

KAIROS

VOLUME 1 » ISSUE 6

Buds

A CATHOLIC MAGAZINE FOR CHILDREN

WITHIN

GIVE
BUT GIVE UNTIL IT
HURTS!

*Las Lajas
Sanctuary,
Columbia*

ORGAN
TRANSPLANTATION

*Serving
Joy*



Jesus Youth

A Missionary Movement at the Service of the Church

Kairos Buds

► A 'special grace' to spread the love and light of Jesus.

► Bringing children to the Love of Christ and the beauty of His Church.

'For we cannot keep from speaking about what we have seen and heard.'

Acts 4:20

Jesus said, 'Let the little children come to me ... for the kingdom of heaven belongs to such as these.' Mathew 19:14

Magazine

► A feast for the eyes, mind and soul.

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

for children

► Children and their elders to enjoy and share.

► Cover-to-cover delight for and by children.

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

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

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WITHIN

KAIROS Buds

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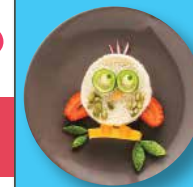
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EDITORIAL

SERVE WITH A SMILE

One explanation of the word, 'serve' is to perform duties or service to another person or an organisation. In a society where many are self-centred and focused only on their own interests, we need a lot of people who are willing and ready to serve others.

In the Church, school and society at large there is a need for people who are willing to contribute to the general well-being of others.

- In our communities, we need people to take initiatives to ensure nobody suffers from hunger.
- Leaders to fight social evils.
- Voices to speak out for the helpless – babies aborted, children abused...
- Role models to initiate prayer meetings, teen-and-youth camps, etc.
- Good Samaritans, in times of disasters/calamities to respond immediately and support people.
- People with integrity to get actively involved in politics.
- Witnesses – in large numbers – to bring Jesus to today's generation.
- For *Kairos*, we need those who are willing to distribute *Kairos Buds* and our other publications to people.

What is needed is the willingness – to work, sacrifice comfort, and spend one's talents, intellect, resources, etc. for others.

Are you daring enough to take initiatives and exercise leadership to serve the people around you? Are you a person willing to contribute to building the Kingdom of God?

Then best wishes to each of you.



Adv. Johnson Jose
EDITOR-IN-CHIEF

FEEDBACK FROM NORTHEAST INDIA

NYAMNYEI ANTHONY

I came to know about Kairos Buds through social media. If I am asked to suggest the best magazine for children, I would definitely recommend Kairos Buds. Every issue has many exciting articles, drawing, Bible stories, cartoons, etc. which help in faith formation in children as they grow. I pray that this magazine reaches every child and may the Kairos team be a guiding star, as the children continue to learn new lessons in their daily life.

- Nagaland, India

PATRICIA

Kairos Buds is a beautiful magazine. I have distributed copies to many children, through my niece and nephew to their friends. The children are very happy to receive it and find the stories very interesting, and they ask me for more magazines. I find it inspiring and motivating too.

- Nagaland, India

HRIIZIIA CATHERINE

Kairos Buds is an inspirational magazine. When I read the first page, it was so interesting that it made me read the book in one go. By reading this magazine, I realise that I am a child of God.

- Manipur, India

ANGEL MARAILA

Kairos Buds is so interesting and I had fun reading all the pages. It also helps us and inspires us to come back from sin, like the prodigal son. I also learnt the best verse: 'I can do all things through Christ who strengthens me' (Phil.4:13).

- Manipur, India



"You are important, Heaven needs you" was really amazing piece of article I ever came across. Here came to learn the role of mother Mary in my life and how she draws me close to her son Jesus. "Pray until prayer becomes a joy for you" touched my life. This article helped me to remember Jesus and Bl. Mother before and after every activity and I remain grateful to Mother Mary for the unbreakable bond which she creates between me and Jesus. I have an increase of devotion to Mother Mary and love towards Jesus as well.

Lijano Patton
Don Bosco High School
Lakhuti, Nagaland.

SR. TERESA

Thanks to ma'am Lina. It was she who introduced me to Kairos Buds. Its an amazing magazine. Worth much to inculcate Catholic Faith in children. With it's picturesque Bible stories, Saints tale and related articles, children around are thrilled. Really good to find kids keeping themselves busy with the quiz, puzzle, cryptogram and arts. Such an effective tool is Kairos Buds!! Daily conversation of children began to include discussion lines from the magazine. My sincere acknowledgement to the JY team for this creative method of sharing Gospel.

- Nagaland, India

MARINA KHUMLO

From Kairos Buds, I have learnt many good things I never knew before – the prayers of St. John Nepomucene. This magazine contains everything – Bible verses, activities, messages. The content is very informative and has good articles for kids all around the world. It is a wonderful catechetical tool for children to grow in love of Jesus. It is a very good faith magazine for children.

- Manipur, India

National Shrine Basilica of Our Lady of Las Lajas, Narino, Columbia

- SERENA DSOUZA » MUMBAI, INDIA

Considered the most beautiful church in Columbia, the National Shrine Basilica of Our Lady of Las Lajas was built between 1916 and 1949. It sits on a 130-foot tall bridge over the Guaitara River canyon.

The Las Lajas Sanctuary is famous for its stunning architecture, apparitions of the Holy Virgin and a mysterious image, nobody knows the origins of.

It is believed that in 1754 Our Lady appeared to an Amerindian lady, Maria Meneses de Quiñones and her deaf-mute daughter Rosa, at the place where the church now stands, when they were caught in a storm.

As the women hid between the gigantic *lajas* (slab of rock), they saw an apparition of the Virgin Mary and Baby Jesus. Fearing ridicule by the villagers, Maria kept mum about this incident but they kept returning there to pray, though the apparitions never reoccurred. Later, Rosa died. As the village prepared for her funeral, Maria carried Rosa's body to the *lajas* and prayed. There, a miracle took place - Rosa was brought back to life, could speak and hear! When the astounded villagers, brought by Rosa to the place she was revived, there on the rock they

saw a brilliant, life-size image. This was a surprise to the mother and daughter, who had never seen that before! The image was of Our Lady giving the Rosary to St. Dominic and a friar's chord to St. Francis.

No one could explain the image or its mystery. Over time, people began to chip away at the rock but the image remained undisturbed. Later when the image was studied by geologists, they found no paint or pigment on the rock. And in spite of boring into it three feet deep, the image remained as it was!

Las Lajas Sanctuary received canonical coronation from the Vatican in 1952. And it was made a minor basilica in 1994.



GIVE BUT GIVE UNTIL IT HURTS!

I remember when I was about 6 years old and first learned to ride my bike. Being the kid I was, I wanted adventure and decided to go down a huge hill. I didn't even know how to brake yet! Of course, nobody learns on their first try and I crashed. My parents had warned me that this was not a very good idea, but I didn't listen, and I deserved the consequences. Afterward, however, my mom stitched me up and made me feel better. That is something that I will never forget.

My point is, giving can be both physical and emotional. Giving a piece of candy is good and it would define giving something physically. But giving something emotionally counts just as equally. After I disobeyed my parents and had my accident, they still decided to give love and care to me. In fact, they didn't have to decide that at all, because giving love and care for their children is something that parents naturally do, and we can do it to others too if we keep praying and practicing!

