

WITHIN

Sanctuary of Saint Pio of Pietrelcina, San Giovanni Rotondo, Italy

'Fr Charbel is a foolish donkey!'

word and Deer



A Missionary Movement at the Service of the Church



SMART KIDS

Name?

My Story

It's About

How One

Luminous Library

Holv Humour

Thinks

JOHN PAUL II

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Mv Canvas

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Honouring the Second Commandment

the Pope

SMART MIND, HEALTHY BODY

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EDITORIAL

JESUS I LOVE YOU!

T am sure we often hear this from our parents and also from siblings, 'I Love you'. The love that we share with each other binds the family together. Though sometimes there are occasional disagreements or arguments, ultimately love keeps us moving and growing in the family. It really hurts us if others disrespect or insult the people we love so dearly.

Have you imagined how much Jesus loves us personally? He came to save us by giving up his life. He is Emmanuel: God with us. His name is holy. Sometimes we use his name meaninglessly. We hear people say 'O my God' or 'Jesus' when they become anxious or angry, probably aping this from movies or TV shows. That's an example of using God's name in vain, using without meaning. It's a disrespect to God's holy name. Jesus who loves us so much would be sad when we disrespect his holy name. As Catholics we are specially invited to express our love and honour to Jesus frequently. Take a look at the beautiful image of Jesus you can see hanging on the wall or placed at the altar of your home. Tell him gently, 'Jesus I Love you'.

In this edition of your favourite Kairos Buds magazine, we take a look at the third commandment of God, You shall not take the name of the Lord your God in vain (Exodus 20:7). My prayer is that we all strive to give glory to the Lord and be mindful of our words and thoughts to avoid using God's holv name in vain. Let's love him more and more and more.

Nobin Iose EDITOR-IN-CHIEF nobin.jose@jykairosmedia.org

KAIROS 🔍 BUDS 03

<u>PILGRIM 👘 GE</u>

SANCTUARY OF SAINT PIO OF PIETRELCINA, SAN GIOVANNI ROTONDO, ITALY

- THERESA THOMAS » 9 YRS » DALLAS, TEXAS

an Giovanni Rotondo is a small town in the province of Foggia, South Italy. Padre Pio lived here from 1916 until he died in September 1968. Padre Pio or St Pio of Pietrelcina was an Italian Capuchin priest known for his piety and charity. He also received the stigmata - the wounds of Christ on his hands and feet - the first stigmatised priest in the history of the Church. Padre Pio was devoted to the Rosary and repeatedly spoke of the importance of regular confession. One piece of advice that he often said that has now become his famous quote is, 'Pray, Hope, and Don't Worry.' Numerous people travelled to visit him at San Giovanni Rotondo to make their confession to him and ask for help. **THE CHURCH OF SANTA MARIA DELLE GRAZIE** The church of Santa

Maria delle Grazie was built

in the 16th century and consecrated in 1629. It is in this church that Padre Pio celebrated Mass and heard confessions. In 1918, Padre Pio received the stigmata here. When the church grew small to accommodate the huge crowds that came hearing about his stigmata, a larger church was built adjacent.

THE SHRINE OF ST PADRE PIO

The new sanctuary has become one of the most popular pilgrimage destinations in Italy and receives thousands of visitors yearly. It was inaugurated in 2004 after ten years of construction, and was almost entirely financed by the offerings of pilgrims. The basement of the church serves as the crypt for Padre Pio's remains.

I would like to visit San Giovanni Rotondo one day with my family and learn more about the church's history and the crypt. I hope you get to visit this fascinating church one day as well.





04 KAIROS 🗳 BUDS



WHAT DOES IT MEAN TO RESPECT GOD'S NAME? - ANITA SKARIA KUDAKKASSERIL » 18 YRS » TEXAS, USA

obody likes to be disrespected. Whether it's by being talked down on, ignored, or treated rudely by others, it makes us feel as if we're not important. We know that as human beings we all have a right to be treated with respect. In the same way, God - who is much greater than us - needs to be respected as well! In fact, that's what the second

the other hand, you wouldn't do that with your parents! In the same way, we need to show God that same respect when we refer to him.

God reveals his name to us because he desires to have a personal relationship with us. It's through that relationship that we can call God our Heavenly Father. When we violate his name by saying it in vain, we lose understanding of the

God reveals his name to us because he desires to have a personal relationship with us. It's through that relationship that we can call God our Heavenly Father.

commandment is all about: giving God the respect he deserves.

06 KAIROS BUDS

The second commandment states, 'You shall not take the name of the Lord your God in vain' (Exodus 20:7). But what exactly does that mean? Put simply, it means that we shouldn't swear or use God's name wrongfully. The name we call someone shows our relationship with that person. For instance, you may call your friends by their first name or nickname, but on meaning and dignity associated with his name. However, not only is respecting God through our words important; respecting him through our actions is just as significant!

