent for Lawrence and said, 'Bring all the treasures—the emperor needs them to maintain his forces. God does not cause money to be counted. He brought none of it into the world with him—only words. Give



me the money, therefore, and be rich in words.' Lawrence replied that the Church was indeed rich. 'I will show you a valuable part. But give me time to set everything in order and make an inventory.' After three days he gathered a great number of blind, lame, maimed, leprous, orphaned, and widowed persons and put them in rows. When the prefect arrived, Lawrence simply said, 'These are the treasures of the Church.' The prefect was so angry he told Lawrence that he would indeed have his wish to die—but it would be by inches. He had a great gridiron prepared with coals beneath it, and had Lawrence's body placed on it. After the martyr had suffered the pain for a long time, the legend concludes, he made his famous cheerful remark, ... 'It is well done. Turn me over!'



# TAKE BUDS TO SCHOOL!

KAIROS  
**Buds**

While it would make a lot of children – and us – really glad if you did take Buds to school, we bring you another way to do so...



## APRIL ISSUE OF KAIROS BUDS COMES WITH NAME-SLIP SHEETS!

*These cute name-slips will always remind you of how much Jesus loves and values you! And the saints will help you with your studies. A small prayer to them before you study will help you in a big way!*

And if you want more name-slip sheets, we are happy to send them to you. All you have to do is contact +91 62382 79115 on WhatsApp.

**KAIROS Buds**

Name: .....

Class: .....

Subject: .....

Roll No.: .....

School: .....

**ST. TERESA OF CALCUTTA**