Today, notice the little things your parents give up for you or your siblings. It could be doing

your laundry because you have too much homework, cooking you good food, buying you the things you need, or giving their time for you. It could even simply just be praying for you.

It is more blessed to give than to receive (Acts 20:35). As Mother Teresa said, 'Give, but give until it hurts.' Though sometimes giving is hard, we feel a greater joy when we give others of whatever little we have. 'For it is in giving that we receive' St. Francis of Assisi. So, from now on, let's try to take on a challenge by giving anything

THOUGH SOMETIMES GIVING IS HARD, WE FEEL A GREATER JOY WHEN WE GIVE OTHERS OF WHATEVER LITTLE WE HAVE. 'FOR IT IS IN GIVING THAT WE RECEIVE'



we can, whether it's our toys, our clothes, a smile, or even a friendship to someone who is lonely! Let's never resist the motivation to give. And let us be an example to others in giving and sharing whatever God has given us.



- MARIA KURIAN, » 13 YRS » MICHIGAN, USA

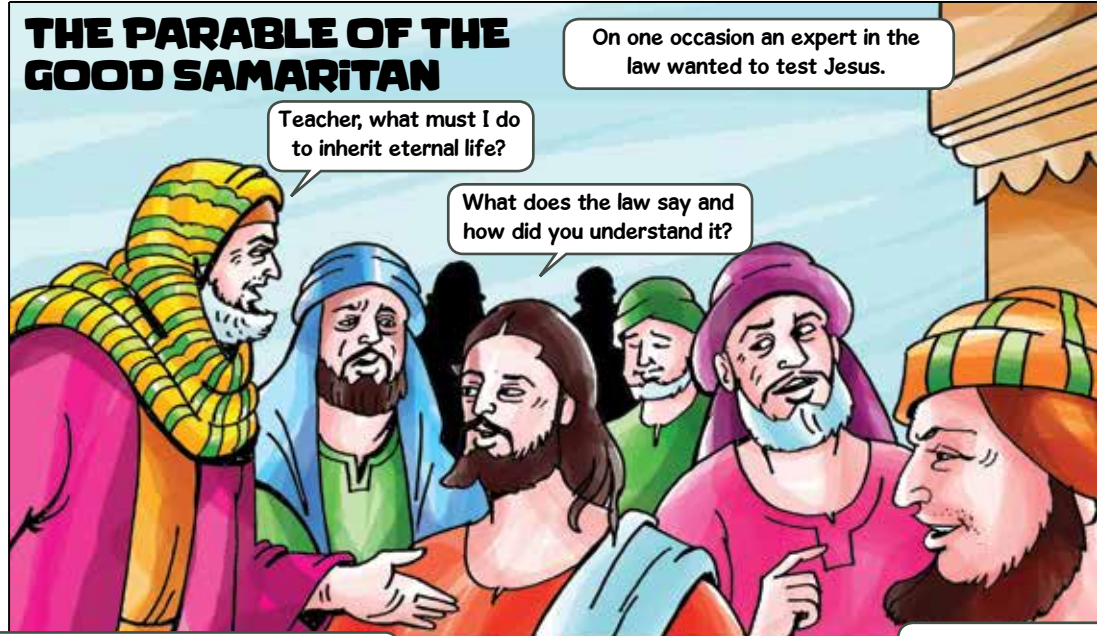


THE PARABLE OF THE GOOD SAMARITAN

On one occasion an expert in the law wanted to test Jesus.

Teacher, what must I do to inherit eternal life?

What does the law say and how did you understand it?

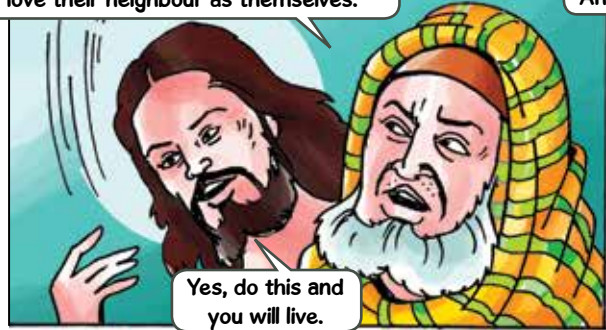


One must love God with all their heart, soul, mind and strength. And one must love their neighbour as themselves.

But the expert wanted to justify himself.

A man going from Jerusalem to Jericho, was attacked by robbers.

And who is my neighbour?



Yes, do this and you will live.



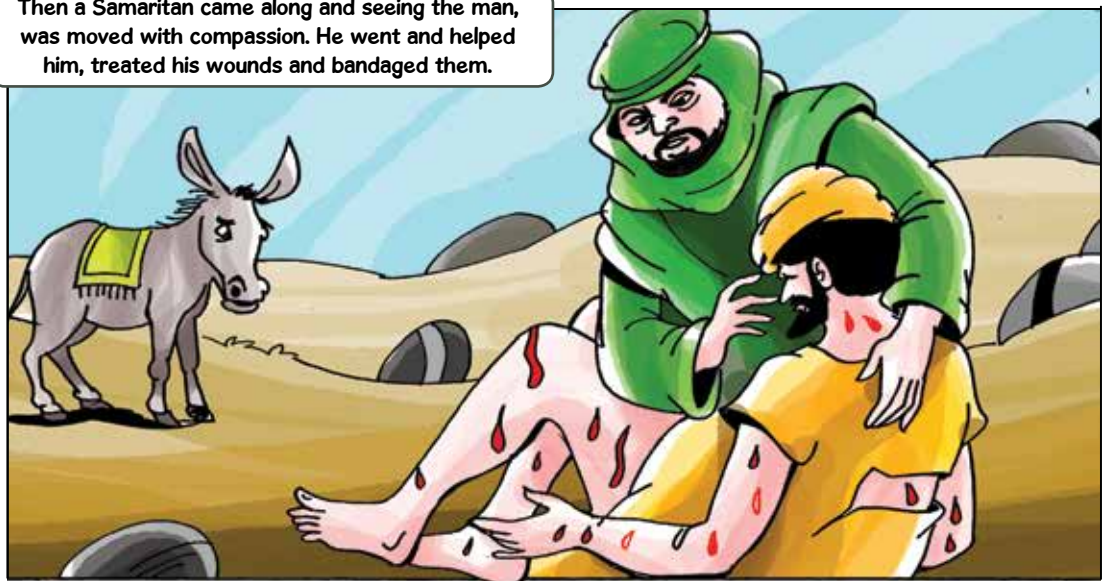
They stole his belongings, beat him up and left him half-dead by the road. A priest came by. On seeing the wounded man, he crossed over to the other side of the road and went away.



A Levite temple assistant came next. He went and looked at the man lying there, but he too passed by on the other side.



Then a Samaritan came along and seeing the man, was moved with compassion. He went and helped him, treated his wounds and bandaged them.



He put the man on his own donkey, took him to an inn and cared for him.



The next day he gave two denarii to the innkeeper.



Look after him and if his bills run higher, I will repay you when I come next.

Which of these three was a neighbour to the robbed and wounded man?

Yes. Go and do the same.

The one who had mercy on him.