When we don't live up to God's words and teaching, we aren't living up to our role as God's children. But how exactly can we respect God through our actions? Well, the simplest way is to faithfully follow his teaching and commandments. When we do that, we are Another way we can live a life of respect to God is to show respect to all those around us! When we show kindness and mercy to them, we are also treating Jesus the same way! showing that we value God's words. Another way we can live a life of respect to God is to show respect to all those around us! When we show kindness and mercy to them, we are also treating Jesus the same way! In the Gospel of Matthew, Jesus tells us, '... whatever you did for one of the least of these brothers of mine, you did for me' (Matthew 25:40). It's by doing these small acts of kindness in our day-to-day lives that we can show our love for God.

Dear friends, let's all faithfully strive to live a life of love and respect for the Lord through our words and actions!



HONOURING THE SECOND COMMANDMENT

TOBY DINOOP » 16 YRS » MELBOURNE. AUSTRALIA

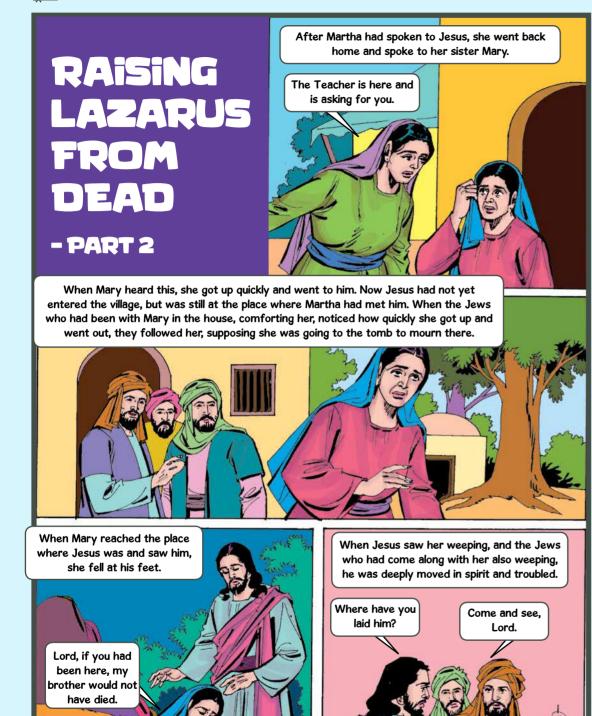
Our mouths were made to say good things and praise God above all, so when we say rude things we are using the mouth that God gave us badly. Next is saying bad things like swear words and such. Our mouths were made to say good things and praise God above all, so when we say rude things we are using the mouth that God gave us badly. Even more when we insult others because as the Bible states, *So God created man in his own image, in the image of God he created him* (Genesis 1:27). So if we insult anybody we insult the image of God which is like mocking him, which is not good. So what we can do is to make sure that we honour God's name and use our mouths in a proper way that makes God and other people happy, by treating all that is holy with respect. That way we can honour the second commandment.

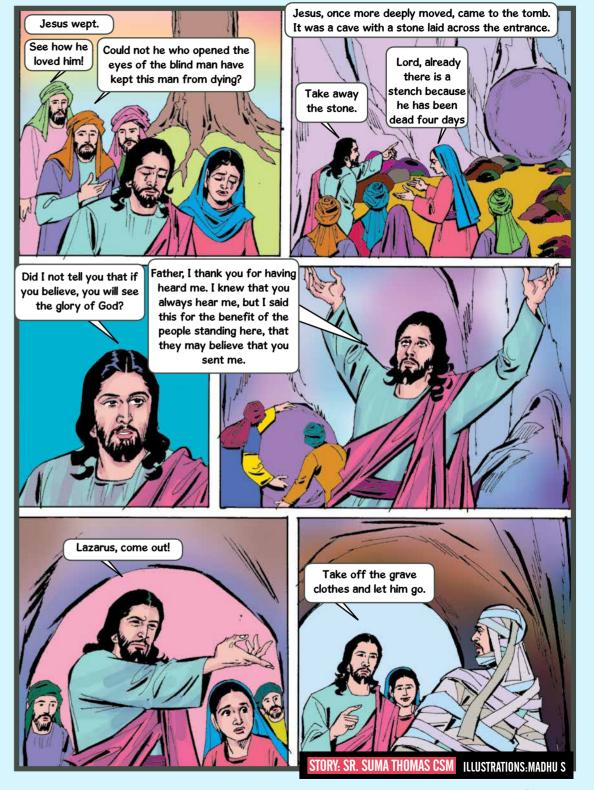
second commandment of God says 'Do not take the name of the Lord in vain.' This commandment is very important in our lives as it helps us make God happy and also to use our words wisely.