STORY: SR. SUMA THOMAS CSM

ILLUSTRATIONS: SIJU PUNNEKAD



HOLY SPIRIT, Helper Of All Christians

- FR. JOSEPH EZHUMAYIL » ERNAKULAM, INDIA

Fifty days after Jesus's resurrection, the first Pentecost occurred. It is called 'the birthday of the Church' because the Holy Spirit descended upon Mother Mary and the Apostles and filled them with his gifts. Through their preaching, three thousand people were baptised that day. Christianity was officially inaugurated on earth!

Pentecost is also the feast of the Holy Spirit. Though the presence and works of the Holy Spirit are across the Bible, his clear and most evident intervention occurs on Pentecost. It is vividly and beautifully narrated in the second chapter of the Acts of the Apostles (Acts of the Apostles is also known as 'the Gospel of the Holy Spirit').

As a child, I was wonderstruck, even confused by the Holy Spirit. I was familiar with Jesus Christ and could easily grow in intimacy with him. So also with God, the loving Father. But it was not that easy with God the Holy Spirit. I will try to share a few simple and important things about the Holy Spirit that the Holy Bible teaches and that which I learnt from my own experience.

First of all, the Holy Spirit moulds and shapes us according to God's plan. The first verses of the Bible read thus: *In the beginning God created the heaven and the*

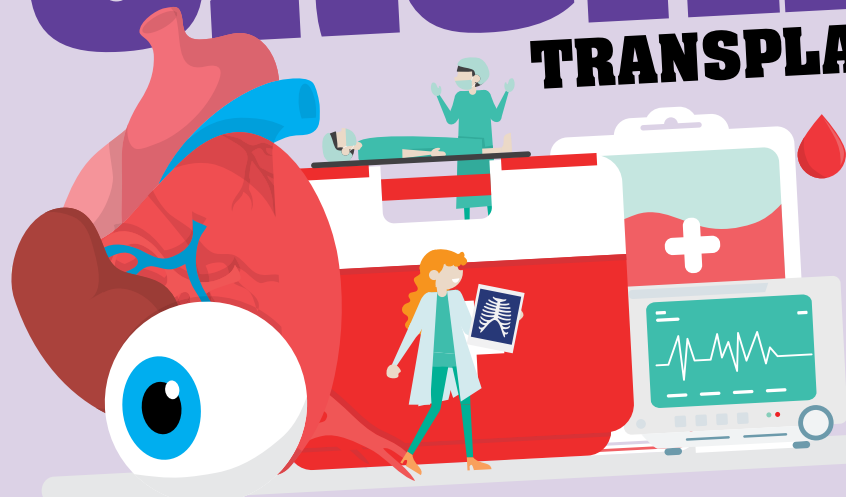
earth. The earth was void and formless and darkness covered the face of the deep; and the Spirit of God moved over the waters (Genesis 1:1-2). The word used in the original Hebrew text for moved is was brooding over (...the Spirit of God was brooding over the waters). We know that brooding is an act of giving birth; it is when the mother bird broods over the eggs for a period of time that new chicks are born. It is when the Spirit of God brooded over the void and formless earth that the earth took shape and form! So it is still the work of the Holy Spirit that gives form and shape to each species in this universe according to God's plan; to each one of us. It is an amazing work of the Spirit. We can only remain wonderstruck at how he changes and forms people; and also myself!

**First of all,
the Holy Spirit
molds and
shapes us
according to
God's plan.**

To be continued ◊



ORGAN TRANSPLANTATION



- DR. JOSEPH SUSHIL RAO, MD » MINNEAPOLIS, USA

Human organ transplantation is often reflected upon St. Damian and St. Cosman miraculously replacing the infected dying leg of a Roman deacon, Justinian from a recently deceased Ethiopian. However, in the late part of the 19th century, a French surgeon by the name Alexis Carrel developed techniques of joining blood vessels and this laid the foundation for transplantation. He was awarded the Noble Prize in 1912 for his work and verifiable accounts of transplantation soon began.

Transplantation is process of moving one organ or tissue from one location to another, either in one's own body (Auto-transplantation) or into another living organism (Allo- or Xeno-transplantation). Allo transplantation has helped save thousands of lives each year, while the number of patients waiting to receive organs has been exponentially increasing due to increasing incidence of organ failure associated to lifestyle and autoimmune

GOOD SAMARITANS HAVE ALSO DONATED ONE OF THEIR KIDNEYS OUT OF GOOD FAITH TO AN UNKNOWN PERSON THEY DO NOT REALLY KNOW.

On the other hand, Good Samaritans have also donated one of their kidneys out of good faith to an unknown person they do not really know. This has been considered as one of the most gratifying moments of their lives.

Organ transplantation is rewarding, yet a challenge for healthcare and recipients. But transplantation can only be successful if organs and tissue are available for donation. Go ahead and register yourself as an organ donor! ◊

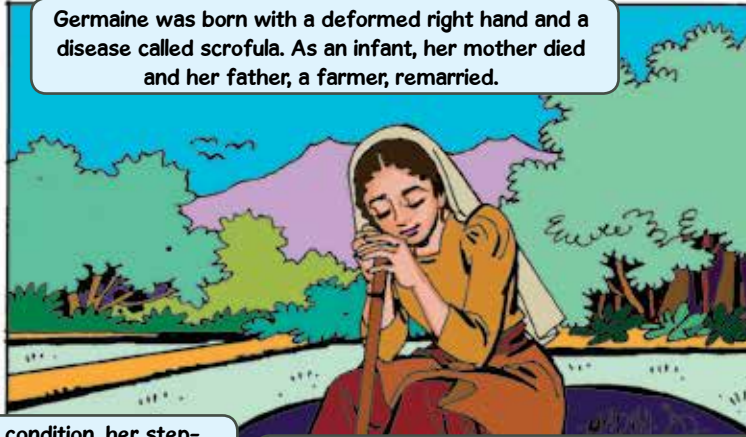
diseases. A category of organ donation termed 'Living donation' in which, a family member who has similar blood group and tissue type donates a part of their liver or one kidney to their loved one has been critical in countries that do not have deceased donation. Children, teenagers and young adults have received livers, kidneys from their parents, grandparents (living donation) and from generous deceased donors to go ahead and have successful lives.

Saint Germaine Cousin

Feast: June 15

Filled with disgust at Germaine's condition, her step-mother physically and mentally abused her, constantly.

Germaine was born with a deformed right hand and a disease called scrofula. As an infant, her mother died and her father, a farmer, remarried.



You will not sleep in the house anymore. Your place is in the barn.



Germaine embraced all her sufferings, offering them to God. She loved the Rosary, and would fall to her knees, wherever she was, when the bells tolled the Angelus.



From her simple faith grew deep love and profound trust in God. She refused to miss Mass, entrusted her sheep to her guardian angel and went to church.



Germaine would share her sparse food with the poor.

You can have this, Sir.

Bless you, my child.



My friends, remember Jesus loves you and wants you to love everybody.



At first the villagers derided her piety, but God showered his favour upon her.

Hey! Come back! The water is high!

Look! The raging waters are parting!



But her step-mother's cruelty still continued.

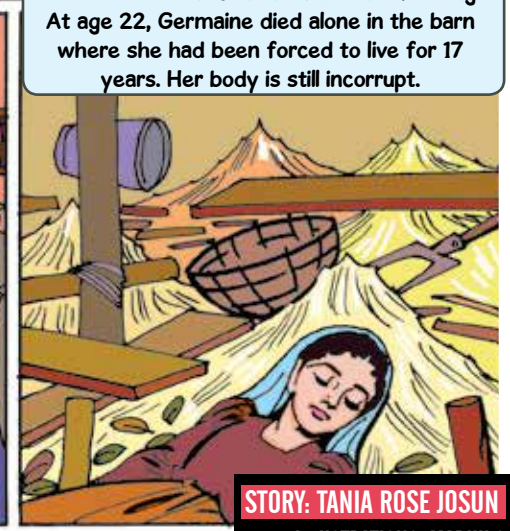
Stealing from the pantry! You thief!



That winter's day, Germaine was chased into the village. But from her apron fresh summer flowers fell out. As a sign of forgiveness, she gave them to her step-mother.



The ill-treatment continued but not for long. At age 22, Germaine died alone in the barn where she had been forced to live for 17 years. Her body is still incorrupt.



STORY: TANIA ROSE JOSUN
ILLUSTRATIONS: MADHU S



Upcycle & Re-use

- DIVYA IMMANUEL » MUMBAI, INDIA



Procedure

- 1 Cut a leg off an old pair of jeans, up to the thighs. The bottom hem is not needed.
- 2 Make sure the width of the cloth is at equal distance. You will need to measure from one side and cut away accordingly from the other side.
- 3 Now turn the cloth inside out and stitch, joining the lengths together.
- 4 Fold the cloth exactly in half, marking a line across the two closed sides. Stitch over this line, as shown in the picture.
- 5 Insert your hand into one of the open sides till you reach the stitched middle. Pull the cloth over from the other side, so that the two open sides are now overlapped.

Materials Required:

1. Cloth (old pair of jeans)
2. Scissors
3. Needle and thread



6 Cut a long piece of cloth (1 inch width) to make the shoulder strap. Fold inside, along the length half way and then fold again. Stitch through with running stitch from one end to the other.

7 Now take the bag and find the crease where the stitch of the two sides meet. Fold one end of the string inside and stitch across with a running stitch.

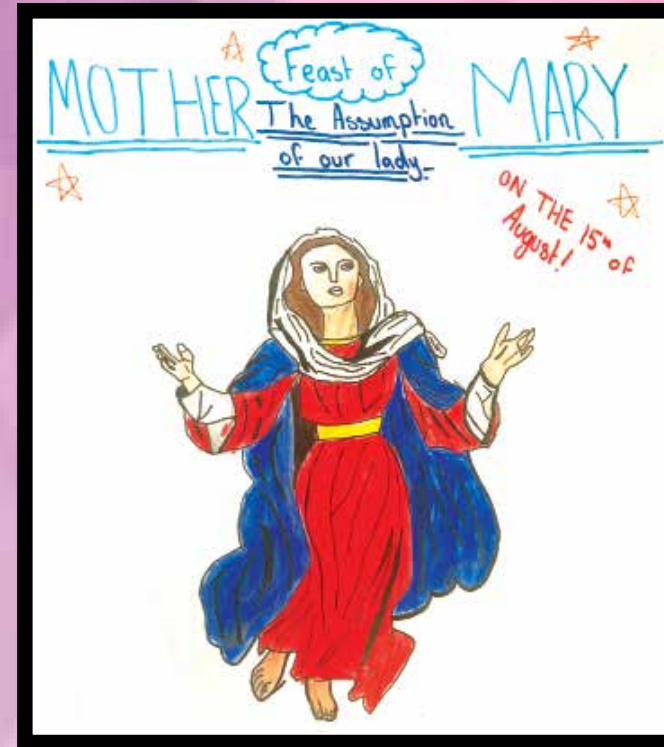
8 When you reach the other side, insert other side of the string and stitch through the same way.

9 You may paint the bag using fabric paints, fabric glitter, sequences, etc.

Tips

1. Parental guidance required for this activity.

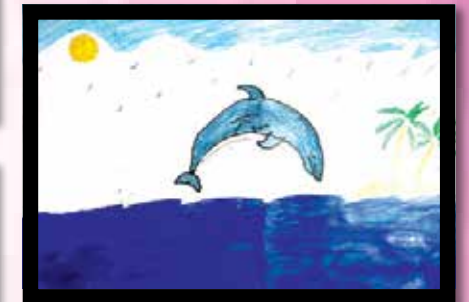
Can you spot 15 differences in these pictures?



- RYAN JENTO ARAKKAL » 10 YRS
» VICTORIA, AUSTRALIA



- ARON BINU THOMAS » 7 YRS
» KUWAIT



- JAIRO JOSEPH SABU » 9 YRS
» KOCHI, INDIA

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

St. Bernardino of Siena (1380 – 1444)



FEAST: MAY 20

Early Life



Born in 1380 to upper-class parents in Siena, Italy.



St Bernardino lost his mother at age 3 and his father at age 7, he was cared for by his aunt afterward. His aunt taught him to seek consolation and security by trusting in God.

Youth

His love for God blossomed at a very young age and growing up, he was able to do great acts of sacrifice. His devotion to Our Lady and his love for purity helped in his active participation in prayer, liturgy, learning, charity service and evangelisation.



While serving at the hospital in Scala from 1397 to 1400, St Bernardino took charge of the entire hospital during the plague.

Vocation



Joined the Franciscans of the Strict Observance in 1402 and was ordained in 1404.



He lived a life of solitude and prayer.

Although he had a weak and hoarse voice, through the intercession of Mother Mary, his voice became so captivating and his preaching touched the lives of many. He is one of the greatest preachers of his time; Pope Pius II called him a 'Second Paul.'



St Bernardino was especially known for his devotion to the Holy Name of Jesus and devised a symbol - IHS - the first three letters of the name of Jesus in Greek, in Gothic letters on a blazing sun.



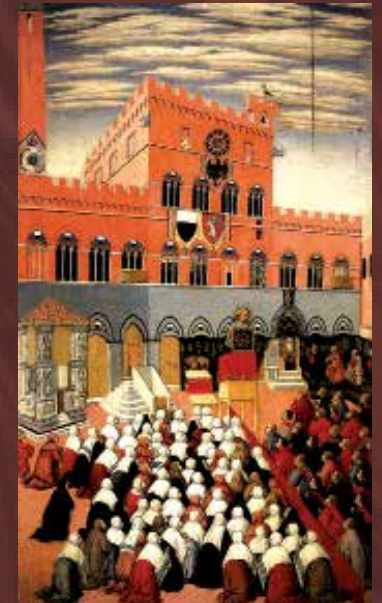
When summoned to Rome to stand trial on falsely implicated charges of heresy in 1426, St Bernardino was found innocent and impressed Pope Martin V sufficiently that he was requested to preach. He thereupon preached every day for 80 days.



After four decades of preaching, he became sick while travelling but continued to preach till he lost his voice. He died on May 20, 1444.