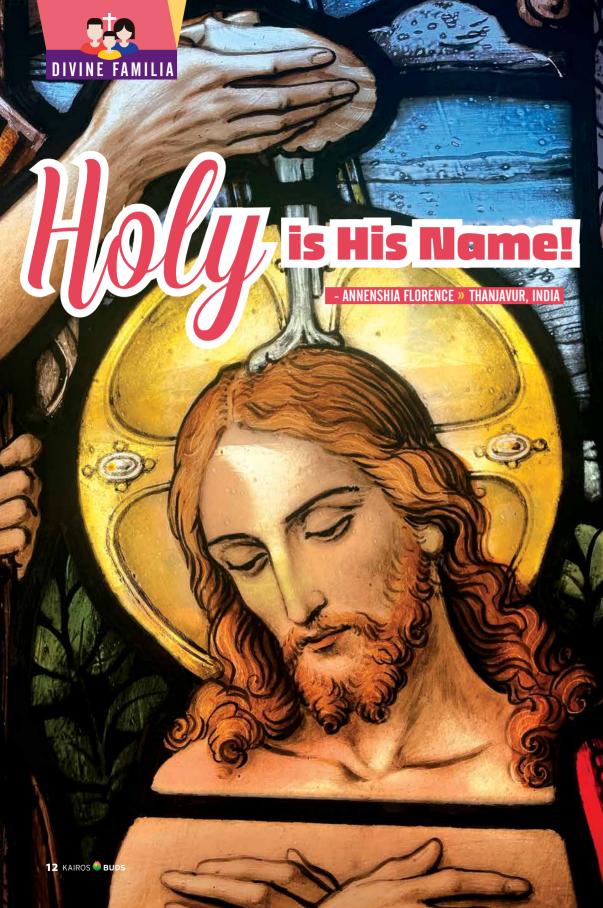
When Moses was on Mount Sinai, he saw a burning bush that stayed the same despite being on fire. Moses realised that this was God's doing and asked God to reveal his name. God said, 'I am who I am' (Exodus 3:13-14). Since he was God he couldn't be contained in a name. The Israelites of old made sure to never use his name in casual conversation as they knew that the name of the Lord was very holy.

The first meaning of the second commandment is that we should honour the name of God and his word. That means not saying it carelessly like, 'Oh my God' when something bad happens and making sure to treat the name of God and his word with lots of respect. The first meaning of the second commandment is that we should honour the name of God and his word. That means not saying it carelessly like, 'Oh my God' when something bad happens and making sure to treat the name of God and his word with lots of respect.

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hat is the first question you ask someone you meet the first time? Isn't it, 'What is your name?' Why so? That's because your name is your identity. Anyone who wants to address you will call you by your name. Think about how your parents or teachers introduce and appreciate you in front of everyone. They usually quote your name and say that you are good. Mostly, you will be discouraged if they quote your name and say that you are bad even though you are an obedient child. Nobody will **Our Lord** feel good if their name is is holy, misused.

and his name

If we humans created by God are concerned is holy. He is good about our name, and above everything. imagine about God who is He has created everything the Creator on earth, he also created us of heaven and earth, and who in his image and likeness. is the greatest **Our Lord's name reflects** of all. Our Lord is upon all creation. holy, and his name is holy. He is good and above everything. He has created everything on earth,

he also created us in his image and likeness. Our Lord's name reflects upon all creation. It is like our name signed at the end of a letter. Our great God does not want his holy name to be wrongly used. So, he has given us the second commandment, You shall not take the name of the Lord your God in

vain (Exodus 20:7). Do you know the name of our Lord? Yes, you are right. His name is 'IESUS'. His name is above all.

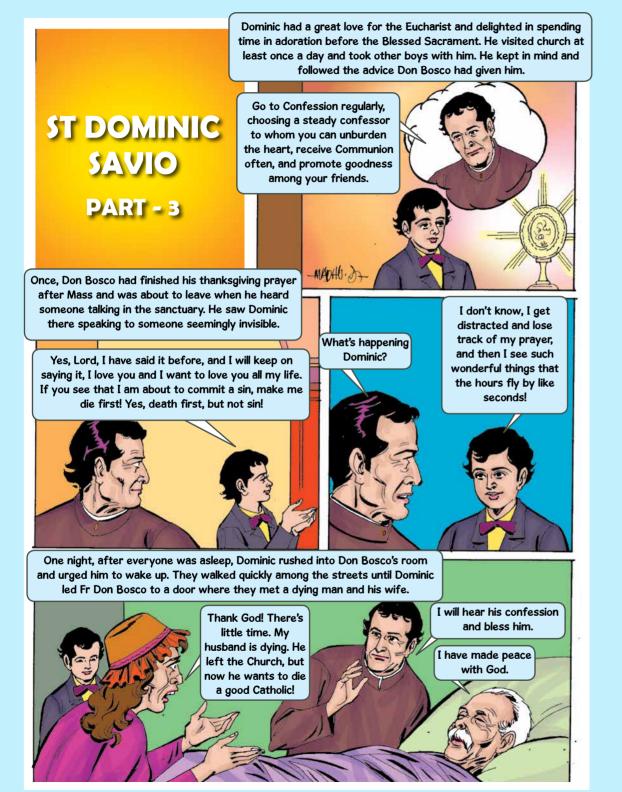
We as the children of God should always use the name of our Lord carefully. We should not use his name in vain by yelling without a reason, to curse others, to false promise, and to dishonour his name. Instead. we should understand that the Lord's name stands first in our life, our birth, in this world and in everything. He deserves all

> glory, honour, and adoration. We bring glory to the name of the Lord when we use his name to praise, thank, and worship him, to pray for needs, to bless others, to guide others and to share his goodness with others.