Early Painting of St Bernardino by Pietro di Giovanni d'Ambrogio



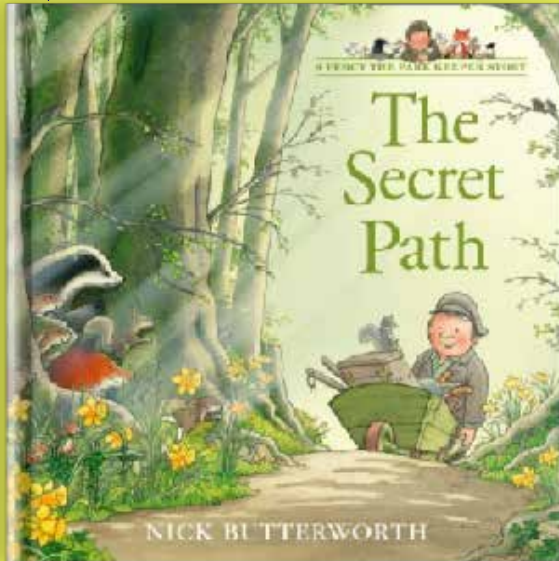
Saint Bernardino of Siena preaching in the Campo by Sano di Pietro; (1405-1481); 1445; Museo dell'Opera del Duomo, Siena, Italy; wga.hu

Canonisation



St Bernardino was canonised in 1450, just 6 years after he died, numerous miracles having already been attributed to his intercession.

Patron saint of advertising, communications, compulsive gambling, respiratory problems, as well as any problems involving the chest area.



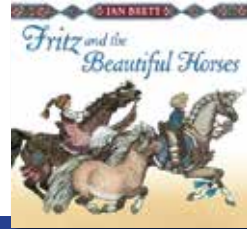
THE SECRET PATH

NICK BUTTERWORTH / HARPERCOLLINS

This book is written and illustrated by internationally acclaimed author, Nick Butterworth, whose Percy the Park keeper books have delighted millions of children worldwide. Percy is a good-natured gardener and friend of all the animals in the park. In *The Secret Path*, Percy decides to trim the overgrown maze, but is in for a surprise when the animals decide to have some fun.

FRITZ AND THE BEAUTIFUL HORSES

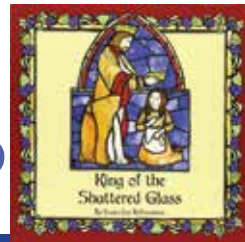
JAN BRETT / G.P. PUTNAM'S SONS



Jan Brett is a bestselling author/illustrator of children's books. Her *Fritz and the Beautiful Horses* is an endearing story about a short-legged pony, who was unlike all the beautiful horses in the city. Though he was laughed at and derided for his looks, Fritz shows the people that being gentle and kind is more important than being physically beautiful.

KING OF THE SHATTERED GLASS

SUSAN J BELLAVANCE / MARIAN PRESS



Written by Catholic school teacher, catechist and youth group leader, Susan J Bellavance, *King of Shattered Glass* tells the story of Marguerite, a scullery maid in the King's kitchen. When she repeatedly breaks the King's favourite glassware, against advice to hide the evidence, Marguerite does what she has to do – goes to the King knowing she might be punished. But what she receives is what we all do when we go to the Lord in the Sacrament of Reconciliation – His loving mercy!

TOXIC & TONIC FRIENDSHIP

- SIJU THOMAS » KOTTAYAM, INDIA

This month you are going to take a tonic. What is a tonic? It is anything that invigorates or energises.

So what is the tonic that we will have? It is true friendship. True friendship is a boost, energiser and a tonic.

Friendship is a relationship of mutual affection between people. Friends trust one another and help each other. They watch out for you and ensure you are not in danger. They will never intentionally lead you into making disastrous decisions. Friendship is both good and necessary. True friendship is a blessing. A true friend will always have your best interest at heart.

Following are the three pillars of true friendship:

- ★ **Acceptance:** We love our friends the way they are.
- ★ **Trust:** Opening up and building connection.
- ★ **Support:** Being there in hard times.

Toxic friendship as the name indicates is harmful for you. It is not worthy, or constructive in your life. So you have to keep a positive distance from toxic friendships.

When should you end a friendship?

Although everyone has good times and bad, if your friend tends to be more pessimistic than optimistic, it may be a sign to end the friendship.

If you have a friend who is consistently negative without making efforts to change, it may be time for some distance.

If you have a friend who is not spiritual or godly, who is not a family person, who has bad habits, then you must say goodbye to them.

Five step strategy in toxic friendship

- ★ Correct them
- ★ Pray for them
- ★ Advise them
- ★ Keep a positive distance from them
- ★ Wind up

So dear children, let your connections and associations be the best for your life. May Jesus be your best friend now and forever.

Mrs. Anderson's Mother Teresa

Mrs. Anderson next door asked if I could keep her old mother company while she goes shopping.

What happened Kevin? Why so glum?

Dad, I don't want to go! Ask Lizzy or Mom to go.

But they won't be here, Kevin. Mom has to take Lizzy to the dentist today.

No! I'm not going!

Okay. Is there a problem?

Kevin dear, why don't you want to help Mrs. Anderson out?

Mom, they don't have a TV there! And I don't want to miss my favourite cartoon today!

Mrs. Anderson cannot leave her old mother alone. She has asked for **your** help. She sees that you can be great helper. Isn't that better than just watching TV?

I guess... But what will I do there?

Mrs. Anderson's mom wrote children's books long back. She loves telling stories. You can talk to her. Or help her out. Being of service is a great thing, Kev.

Okay Mom. I'll go.

Good boy, Kev. Go help out cheerfully. What did Uncle Luke tell you about Mother Teresa the other day?

That Mother Teresa always helped the poor and those in need. She made big sacrifices for others because she loved them.

Yes. We should love and help others too, especially the elderly.

So I too can be like Mother Teresa?

Yes Kevin! Pope John Paul II said that we can all be saints. You can be like Mother Teresa by using all opportunities to help others.

I'm sorry Mom for behaving badly. I will go help Mrs. Anderson and her mom.

STORY: SUJA SIJU ILLUSTRATIONS: STEFFI ANDRAT FARIA

Q&A have questions?

WITH FR. JUSTIN PANACHICKAL MSFS » KOTTAYAM, INDIA

Q. IF JESUS DIED FOR OUR SINS, WHY DO HUMAN BEINGS KEEP SINNING STILL AFTER JESUS'S DEATH?

- MARYANN JOHN, 11 YRS, PRESTON, UK

ANS: Jesus did die in reparation for our sins and made salvation possible. But the choice is ours to make. To attain salvation (to go to heaven) we have to cooperate with God and choose a holy life. We always have the freedom either to be holy or to be sinful. We continue to sin either because we take the sacrifice of Jesus for granted or because we don't realise the love of the Lord at the Cross. We have to respond to the salvation offered to us, and the response is to be holy.



Q. WHY IS THE CORONAVIRUS PANDEMIC NOT LETTING GO OF THE WORLD?

- JACOB KADAVIL, 12YRS, SHARJAH, UAE

ANS: Well, a very vast question. First of all, let us accept the fact that as humans we don't have the answer to everything, especially the why of it all. Neither do we have control over everything that happens in the universe. The Corona situation may or may not be the consequence of human mistake but it has gone out of control. With the development of technology so does the gravity of wrong doings. So, either we are facing a collective consequence of human error or the after effects of a natural phenomenon. Now, God doesn't literally control our actions. He knows about it. He can turn bad situations into good, but we don't know his ways or plans (Isaiah 55:8, Jeremiah 29:11). Let us also try not to figure out God as a magician who wipes out the consequences of all that we do. He forgives us but we have to bear the result of our actions and work back to put it right ◦

Our young readers can email their questions on faith/life to kairosbuds@kairos.global or WhatsApp it to us on +91 6238 105 775.

MY STORY

ان آرابك Miracle



- ELSA JAMES » 9 YRS » SHARJAH, UAE

I was always worried for my Arabic exam because it was too hard for me. I never used to get good marks in Arabic. A year ago, we went for a retreat to St. Michael's church, Sharjah which happened during my exam time. The priest during the retreat, announced that we could submit our prayer requests. As I did not know how to write properly, I asked my sister to write my intention - which was for me to get good marks in the upcoming Arabic exam. I put the paper with the prayer request

into the prayer box. I prayed with all my heart and fully believed that God would listen to me. After two weeks I got the exam result and amazingly obtained full marks for Arabic. This was a miracle and I truly believe that this happened only because of my deep faith in Jesus.

Mathew 7:7 says, Ask and you receive; seek and you will find; knock and the door will be open to you.'

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



respect, improve planning and time management skills. It also builds a strong work ethic and teamwork. Of course, young children love the big feeling they get when they can help mommy and daddy do 'big people jobs'. Children need to understand what the chore is and what we expect of them. Be clear about what is considered a job well done: doing the dishes or simply a 'good try'. So take your time to teach children how to do chores and to establish expectations.

Choose age-appropriate chores.

Children as young as two can be given household chores like helping take clothes out of the dryer, putting their clothes away, cleaning up after a meal by throwing away the paper napkins or wiping tables or counters, etc. Keep expectations realistic when children are very young or chores are new: the goal is establishing routine and teaching them responsibilities, rather than how clean the table is or how neatly folded the clothes are. Older children should be expected to do more. These chores can include some that take a little longer, require more effort, and are more complicated: setting or clearing off the dinner table, sorting or folding the laundry, washing the dishes, sweeping the kitchen, or taking out the garbage.

Recognise a job well done. Find a good balance between praise and recognition of the effort children

YOUR KIDS MAY ALSO TAKE PRIDE IN BEING CONSIDERED MATURE ENOUGH TO TAKE CARE OF THEMSELVES. SO INVITE YOUR KIDS TO WORK ALONGSIDE AS YOU WORK TO COMPLETE HOUSEHOLD CHORES OR SPECIAL PROJECTS.

WORK TOGETHER

- JOSH Y JOSEPH » HOUSTON, USA

As we discussed in the previous issues, the foundation of effective discipline is parent-child rapport. And, there are 12 secrets (tools) to build your rapport with your child. The first three are Say the Love Words, Show Them You Love Them and Play Together.

This month, let's dig into the secret, Work Together.

People often lament that chores take up time they could be spending with their kids. But chores can actually create special moments between children and adults. Little ones who always want to help will feel important and receive a self-esteem boost, and moody teens may decide to open up over a shared task. Assigning children regular chores helps teach them

responsibility also. It can help them become more self-reliant and lets them know you value their help at the same time. Your kids may also take pride in being considered mature enough to take care of themselves. So invite your kids to work alongside as you work to complete household chores or special projects. This not only builds their rapport with you, but also their competence. Most importantly, chores help them learn life skills, reinforce



make to complete household chores. Involve children in the decision-making process. Listen and give clear choices about tasks. Ask, 'What chores are you interested in doing? Would you prefer to clear the table or put the dishes in the dishwasher?' But remember: you are 'the boss' and it's okay to assign household chores that they may not want to do. Family chores can be fun for children. Laundry can involve games such as sorting, matching, and tossing socks in the basket. Listening to music can add some life to chores—a little song and dance can become a part of doing chores together ◦

Parents are welcome to share their concerns/queries at joshy.joseph@kairos.global or WhatsApp number +1.832.592.3675

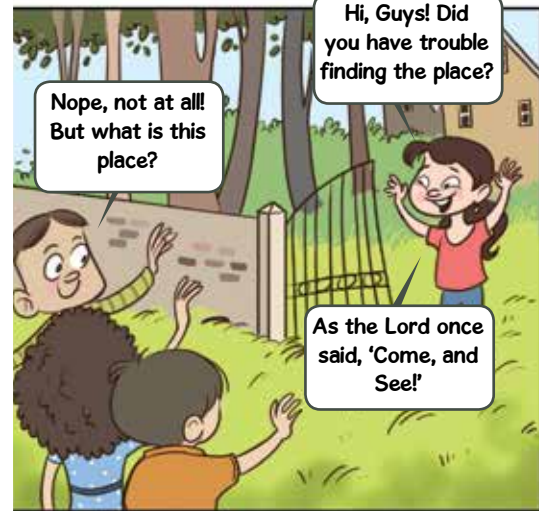


It was nice of Tony and Tina to treat us for winning the singing competition.

Anyone know where we've been invited to?

Nope.

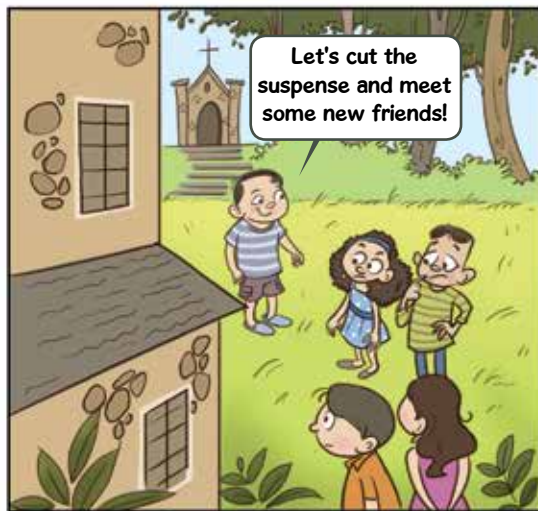
Yeah!



Nope, not at all! But what is this place?

Hi, Guys! Did you have trouble finding the place?

As the Lord once said, 'Come, and See!'

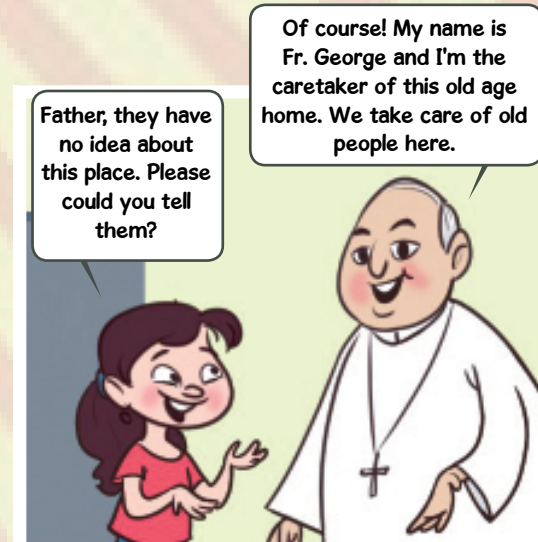


Let's cut the suspense and meet some new friends!



Hello there! So you must be the guests Tony and Tina were so excited about. Welcome!

Hello Father!



Father, they have no idea about this place. Please could you tell them?

Of course! My name is Fr. George and I'm the caretaker of this old age home. We take care of old people here.



Don't they have their own homes?

Some of them do, others don't. Some of them are too ill for their families to take care of.