If we observe our prayer it starts and ends in his name by making the Sign of the Cross. All our prayers are asked and are answered in God's name

only. So let us pray in the name of our Lord Jesus Christ that our life brings glory to his name, and may the Holy Spirit remind us that we should never take the name of the Lord our God in vain. May the name of the Lord be glorified through you. In our Lord Jesus's name. Amen. God bless you.





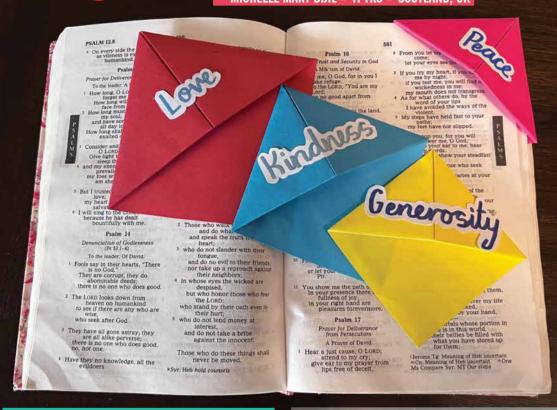
he knew she was unwell. She was about to go into labour and Dominic put a green scapular of Our Blessed Mother around her neck without her knowing, for her to have a safe delivery. Dominic, what are [I found out that you were sick,] you doing here? and I came to see you. Oh, it's nothing. Go downstairs. I'll see you later. I'll go, Mama, but first I want to hug you! Later, he told his mother: 'Do you remember when I came to see you while you were in labour with my sister? I left a scapular of Our Lady around your neck? It was Our Mother Mary who eased your labour. Take good care of the scapular and lend it to other women in the same condition. Our Blessed Mother will take care of them also.' To be continued... STORY: STEFFI SIBY ILLUSTRATIONS: MADHU S

On September 12th 1856, Dominic suddenly asked to be sent home to visit his mother because

14 KAIROS 🎱 BUDS







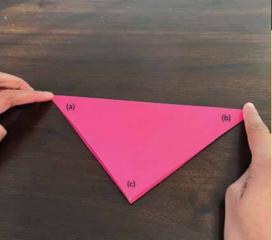
MATERIALS REQUIRED:

- Origami paper/coloured square paper of any size
- Stickers

PROCEDURE

STEP 1: Fold the paper to make a triangle.

STEP 2: Fold the ends (a) and (b) as shown in the picture to make a square, this makes a crease to guide you for the next step.





















PROCEDURE

STEP 3: Fold one of the open ends (c) to align with the crease.

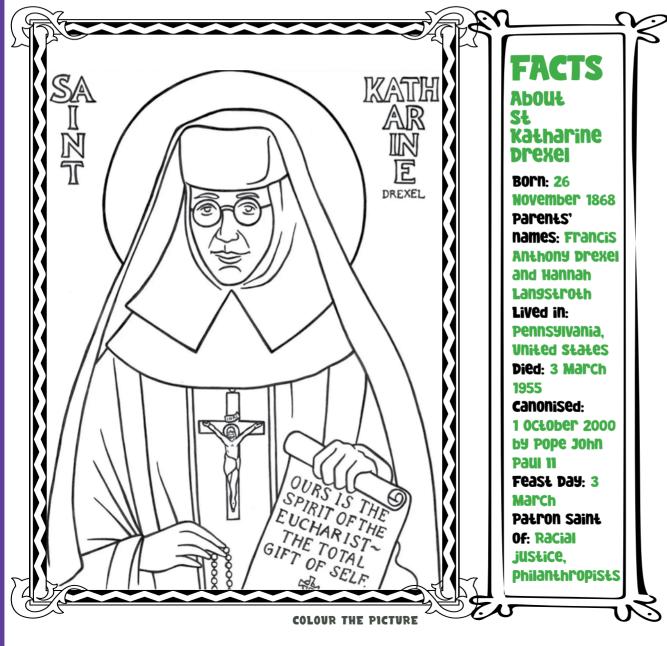
STEP 4: Fold the other two ends (a) and (b) as shown in the pic to make a crease.

STEP 5: Slide the ends (a) and (b) under the fold made by the end (c)

STEP 6: Decorate with stickers or inspirational quotes.

This can be used as a bookmark for the Bible.

All About St Katharine Drezel



Facts about st katharine prexel

> St Katharine Drexel is the second American-born saint to be canonised. She was an heiress who became a religious sister and educator.

> Katharine grew up seeing her father pray for 30 minutes every evening. And every week, her stepmother opened the doors to their house and cared for the poor.