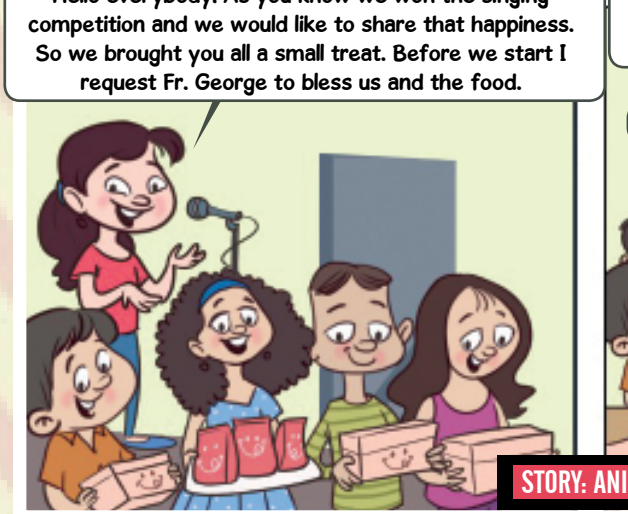
Don't they miss their families?

Yes, most of them do. Let's just say they love it here and we love them too!

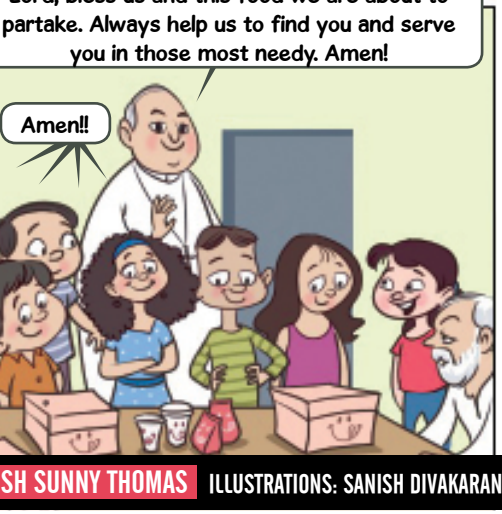
Now that's TRUE!



Come along kids. You can talk to them, get to know more about them. They love to have company.



Hello everybody! As you know we won the singing competition and we would like to share that happiness. So we brought you all a small treat. Before we start I request Fr. George to bless us and the food.



Lord, bless us and this food we are about to partake. Always help us to find you and serve you in those most needy. Amen!

Amen!!

TAKE CARE



EATING RIGHT

It is very important for everyone to eat healthy food, kids especially. As a growing child, you need to have good nutrition. The kind of food you eat now will have a huge impact on you as a grown-up. It is also important to eat the right amount of food, based on our activity levels. Energy from food that is not used up becomes fat in the body, which determines a person's weight. The more unused energy, the more fat is accumulated. Your food should also be such that you're getting a balanced diet and through it all the nutrients you need.



LET US LOOK AT SOME WAYS TO ENSURE HEALTHY EATING.

1. More Fibre than Starchy Carbo

Wholegrain food like whole-wheat, brown rice, oats, quinoa are rich in fibre and leave you feeling full when compared to eating too much starchy carbohydrates

2. Eat lots of fruits and vegetables

They contain a lot of much-needed vitamins, minerals and fibre. They also boost your immune system.

3. Fish!

Fish is a good source of proteins, vitamins and minerals. It also contains Omega-3 fats that are very good for you.

4. Too much Sugar is bad

Too much of food and drink high in sugar can lead to obesity and bad teeth, especially sugar that is added to food.

5. Too much Salt too

While salt is needed in food, too much of it is not good for you. It can lead to health problems like high blood pressure as an adult.

6. Do not get thirsty

Drinking plenty of fluids will prevent dehydration, especially in summer. Drinking adequate water will flush out the toxins from the body.

7. Never skip Breakfast

Breakfast is the most important meal of the day. It replenishes energy levels, boosts alertness and provides essential nutrients for good health.



BRAIN GYM



SACRED HEART OF JESUS

The month of June is dedicated to the Sacred Heart of Jesus. Let us say a prayer to the Sacred Heart of Jesus.

*O most holy **Heart of Jesus**, fountain of every **blessing**, I **adore** You, I **love** You, and with a lively sorrow for my sins, I offer You this poor heart of mine. Make me **humble, patient, pure**, and wholly **obedient** to Your will. Grant, good Jesus, that I may live in You and for You. **Protect** me in the midst of danger; comfort me in my afflictions. Give me **health** of body, assistance in my temporal needs, Your blessing on all that I do, and the **grace** of a holy death. Amen.*

Now, from the prayer, find the highlighted words in the grid below.

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

Please send the solved Brain GYM to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 30th June, 2021. The winners will be featured on our Instagram and Facebook pages.