> Her life took a turn when her stepmother was diagnosed with terminal cancer. She realised that no amount of money could keep away pain and suffering.

In 1887, while touring Europe, Katharine and her sisters were given a private audience with Pope Leo XIII. It was he who suggested that Katharine become a missionary.

> She established the religious congregation, Sisters of the Blessed Sacrament, dedicating herself for the needs of oppressed native and black Americans.

Prayer to st katharine prexel

•

•

.

St Katharine Drexel, you watched your father and stepmother put their wealth to use for the good of those in need. As you grew to adulthood, you made use of your own wealth to serve God through acts of charity. Pray for me, that I may never have an inordinate attachment to worldly goods, and that like you, be eager to put my material wealth to use for God. Amen. •

•



Pray without ceasing. (1 Thessatonians 5:17)

Darkness Cannot Overpower

- JOAN JERO D'CRUZ » 14 YRS »BANGALORE, INDIA

115

Dear Diary,

5

Today was our camping trip from school. I was excited but also nervous because it's the first time I was travelling without my parents. As I got on the bus, Daddy gave me a small note, 'Jack, whenever you feel scared just read this, ok?'

We arrived at the campsite and it was so beautiful. There were huge trees and a very big lake. I had a lot of fun. After dinner around the campfire, when it was time to sleep, I went into the small, blue tent that I shared with my friend, Alan. But somehow I couldn't sleep at all. The darkness all around terrified me.

Remembering what Daddy gave me. I reached into my pocket and fished out the small piece of paper. On it was written: I. the Lord your God. hold your right hand: it is I who say to you, 'Do not fear.' Isaiah 41:13.

Feeling safe with Jesus by my side I fell back into a deep sleep.

YOU MUST NEVER ASH JESUS TO WAIT. - ST. URSULA LEDOCHOWSHA

9, the Lord your God, say to you, 'Do not fear.'

I, the Lond your God, say to you,

- Isaiah 41:13.

Do mot lean.



Do mot lean.

I, the Lord your God, say to you,

Do mot lean.

I. the Lord your God, say to you,

Do mot lean.

I. the Lord your God, say to you,

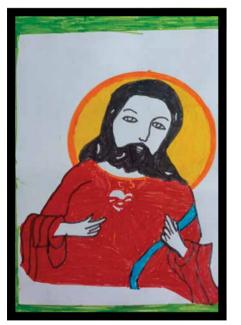
Do mot fear.



ESTHER SUSAN JOHN » 8 YRS » SINGAPORE



NEHA ANN AUGUSTINE » Bharananganam, India



TESS JOSE » 11 YRS » ABU DHABI, UAE



IVAN JOHN MATHEW » 12 YRS » UAE



Art and articles can be sent by WhatsApp to +1 346 339 4500 or by email to kairosbuds@jykairosmedia.org. Please include full name, age, place/country.



it's about how one THINKS

- DR. JOSEPH SEBASTIAN » KOZHIKODE, INDIA

t all starts with the thought. Thinking can be positive, negative, passive, aggressive, mindful, mindless, etc. – it finally does make a person what she/he is.

I suggest that we should look at this a bit differently – how can I through my thinking be a good person? Actually a more appropriate question would be; how do I really be a child of God. We all know that we are created by God in his image and likeness. But in reality we are far from that. However, we can look at our thoughts carefully and we can surely journey to be like him – our heavenly Father. • When you see someone less fortunate than you – thank God for his blessings.

When we see something not kept well, let it remind us of the disorder we have in our lives and urge ourselves to bring in more discipline.
When we see our mother lighting the fire, let's think of moving our hearts to be set on

fire with love for others.

• When we see a seed sprout or a flower bloom, let it remind us of the immense possibilities within us, which can surely bloom with the appropriate support.

• When we use an eraser, let it remind us that all our mistakes can be washed in the blood our Lord shed on Calvary.

• When the car window is being washed with water and cleaned by the wiper, let's think of the regular purification that we need to get done through the sacraments of Holy Mass and confession.

• When you hear the whistle blow from the pressure cooker, be reminded that for certain things to be made well, pressure and stress are needed.

• When you see birds flying and also getting their daily feed, let's have hope and faith that Lord will take care of all our needs.