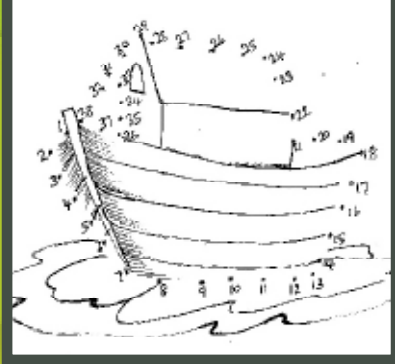


COLOUR ME

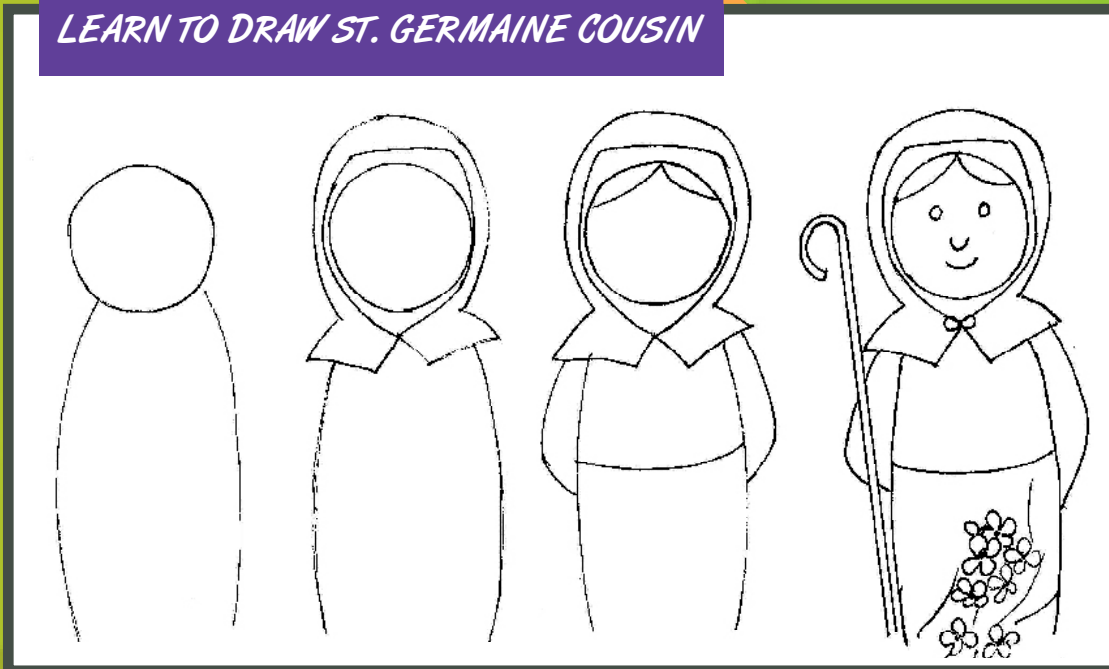
COLOUR



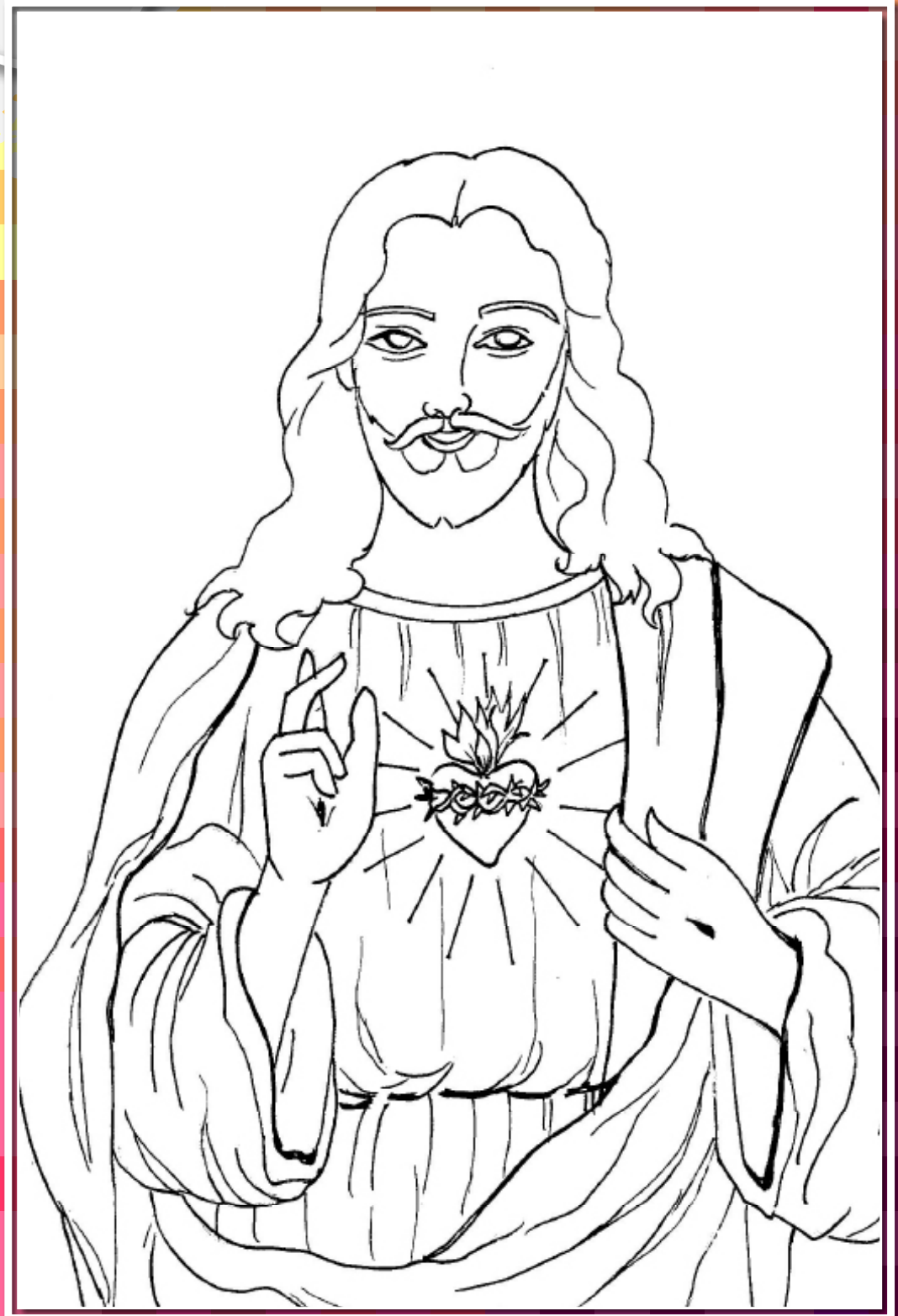
JOIN THE DOTS



LEARN TO DRAW ST. GERMAINE COUSIN



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" Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. "

1 Peter 4:10



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

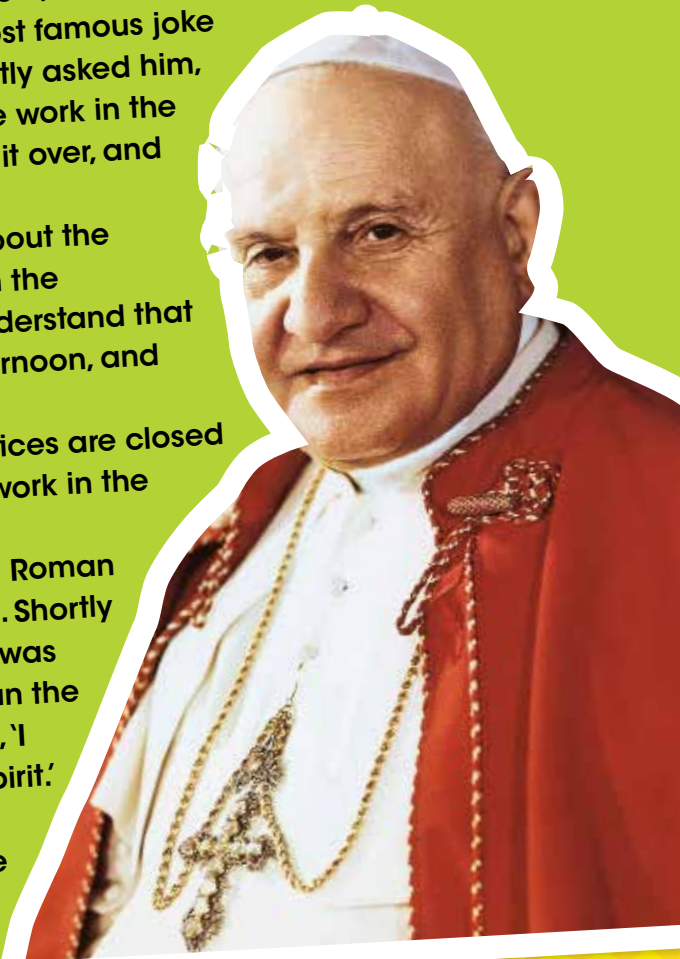
The 'Good Pope' St. John XXIII

Pope St. John XXIII, who served as pope from 1958 to 1963 always kept his sense of humour, even while holding a position of such authority. His most famous joke came when a journalist innocently asked him, 'Your Holiness, how many people work in the Vatican?' John paused, thought it over, and said, 'About half of them.'

Someone once asked John about the Italian habit of closing offices in the afternoon. 'Your Holiness, we understand that the Vatican is closed in the afternoon, and people don't work then'.
'Ah no!' said the Pope. 'The offices are closed in the afternoon. People don't work in the morning!'

Once the Pope was visiting a Roman hospital called 'The Holy Spirit'. Shortly after entering the building, he was introduced to the sister who ran the hospital. 'Holy Father,' she said, 'I am the superior of The Holy Spirit.'

'You're very lucky,' said the Pope, delighted. 'I am only the Vicar of Christ.' ◦



Saint Francis of Assisi saw a vision of a fiery Seraph with six wings just before receiving the stigmata.



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Thank you and God Bless You!



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