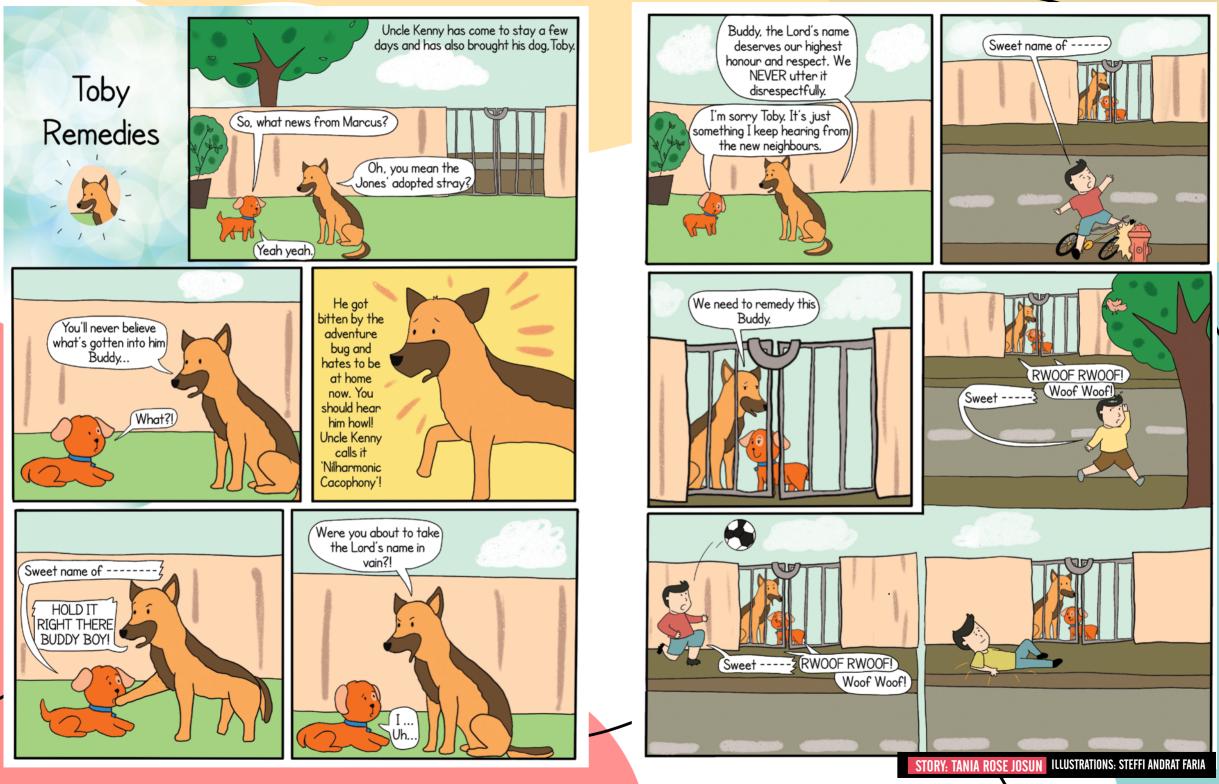
• Finally when we see a leaf wither and fall, let's be reminded that our life on this earth is temporary and we have to prepare for the journey to heaven.

It's all about how we can think...

WE ALL KNOW THAT WE ARE CREATED BY GOD IN HIS IMAGE AND LIKENESS. BUT IN REALITY WE ARE FAR FROM THAT. HOWEVER, WE CAN LOOK AT OUR THOUGHTS CAREFULLY AND WE CAN SURELY JOURNEY TO BE LIKE HIM - OUR HEAVENLY FATHER.









WHAT MAKES CHRISTIANITY DIFFERENT FROM OTHER RELIGIONS?

And South and vague question. Christianity is very unique in various ways. First of all, we believe in the One True God, rooted in Scripture, the Apostolic Tradition and the Church, which science cannot disprove.



Christianity is where our salvation is not earned, but God came to us, died and rose for us, to give us salvation. God did everything for us, out of love rather than us doing anything for him. Here we are not trying to please God or do favours for him, but it is all about our personal relationship with God. This is established by Jesus teaching us to call God, Abba Father. We are created in the image and likeness of God, in love, not just as a fancy or for fun. The central themes of Christianity are love and mercy, where God will do anything to save even the worst sinner, not take vengeance on them. No other religion has God becoming completely human. This does not mean appearing in the form of a human, but actually becoming human; fully God and fully man at the same time. Nowhere else, have we an empty tomb - having a God

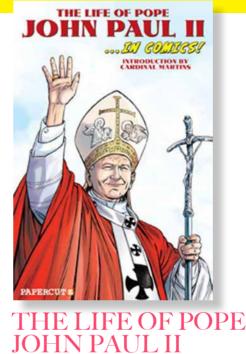
who died and rose for his own. The empty tomb is, among other areas, full of historical, scientific and logical proof of his resurrection. Jesus, who rose from the dead, is still living and present in the Blessed Sacrament, which again is proved by many miracles that science, logic, or nature have no explanation.

These are some of the few points that make Christianity different and Jesus the only way to God (John 14:6).

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



BOOKS ON POPES

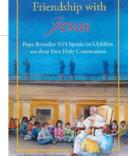


IN COMICS Alessandro Mainardi & Werner Mar-

ALESSANDRO MAINARDI & WERNER MAR-Esta | Papercutz | Reading Age: 8+

This beautifully illustrated book tells the life of one of the most beloved popes in history – St John Paul II. From his youth and inspiration to join the priesthood in his native Poland, through his heroic defiance of the Communist regime which first brought him international attention, and to his leadership as Pope, this book is a treasure.





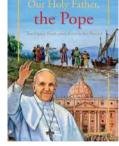
AMY WELBORN | MAGNIFICAT-IGNATIUS PRESS | READING AGE: 7-10 YEARS

To receive Jesus in Holy Communion is to enter into a lifelong friendship with him. In this beautifully illustrated book, Amy Welborn, author and blogger, introduces Pope Benedict's profound yet simple answers to various questions put to him by children, who had met the Pope in Rome soon after their First Holy Communion.

OUR HOLY FATHER, THE POPE

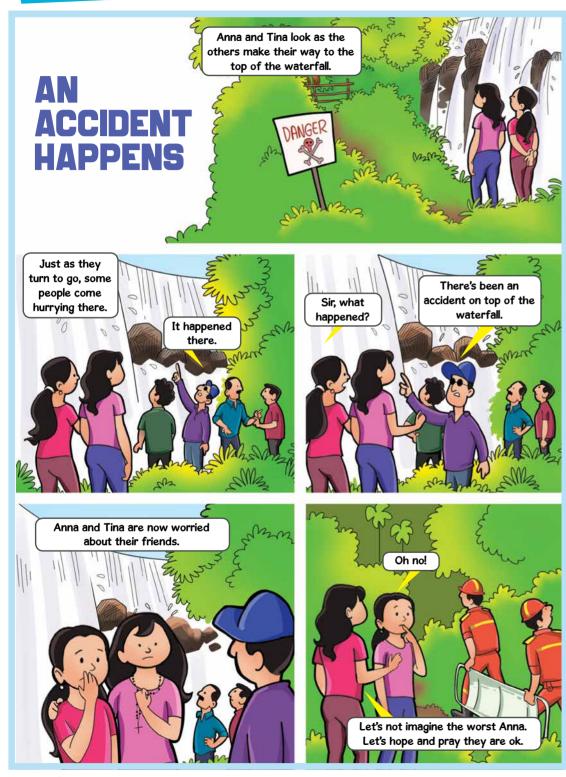
DON R. CAFFERY & EMMANUEL BEAUDESSON Ignatius press

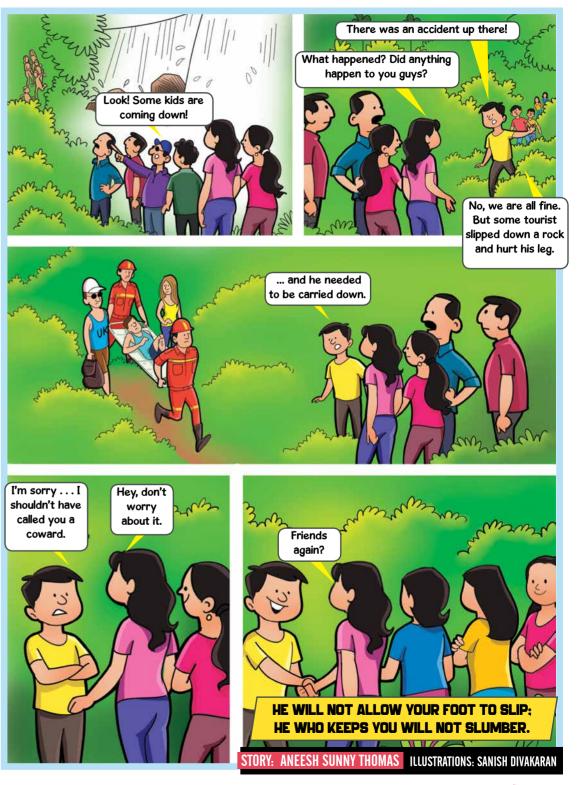
ur Holy Father, the Pope is an illustratedhardcover book that introduces children to the papacy and four influential popes. The first half of the book goes



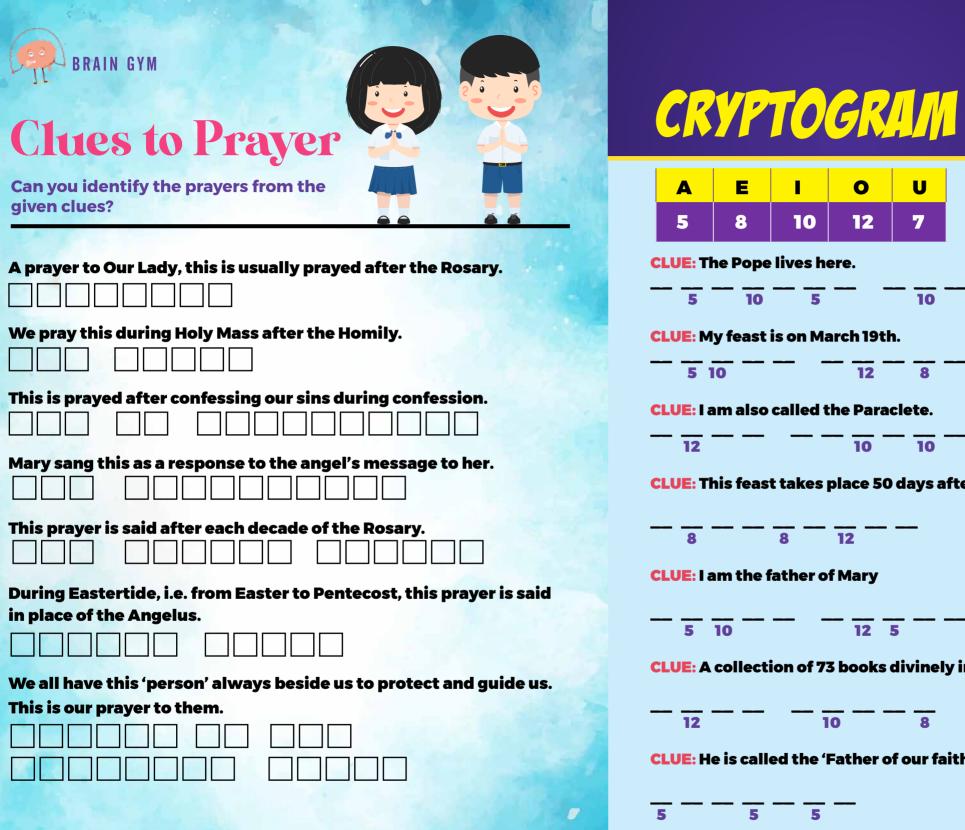
back to the time of Jesus to learn about the origins and role of the papacy. The second part focuses on four important popes: Clement I, Leo the Great, Pius X, and John Paul II. The last part tells about what a pope does, where he lives and how a new pope is selected.

TONY & TINA



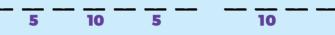


28 KAIROS 🎱 BUDS



Using the clues and the code, find the answers below.

Α	E	I	0	U
5	8	10	12	7



CLUE: My feast is on March 19th.

 _		 	 	 	
5	10		12	8	

CLUE: I am also called the Paraclete.

12			10	10	

CLUE: This feast takes place 50 days after Easter

_		 		 	_	
	8		8	12		

CLUE: I am the father of Mary

5 10 12 5 10

CLUE: A collection of 73 books divinely inspired.



CLUE: He is called the 'Father of our faith'.

WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) solved Brain Gym to us with your full name, place & photo

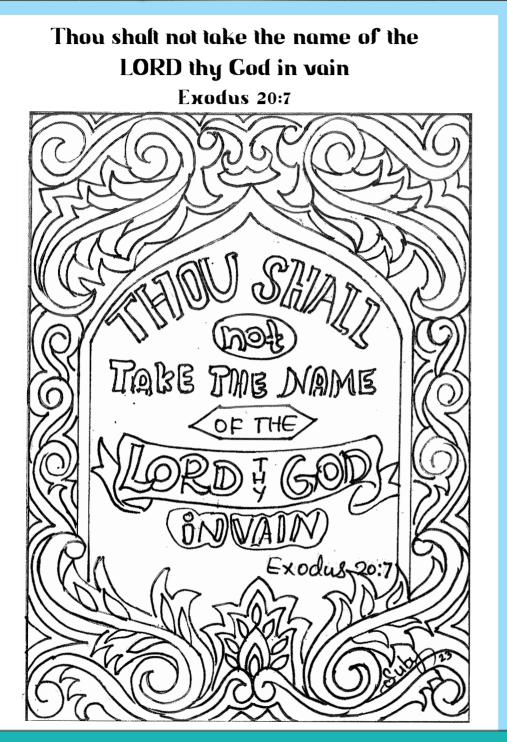
before 25 March 2023. Correct entries will be featured on our social media pages.

30 KAIROS BUDS





'Learn and Colour'



Scan or take a clear photo of the coloured pictures and send it to us on WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) before 25 March 2023. Please include your full name, place and photo also. Best ones will be featured on our social media pages.

HOLY HUMOUR

'FR CHARBEL IS A FOOLISH DONKEY!'

- COMPILED BY KATARZYNA TEMPES, SINGAPORE

sint Charbel was a Maronite monk who lived in Lebanon. He was known for being gentle and respectful to all living creatures.

One day, some pilgrims came to visit Father Charbel's grave. They met a neighbouring farmer, who happened to be sick and advised him to go to the grave and ask the monk for help. 'Are you crazy? Since when is Father Charbel a saint? I'd rather believe my donkey will heal me faster than that fool!' The farmer said. The next day, when he was coming back from the field. he saw a monk holding a wooden stick in his hand. Recognising who it was, the man shouted in fear, 'A ghost!' 'What was that you were saying about me yesterday?' The monk asked him. 'Me? Nothing...,' mumbled the man with a shaky voice.

Then after a moment of silence he burst out, 'Heal me!'

The monk gently hit the farmer with a stick where his body was hurting saying. 'Father Charbel is a foolish donkey!' He then disappeared and the man's body was healed.





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